

Ilmahaaga 2 bilood jira

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadka 2 bilood. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Bilaabo inuu dadka u ilka caddeeyo
- Si kooban u dejin kara naftiisa (keena gacmahiisa afka oo nuuga gacanta)
- Isku dayada inuu eego waalidka

Wada xidhiidhka/Luqadda

- Cod sameeya, cod hunguriga ah sameeya
- Ku jeediya madaxa dhanka codadka

Garaadka (barashada, fekerka, dhibaato xalinta)

- Dareenka u soo jeediya wejiyada Bilaaba inuu ku raaco waxyaabaha indhaha oo aqoonsado dadka xaga fogaanta Bilaaba inuu caajis u eekaado (ooya, aan qancin) haddii aanay hawshu isbeddelin

Dhaqdhaqaaqa/Koriinka Jidhka

- Sare u qaadi kara madaxa oo bilaabo inuu sare u riixo marka uu u jiifo caloosha
- Ku sameeya dhaqdhaqaaq jilicsan gacmaha iyo lugaha

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Kama jawaabo codadka qaylada dheer
- Ma daawado waxyaabaha markay dhaqaaqaan
- Dadka uma ilka caddeeyo
- Ma geliyo gacmaha afka
- Madaxa sare u ma qaadi karo marka sare loo riixayo marka uu u jiifo caloosha

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabadka hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

Laga soo qaaday CARING FOR YOUR BABY AND YOUNG CHILD: DHALASHADA ILAA DA'DA 5, Daabacaada, uu wax ka beddelay Steven Shelov iyo Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 Akaadeemiyada Maraykanka ee Cudurada carruurta iyo BRIGHT FUTURES: HAGITAANADA CAAFIMAADKA IYO KORMEERKA DHALLAANKA, CARRUURTA IYO KURAYDA, Daabacaada saddexaad, uu wax ka beddelay Joseph Hagan, Jr., Judith S. Shaw, iyo Paula M. Duncan, 2008, Elk Grove Village, IL: Akaademiyaada Maraykanka ee Cudurada Carruurta. Liiska marxaladan maaha beddelka mida la caadiyeelay, horumarka la ansixiyey agabka baadhitaanka.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ka caawi ilmahaaga inuu Waxbarto oo Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo koro. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 2 bilood jirka ah.

Waxa Aad u Samayn Karto Kaaga 2-Labba bilood jirka ah:

- Gacmaha ku qabo, la hadal, oo la ciyaar ilmahaaga muddada quudinta, u lebiska, iyo u qubaynta.
- Ka caawi ilmahaaga inuu barto si uu u dejiyo naftiisa. Waa u sax iyada inay nuugto faraheeda.
- Bilow inaad caawiso ilmahaaga inuu helo hab caadi ah, sida jifida habeenka wax ka badan maalinta, oo uu lahaa jadwalo caadi ah.
- La socodka jeclaanashaha iyo necbaanshaha ilmahaaga waxay caawin kartaa inay dareento shay aad uraaxo badan oo kalsooni leh.
- Jil xiise iyo ilka caddayn marka ilmahaagu sameeyo codod.
- Naqil codadka ilmahaaga wakhtiyada qaarkooda, laakiin sidoo kale isticmaal luqad saafi ah.
- Dareenka u soo jeedi oohinta kala duwan ee ilmahaaga markaas waxaad baran kartaa waxa uu doonayo.
- La hadal, akhri, oo u hees ilmaha.
- Ciyaar peek-a-boo. Ka caawi ilmahaagu inuu ciyaaro peek-a-boo, sidoo kale.
- Muraayada badbaada ah u dhexgeli xoolka ilmahaaga. Ilmahaagu markaas wuu is eegi karaa.
- Sawiradooda ilmahaaga la eeg oo ka hadal iyaga.
- U jifi ilmahaaga caloosha marka uu soo jeedo oo u dhawee carruursadahaaga.
- Ku dhiirigeli ilmahaaga inuu sare u qaado madaxiisa addoo haynaya caagaga carruurta ku ciyaarto hortiisa.
- Hay ilmahaaga ama wax uga sanqadho madaxa ilmahaaga korkiisa oo ku dhiirigeli isagu inuu gaadho.
- Sare toos ah u qaad ilmahaaga cagahiisa oo sagxada yaala. U hees ama la hadal ilmahaaga marka uu sare u jeedo.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 4 bilood jira

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadka 4 bilood. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareeneed

- U ilka caddeeya degdeg, gaar ahaan xaga dadka oo dhan
- Jecel inuu la ciyaaro dadka oo ooyi kara marka uu ciyaartu joogsato
- Naqila qayb dhaqdhaqaaqyada ah iyo muuqaalada wejiga, sida ilka caddaynta ama ururinta wejiga

Wada xidhiidhka/Luqadda

- Bilaaba inuu hadaaqo
- Hadaaq leh weedho oo naqilada codka uu maqlo
- U ooya qaabab kala duwan si uu umuujiyo gaajada, xanuunka ama daalka

Garaadka (barashada, fekerka, dhibaato xalinta)

- Ku ogaysiiya haddii uu faraxsan yahay ama muragaysan yahay
- Ka jawaaba kalgacalka
- Gaadhsiiya caagaga carruurta ku ciyaarto gacanta
- Isticmaala gacmaha iyo indhaha si wada jir ah, sida araga caagaga carruurta ku ciyaarto oo tiigsada iyada
- Ku raaca waxyaabaha dhaqaaqaya indhaha dhinac ilaa dhinac
- U daawada wejiyada si dhow
- Aqoonsada dadka la yaqaano iyo waxyaabaha xaga fog ah

Dhaqdhaqaaq/Koriinka Jidhka

- Madaxa si quman u haya, oo aan la taageerin
- Hoos u riixa lugaha cagaha oo oogada adaga yaala
- Laga yaabaa awoodo si uu usugu rogo caloosha ilaa dhabarka
- Hayn kara caaga carruurta ku ciyaarto oo luxa oo wareejiya caagaga soo dhacaya
- Geliya gacmaha afka
- Marka uu u jiifo caloosha, sare u riixa suxulada

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Ma daawado waxyaabaha markay dhaqaaqaan
- Dadka uma ilka caddeeyo
- Uma hayn karo madaxa si quman
- Ma qayliyo ama codad ma sameeyo
- Ma geliyo gacmaha afka
- Hoos uguma riixo lugahiisa marka cagahu ay yaalaan oogada adaga
- Dhibaato ka haysato dhaqaajinta hal ama labbada indhood dhammaan johooyinka

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabadka hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ka caawi ilmahaaga inuu Waxbarto oo Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo koro. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 4 bilood jirka ah.

