



Sameey
Qorshaha
Hurdada
Badbaadada

*ah ee
Ilmahaaga*



Barnaamijka Noloshka Caafimaadka Leh
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Waxaa xog ku biiriyey Akademiyada Maraykanka ee Dhakhaatiirta Carruurta, La cusboonaysiiyay 2022, Talooyinka Yareynta Dhimashada Dhallaanka Inta Ay Hurdaan.

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Lahaanshaha sawirka: cribsforkids.org (bogagga 6, 7 & 15)

Buug-yaraha waxaa la sameeyay: Oktoobar 2023

*Dhammaanteen waxaan
rabnaa in dhallaankeenu
ay ku joogaan badbaado.*

Qorshaha hurdada ee badbaado leh waa qayb aad u weyn oo ka mid ah yaraynta khataraha sababi kara dhimashada dhallaanka ee lama filaanka ah (SUID), oo uu ka mid yahay xanuunka dhimashada degdega ah ee dhallaanka (SIDS).





Kahor sanadguuradooda kowaad, carruur badan ayaa si lama filaan ah u dhinta inta ay hurdaan ama inta ay ku jiraan meelaha ay seexdaan.

Dhimashooyinkan ayaa ah kiisas dhimasho oo lama filaan ah, oo sidoo kale loo yaqaan SUID. SUID waxaa ka mid ah dhimasho uu sababay xanuunka SIDS, neef-qabatin shil ah iyo ceejin inta ay jiifaan sariirta, waxyaabaha sababana lama yaqaan ama si fiican loo fahamsana.

Abuuritaanka iyo raacitaanka qorshe hurdo oo badbaado leh ayaa ah waxa ugu muhiimsan ee aad samayn karto si aad u yarayso khatarta SUID ee ilmahaaga.

Qorshe hurdo oo badbaado leh ayaa qeexaya sida ilmuhu u seexan doono waxaana ku jira xeelado lagu yaraynayo khatarta SUID ee ku wajahan ilmaha.

Qorshaha hurdada ee badbaadada leh ee ilmahaaga waa inay jiraan:

Qorshaha caadiga ah ee qeexaya sida ilmahaagu u seexan doono, oo ay ku jiraan:

- Meesha ilmahaagu seexan doono.
- Sagxada uu ilmahaaga saarnaan doono marka uu seexanayo.
- Sida uu noqon doono jawiga hurdada ee ilmahaaga.
- Waxa uu xiran doono ilmahaagu marka uu seexanayo.
- Booska uu ilmahaaga loo jiifin doono marka la seexinayo.



Sida ilmahaaga uu u seexan karo iyo waxaad samayn doonto xaaladaha lama filaanka ah, sida:

- Markaad booqanayso asxaabta ama qoysaska.
- Markaad safrayso.
- Markaad aragto ilmahaaga oo u hurda si ka duwan qorshahaaga caadiga ah.



Qorshahaaga caadiga ah ee qeexaya quudinta ama u raaxaynta ilmahaaga ee habeenkii, oo ay ku jiraan:

- Cida quudin doonta ama u raaxayn doonta ilmahaaga habeenkii.
- Sida ay u quudin doonaan ama ugu raaxayn doonaan ilmahaaga.
- Waxa ay samayn doonaan marka la dhammeeyo quudinta ama u raaxaynta ilmahaaga.

Qorshaha hurdada ee badbaadada leh ee ilmahaaga ayaa sidoo kale laga yaabaa inay ku jiraan qorshayaal kale oo lagu yaraynayo khatarta SUID ee ilmahaaga.

Habka ugu badbaadada badan ee ilmuhu u seexo waa...



Inuu kula seexo qolkaaga, laakiin maaha sariirta aad adiga ku seexato.



Sagxad sare, adag, fidsan, oo siman
(sariirta carruurta, sariirta ilmaha lagu qaado)



Barkimo, bustayaal, alaab-ciyaareed, ama walxo kale oo jilicsan la'aantood.



