

Masaasad Ku Quudinta Ilmahaaga

Bottle Feeding Your Baby

You can feed your baby breast milk or infant formula from a bottle. While breast milk is the ideal food for babies, bottle feeding with formula will meet your baby's food needs. Your doctor will help decide which formula is right for your baby. Never give cow, goat, or plant-based milk to a baby during the first year.

Types of Formula

Always wash your hands with soap and water before making formula. Formula comes in three forms:

- **Ready to feed formula** needs no mixing.
 - Pour the formula into a clean bottle.
 - Use ready to feed formula if you are unsure about the quality of your water.
 - Once opened, use the formula within 48 hours (2 days).
 - This type of formula costs the most.
- **Liquid concentrate formula** needs to be mixed with equal parts water. Do not use water from a well.
 - Once mixed, use this formula within 48 hours (2 days).
 - This formula costs less than ready to feed.
- **Powdered formula** needs to be mixed with water. Do not use water from a well.
 - After it is mixed, use this formula within 24 hours (1 day).
 - This type of formula costs the least.

Waxaad ku quudin kartaa dhallaankaaga caanaha naaska ama caanaha dhallaanka adigoo adeegsanaya masaasad. Iyadoo caanaha naaska ay yihiin cuntada ugu fiican ee dhallaanka, masaasad ku quudinta caanaha ayaa buuxin doonta baahida cuntada ee ilmahaaga. Dhakhtarkaaga ayaa kaa caawin doona go'aaminta caanaha ku habboon ilmahaaga. Waligaa ha siin ilmaha caanaha lo'da, ri'da, ama caanaha dhirta laga soo hagaajiyo gudaha sanadka ugu horeeya.

Noocyada Caanaha

Had iyo jeer ku dhaq gacmahaaga saabuun iyo biyo ka hor inta aanad bilaabin diyaarin caanaha. Caanahu waxeey ku imaadaan 3 nooc/qaab:

- **Caanaha quudinta ee diyaarka ah** uma baahna wax isku qasitaan ah.
 - Ku shub caanaha masaasad nadiif ah.
 - Isticmaal caanaha quudinta ee diyaarka ah haddii aadan hubin tayada biyahaaga.
 - Markaad furto, isticmaal caanaha 48 saacadood gudahood (2 maalmood).
 - Caanaha noocaan ah ayaa ku kaca kharashka ugu badan.
- **Caanaha ah dareeraha ee yara adag** waxeey u baahan yihiin in lagu qaso qaybo siman oo biyo ah. Ha isticmaalin biyaha ceelka.
 - Markaad isku qasto, isticmaal caanahan 48 saacadood gudahood (2 maalin).
 - Caanahan waxeey ku kacaan kharash ka yar kuwa diyaarka u ah quudinta.
- **Caanaha budada ah** wuxuu u baahan yahay in lagu qaso biyo. Ha isticmaalin biyaha ceelka.
 - Ka dib marka la isku qaso, isticmaal caanahan 24 saacadood gudahood (1 maalin).
 - Caanaha noocaan ah ayaa ku kacaya kharashka ugu yar.

Water from your faucet is often clean enough to use unless it is supplied by a well or your house has old plumbing. Old plumbing may contain lead. Lead poisoning can cause brain damage in your baby. If you have old plumbing, have the water tested every year. You may need to use bottled water for your baby.

Feeding Your Baby

Ask your baby's doctor how many ounces and how often to feed your baby.

Your baby may not be hungry every time they cry. Watch your baby for feeding cues such as moving their hands to their mouth, movement of legs or arms, and making noises. Do not delay feeding when your baby has signs of being hungry even if you feel you have just fed your baby. Feed your baby and stop as needed for breaks. Let them eat until they show signs that they are full. Burp your baby 2 or 3 times during the feeding to get rid of any swallowed air.

Each baby's eating habits are different. As a general guide:

- During the first few days, most babies eat about 1 to 2 ounces at each feeding every 2 to 4 hours.
- By 2 weeks, most babies are eating 3 to 4 ounces at each feeding every 3 to 4 hours. In time, your baby will develop a pattern.
- Your baby may eat different amounts at times.

Preparing the Formula

- Wash your hands before touching the bottle or nipple.
- If you are using **liquid concentrate formula**, mix the formula with equal parts water.

Biyaha ka socdaan tuubadaada badanaa aad ayeey nadiif ugu yihiin in la isticmaalo haddii aysan ka ahayn in laga keenay ceel ama gurigaagu leeyahay tuubooyin duug ah. Tuubooyinka duugga ah waxeey lahaan karaan macdanta lead-ka. Ku sumowga macdanta lead-ku waxa ay ku keeni kartaa waxyeello maskaxeed ilmahaaga. Haddii aad leedahay tuubooyin duug ah, ka yeel in la baaro biyaha sanad walba. Waxaa laga yaabaa inaad u baahato inaad u isticmaasho biyaha dhalada ku jiraan ilmahaaga.

Quudinta Ilmahaaga

Waydii dhakhtarka ilmahaaga inta wiqiyadood iyo inta jeer ee aad quudinayso ilmahaaga.