Waxa Aad u Samayn Karto Kaaga 4- bilood jirka ah:

- Hay oo la hadal ilmahaaga, ilka caddee oo ku farax marka aad samayso.
- Si quman u deji hababka caadiga ah ee seexashada iyo quudinta.
- Dareenka u soo jeedi waxa ilmahaagu jecel yahay iyo waxa aanu jeclayn, waxaad ogaan doontaa inaad buuxiso baahiyahiisa iyo waxa aad u qaban karto si aad uga dhigto ilma farxad leh.
- Naqil codadka ilmahaaga.
- Jil xiise iyo ilka caddayn marka ilmahaagu sameeyo codadka.
- Haysta wakhtiyada ciyaarta degen marka aad u akhrido ama u heesto ilmahaaga.
- Sii caagaga carruurta lagu ciyaaro, sida shuguxda ama sawirada midabka leh.
- Ciyaar ciyaaraha sida peek-a-boo.
- Sii fursado badbaado ah ilmahaaga si loo gaadho caagaga oo loo sahmiyo deegaanka.
- Dhig caagaga meel u dhow ilmahaaga markaas way tiigsan kartaa iyaga ama ku laadaa cagaheeda.
- Dhig caaga ciyaarta ama shuguxda gacanta ilmahaaga oo ka caawi inuu hayo iyaga.
- Sare toos ah u qaad ilmahaaga cagaha oo sagxada yaala, oo u hees ama la hadal marka ay iyaddu “istaagto” iyaddoo la taageerayo.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 6 bilood jira

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadka 6 bilood. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Garanaya wejiyada la yaqaano oo bilaaba inuu garto haddii qof uu uyahay qariib
- Jecel inuu la ciyaaro kuwa kale, gaar ahaan waalidka
- Ka jawaaba dareenka kuwa kale oo inta badan u eeg mid faraxsan
- Jecel inuu naftiisa ku eego muraayad

Wada xidhiidhka/Luqadda

- Kaga jawaaba codadka isago codad samaynaya
- Kala jiida shaqalada marka uu hadaaqayo ("ah," "eh," "oh") oo jecel inuu marba mid la qaato waalidka marka uu codadka samaynayo
- Ka jawaaba magaciisa
- Sameeya codadka si uu farxad u muujiyo iyo farxad darro
- Bilaaba odhashada shaqalada (ku hadaaqa "m," "b")

Garaadka (barashada, fekerka, dhibaato xalinta)

- Eega shay kasta oo u dhow
- Afka wax geliya
- Muujiya inuu waxyaabaha la yaaban yahay oo isku daya inuu gaadho waxyaabaha aanu gaadhi karin
- Bilaaba inuu udhiibo waxyaabaha hal gacan ilaa ta kale

Dhaqdhaqaaqa/Koriinka Jidhka

- Isku roga labba jiho (xaga hore ilaa xaga dambe, dib ilaa xaga hore)
- Bilowday inay ku fadhiisto taageero la'aan
- Marka ay taagan tahay, waxay taageertaa miisaanka lugaha oo dib ayuu uboodi karaa
- Hore iyo dib u booda, wakhtiyada qaarkood u gurguurato dib ka hor u dhaqaaqaya hore

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Ma iskuma dayo inuu gaadho waxyaabaha la gaadhi karo
- Uma muujiso wax kalgacal ah daryeelaha
- Uma jawaabto codadkeeda ku hareersan
- Dhib ka haysato gelinta alaabta afka
- Ma samayso codadka shaqalka ah ("ah", "eh", "oh")
- Iskuma roga labbada jiho
- Ma qoslo ama ma samayso cod qaylo ah
- U eeg mid ad u adag, leh muruqo adag
- U eeg mid balaqsan, sida caruusada ciyaalka ee marada ah

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabadka hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ka caawi ilmahaaga inuu Waxbarto oo Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo koro. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 6 bilood jirka ah.

Waxa Aad u Samayn Karto Kaaga 6- bilood jirka ah:

- Ku ciyaara sagxda ilmahaaga maalin kasta.
- Baro si aad ugu akhrido dareenka ilmahaaga. Haddii uu faraxsan yahay, samee qabashada waxa aad qabanayso. Haddii uu cadhaysan yahay nasi oo u raaxee ilmahaaga.
- Tus ilmahaaga sida loogu raxeeyo nafteeda marka uu cadhoodo. Waxay nuugi kartaa faraheeda si ay nafteeda u dejiso.
- Isticmaal ciyaarta “lagu celceliyo”—marka uu ilka caddeeyo, ilka caddee adiguna; marka uu dhawaaqo, ku dayo iyaga.
- Ku celi codadka ilmahaaga oo u sheeg erayada fudud ee codadkan. Tusaale ahaan, haddii ilmahaagu uu yidhaahdo “bah,” dheh “biyo” ama “buug.”
- U akhri ilmahaaga maalin kasta. Amaan iyadda marka ay hadaaqdo iyo “akhrido” sidoo kale.
- Marka ilmahaagu eego shay, u tilmaan oo ka hadal iyadda.
- Marka ay ku rido caagaga sagxada, ka qaado oo dib u sii. Ciyaartan waxay ka caawisaa sababta iyo saamaynta.
- Akhri buuga sawirka midabka leh ee ilmahaaga.
- U tilmaan waxyaabaha cusub ilmahaaga oo u magacow.
- Tus ilmahaaga sawiro cadad oo ku yaala jariidada oo magacow iyaga.
- Sare u qaad ilmahaaga marka uu fadhiisto ama ku taageero iyadda barkimada. U oggolow inay eegto hareerta oo sii caagaga ciyaarta si loo eego marka ay dheelitirayso.
- U dhig ilmahaaga calooshiisa ama dhabarka oo dhig caagaga carruurta meel uu gaadhi karo. Ku dhiirigeli isaga inuu is rogo si uu u gaadho caagaga.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 9 bilood jira

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadka 9 bilood. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Laga yaabaa inuu ka baqanayo qariibka
- Laga yaabaa inuu ku dhegen yahay dadka waa wayn ee uu yaqaano
- Haysta caagag uu jecel yahay

Wada xidhiidhka/Luqadda

- Fahma "maya"
- Sameeya codad badan oo kala duwan sida "mamamama" iyo "bababababa"
- Naqila codadka iyo fara ka hadalka kuwa kale
- Isticmaasha faraha si ay wax u tilmaanto

Garaadka (barashada, fekerka, dhibaato xalinta)

- Daawada dhabada shay markay soo dhacdo
- Raadiya waxyaabaha uu u arko inla qariyey
- Ciyaarta peek-a-boo
- Wax afkeeda gelisa
- Ugu dhaqaajiya waxyaabaha hal gacan ilaa ta kale si debecsan
- Ku qaata waxyaabaha sida badarka suulka iyo farta murdisada dhexdaada

Dhaqdhaqaaqa/Koriinka Jidhka

- Istaaga, haysta
- Fadhiisan karaa
- Fadhiista taageero la'aan
- Jiida si uu u istaago
- Gurguurta

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Kuma qaado miisaan lugaha iyadoo la taageerayo
- Uma fadhiisto si caawimo leh
- Kuma hadaaqo ("mama", "baba", "dada")
- Ma ciyaaro ciyaarta hore iyo dib ku lugta leh
- Kama jawaabo magaciisa
- Uma eeka inuu aqoonsanayo dadka uu garanayo
- Ma eego halka aad tilmaamayso
- Ugama wareejiyo bolombalooyinka gacan ilaa mid kale

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabadka hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636)**.