U xiritaanka dhar hurdo iyo/ama dhar fudud.



In loo seexiyo dhabar-dhabar markay hurdaan iyo habeenkii.



Siyaabaha kale ee lagu yarayn karo khatarta SUID:



Qoys aan isticmaalin iyo deegaan aan lahayn qiiq iyo sigaar ayaa yaraynaya halista SUID ee ilmahaaga.

Miyaad ka fikirtay inaad joojiso sigaar cabista si aad ilmahaaga u siiso jawi aan lahayn qiiq sigaar? Wac 800.784.8669, ama qoraalka READY u dir 200-400, ama booqo quitline.com si aad u hesho taageero lacag la'aan ah.

Haddii adiga iyo ilmahaaga aad awoodaan, waxaad sidoo kale yarayn kartaa halista SUID ee ilmahaaga adigoo.

Ma la kulantaa waqti adag ama wax su'aalo ah ma ka qabtaa naasnuujinta? Weydii daryeel-bixiyahaaga caafimaad haddii uu jiro lataliye naasnuujin.



Inaad dhallaankaaga siiso mujuruc xilliga hurdada iyo habeenkii waxay yaraynaysaa khatarta SUID.

- Haddii ilmahaaga si buuxda loo naasnuujiyo, tixgeli inaad sugto inaad siiso mujuruc ilaa naasnuujintu si fiican ugu shaqaynayso.
- Haddii dhallaankaaga lagu quudiyo masaasad ku jirta caanaha naaska ama caana booraha, waxaad siin kartaa mujuruc wakhti kasta.

Sariir Wadaagid

Marka ilmuhu ku seexo meel uu jiifo qof kale, taasi waxaa loo yaqaanaa sariir-wadaag.

*Sariir wadaaga laguma talinayo
sababtoo ah, ha noqoto ula kac ama
ha ahaato mid aan ula kac ahayn,
waxay kordhisaa halista SUID
ee ilmaha.*

Waxaa jira waxyaabo badan oo ka dhigaya sariir-wadaaga mid aad u halis badan.

Waa muhiim in qof kasta oo samaynaya qorshe hurdo oo badbaado leh inuu ka warqabo tafaasiishan xiitaa haddii aanay qorshaynayn sariir wadaagid sababtoo ah sariir-wadaagistu waxay u dhici kartaa si aan ula kac ahayn, inaad qorshe hurdo oo badbaado leh u samayso dhallaankaaga waxay ku lug leedahay u diyaargarowga xaaladaha la filayo iyo kuwo lama filaanka ahba.



Marka la wadaago sariirta, khatarta SUID ee soo wajahaysa ilmahaaga waa...

Qaar ka mid

ah arrimahan

ayaa fudud in la

xakameeyo marka loo

barbardhigo kuwa

kale, qaarna lama

beddeli karo kadib

marka ilmuhu dhasho.

Mid aad iyo aad u sareysa

(khatar 10 jeer saraysa)

- Qofka weyn ayaa noqon kara mid aad u lulsan ama u daalan.
- Qofka weyn ayaa laga yaabaa inuu ku sakhraansan yahay khamri, daawo, ama daroogooyinka kale.
- Qofka weyn ee hadda sigaar cabba, xitaa haddii uusan sariirta jiifin.
- Qofka ilmaha dhalay oo sigaar cabbi jiray xilligii uurka.
- Qofka weyn iyo ilmaha oo ku wada seexda fadhiga, kursi, sariir biyood, ama furaash jilicsan oo duug ah.

Mid aad u sareeya

(khatar 5-10 jeer saraysa)

- Ilmuhu waxa uu ka yar yahay 4 bilood.
- Ilmuhu waxa uu la seexanayaa awoowe/ayeeyo, daryeele aan waalid u ahayn, ama walaal.