Waxaa laga yaabaa in ilmahaagu aysan gaajo haynin mar kasta oo ay ooyaan. U fiiro ilmahaaga si aad u ogaato tilmaamaha quud-rabida sida u dhaqaajinta gacmhooda dhanka afkooda, dhaqdhaqaaqinta lugaha ama gacmaha, iyo buuq samaynta. Ha dib u dhicin quudinta marka ilmahaaga aad ka aragto calaamadaha gaajada xitaa haddii aad dareento inaad hadda uun quudisay ilmahaaga. Quudi ilmahaaga oo jooji sida loogu baahan yahay waqtiyada nasashada. Ha wadaan cunista ilaa ay ka muujinayaan inay dheregsan yihiin. Daaci ilmahaaga 2 ama 3 jeer inta lagu jiro waqtiga quudinta si aad banaanka uga keento hawo kasta oo uu/ay liqday.

Hab dhaqanka cunista ee cunug kasta waa ay kala duwan yihiin. Ka hage guud ahaan:

- Inta lagu jiro dhawrka maalmood ee ugu horreeya, ilmaha badankoodu waxay cunaan qiyaastii 1 ilaa 2 wiqiyadood quudin kasta ee ah 2 ilaa 4 saacadood ee kastaba.
- Marka la gaaro toddobaadka 2-aad, ilmaha badankoodu waxay cunaan 3 ilaa 4 wiqiyadood quudin kasta ee ah 3 ilaa 4 saacadood ee kastaba. Waqti ka dib, ilmahaagu wuxuu yeelan doonaa habraac.
- Ilmahaagu waxa laga yaabaa inuu cuno xaddi kala duwan mararka qaarkood.

Diyaarinta Caanaha

- Dhaq gacmahaaga ka hor intaadan taaban masaasada ama cinjirka nuugista.
- Haddii aad isticmaalayso **caanaha ah dareeraha ee yara adag**, ku qas caanaha qaybo siman oo biyo ah.

- If you are using **powdered formula**, mix 2 ounces (60 mL) of water for each full scoop of formula. Stir the formula well until the spoon is clean. If you add too much or too little water to the formula, your baby may not get enough food. Do not add cereal, honey, corn syrup, or other ingredients to your baby's formula.
- Throw out unused mixed formula left in your baby's bottle. Start with a fresh bottle of formula at each feeding. Germs called bacteria can grow between feedings and make your baby sick.
- Haddii aad isticmaalayso **caanaha budada ah**, ku qas 2 wiqiyadood (60 mL) oo biyo ah qaado kasta oo buuxda oo caano ah. Si fiican u walaaq caanaha ilaa qaaddadu nadiif noqoto. Haddii aad ku darto biyo badan ama biyo aad u yar caanaha, waxaa laga yaabaa in ilmahaagu aanu helin cunto ku filan. Ha ku darin badar, malab, sharoobada laga sameeyay istarijka galleyda, ama maaddooyinka kale caanaha ilmahaaga.
- Iska daadi caanaha qasan ee aan la isticmaalin ee ku haray masaasada ilmahaaga. Ku bilow masaasad cusub oo caano ah wakhti quudineed kasta. Jeermiska loo yaqaan bakteeriyada ayaa kori kara inta u dhexeysa quudinada oo wuxuuna cunugaaga ka dhigi karo mid bukooda.

Bottle Nipples

Use a nipple for your baby's age. Make sure the nipple hole is small enough, so the formula drips out slowly.

Warming Bottles

Formula should be at room temperature. To warm formula, place the bottle in a pan or bowl of heated water. Mix the formula in the bottle and test the temperature by dropping a few drops of formula on the inside of your wrist.

Never warm bottles in the microwave or on the stove, as it destroys vitamins and does not heat the formula evenly. The bottle could explode or cause serious burns to your baby.

Talk to your baby's doctor if you have any questions.

Cinjirada Nuugista ee Masaasadaha

U isticmaal cinjirka nuugista ee ku habboon da'da ilmahaaga. Hubi in duleelka cinjirka nuugistu uu si filan u yar yahay, si markaa caanahu si tartiib ah ay ugu soo qulqulaan dibada.

Qandacinta Masaasadaha

Caanahu waa in ay ahaadaan heer kulka qolka. Si aad u diiriso caanaha, ku rid masaasada bir daawo ama baaquli ay ku jiraan biyo kulul. Iskugu qas caanaha gudaha masaasada oo tijaabi heerkulka adigoo markaa ku dhibcinaayo dhawr dhibcood oo caano ah gudaha curcurkaaga.

Weligaa masaasadaha ha ku diirin microwave-ka ama kariyaha/foornada, maadaama ay baabi'iso fiitamiinnada oo aanay si siman u kululeeneynin caanaha. Masaasadu wey qarxi kartaa ama waxay u keeni kartaa gubashooyin daran ilmahaaga.

La hadal dhaqtarka ilmahaaga haddii aad qabtid wax su'aalo ah.