

Daryeelida Cunnugaga

Caring for Your Baby

There are some things you need to learn to care for your baby. Talk to your baby's nurse or doctor if you have questions.

Feedings

If you are breastfeeding your baby, you may need to feed your baby every hour for the first few days. Later on, your baby can go 3 to 4 hours without breastfeeding. Let your baby nurse on the first breast as long as possible, then offer the second breast. Some babies nurse quickly, in 15 minutes, others take more time, like 30 minutes. This is all normal. Burp your baby when changing breasts. Watch the foods you eat. Some things you eat may upset your baby's stomach or cause gas.

If you are bottle-feeding your baby, offer formula every 3 to 4 hours. Begin giving your baby 1 to 3 ounces of formula at each feeding. Slowly increase the amount of formula. Burp your baby after every few ounces.

Babies have growth spurts in the first 6 months, and will eat more often during them. Watch for feeding cues and feed your baby whenever your baby wants to eat.

Feeding Cues

Your baby will give you signals of hunger called feeding cues. Your

Waxaa jira waxyaabo aad u baahan tahay inaad baratid si aad u daryeesho cunnugaaga. La hadal dhakhtarka cunnugaaga haddii aad qabtid su'aalo.

Quudinta

Haddii aad naas nuujinaysid cunnugaaga, waxaad u baahan tahay inaad quudiso cunnuga saacad kasta ee maalmaha ugu horreeya. Markaas kadib, cunnugaaga wuxuu naasnuujin la'aan ahaan karaa 3 ilaa 4 saacadood. U oggolow cunnugaaga inuu nuugo naaska koowaad inta ugu macquulsan, ka dibna sii naaska labaad. Carruurta qaarkood si dhakhso ah ayey u nuugaan, 15 daqiiqo gudahood, kuwa kalena waxay qaataan waqti badan, tusaale ahaan 30 daqiiqo. Tani gebi ahaanba waa caadi. Ha daacsado cunuggaaga marka aad u kala beddelayso naasaha. Ka fiirso cuntada aad cunayso. Waxyaabaha aad cuntid qaarkood waxay carqalad u keeni karaan caloosha cunuggaaga ama sababi karaan gaas.

Haddii aad masaasad siinayso cunnugaaga, sii caanobooraha 3 illaa 4 saacadood kasta. Ku bilow inaad siiso cunnugaaga 1 illaa 3 wiiqiyadood oo caanobooraha ah marka kasta oo quudinaysid. Si tartiib ah u kordhi xaddiga caanobooraha. Cunuggaaga ha daacsado ka dib daqiiqado kasta oo aad siiso dhowr wiiqiyad.

Carruurta waxay leeyihiin koritaan xad dhaaf ah 6-da bilood ee ugu horreysa, oo wax badan ayey cuni doonaan inta lagu gudajiro mudadaan. Fiirso gaar ah u yeelo raabitaanada quudinta ee cunnugaaga oo quudi cunnugaaga markasta uu rabo inuu wax cuno.

Calaamadaha Lagu Garto Rabitaanka Quudinta

Cunnugaaga wuxuu kuu muujin doonaa astaamaha gaajada oo loo yaqaano calaamadaha rabitaanka quudinta. Rabitaanada

baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sucking sounds
- Crying

Your baby will also show signs when he is full such as fingers open, hands down to his side, relaxed arms and legs, turning head away or biting the nipple.

Burping and Spitting Up

Burp your baby by sitting him upright or holding him up against your chest. Rub or gently pat his back until the air bubble comes up.

It is normal for your baby to spit up small amounts after a feeding or with burping.

Call your baby's doctor if your baby is spitting up large amounts often or with force.

Bulb Syringe

You can use a bulb syringe to clear out mucus from your baby's nose.

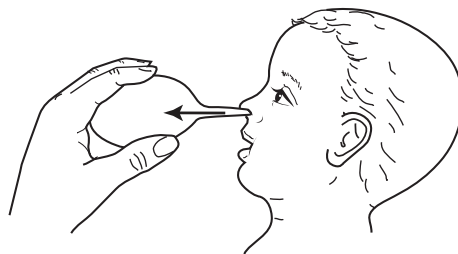
1. Squeeze the air out of the bulb.