Akaademiyada Maraykanka ee Cudurada carruurta waxay ku talinaysaa in carruurta laga baadho koriinka guud booqashada 9 bil. Waydii dhakhtarka ilmahaaga wax ku saabsan baadhitaanka koriinka ilmaha.

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Ka caawi ilmahaaga inuu Waxbarto oo Koro

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Waxa Aad u Samayn Karto Kaaga 9- bilood jirka ah:

- Dareenka u soo jeedo qaabka uu uga falceliyo xaaladaha cusub iyo dadka, isku day inaad siiwado samaynta waxyaabaha ka dhiga ilmahaaga inuu farxo oo raaxo yeesho.
- Marka uu wax badan dhaqaaqo, ku dhowow markaas waxay garanaysaa inaad u dhowdahay.
- Sii wad habka caadiga ah, aad ayay gaar ahaan muhiim u yihiin hadda.
- Ciyaar ciyaaraha leh “markayga, markaaga.”
- Dheh waxaad u malaynayso inaad dareemayso. Tusaale ahaan, dheh, “Inaad aad u murugaysan tahay, aan aragno haddii aad si wanaagsan dareemayso.”
- Sharax waxa ilmahaagu uu ka eegayo xaga; tusaale ahaan, “casaan, kubad wareegsan.”
- Ka hadal waxa ilmahaagu doonayo inuu tilmaamo xaga waxyaabaha.
- Naqil codadka ilmahaaga iyo erayada.
- Waydii dhaqamada aad doonayso. Tusaale ahaan, beddeladka odhashada “ ha istaagin,” dheh “wakhtigii la fadhiisanayey.”
- Bar sababta iyo saamaynta addoo dib u wadaya kubbada iyo hore, riixaya caagaga iyo baabuurta, oo isa saaraya lakabyada gudaha iyo dibada weelka.
- Ciyaar peek-a-boo iyo dhuumaalaysiga.
- Akhri oo la hadal ilmahaaga.
- Sii wax badan oo banaan ilmahaaga si ad u dhaqajiso oo u sahamiso aaga badbaadada ah.
- dhig ilmahaaga meel u dhow alaabta markaas sare ayay u qaadi kartaa badbaadada.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 1 sano jirka ah

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay kiisa ama keeda maalinta dhalashada 1aad. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Ka cadhooda ama ka qajila qariibka
- Ooya marka aabbaha ama hooyu tago
- Leh waxyaabo dookhiisa ah iyo dadka
- Muujiya baqdin xaaladaha qaarkood
- Kuu dhiibaa buug marka uu doonayo inuu maqlo sheeko
- Ku celiyaa codadka ama falalka si loo helo dareenka
- Soo saara gacan ama lug si uu u caawiyo lebiska
- Ciyaaraha ciyaaraha sida "peek-a-boo" iyo "pat-a-cake"

Wada xidhiidhka/Luqadda

- Ka jawaabaa codsiyada yar eelagu hadlo
- Isticmaalaa fara kahadalka fudud, sida luxida madaxa "mama" ama ku gacan haadinta "nabad gelyo"
- Sameeyaa codadka isbeddelka leh laxni (codadka aad ugu dhow hadalka)
- Yidhaahdaa "mama" and "dada" iyo dhaqwaqyada sida "uh-oh!"
- Isku daya erayada aad tidhaahdo

Garaadka (barashada, fekerka, dhibaato xalinta)

- Sahamiyaa waxyaabaha qaab kala dwuan, sida luxida, garaacida, tuurida
- U helaa waxyaabaha qarsoon si fudud
- Eegaa sawirka saxda ah ama shayga marka la magacaabo
- Naqilaa fara ka hadalka
- Bilaabaa inuu u sticmaalo waxyaabaha si sax ah, tusaale ahaan, ka cabbaa koob, timaha burush mariyaa
- Isku garaaca labba shay
- Ku rida laabta weel, ka qaada alaabta weel
- Iska daaya waxyaabaha iyaddoon la caawin
- Ku walaqaarta farta murdisada
- Raaca tilmaamaha fudud sida "qaad caaga"

Dhaqdhaqaaqa/Koriinka Jidhka

- Meel fadhiista iyaddoon la caawin
- Sare u jiida si uu u istaago, socda isagoo haysta kuraasta ("alaab taageeradeed ku socda")
- Qaadaa dhowr tallaabo isagoo qaban
- Keligii istaagi kara

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Ma gurguurto
- Ma taagnaan karo marka la taageero
- Ma raadiyo waxyaabaha ay aragto inaad qarinyaso.
- Ma tidhaahdo erayo keliya sida "mama" ama "dada"
- Ma barto fara kahadalka sida gacan haadinta ama madax luxida
- Ha tilmaamin waxyaabaha
- Lumiya xirfadaha isagu mar lahaa

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabadka hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

Laga soo qaaday CARING FOR YOUR BABY AND YOUNG CHILD: DHALASHADA ILAA DA'DA 5, Daabacaada, uu wax ka beddelay Steven Shelov iyo Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 Akaadeemiyada Maraykanka ee Cudurada carruurta iyo BRIGHT FUTURES: HAGITAANADA CAAFIMAADKA IYO KORMEERKA DHALLAANKA, CARRUURTA IYO KURAYDA, Daabacaada saddexaad, uu wax ka beddelay Joseph Hagan, Jr., Judith S. Shaw, iyo Paula M. Duncan, 2008, Elk Grove Village, IL: Akaadeemiyada Maraykanka ee Cudurada Carruurta. Liiska marxaladan maaha beddelka mida la caadiyeelay, horumarka la ansixiyey agabka baadhitaanka.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Baro Astaamaha. Ku dhaqaaq goor hore.

Caawi Kaaga Ilmaha inuu barto inuu Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo karo. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 1 sano jirka ah.