Mid sareeya

(khatar 2-5 jeer saraysa)

- Ilmuhu waxa uu dhashay xilli hore (kahor 37 toddobaad).
- Ilmuhu wuxuu ku dhashay miisaan yar.
- Barkimo, bustayaal, ama walxo kale oo jilicsan ayaa yaala meesha uu ilmaha seexo.

Qorshaha hurdada ee badbaadada leh ee ilmahaaga, diirada saar waxyaabaha aad xakamayn karto oo sameey ficil aad ku yaraynayo halista SUID ee ilmahaaga hadba intii suurtoagal ah.



Su'aalaha Inta Badan La Isweydiyo

Waa maxay habka ugu badbaadada badan ee aan u quudin karo ama ugu raaxayn karo ilmahaaga habeenkii?

Meesha uu seexdo ilmahaaga, sida sariirta, basinka, ama kiribka ka dhig meel u dhow sariirtaada markaad labadiinuba seexanaysaan.

Marka ilmahaagu u baahan yahay in la quudiyo ama loo raaxeeyo habeenkii, soo saar sariirtaada kadib markaad sariirta ka saartid barkimada, bustayaasha, iyo walxaha kale ee jilicsan.

Ha quudin ama ha u raaxayn ilmahaaga adigoo ku fadhiga kursi ama fadhiga markaad labadiinuba daalan tihiin. Haddii aad si lama filaan ah u seexato, khatarta SUID ee ilmahaaga ayaa u saraysa haddii aad ku fadhido kursi ama fadhi marka loo barbardhigo markaad ku fadhido sariir aann lahayn barkimo, bustayaal, ama walxo kale oo jilicsan.

Kadib quudinta ama u raaxaynta dhallaankaaga, dhallaankaaga ku celi goobtiisa hurdo ee caadiga ah, sida sariirta, basinka, ama kiribka.

Haddii aad seexato adigoo quudinaya ama u raaxaynaya dhallaankaaga, ku celi goobtooda hurdada, sida sariirta, basinka, ama kiribka, sida ugu dhakhsaha badan.

Inaad alaarmi ama gambaleel ku xirato taleefankaaga ayaa ah hal xeelad oo aad iskaga ilaaliso inaad hurdo qoto dheer seexato markaad quudinayso ama u raaxaynayso ilmahaaga habeenkii.

Waa maxay sababta aan badbaado u ahayn in ilmahaaga uu la seexdo buste, oo miyeysan qaadi doonin hargab haddii la seexiyo busto la'aan?

Bustayaasha waxay kordhiyaan khatarta ah in ilmahaagu si lama filaan ah ugu xiranto neefta inta lagu jiro hurdada.

Deegaanka/goobta hurdada ee ilmahaaga waa inuusan lahayn bustayaal, barkimo, alaabta lagu ciyaaro, ama shay kale oo jilicsan.

Go'o si adag loogu xirey sariirta ayaa la isticmaali karaa, laakiin waa inaa gogol kale lagu isticmaalin meesha ay seexanayaan.

Kulaylka xad dhaafka ah ayaa sidoo kale kordhiya khatarta ah inuu ilmaha u dhinto si lama filaan ah inta lagu jiro hurdada.

Ilmahaagu wuxuu noqon doonaa mid raaxoaysta oo badbaado qaban inta uu hurdayo marka uu xiran yahay dhar hurdo ama dhar aan miisaan lahayn.

Dhallaanka waxay u baahan yihiin qiyaas ahaan tiro dhar ah oo la mid ah lakabyada ay dadka waaweyn u baahan yihiin si ay ugu raaxaystaan hurdada.

Si looga fogaado kulaylka xad dhaafka ah, ilmahaagu waa inuusan yeelan wax ka badan hal lakab oo dheeraad ah marka loo eego dadka waaweyn, waana in aan loo xirin koofiyad marka ay hurdaan.

Miyuu ilmahayga halis sare ugu jiraa inay wax mergadaan/neefta ku dhegto markuu u jiifo dhabar-dhabar?