Silingada Aariyada

Waxaad isticmaali kartaa siliingada aariyada si aad u nadiifiso duufka ku jira sanku cunnugaaga.

2. Gently insert the tip into the nose and then slowly release the bulb. Do not force the tip high into the nose.



1. Tuuji hawo-hayaha si aad uga saarto aariyada.

quudinta ee cunnugaag waxaa ka mid noqon kara:

- Faraha la isku laabo
- Gacanta afka la geliyo
- Bishimaha oo la nuugo
- Dhaqaajinta garbaha iyo lugaha
- Madaxa oo dhinaca jirkaaga u soo taago
- Cod ama dhawaaq u ek naas nuugid
- Oohin

Cunnugaaga sidoo kale wuxuu muujin doonaa calaamado marka uu dhergo sida faraha oo furan, gacmaha oo dhinaciisa iska dhigo, gacmaha iyo lugaha oo aan dhaqdhaqaaq samaynin, madaxa oo kuu kaa leexiyo ama inuu kaa qaniino ibta.

Daacsashada iyo Mataqa

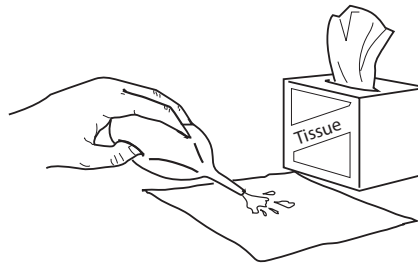
Ka caawi cunnugaaga inuu daacsado adigoo u fadhiisanaya toos ama kor u qaadaya. Riix ama si tartiib ah dhabarkiisa u garaac illaa ay xumadu ka soo baxeyso.

Waa wax caadi ah in cunuggaaga uu xoogaa yar mataqo ka dib markaad quudiso ama daacsado.

Wac dhakhtarka cunnugaaga haddii cunnugaaga uu mataqayo wax bada mar kasta ama uu xoog u mataqayo.

2. Si tartiib ah caarada siliingada u geli sanku ka dibna si tartiib ah u sii daa hawo-hayaha. Ha ku qasbin caarada siliingada qeybta sare ee sanku.

3. Remove the bulb and squeeze any fluid into a tissue.
4. Repeat as needed.
5. After you are done, wash the bulb syringe with soap and warm water.



3. Ka soo saar hawo-hayaha oo tuuji si aad wixii dareere ah oo ku jira ugu gediso istiraasho.
4. Ku celi hadba sidii loogu baahdo.
5. Markaad dhammeysid, ku dhaq siliingada aariyada saabuun iyo biyo diiran.

Be gentle and do not to use the bulb syringe too much. This can cause your baby's nose to swell. Suctioning the sides of your baby's mouth in the cheek area can be a better option, but be careful not to suction the back of the mouth or throat, which can cause gagging.

Si dabacsan u isticmaal oo ha isticmaalin siringaha in badan. Tani waxay sababi kartaa sanku cunnugaaga inuu bararo. Dhuuqitaanka dhinacyada afka cunnugaaga ee agagaarka dhabanka waxay noqon kartaa ikhtiyaarka ugu fiican, laakiin ka taxaddar inaadan dhuuqin qeybta dambe ee afka ama dhuunta, taas oo sababi karta ku saxasho.

Cord Care

The baby's umbilical cord is clamped at birth. The clamp is removed in the hospital. It usually takes 7 to 14 days before the cord falls off by itself. Do not try to remove the cord. Until the cord is healed, keep the diaper below the cord.

Keep the area clean, dry and open to the air. If the area becomes dirty with urine or poop, sponge bathe the area gently with warm water and pat or air dry. Do not put your baby in a tub of water until the area has healed.

When the cord falls off, there may be a small amount of drainage or a few drops of blood. **Call your baby's doctor** if the cord smells bad, has yellow or green discharge, is bleeding more than a few drops, or if the skin around it becomes red or seems painful to the baby.

Daryeelka Xudunta

Xudunta cunnugaaga waxaa la xiraa xilliga dhalashada. Xiritaankaas waxaa looga saaraa isbitaalka. Waxay caadiyan qaadataa 7 ilaa 14 maalmood kahor inta xadhiga xudunta uusan kaligiis dhicin. Ha isku dayin inaad ka saarto xariga xudunta. Ilaa inta xudunta ay ka bogsanayso, xafaayada ku xir meel xudunta ka hooseysa.