Waxa Aad u Samayn Karto Kaaga 1 sano jirka ah:

- Sii wakhti ilmahaagasi aad u oggaato daryeelaha cusub. Keen caaga dookha ah, xawayaanka buuxiska, ama buste si loo caawiyo inuu ilmahaagu raaxo dareemo.
- Jawaabta waxyaabaha aan la doonayn, dheh, “maya” si adaga. Ha qaylin, ha dhirbaaxin, ama ha siin sharaxaad dheer. Wakhti ilaa 30 ilbidhiqsi ilaa 1 daqiiqo waxa uu caawin karaa dib u tilmaanka ilmahaaga.
- Sii ilmahaaga hab siin badan, dhunkasho, iyo amaanta dhaqanka wanaagsan.
- Wakhti badan la qaado ku dhiirinta dhaqamada la doonayo halkii aad ka ciqaabi lahayd dhaqamada aan la doonayn (4 wakhti inta badan dhiiri gelinta dhaqamada la doonayo sida dib u tilmaanka dhaqamada aan la doonayn).
- Kala hadal ilmahaaga wax ku saabsan waxa aad samaynayso. Ee tusaale, “Hooyo waxay ku dhaqaysaa gacmahaaga marada dhaqida.”
- Inaad u akhrido oo la akhrido ilmahaaga maalin kasta. ilmahaaga ha rogo boggaga. Marba wakhti ku sumad sawirada ilmahaaga.
- Ka dhis waxa ilmahaagu sheego ama isku dayo, ama waxa uu tilmaamo. Haddii uu tilmaamo baabuur wayn oo yidhaahdo “t” ama “truck,” dheh, “Haa, kaasi waa baabuur, wayn oo bulluug ah.”
- Miyaad siin kartaa ilmahaaga qalimaanta sawirka iyo warqad, oo u ogolaanaysaan ilmahaagu inuu si xor ah u sawiro. Tus ilmahaaga sida loo sawiro laymanka sare iyo hoos iyo ka gudubka bogga. Amaan ilmahaaga marka uu isku dayo inuu naqilo iyaga.
- Ku ciyaar lakabyo, kala saarayaasha qaabka, iyo caagaga kale ee ku dhiirigeliya ilmahaagu inuu isticmaalo gacmahiisa.
- Qari caagaga yar iyo waxyaabaha kale oo ilmahaagu ha helo.
- Waydii ilmahaaga inuu summad u sameeyo qaybaha jidhka ama waxyaabaha aad aragto marka aad wado baabuurka.
- Ku hees hees leh falalka, sida “The Itsy Bitsy Spider” iyo “Wheels on the Bus.” Ku caawi ilmahaaga inuu kula sameeyo falalka adiga.
- Sii ilmahaaga digsi iyo madiibado ama qalabka muusiga yar sida durbaanka ama biraha dhista. Ku dhiirigeli ilmahaaga si loo sameeyo.
- Sii wax badan oo meelo badbaado ah ilmahaaga socod baradka ah si uu usahamiyo. (Ilmaha socod baradka ah ee gurigaaga. Ka qulul alaabta nadiifinta, saabuunta dhar maydhka, daryeelka dooga, iyo baabuurka daryeelka. Isticmasal albaabka badbaadada ah oo qulul alabaabada ilaa dibada iyo qaybta hoose ee guriga.)
- Sii ilmahaaga riixida caagaga sida baabuurka ama yarka gaadhiga la riixo.”

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Baro Astamaha. Ku dhaqaaq goor hore.

Ilmahaaga 18 bilood (1 ½ sano jirka ah)

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadka 18 bilood. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Jecel inuu u dhiibo waxyaabaha kale kuwa kale marka uu ciyaaro
- Cadhoon kara cadho aad ah
- Laga yaabaa inuu ka baqanayo qariibka
- U muujiya kalgacal kuwa uu yaqaano
- U ciyaara si fudud iska dhiga, sida quudinta caruusada caaga ah
- Ku dhegi kara daryeelayaasha xaaladaha cusub
- Tilmaamaha kuwa kale si uu u tuso waxyaabaha uu xiisaynayo
- Wax sahamiya keligii laakiin waalidku u dhow yahay

Wada xidhiidhka/Luqadda

- Yidhaahda dhowr eray oo kelliya
- Yidhaahda ama luxa madaxa "maya"
- Tilmaama si uu u muujiyo shay waxa u doonayo

Garaadka (barashada, fekerka, dhibaato xalinta)

- Garanaya waxyaabaha caadiga ah waxa loogu talo galay, telefoonka, burushka, qaadada
- Wax tilmaama si uu dareenka kuwa kale u soo jeediyo
- Ma muujiyo xiisaha carruusada caagaga ah xawayaanka la buuxiyey ee iska dhigaya inay wax quudanayaan
- Tilmaamaa hal qayb jidhka ah
- Iskii wax u qora
- Raaci kara 1 tallaabo oo amar hadala ah iyaddoon lahayn wax faro ka hadal ah; tusaale, fadhiista marka aad tidhaahdo "fadhiiso"

Dhaqdhaqaaqa/Koriinka Jidhka

- Keligii socda
- Laga yaabaa inuu socdo tallaabooyin oo ordo
- Jiido caagaga marka uu soconayo
- Aan dharka iska bixin karin
- Ka caba koob
- Qaado wax ku cuna

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Ma tilmaamo ama ma tuso waxyaabaha kuwa kale
- Ma socon karo
- Ma garanyo waxa waxyaabaha la yaqaanaa ay yihiin
- Kuwa kale kuma daydo
- Ma helo erayo cusub
- Ma haysto ugu yaraan 6 eray
- Ma ogaado ama ma xaaleeyo marka daryeelahu uu tago ama soo noqdo
- Lumiya xirfadaha isagu mar lahaa

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabadka hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

Akaademyada Maraykanka ee Cudurada carruurta waxay ku talinaysaa in carruurta laga baado koriinka guud iyo ootiisamka booqashada 18 bil. Waydii dhakhtarka ilmahaaga wax ku saabsan baadhitaanka koriinka ilmaha.

Laga soo qaaday CARING FOR YOUR BABY AND YOUNG CHILD: DHALASHADA ILAA DA'DA 5, Daabacaada, uu wax ka beddelay Steven Shelov iyo Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 Akaadeemiyada Maraykanka ee Cudurada carruurta iyo BRIGHT FUTURES: HAGITAANADA CAAFIMAADKA IYO KORMEERKA DHALLAANKA, CARRUURTA IYO KURAYDA, Daabacaada saddexaad, uu wax ka beddelay Joseph Hagan, Jr., Judith S. Shaw, iyo Paula M. Duncan, 2008, Elk Grove Village, IL: Akaademyada Maraykanka ee Cudurada Carruurta. Liiska marxaladan maaha beddelka mida la caadiyeelay, horumarka la ansixiyey agabka baadhitaanka.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Caawi Kaaga ilmaha inuu barto inuu Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo karo. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 18 bilood jirka ah.