Maya. Inkastoo laga yaabo inay la yaab tahay, ilmahaaga wuxuu halis aad u hooseysa ugu jiraa inuu mergado marka uu u jiifo dhabar-dhabar sabab la xiriirta cuf-jiidka ilmaha.

Marka dhallaankaaga uu dhabarka ku seexdo, wixii dareere ah ee soo tufa, dib u rogmado, ama calooshu ka soo noqda waxay u baahan yihiin inay la dagaalamaan cuf-jiidada si ay u galaan dhuunta neefsashada una sababaan margasho.

Marka ay u seexdaan calool-calool, dareeraha ayaa waxay si dabiici ah isugu soo ururiyaan furinka dhuunta neefsashada, taas oo sahlaya margashada.

Waxaa badbaado badan in ilmo kasta loo jiiifiyo dhabarka mar kasta oo la seexinayo.

Maxaan ka ogaadaa qalabka ilmaha lagu qaado?

Ilmaha ku nool bulshooyinka asaliga ah qaarkood waxay ku qarniyaan ku seexan jireen sariiraha ilmaha lagu qaado.

Haddii aad xiisaynayso inaad xirnaato dhaqankaaga ee la xiriira arrintaan soo jireenka ah ama aad su'aalo qabtid, la xiriir Həlmxiip Indigenous Birth Justice adigoo iskaan garaynaya ama adigoo booqanaya helmxilp.org/cradleboards.

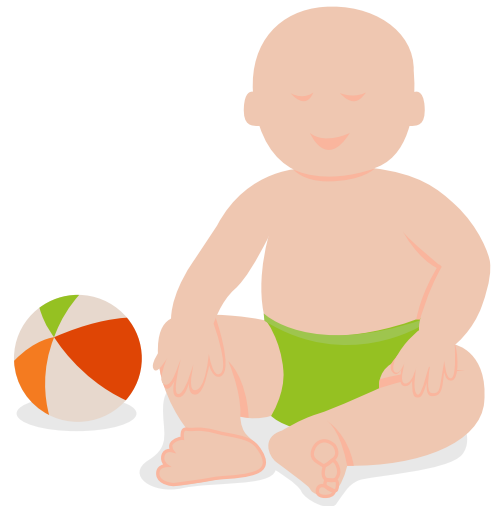


Ilmahayga si badbaado leh ma ugu seexan karaa kursiga baabuurka, lulmada, qalabka boodboodka, ama qalabka rogrogma?

Badbaado ma aha in ilmahaaga uu si joogto ah ugu seexdo mid ka mid ah qalabyadan. Haddii ilmahaagu ku seexdo mid ka mid ah qalabyadan, waxay halis dheeraad ah ugu jiraan neef-qabatin sababtoo ah ma saarna sagxad siman.

Haddii ilmahaagu uu ku hurdoodo kursiga baabuurka, lulmada, qalabka boodboodka, ama qalabka rogrogma, waxa ugu badbaado badan inaad sida ugu dhakhsaha badan u geyso goobtooda hurdada ee caadiga ah.

Haddii ilmahaagu ku hurdoodo mid ka mid ah qalabyadan oo aanad u wareejin karin goobtooda hurdada ee caadiga ah, qof weyn oo feejigan waa inuu indhaha ku hayaa oo uu xaiijiyaa in wajigooda loo arki karo si buuxda, iyadoon waxba ku daboolnayn sankooda ama afkooda.





Kadib markaan ilmahayga u seexiyo dhabarka, miyaan ka walwalaa inay is rogaan inta ay hurdayaan?

Marka ilmahaaga uu kaligiis is-rogi karo, uma baahnid inaad dib ugu celiso booska uu iska soo rogay haddii aad aragto inay u rogteen dhinacooda ama caloosha iyagoo hurda.

Kahor inta aanu ilmahaagu sidaas oo kale u rogmi karin, haddii aad dareento in ay u rogteen dhinacooda ama caloosha iyagoo hurda, waxaad dib ugu celin kartaa booskooda si aad ugu seexdaan dhabarka.

