

Dhibaatooyinka Naasnuujinta

Breastfeeding Problems

Breastfeeding problems are common, but they last a short time. These tips may help. If you find that the problems persist, call your doctor, nurse or lactation specialist.

Engorgement

Engorgement is when the breasts become full, firm, tender and sometimes painful as your breast starts to produce milk. This often occurs 3 to 5 days after delivery.

Signs of engorgement often last 24 to 48 hours. Signs include:

- Larger, heavier and tender breasts
- Breasts that are hard, painful and warm to the touch
- Swelling of the breasts
- Firm nipples and areola

Ways to Prevent Engorgement

- Feed your baby at least 8 to 12 times each day. Watch and listen for drinking and swallowing.
- Wear a support bra 24 hours a day while your breasts are heavy. Use a comfort style bra without under wires. Some mothers find more comfort without a bra.

Dhibaatooyinka naasnuujinta waa caadi, haseyeeshee waqti kooban ayay ku dhammaadaan. Talooinkani way ku caawin karaan. Haddii ay dhibaatooyinkaasi sii jiraan, la hadal dhakhtarkaaga, kalkaaliso caafimaad amase qof ku takhasusay caana siinta.

Darrar-dhaaf

Darrar-dhaafku waa marka ay naasuhu buuxdhaafaan, ee adkaadaan oo giigsamaan marmarka qaarkoodna ku xanuunaan sidii ay caano kasoo daadayaan. Had iyo jeer tani waxay dhacdaa 3 ilaa 5 cisho ka dib umusha.

Calaamadaha darrar-dhaafkaa had iyo jeer waxay ku baaba'aan 24 ilaa 48 saacadood. Calaamadahaas waxa ka mid ah:

- Naasaha oo balballaadha, cuslaada oo giigsama
- Naaso ad-adag, xanuun leh oo diiran marka la taabto
- Naasaha oo soo fooca
- Ibta naasaha oo soo taagma

Siyaabaha looga hor tago darrar-dhaafka

- Jaqsii ilmahaaga ugu yaraan 8 ilaa 12 jeer maalintii.
- Xidho keenshali ku taageera 24 ka saacadood maalintii maka ay naasahaagu ku culus yihiin. Adeegso keenshali nafis ah oo aan lahayn waayirro bir ah. Hooyooyinka qaarkood waxay jecel yihiin bilaa keenshali.

- If your breasts become engorged:
 - Place a clean, warm, damp cloth over each breast for 3 to 5 minutes before nursing or get into a warm shower and let warm water flow over your shoulders. Heating the breasts will help your milk flow easily to your baby. After heating the breasts, massage them in a circular motion towards the areola and the nipple. Massaging will move the milk down. Massage under the arms and the collarbone area if this area is firm and uncomfortable.
 - Soften the breast using hand expression or a breast pump. Express enough breast milk to soften the areola so that baby can easily attach.
 - Breastfeed right away. Gently massage your breasts while nursing.
 - If the breasts are still painful, full and swollen after a breastfeeding, or refill within a half hour after feeding, you may pump to soften the breasts. Only pump if your breasts are overly full and don't pump until they are empty.
 - Apply cold packs to the breasts for 20 minutes after nursing
- Haddii ay naasahaagu is-xidhaan:
 - Dul saar maro nadiif ah, diiran oo qoyan naas kasta 3 ilaa 5 miridh ka hor inta aanad jaqsiin, amase kusoo maydho biyo diiran oo raaci biyo badan oo diiran garbahaaga. Diirinta naasahu waxay caawisaa in caanuhu si fudud usoo dhaafaan oo ilmuhu u jaqo. Markaad diiriso naasaha, waxoogaa duug si goobo ah adigoo soo raacaya xagga ibta. Duugistu waxay caawisaa in caanuhu hoos usoo daadegaan. Duug cududaha iyo gacmaha haddii ay giigsan yiin.
 - Jilci naasaha adigoo adeegsanaya gacanta amase tuubada naasaha. Jilci ibta si ilmuhu u qabsan karo si fudud.
 - Markiiba naaska nuuji. Naasahaaga u duug si naxariis leh markaad jaqsiinaysid.
 - Haddii naasuhu ay wali xanuun leeyihiin, oo buuxaan nuujinta ka dib, amase ay nusasaace ku buuxsamaan waxad kusoo nuugi kartaa tuubada naasaha si aad u jilciso. Kaliya naaska lis hadii naaskaaga aad u buuxsamo oo ha lisiin ilaa inta uu naasku wada madhanayo.
 - Saar naasaha faashad qabow ilaa 20 minit kadib markaad jaqsiiso.