Waxa Aad u Samayn Karto Kaaga 18- bilood jirka ah:

- Bixisa deegaan badbaado, oo jacayl leh. Waa muhiim in la waafajisnaado oo la saadaaliyo.
- Amaan dhaqamada wanaagsan wax ka badan inta aad ciqaabto dhaqamada xun (isticmaal keliya wakhti kooban oo fasax ah).
- Sharax caadifadaha. Tusaale ahaan dheh, “Waad faraxsan tahay marka aanu akhrino buuggan.”
- Ku dhiirgeli ciyaarta iska yeelida.
- Ku dhiirgeli naxariista. Tusaale ahaan, marka uu arko ilma murugaysan, ku dhiirgeli isagu inuu hab siiyo ama taabto ilmaha kale.
- Akhri buugaagta oo ka hadla wax ku sabasan sawirada addoo isticmaalaya erayada fudud.
- Naqil erayada ilmaha.
- Istickmaal erayada sharaxa dareemada iyo caadifadaha.
- Istickmaal weedho fudud oo cad.
- Su'aal fudud.
- Ku qari alaabta bustaha hoosteeda iyo barkimada oo ku dhiirgeli isaga inuu helo iyaga.
- Ku ciyaar lakabyada, kubbadaha, hal xidhaalaha, buuggaagta, iyo caagaga caruurta bara sababta oo saameeya iyo dhibaato xalinta.
- Mgacow sawirada gudaha buuggaagta iyo qaybaha jidhka.
- Sii caagaga carruurta dhiiri geliya inuu isku dhigo ciyaar tusaale, carruusada caaga ah, telefoonka ciyaarta.
- Sii aagag badbaado ah ilmahaagu socdo iyo uu warwareego.
- Sii caagaga carrurta ay riixi karto oo u jiiido si badbaado leh.
- Sii kubbado si ay u laado, u wareejiso, oo u tuurto.
- Ku dhiirgeli isaga inuu ka cabbo koobkiisa oo isticmaalo qaado, macno ma leh sida ay isku dhex taallo.
- Afuuf xumbo oo u oggolaan ilmagaagu inuu soo tuuro.

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Baro Astamaha. Ku dhaqaaq goor hore.

Ilmahaaga 2 sano jirka ah

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadkiisa ama keeda maalinta dhalashada 2aad. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareeneed

- Nuqulada kale, gaar ahaan dadka waa wayn iyo carruurta ka wayn
- Xiiseeyaa marka uu la joogo carruurta kale
- Muujiyaa wax badan oo madax banaani badan ah
- Muujiyaa dhaqan diidmo ah (samaynaya waxa loo sheegay inuu sameeyn)
- Ku ciyaara muhiim ahaan dhinaca carruurta kale, laakiin bilaabaya inuu ku dari carruurta kale, sida ciyaarta eryashada

Wada xidhiidhka/Luqadda

- Tilmaama waxyaabaha ama sawirada marka la magacaabo
- Garanaya magacyada dadka uu yaqaano iyo qaybaha jidhka
- Yidhaahda jumladaha 2 ilaa 4 eray
- Oggolaada tilmaamaha fudud
- Ku celiya erayada uu ka maqlay wada sheekaysiga
- Tilmaama waxyaabaha ku yaala buuga

Garaadka (barashada, fekerka, dhibaato xalinta)

- Hella waxyaabaha marka ay ku qarsoon tahay hoosta labba ama saddex dabool
- Bilaaba inuu kala saaro qaababka iyo midabada
- Dhammaystira jumladaha iyo dhammaadka xarfaha ee buugaagta uu yaqaano
- Ciyaara ciyaarta samee rumaynta
- Dhisa taalooyinka 4 ama lakabyo ka badan
- Isticmaali kara hal gacan ama wax ka badan ka kale
- Raaca labba tallaabo tilmaamo ah sida "Qaado kabahaaga oo ku rid iyaga kabadhka."
- Magacowda alaabta sawirada buuggaagta sida bisada, shimbirta, ama eyga

Dhaqdhaqaaqa/Koriinka Jidhka

- Ku istaaga suulasha
- Laada kubbada

- Bilaaba inuu ordo
- Fuula oo ka soo dega kuraasta caawimo la'aan
- Socda kor iyo hoos jaranjarada isagoo haysta
- Ka tuura kubbada gacanta
- Sameeya ama naqalida laymanka tooska ah iyo wareegyada

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Ma isticmaalo 2 eray weedhaha (tusaale, "cab caano")
- Ma garanayo waxa lagu samaynayo waxyaabaha caadiga ah, sida bushushka, telefoonka, farageetada, qaadada
- Kuma daydo falalka iyo erayada
- Ma raaco tilmaamaha fudud
- Uma socdo si quman
- Lumisa xirfadaha ay mar lahayd

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida barnaamijka wax ka qabada hore ee dad waynaha ee gobolkaaga. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

Akaademiyada Maraykanka ee Cudurada carruurta waxay ku talinaysaa in carruurta laga baado koriinka guud iyo ootiasamka booqashada 24 bil. Waydii dhakhtarka ilmahaaga wax ku saabsan baadhitaanka koriinka ilmaha.

Laga soo qaaday CARING FOR YOUR BABY AND YOUNG CHILD: DHALASHADA ILAA DA'DA 5, Daabacaada, uu wax ka beddelay Steven Shelov iyo Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 Akaadeemiyada Maraykanka ee Cudurada carruurta iyo BRIGHT FUTURES: HAGITAANADA CAAFIMAADKA IYO KORMEERKA DHALLAANKA, CARRUURTA IYO KURAYDA, Daabacaada saddexaad, uu wax ka beddelay Joseph Hagan, Jr., Judith S. Shaw, iyo Paula M. Duncan, 2008, Elk Grove Village, IL: Akaademiyada Maraykanka ee Cudurada Carruurta. Liiska marxaladan maaha beddelka mida la caadiyeelay, horumarka la ansixiyey agabka baadhitaanka.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Caawi Kaaga ilmaha inuu barto inuu Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo koro. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 2 sano jirka ah.

Waxa Aad u Samayn Karto Kaaga 2 sano jirka ah:

