

Ku noqoshada Hurdada iyo Caloosha si loo Ciyaaro

Carruurta waa in dhabarkooda loo jiiifiyaa hurdada, laakiin waa inay wakhti ku qaataan caloosha oo ay u jiiifaan markay soo jeedaan.

Laga bilaabo toddobaadka u horeeya ee ilmahu jooga guriga, u jiiifi iyada caloosheeda ilaa dhowr daqiiqadood 2 ama 3 waqti maalin kasta si uu u ciyaaro. Laakiin keliya u jiiifi ilmaha caloosheeda marka ay soo jeedo oo uu qof wayn meel dhow ka arkayo.

Waqtiga ciyaarta waxay ka caawisaa carruurta inay bartaan inay madaxooda kor u qaadaan, xoog u yeelaan muruqyada qoortooda iyo garbaha, oo u diyaariyaan iyaga gurguurashada markay waynaadaan (7-9 bilood).

Ugu horayn, carruurta qaarkood ma jecla waqtiga caloosha loo jiiifo. Halkan waxaa ah dhowr waxyaabood oo aad qaban karto si aad u caawiso:



Dhig caag ama buug ilmaha hortiisa.



U hees ama la hadal ilmaha markay iyaddu caloosha u jiiifo.



Ugu jiiifso calooshaada sagxada addoo wejiga ku jeedinaya wejiga.



Carruurta waa wayn hala ciyaaraan marka iyaddu ay caloosha u jiiifo.

Sii wad isku dayga, oo ilmahaagu waxa uu baran doonaa inuu jeclaado waqtiga uu caloosha kuula jiiifo adiga.



"Waqtiga Caloosha loo jiiifo" waxaa ku taliyay:

Minnesota Sudden Infant Death Center of Children's Hospital and Clinics of MN

American Academy of Pediatrics

Eunice Kennedy Shriver National Institute of Child Health and Human Development

Community & Family Health

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651-201-3760

651-201-5797 TTY



Haddii aad u baahantahay dhokiyumentigan oo ku qoran qaab kale, sida farta waa wayn ee indhoolaha ama cajalad lagu duubay, soo wac 651-201-3760.

WAKHTIGA CALOOSHAU
JIIFINTA