Nipple Soreness

Nipple soreness often occurs when the baby is not attached well to the breast or positioned correctly. Make sure your baby's jaws are deeply over your areola and about ½ inch behind the base of your nipple. Your nipple should be rounded and erect after the baby detaches.

Xanuun Ib Naas

Xanuun ib naas wuxuu dhacaa marka ilmuhu si fiican u qaban kari waayo ibta amase naaska meel qalloocan ka qabsado. Hubso in ilmahaaga daamankiisu ay si fiican u haystaan naaska dushiisa ayna ilaa ½ inch kasoo horreeyan ibta. Ibtadu waa inay gamuurnaataa oo caano kasoo boodaan marka ilmuhu sii daayo.

Ways to Prevent Nipple Soreness

- If you feel pinching, rubbing or biting pain during the feeding, check the baby's position and attachment.
- Air-dry your nipples by leaving your bra flaps down for a couple of minutes after a feeding.
- Express a small amount of colostrum or milk and spread it around the nipple and areola after air-drying.
- Avoid the use of soap, alcohol and extra water on the breast. Clean your breasts by allowing water to flow over them when showering.

If You Have Nipple Soreness:

- Feed your baby more often for shorter periods of time.
- Do not allow your baby to become too hungry.
- Using an artificial nipple shield over the breast for feeding may help with soreness, but can damage your nipple and get in the way of milk flow. Only use them with the help of a lactation specialist.
- Use a purified lanolin product or gel pad to heal cracked or open areas. Do not use lanolin and gel pads together.
- Begin feeding on the least sore nipple. Be sure to break suction carefully by sliding your finger inside your baby's mouth.
- If it remains painful when your baby first latches on, remove your baby and try again.

Siyaabaha looga hor tago xanuunka ib naas

- Haddii aad dareento qanjiidho, xoqitaan amase sidii qaniinyo oo kale, hubi ilmahu sida uu u haysto naaska.
- Hawada ku qallaji ibahaaga adigoo keeshaliga siddeyaashiisa furaya dhowr minit la dib markaad jaqsiiso ilmaha.
- Xoogaa dambar aha ama caano ah ku dul daadi ibaha naasaha iyo hareerahooda oo ku qoo.
- Iska ilaali inad adeegsato saabuun, isbiirto amae wax kale si aad u nadiifiso naasaha. Ku nadiifi naasahaaga adoo raacinayana biyo badan markaad maydhanayso.

Haddii aad leedahay xanuun ib naas:

- Dhowr jeer ilmaha sii naasaha adoo soo gaabinaya waqtiyada uu jaqaayo.
- Ha u oggolaan in ilmahaagu gaajoodo.
- Ha adeegsan ibaha artafiishalka ah ee naaska si aad u jaqsiiso ilmaha oo waxay kaa caawin karaan bararka, laakiin waxay dhaawici karaan ibaha naasahaaga oo ay wax u dhimi karaan socodka caanaha. Kaliya waxaad isticmaali kartaa marka uu kaa caawiyo khabiirka naasnuujintu.
- Adeegso "lanolin" la nadiifiyo amase "gel pad" si aad u dawayso meelaha ku bukooda ha wada isticmaalin lanolin iyo gel pad mar kaliya.
- Ka biliow inaad hor siiso ibta aan aad u qalloocan. Ka feejignow in nuugitaanka caanugu istaageen adigoo farahaga si aad yara u gelinaaya afka ilmahaaga.
- Haddii ay aad kuusii xanuunto marka ilmuhu uu naaska nuugo, markiiba ka saar ibta oo haddana ku celi mar kale.

- A fast deep latch will put your baby's jaws behind the nipple and tender areas.