- Ku dhiirigeli ilmahaaga inuu caawiyo hawlaha fudud oo xaga guriga, sida xaadhida iyo samaynta qadada. Amaan ilmahaaga inuu noqdo caawiye wanaagsan.
- Da'dan, carruurta weli waxay ciyaartaa marka xigta (may) midkooba ka kale oo waxba ma wadaagaan. Marka ay carruurtakale la ciyaaraan, sii carruurta caaga badan oo ay ku wada ciyaaraan. Daawo carruurta si dhow iyo tallaabooyin haddii ay dagaalamaan ama murmaan.
- Sii ilmahaaga dareen iyo amaanta marka uu raaco tilmaamaha. Dareenka xadidan ee dhaqanka diidmada ah. Wakhti badan ku qaado amaanida dhaqamada wanaagsan halkii aad ka ciqaabi lahayd.
- bar ilmahaaga inuu aqoonsado oo yidhaahdo qaybaha jidhka, xawayaanka, iyo waxyaabaha kale.
- Ha sixin ilmahaaga marka uu u yidhaahdo khalad. Beddelka, u dhex si sax ah. Tusaale ahaan, "Taasi waa kubbad."
- Ku dhiirigeli ilmahaagu inuu yidhaahdo eray beddelka tilmaamida. Haddii ilmahaagu aanu odhan karin erayga oo dhan ("caano"), sii iyada codka koowaad ("c") si aad u caawiso. Muddo ka dib, waxaad dedejin kartaa ilmahaagu inuu yidhaahdo jumlada oo dhan — "Waxaan doonayaa caano."
- Qari caagaga ilmahaaga gudaha qolka oo isagu ha soo helo.
- Ka caawi ilmahaaga hal xidhaalaha leh qaababka, midabka ama xawayaanka beerta. Magacow qayb kasta marka ilmahaagu uu diyaariyo.
- Ku dhiirigeli ilmahaagu inuu ku ciyaaro lakabyada. marba mid qaata taallooyinka dhismaha oo garaaco iyaga.
- Samee mashaariicda ilmahaagu isticmaalayo qalinka sawirka, rinjiga, iyo warqadda. Sharax waxa ilmahaagu sameeyo iyo ka soo laalaadi gidaarka ama tallaagada.
- Waydii ilmahaaga inuu kaa caawiyo furida albaabada iyo kabadhada oo uu rogo boggaga buuggagta ama jariidahaha.
- Marka ilmahaagu u socdo si wanaagsan, waydii iyadda inuu kuu qaado waxyaabaha yaryar adiga.
- Ula laad kubhada dib iyo hore ilmahaaga. Marka ilmahaagu uu ku wanaagsan yahay taas, ku dhiirigeli isagu inuu ordo oo laado.
- U qaad ilmahaaga beerta lagu nasto si uu u ordo oo u koro qalabka ama u socda jidadka deegaanka dabiiciga ah. U fiirso ilmahaaga si dhow.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 3 sano jirka ah

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadkiisa ama keeda maalinta dhalashada 3aad. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Naqila dadka waa wayn iyo saaxiibada
- U muujiya kalgacal saaxiibada iyaddoon lagu dhiirgelin
- Marba kol ciyaaraa ciyaaraha
- Ka walaaca saaxiibka ooyaya
- Fahma fikrada "waxayga" iyo "wixiisa" ama "waxeeda"
- Muujiya heer caadifadeed oo aad u blaadhan
- Ukala saara si fudud hooyada iyo aabaha
- Cadhooda marka isbeddel wayn dhaco
- Lebistaa oo dharka iska bixiyaa

Wada xidhiidhka/Luqadda

- Raaca tilmaamaha 2 ama 3 tallaabo
- Magacaabi kara waxyaabaha la yaqaano
- Fahma erayada "guda," "guudka," iyo "hoosta"
- Sheega magaciisa koowaad, da'da, iyo sinjiga
- Magacaaba saaxiib
- Dheh "anaga," "aniga," "anaga," iyo "adiga" iyo qaybo jamac ah (baabuur, ey, bisado)
- Si ku filan ula hadlo qariibku inay fahmaan badanka wakhtiga
- Wada wada sheekaysiga isagoo isticmaalaya 2 ama 3 jumladood

Garaadka (barashada, fekerka, dhibaato xalinta)

- Ka shaqayn kara caagaga leh badhanada, simayaasha, iyo qaybaha dhaqaaqaya
- Ku ciyaara carruuraha rumaysashada, xawayaanka, iyo dadka
- Ku sameeya xal xidhaalaha 3 ama 4 qaybood
- Fahma waxa "labba" macno tahay
- Naqilaa wareega leh qalin beensalka ama qalinka sawirka
- Rogga bogga buugaagta hal wakhtigiiba
- Dhisa taaloooyinka ka badan 6 lakab
- Bool ku xidha ama ka fura daboolka qasacadaha ama roga gacanta albaabka

Dhaqdhaqaaqa/Koriinka Jidhka

- U fuula si wanaagsan
- U orda si fudud
- Wada baaskiilka saddexda taayir (3-baaskiilka saddexda shaag)
- U socda kor iyo hoos jaran jarooyinka, hal cag ilaa tallaabo kasto

Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Soo dhaca wax badan ama dhib ka haysato jaran jarooyinka
- Dhareeriya ama leh hadal aan saafi ahayn
- Kuma shaqayn karo caagaga fudud (sida looxa katabaanka, hal xidhaalayaasha fudud, wareejinta gacan qabsiga)
- Kuma hadlo jumlado
- ma fahmo tilmaamaha fudud
- Ma ciyaaro iska dhigid ama rumaysni
- Ma doonayo inuula ciyaaro carruurta kale ama caagaga kale
- ma sameeyo xidhiidhka isha
- Lumiya xirfadaha isagu mar lahaa

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida dugsigaaga dad waynaha ee maxaliga ah. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call **1-800-CDC-INFO (1-800-232-4636).**

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Baro Astaamaha. Ku dhaqaaq goor hore.

Caawi Kaaga ilmaha inuu barto inuu Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo koro. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 3 sano jirka ah.

Waxa Aad u Samayn Karto Kaaga 3 sano jirka ah:

- La ciyaar kooxo ilmahaaga ama meelaha kale halka ay jiraan carruur kale, si loogu dhiirigeliyo inay la socdaan kuwa kale.
- La shaqee ilmahaaga inuu xaliyo dhibaataada marka uu cadhoodo.
- Kala hadal dareemada ilmaha. Tusaale ahaan, 'Waxaan kuu sheegi karaa inaad cadhootay sababtoo ah waxaad tuurtay qayb hal xidhaale ah.' ku dhiirigeliya ilmahaagu inuu aqoonsado dareemada gudaha buuggagta.
- Deji sharciyada iyo xadadka ilmahaaga, oo ku dheganow iyaga. Haddii ilmahaagu sharci jebiyo, isaga sii wakhti fasax ah ilaa 30 ilbidhiqsi ilaa 1 daqiiqo gudaha kursiga ama qolkiisa. Amaan ilmahaaga inuu raacay sharciyada.
- Sii ilmahaaga tilmaamaha 2 ama 3 tallaabo Tusaale, "tag qolkaaga oo soo hel kabbahaaga iyo koodhka."
- Wax u akhri ilmahaaga maalin kasta. Waydii ilmahaagu inuu tilmaamo waxyaabaha sawirada oo ku celiyo erayada ka dib adiga.
- Sii ilmahaaga "bogoska hawsha" ee warqadda, qalinka sawirka, iyo midabaynta buuggaagta. La midabee oo sawir laymanka iyo qaababka ilmahaaga.
- Ku ciyaar ciyaaraha ku habboon. Waydii ilmahaaga inuu helo ashyaada ku taala buuggaagta ama hareerta guriga isku midka ah.
- Ku ciyaar ciyaaraha tirinta. Tiri qaybaha jidhka, jaranjarada, iyo waxyaabaha kale ee aad isticmaasho maalin kasta.
- Qabo gacanta ilmahaaga sare iyo hoos u tag jaranjarada. Marka ay sare iyo hoos utagto si fudud, ku dhiirigeli iyada inay isticmaasho biraha.
- Dibada kula ciyaar ilmahaaga. Ku noqo beerta lagu nasto ama dhabada lugaynta. U oggolow ilmahaagu inuu si xor ah ugu ciyaaro iyo la'aanta hawlaha dhisan.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 4 sano jirka ah