Dhammaan dhallaanka, iyada oo aan loo eegin inay awoodaan inay is-rogaan iyo haddii kale, waa in loo seexiyaa dhabarka mar kasta inta lagu jiro sanadka ugu horreeya ee noloshooda.

Ma ammaan baa in ilmahayga la lulo xilliga hurdada?

Ammaan ma aha in la lulo dhallaankaaga inta lagu jiro hurdada kadib marka ilmahaagu bilaabo inuu isku dayo inuu iskiis isku rogo (badanaa da'da 3 bilood) sababtoo ah khatarta la xiriiirta neef-qabatinta iyo dhar isku ceejinta ayaa kordheysa.

Waxaad dooran kartaa inaad lusho dhallaankaaga xilliga hurdada kahor intaysan bilaabin inay iskood is-rogaan sababtoo ah taasi ma kordhinayso ama ma yaraynayo khatarta ay ugu jiraan inay u dhintaan si lama filaan ah.

Sideen uga hortagi karaa ilmahayga inuu yeesho madax fidsan markaan mar walba u seexinayo dhabar-dhabar?

Marka ilmahaaga uu soo jeedo oo uu qof kuu fiirinayo, waa in loo dhigaa calool-calool si ay ugu raaxaystaan wakhtiga caloosha ee la kormeero.

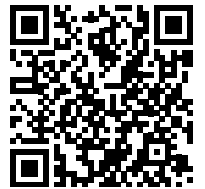
Inaad ilmahaaga siiyo waqti badan oo wakhtiga caloosha ah oo la kormeero waxay ka ilaalin kartaa inay yeeshaan madax fidsan.

Waqtiga caloosha waxaa uu sidoo kale ka caawiyaa dhallaankaaga inay xoojiyaan murqaha luqunta, garabka, iyo cududda.

Waqtiga caloosha ayaa muhiim u ah in ilmahaaga uu yeesho xirfadaha dhaqdhaqaaqa.

Kalfadhiyada wakhtiga caloosha waxa ay bilaaban karaan dhawr maalmood kadib marka uu ilmaha dhasho. Bilawga, kalfadhiyada wakhtiga caloosha waa inay ahaadaan wakhtiyo gaagaaban waana in wakhtiyadaas la sii kordhiyaa inta uu ilmahaagu sii waynaanayo.

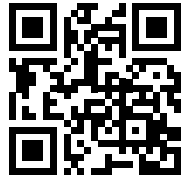
Baro wax badan oo ku saabsan wakhtiga caloosha adiga oo iskaan garaynaya (koodhka QR) ama booqo pathways.org/topics-of-development/tummy-time. Weydii daryeel-bixiyahaaga caafimaad haddii aad wax su'aalo ah ka qabto wakhtiga caloosha.



Sideen ku ogaan karaa in sheey uu badbaado u leeyahay ilmahayga inuu isticmaalo xilliga hurdada?

Way adkaan kartaa in la ogaado sheeyada badbaadada u ah dhallaanka inay isticmaalaan xilliga hurdada. Sheeyayaasha qaar ayaa la xayaysiiyaa inay badbaado u yihiin dhallaanka inay isticmaalaan xilliga hurdada kadibna waxaa dib laga ogaadaa inaysan badbaado u lahayn.

Waxaad macluumaad dheeraad ah oo ku saabsan badbaadada alaabta hurdada dhallaanka ka heli kartaa oo adna iska diiwaangelina kartaa si aad iimayl ugu hesho alaabta cusub ee la soo celiyay ee ka timid Guddiga Badbaadada Alaabada Macaamiisha adiga oo iskaan saaraya ama booqanaya cpsc.gov/safesleep.



Guud ahaan, mar walba ka shakisanow alaabooyinka sheeganaya inay ka hortagayaan in ilmahaagu u dhinto si lama filaan ah inta lagu jiro hurdada.

