

Canug aan Dhameys Ku Dhalan Ayaa ku Soo Biiray Guriga

Waa maxay canug aan dhameys ku dhalan?

- Canuga dhasho 3 week ka hor muddaddi la filaayay, ayaa waxaa la yiraahdaa canug aan dhameys ku dhalan.

Waxyaalaha muhiimka ah ee loo baahanyahay in la xasuusto:

- **Da'da oo aadan qaldin:** Waa muhiim in aad tirisid da'da canugaaga laga bilaabo maalintii uu dhalan lahaa. Taasi waxaa la yiraahdaa da'da saxa ah ee canugaaga.
- **Ka ho tagga cudurada faafa:** Markasta dhaq gacmahaaga inta aadan canuga quudin, ama aad taabaneysid, marka aad xafaayadda ka beddeshid ka dib, iyo gaar ahaan marka aad jirantahay.
- **Haynta ama kor u qaadidda:** Caruurta oo idil waxay u baahanyihiin in la hayo ama la qaado, si aay kuugu soo dhawaadaan sida ugu badan ee aad kari kartid.

Caruurta aan dhameyska ku dhalan waa ay ka duwan yihiin kuwa kale, waayo waxay leeyihiin:

- Baahi kala duwan hada sida dhalashadoodu ay u soo hormartay, ama hadba sida ay u kala xanuusanyeen
- Xubinta dhexe ee neerbaha oo u baahan waqti ay ku kobocdo (taasoon koritaankeedu buuxsimin)
- In ay la qabsadaan koritaankooda

Caruurta aan dhameyska ku dhalan waaxaa dhiba buuq, iyo taabashada ama xadanto badan.

Waxaa muhiim ah in:

- La barto waxa uu canugaaga doonaayo
- La barto sida aad ula hadli lahayd canugaaga
- La barto sidii aad u qaadi lahayd, oo aad u hay lahayd canugaaga iyo sida aad ugu caawin lahayd in uu dareemo deganaansho (aamusnaan)

Marka ugu horeyso, waxaa laga yaabaa in ay adagtahay in aad garatid waxa uu canugaaga doonaayo. Canugaaga ma gaajeystayahay? Canugaaga ma daalanyahay/noogganyahay? Mise canugaaga meel buuq badan buu ku jiraa?

DHOWRKA TODOBAAD AMA BILOOD EE UGU HOREEYA GURIGA, maddaama canugaaga uu caroon karo ama uu si sahal uu u daalikaro, waxaa muhiim ah in:

- ay dad aad u tira yar aay la joogaan canugaaga markiba
- aad qabo, rux-rux, isla markaasna maro ku duub, haddii uu canugaaga ooyaayo ama uu si uun u siloon yahay
- aad u haysid canugaaga si kor ugu taagan. (**curled up flexed**)
- aad daaysid canugaaga haddi uu nuugaayo gacmahiisa, farahiisa, ama sii bambirada nuujinta (jujeetada)
- aad la joogtid canugaaga, lana aamusnaatid
- aad demisid / bakhtiisid nalka (leydhka) canugaaga ka ag dhaw
- aad kor u qaad marka canugaaga uu ooynaayo
- aad la hadashid, lana ciyaartid canugaaga marka uu degganyahay, faraxsanyahayna

QUUDIN

Caruurta aan dhameyska ku dhalan waxay u baahanyihiin in:

- Lagu quudiyo qol aan shaqar lahayn, ee ileys yar ka shidanyahay
- Loogu qabto laabtaada, marka la quudinaayo, gacmahoodana ay afkoodu ku dhowyihiin
- Naasnuuji ugu yaraan 2-3 dii saac ba mar. (caruurta qaarkood waxay u baahan karaan formula)

Ha siinin siriyaalka ilaa uu canugaaga ka gaaro ugu yaraan 6 bilood jir, (laga soo bilaabo malinta uu canuga dhalan lahaay).

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Somali translation of "Your Preterm Baby Comes Home"

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Canugaaga aan dhameyska ku dhalan waaxa laga yaabaa in uu:

- noqdo mid si tartiib ah u quto
- daali karo marka la quudinaayo
- hurdoodo marka la quudinaayo

HURDADA, KA SOO TOOSIDDA IYO OOHINTA BA

Canugaaga waxaa laga yaabaa in uu noqdo:

- mid dhaqdhaqaaqiisu badanyahay, ee qeylo badan marka uu hurdaayo
- mid guuxa, ama riima marka uu hurdaayo
- mid aad u hurda milowgiiba
- mid aan la qancin karin markuu soo tooso aadna u ooya
- mid aad loogu dhibtoodo in dajeyo (aamusiyo)

Canugaaga waxa laga yaaba in uu ooyo haddii:

- uu gaajaysanyahy (baahanyahay), daalanyahay, cidloonaayo, doonaayo in la qaado, ama laga dhaqaajiyo meeshiisa
- dhaqdhaqaaqa / ciyaarta ka badato, iyo buuqa ba (marka si saai'id ah loo taataabto)

Caruurta aan dhameyska ku dhalan waaxaa aad u dhiba buuq, iyo taabashada badan.

Marka uu canugaaga daalanyahay, uusan rabin in uu kula ciyaaro, waxaa laga yaabaa in uu canugaaga:

- In uu iskaa diidsiiyo, ama uu jimicsi galo isagoo kala fidinaayo gacmahiisa, iyo cududadiisa
- In uu ooyo oo aad qanci waydid
- In uu fiigo ama cabsado
- In uu wajiga kaduudo, hamaansado, hidhiso, iyo in uu carrabka banaaka u soo bixiyo
- In uu candhuuf soo saaro
- In uu si hiraanhir ah u neefsado
- In uu iska ka riixo, isagoo qaloocinaayo dhabarkiisa, qoortiisa, iyo madaxiisaba

U yeero dhaqtarka qoyskaad haddii uu canugaaga uu :

- Balcas midibkiisu noqdo, ama baluug (**cyanosed**)
- Dhibaato ku qabo neefsashada, ama isbeddel uu ku dhaco sida uu caadi ahaan ugu neefsan jireen
- Joojin waayo oohinta
- Diido cunnidda
- Dhibaato ku qabo cunnidda
- Laga beddeli waayo ugu yaraan lix xafaayadood maalin walba
- Matagaayo, leeyahayna saxaro biyo biyo ah
- Ay ku adagtahay in uu soo tooso/ hurdada ka soo kaco
- Uu daciif yahay, aadna u daalanyahay
- Jirkiisu kuleyl yahay

Si looga hortago, xaaladaha keena dhimashada deg-deg ah ee ku timaado dhallanka (SIDS –Infant death syndrome), canugaaga waa in:

- Laga fogeeya qiiqa sigaarka
- Markasta loo seexiyaa dhacadiid / dabarka, (laakiinse calooshana loo seexiyaa marka uu ciyaaraayo)