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadkiisa ama keeda maalinta dhalashada 4aad. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Xiiseeya qabashada waxyaabaha cusub
- Ciyaara "Hooyo" iyo "Aabo"
- Aad iyo aad ayuu uga hal abuur badan yahay ciyaara samee rumayn
- Waxa uu la ciyaari lahaa carruurta kale halkii uu la ciyaari lahaa naftiisa
- La shaqeeyaa carruurta kale
- Inta badan ma sheegi karo waxa runtii ay tahay iyo waxay tahay samee rumayn
- Ka hadla wax ku saabsan waxa ay jeceshahay iyo waxa ay xiisaynayso

Wada xidhiidhka/Luqadda

- Garanayso qayb sharciyada aasaasiga ah ee naxwaha, sida si sax ah u isticmaalka "isaga" iyo "iyaga"
- Ku heesa heeso ama sheega gabay uu xusuusan yahay sida "Itsy Bitsy Spider" ama "Wheels on the Bus"
- Uga sheekeeya sheeko
- Odhan kara magaca koowaad iyo ka dambe

Garaadka (barashada, fekerka, dhibaato xalinta)

- Magacyada midabada iyo tirooyinka qaarkood
- Fahma fikrada tirinta
- Bilaaba inuu fahmo wakhtiga
- Xusuusta qaybaha sheekada
- Fahma fikrada "isku mid" iyo "kala duwan"
- Sawira qof leh 2 ama 4 qaybood oo jidhka ah
- Isticmaala maqasyo
- Bilaaba inuu naqilo qaybo xarfaha ah
- Ciyaara ciyaaraha looxa iyo kaadhka
- Kuu sheega waxa uu umalaynayo inay ka dhacayaan meel ku xigta buugga

Dhaqdhaqaaqa/Koriinka Jidhka

- Rajaynaya oo ku istaaga hal cag ilaa 2 ilbidhiqsi
- Qabta kubbada soo booda badanka wakhtiga
- Ku shuba jarida kormeerka, oo burburiya cuntadiisa

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Ku dhaqaaq goor hore Lahadalka dhakhtarka Ilmahaaga Haddii Ilmahaagu:

- Ma boodi karo meesha
- Dhibaato ka haysato qorida
- Ma muujiyo xiisaha ciyaaraha la isku dhiib dhiibo ama samee rumayn
- Iska dhega mara carruurta kale ama aan u jawaabin dadka dibada *qoyska*
- Iska caabiya lebiska, seexashada, iyo isticmaalka mushqusha
- Dib uma sheegi karo sheekada dookha ah
- Ma raaco amarada 3 qaybood ah
- ma fahmo "isku mid" iyo "kala duwan"
- Ma isticmaalo "aniga" iyo "adiga" si sax ah
- U hadla si aan saafi ahayn
- Lumiya xirfadaha isagu mar lahaa

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida dugsigaaga dad waynaha ee maxaliga ah. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call 1-800-CDC-INFO (1-800-232-4636).

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Baro Astaamaha. Ku dhaqaaq goor hore.

Caawi Kaaga ilmaha inuu barto inuu Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo karo. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 4 sano jirka ah.

Waxa Aad u Samayn Karto Kaaga 4 sano jirka ah:

- La ciyaar ciyaarta samee rumayn ilmahaaga. Ha noqdo hogaamiyaha oo naqil waxa uu qabanayo.
- Soo jeediyaa ciyaarta iska yeelka ilmaha dhacdada soo socota oo ka cadhaysiin karta, sida tegida dugsiga barbaarinta ama joogida habeenka xaga guriga awowga.
- Sii ilmaha doorashada fudud mar kasta oo aad karto. Ilmahaagu ha doorto waxa uu xidhanayo, ciyaarta, ama cunayo cunto fudud. Ku xadid doorashooyinka ilaa 2 ama 3.
- Muddada uu carruurta kale la ciyaarayo, u oggolow ilmahaaga inuu xaliyo dhibaatooyinkiisa saaxiibada, laakiin uu dhawaado si loo caawiyo haddii loo baahdo.
- Ku dhiirigeli ilmahaaga inuu isticmaalo erayada, wadaago caagaga, iyo kolba mar rogo ciyaraha ciyaarta ee doorashada kale.
- Sii ilmahaaga caagaga ciyaarta si loo dhiso malaha, sida lebiska dharka, qaybaha kijada, iyo lakabyada.
- Isticmaal naxwaha wanaagsan marka aad la hadlayso ilmahaaga. Beddelka “Maamo waxay doonaysaa inaad halkan timaado,” dheh, “waxaan rabaa inaad halkan timaado.”
- Isticmaal erayada sida “kow,” “labba.” iyo “kama dambaynta” marka aad ka hadlayso wax ku saabsan hawlaha maalin kasta. tani waxya ka caawin doontaa ilmahaaga inuu barto wax ku saabsan isku xiga dhacdooyinka.
- Wakhti ku qaado aad kaga jawaabto kuwa ilmahaaga “waayo” ee su’aalaha ag. Haddii aanad garanayn jawaabta, dhex, “ma garanayo” ama ka caawi ilmahaaga inuu helo jawaabta gudaha buugga, ee internatka, ama dadka waa wayn ee kale.
- Markaad la akhrido ilmahaaga, waydii isaga inuu kuu sheego waxa dhacay gudaha sheekada markaad tagto.
- Sheeg midabada buuga, sawirada, iyo waxyaabaha xaga guriga. Tiri alaabta guud, sida tirooyinka cuntooyinka fudud buskudka, jaran jarada, ama tareenka caaga ah.
- Bar ilmahaaga inuu ciyaaro ciyaarta dibada sida jiidashada, raac hogaamiyaha, iyo shimbirta biyaha, shimbir badeeda.
- La ciyaar ilmahaaga muusiga dookhiisa ah iyo qoob ka ciyaarka ilmahaaga. Wareeji marka naqilida dhaqaaqa kolba midka kale.

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Baro Astaamaha. Ku dhaqaaq goor hore.

Ilmahaaga 5 sano jirka ah

Magaca ilmaha

Da'da ilmaha

Taariikhda Maanta

Sida ilmahaagu u ciyaaro, wax u barto, u hadlo, oo u jilo, oo dhaqaaqo u soo jeedinta tilmaamaha muhiimka ah ee ku saabsan koritaanka ilmahaaga. Marxaladaha koriinka waa waxyaabaha carruurta badankeedu ay samayn karto da'da gaarka ah.

Hubi marxalada ilmahaagu gaadhay dhammaadkiisa ama keeda maalinta dhalashada 5aad. Qaado tan oo la hadal dhakhtarka ilmahaaga booqasho kasta oo ku saabsan marxaladaha ilmahaagu uu gaadhay iyo waxa laga filayo marka xigta.