Waxaa jira sheeyayaal kordhiya khatarta ah inay taasi dhacdo iyo waxaa jira sheeyayaal yaraynaya khatarta ah inay taasi dhacdo, laakiin ma jiraan sheeyo si buuxda uga hortagi kara inay tani dhacdo.

Qaar ka mid ah alaabooyinka la sheegay inay ka hortagayaan inay ilmaha u dhintaan si lama filaan ah inta ay hurdaan ayaa sababay dhimasho badan.

Had iyo jeer weydii daryeel-bixiyahaaga caafimaadka haddii aadan hubin sheeyada badbaadada u ah ilmahaaga inuu isticmaalo xilliga hurdada.

Tani way ka duwan tahay wixii waalidiintayda ii sheegeen waxayna sidoo kale ka duwan tahay sidii aan horay u soo sameeyay. Maxaa is bedelay?

Buug-yarahaan waxaa ku qoran talooyinka hurdada badbaadada leh ee ugu cusboonaysiisan.

Muddo kadib, talooyinka ku aadan sida ilmuhu u seexo ayaa isbeddelay sababtoo ah cilmi-baaris dheeraad ah ayaa lagu sameeyay sababaha dhallaanka ugu dhintaan si lama filaan ah xilliga hurdada iyo goobta hurdada.

Marka dhallaanka ay ku dhintaan goobta ay seexanayaan, xaaladaha ku xeeran dhimashada ayaa la daraaseeyaa si loo barto sida loo wanaajiyo ilaalinta badbaadada dhallaanka marka ay hurdayaan.

Waagii hore, dhallaanku siyaabo kala duwan ayay u seexan jireen sababtoo ah xilligaas ma aannu garanayn waxa aan hadda garanayno.

In kasta oo aynaan ogayn wakhtigaas, dhallaanka ayaa halis dheeraad ah ugu jiray inay u dhintaan si lama filaan ah.

Qorshaha hurdada badbaadada leh ee ilmahaaga, diirada ku saar talooyinka ugu dambeeyay si aad uga ilaaliso badbaadada inta lagu jiro hurdada.





Qorshaha Hurdada Badbaadada leh ee ilmahaaga

Qorshaha caadiga ah ee qeexaya sida ilmahaagu u seexan doono, oo ay ku jiraan:

Meesha ilmahaagu seexan doono: _____

Sagxada uu ilmahaaga saarnaan doono marka uu seexanayo: _____

Sida uu noqon doono jawiga hurdada ee ilmahaaga: _____

Waxa uu xiran doono ilmahaagu marka uu seexanayo: _____

Booska uu ilmahaaga loo jiifin doono marka la seexinayo: _____

Sida ilmahaaga uu u seexan karo iyo waxaad samayn doonto xaaladaha lama filaanka ah, sida:

Markaad booqanayso asxaabta ama qoysaska: _____

Markaad safrayso: _____

Markaad aragto ilmahaaga oo u hurda si ka duwan qorshahaaga caadiga ah: _____

Qorshahaaga caadiga ah ee qeexaya quudinta ama u raaxaynta ilmahaaga ee habeenkii, oo ay ku jiraan:

Cida quudin doonta ama u raaxayn doonta ilmahaaga habeenkii: _____

Sida ay u quudin doonaan ama ugu raaxayn doonaan ilmahaaga: _____

Waxa ay samayn doonaan marka la dhammeeyo quudinta ama u raaxaynta ilmahaaga: _____

Qorshayaasha kale ee lagu yaraynayo halista SUID ee ilmahaaga:

Miyaad doorbidaysaa inaad
wax ku barato fiidiyowyo?

Iskaan gareey ama booqo

srhd.org/safesleep

si aad u daawato fiidiyowyo loogu talagalay
inay kaa caawiyaan samaynta qorshaha
hurdada badbaadada leh ee ilmahaaga.



Qorshahaaga la
wadaag qof kasta oo
daryeelaya ilmahaaga.



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