If latching on still painful, talk to a lactation specialist.

Plugged Duct

A plugged duct is a tender or painful lump in the breast. If left untreated, it may lead to an infection. Plugs often occur from changes in the baby's feeding pattern or pressure on the breast. Check your breast for pressure points that occur from a bra that is too tight or from bunched clothing on the breast.

If You Have a Plugged Duct:

- Apply moist heat to the breast 15 to 20 minutes before each feeding.
- Massage the breast from the area behind the discomfort toward the nipple.
- Change positions lining-up the baby's chin and jaw toward the plug.
- Let the baby nurse first on the affected breast. The stronger suck will help relieve the plug.

Breast Infection

A breast infection occurs from a blocked duct or from bacteria that has entered the breast, often through a cracked nipple. Even though the breast tissue is inflamed, the baby will not become ill from feeding on the infected breast.

Signs of breast infection may include:

- A headache, aching joints, fever or chills

- Nuugitaan degdeg ahi waxay gaadhsiiyaan daamanka ilmahaaga ibta dabadeeda.

Hadii weli naas nuujintu ay xanuun leedahay, kala hadal khabiirka naas nuujinta.

Dillaac

Naasaha dushooda waxa ku samaysa dillaac aad u xanuun kulul. Haddii aan la dawaynin waxay keeni kartaa caabuq. Dillaaca inta badan waxa keena ilmaha oo beddela cadaadiska uu ku hayo naaska. Hubi meelaha naasahaagu cadaadisku kala kulmo sida keenshaliga oo aan kugu giigsamin.

Haddii aad leedahay dillaac:

- 15 ilaa 20 daqiiqo ka hor intaadan jaqsiinin, ka hor mar kasta waxaad ku kubbaysaa naasaha maro biyo diiran.
- Duug naasaha laga soo bilaabo meesha xanuunaysa ilaa ibta.
- Ka beddel halka ilmaha daamankiisu qabtaan marka loo eego meesha ku dillaacday.
- Marka hore jaqsii ilmaha naaska buka. Jaqniinka xoogga lehe wuxuu caawiyaa in dillaacu bogsado.

Caabuqa naasaha

Caabuq ku dhaca naasaha waxa keen dilaac la daboolay amase bakteeriya gashay naaska oo had iyo jeer ka gasha ibta. Inkastoo jidhka naaska dushiisu bugto iluhu uma anuunsan doono hadduu jaqo naa buka.

Astaamaha caabuqa naaska waxaa ka mid ah:

- Madax xanuun, xubnaha laabma oo ku xanuuna, xummad iyo qandho

- A hard, red and painful breast
- A fussy or unwilling to nurse baby when using the infected breast

Call your doctor right away if you think you may have a breast infection.

- Your doctor may order medicine to treat the infection. Take the medicine for the full time ordered. Do not stop taking your medicine, even if you feel better, without first talking to your doctor.
- Continue to breastfeed your baby often to drain the infected breast. If your breast is too painful to breastfeed, you may need to use a breast pump until you are able to breastfeed your baby again.
- Rest often and drink a lot of fluids.

Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.

- Naasaha oo adkaada, casaada oo ku xanuuna
- Adoon rabin inaad ilmaha jaqsiiso markaad siinayso naaska buka

Si dhaqso ah ula hadal dhakhtarkaaga haddii aad u malaynayso inaad leedahay caabuuq naasaha ah.

- Dhakhtargaagu qori doonaa dawooyin kaa daweeya caabuuq. U qaado dawooyinka ilaa aad ka dhammaysanaysid sida lagu qorey. Ha joojinin qaadashada dawada, xataa haddaad is leedahay waad ladnaatay, adigoo marka hore kala tashan dhakhtarka.
- Sii wad inaad ilmaha naaska jaqsiiso adoo siinaya naaska buka. Haddii naasku aad kuu xanuunayo waxaad adeegsan tuubada naasaha ilaa intaad ka jaqsiin karayso.
- Naso in badan oo cab cabitaan aad u fara badan.

Kala hadal dhakhtarkaaga, kalkaale caafimaad ama khabiirka naasnuujinta haddii aad wax su'aal ah hayso ama aad shaki ka qabto.