Waxa badanka Dhalaanku Sameeyaan Da'dan:

Bulsheed/Dareened

- Doonaya inuu ka farxiyo saxiibada
- Doonaya inuu noqdo sida saaxiibada
- Aad ay u dhici karto inuu aqbaloo sharciyada
- Jecel inuu heeso, ciyaaro, oo jilo
- Ogsoon yahay sinjiga
- Sheegi kara waxa runtii ay tahay iyo waxay tahay samee rumayn
- Muujiya madax banaani badan (tusaale, booqan kara albaabka xiga ee jaarka laftiisu (kormeerka qofka wayn weli waa loo baahan yahay)
- wakhtiyada qaarkood dalbanaya iyo wakhtiyada qaarkood la shaqaynaya

Wada xidhiidhka/Luqadda

- U hadla si cad
- U sheeg sheeko fudud addoo isticmaalaya jumlado buuxalisticmaala ficilka mustaqbalka, tusaale, "Ayeeyo ayaa halka iman doonta."
- Sheega magaca iyo cinwaanka

Garaadka (barashada, fekerka, dhibaato xalinta)

- Tiriya 10 ama wax ka badan
- Sawiri kara qofka leh ugu yaraan 6 qaybood oo jidhka ah
- Daabici kara xarfaha qaarkood ama tirooyin
- Naqila saddex xagalka iyo qaababka kale ee joomatariga
- Garanaya wax ku saabsan waxyaabaha loo isticmaalo maalin kasta, sida lacagta iyo cuntadda

Dhaqdhaqaaqa/Koriinka Jidhka

- Ku taagnaada hal cag ilaa 10 ilbidhiqsi ama ka badan
- Booda, oo awooda inuu boodo
- Samayn kar islaba rog
- Istickmaala farageeto iyo qaado iyo wakhtiyada qaarkood mindida miiska
- U isticmaali kara musqusha iskiis
- Luxa oo fuula

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Ku dhaqaaq goor hore Lahadalka dhakhtarka ilmahaaga Haddii ilmahaagu:

- Muujiya heer caadifadeed oo aad u ballaadhan
- Tus dhaqan xad dhaaf ah (caadi ahaan mid ilmo leh, dagaal ah, qajilaad, ama murugo)
- Caadi ahaan ka noqda oo aan firfircoonayn
- Si fudud dareenka loo jeediyo, dhib ka haysato hal hawl ah ee ka badan 5 daqiiqo
- Uma jawaabo dadka, ama u jawaaba keliya si cad
- Ma sheegi karo waxa runtii ay tahay iyo waxay tahay samee rumayn
- Ma ciyaaro ciyaaro kala duwan iyo hawlo
- Ma sheegi karo magaca koowaad iyo ka labaad
- Uma isticmaalo jamacyada ama ficilka tegay si sax ah
- Kama hadlo hawlaha maalin laha ah ama waayo aragnimada
- ma sawiro sawirada
- Ma cadayi karo ilkaha, ma dhaqo gacmaha, ama dharka iskama bixiyo caawimo la'aan
- Lumiya xirfadaha isagu mar lahaa

U sheeg dhakhtarka ilmahaaga haddii aad ogaato wax ka mid ah calaamadahan daahida koriinka suuragalka wixii ah da'da, iyo la hadal qof ka mid ah bulshadaada kaas oo yaqaana adeegyada carruurta yar ee aagaaga, sida dugsigaaga dad waynaha ee maxaliga ah. Macluumaadka dheeraadka ah, booqo www.cdc.gov/concerned or call 1-800-CDC-INFO (1-800-232-4636).

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Baro Astaamaha. Ku dhaqaaq goor hore.

Caawi Kaaga ilmaha inuu barto inuu Koro

Waxaad ku caawin kartaa ilmahaagu inuu wax barto oo koro. Hadlo, akhriyo, heeso, oo ciyaaro si wada jir ah maalin kasta. Hoos waxaa ah hawlaha lala xiisaynayo ilmahaaga yar ee 5 sano jirka ah.

Waxa Aad u Samayn Karto Kaaga 5 sano jirka ah:

- Sii wad in la habbeeyo la ciyaarta ilmaha kale, safarada ilaa beerta lagu nasto, ama garoomada ciyaaraha. Sii ilmahaaga xoriyad badan si aad u doorato inaad la ciyaarto saaxiibada, oo u oggolow ilmahaaga inuu xaliyo masalooyinka iskeed.
- Ilmahaagu waxa uu bilaabi karaa inuu dib u hadlo ama isticmaalo (erayada dhaarashada) sidii qaabka loo dareemo madax banaani. Dareen badan ha siin hadalkiisaa aan ka ahayn wakhi fasax oo kooban. beddelka, amaan ilmahaaga marka uu waydiiyo waxyaabaha si wanaagsan oo degen u qaata “maya” jawaabta.
- Tani waa wakhti wanaagsan oo lagala hadlo ilmahaaga wax ku saabsan taabashada badbaadada ah. Qofna waa inaanu taaban “qaybaha gaarka ah” laga reebo dhakhtarada ama kalkaalisoooyinka muddada imtixaanka ama waalidka marka ay isku deyayaan in ilmaha nadiif lagu hayo.
- Bar ilmahaaga cinwaandeeda iyo lambarka telefoonka.
- Marka aad wax u akhriyayso ilmahaaga, waydii isaga inuu saadaaliyo waxa dhici doonaa marka xigta sheekada.
- Ku dhiirgeli ilmahaaga inuu “akhriyo” isagoo eegaya sawirada oo uga sheeke sheeko.
- Bar ilmahaaga fikrada wakhtiga sida subaxda, galabta, fiidka, maanta, beri, iyo shalay. Bilow barida maalmaha todobaadka.
- Sahami xiisaha ilmahaaga gudaha bulshadaada. Tusaale, haddii ilmahu jecel yahay xawayaanada, booqo beerta xawayaanka ama beerta rabaysashada. Tag maktabadda ama ka eeg internetka waxa ku saabsan mowduuyadan.
- Hayso sanduuqa fudud ee qalinka sawirka ah, warqadda, rinjiga, maqasyada ilmaha, iyo cajiinka. Ku dhiiri geli ilmahaagu inuu sawiro oo sameeyo mashruucyada fanka leh saad kala duwan.
- Ku ciyaar caagaga uu ilmahaaga dhiirgeliya si la isugu daro waxyaabaha.
- Bar ilmahaaga sida loo bamgareeyo cagaheeda dib iyo hore leexada guudkeeda.
- Ka caawi ilmahaaga inuu fuulo biraha daanyeerka.
- Socod ula bax ilmahaaga, samee ugaadhsiga baadhida ee xaafadaada ama beerta lagu nasto, ka caawi isagu inuu fuulo baaskiilka leh shaagaga tareenka (oo xidhan koofiyad).

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Baro Astaamaha. Ku dhaqaaq goor hore.