Meesha ka dhig mid nadiif ah, qalalan oo u furan hawada. Haddii aaggu wasakh ku yeesho kaadida ama saxarada, si tartiib ah ugu dhakh biyo diiran oo afuuf ama hawo ku qalaji. Cunnugaaga haku ridin weel biyo ku jira ilaa meesha ay ka bogsanayso.

Marka xariga xudunta uu dhaco, waxaa laga yaabaa inay ka soo baxaa dheecaan qaddar yar ah ama dhowr dhibcood oo dhiig ah. **Wac dhakhtarka cunnugaaga** haddii xadhiga xudunta uu urayo, ama dheecaan huruud ama cagaar ah leeyahay, uu dhiig baxayo in ka badan dhawr dhibcood, ama haddii maqaarka ku xeeran uu casaan yahay ama uu umuuqdo inuu xanuun u leeyahay cunnuga.

Bowel Movements

Most babies will have a sticky and dark bowel movement within 48 hours. The stool will change to greenish-brown, then to a light yellow, mustard color. Breast milk stool will become watery and mustard in color. Formula stool is more formed and yellow in color. As long as your baby is comfortable, do not worry about how often they have bowel movements. Soft stool is normal.

- Call your baby's doctor if your baby has diarrhea or very loose stool for more than 24 hours.
- Call your baby's doctor if your baby's stool is very hard or difficult to pass.
- Do not give your baby home remedies or medicine unless told to do so by your baby's doctor.

Urine

Expect 5 to 6 wet diapers each day by the time the baby is 5 days old. Babies can lose fluids very fast. If you think your baby is not getting enough liquids, feed him every 2 hours. Call your baby's doctor if your baby is not having enough wet diapers.

Diaper Change

Change the diaper when it becomes wet or dirty. This will help prevent skin rashes. Talk to your baby's doctor or nurse about a product to use if your baby's skin becomes red. Use a wet washcloth or baby wipes to gently clean the area and between the folds of skin and genitals.

- For girls – Clean the genitalia from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.
- For boys – Gently clean the penis. If not circumcised, do not pull back on the foreskin to clean it.

Dhaqdhaqaaqyada Mindhicirka

Carruurta intooda badan waxay yeelan doonaan mindhicir dhegdhega ama madow 48 saacadood gududood. Saxarada waxay isku bedeli doontaa cagaar-bunni, ka dibna huruud khafiif ah, midab khardal u eg. Saxarada caanaha naaska waxay noqon doontaa mid biyo ah oo midab khardal ah leh. Saxarada caana boorada waxay noqon doontaa mid adag oo midab jaalle ah leh. Haddiiba cunnugaaga ee ku badqabo, ha ka walwelin inta jeer ee uu saxaroodo. Saxarada jilicsan waa caadi.

- Wac dhakhtarka cunnugaaga haddii cunnugaaga uu qabo shuban ama saxaro aad u jilicsan in ka badan 24 saacadood.
- Wac dhakhtarka cunnugaaga haddii saxarada cunnugaaga aad u adag tahay ama uu dhib ku qabo inuu saxaroodo.
- Ha siin cunuggaaga dawooyinka guriga marka laga reebo haddii sidaas uu dhakhtarka kugu faray inaad samayso.

Kaadida

Filo 5 ilaa 6 xafaayad qoyan maalin kasta marka cunnugaaga gaadhayo 5 maalmood. Carruurta waxay si dhakhso ah u lumin karaan dareeraha. Haddii aad u maleynaysid in cunnugaaga aanu helin cabitaanno ku filan, quudi 2-dii saacadoodba mar. Wac dhakhtarka cunnugaaga haddii cunnugaaga aanu lahayn kaadi ku filan.

Bedelaadda Xafaayada

Beddel xafaayadda markay noqoto mid qoyan ama wasakh. Tani waxay ka hortageysaa finanka maqaarka. Kala hadal dhakhtarka ama kalkaalisada cunnugaaga wixii ku saabsan sida loo isticmaalo xafaayada haddii maqaarka cunnugaaga uu noqdo casaan. U isticmaal maro qoyan ama marada lagu tirtiro carruurta si aad si tartiib ah ugu nadiifiso aagga iyo inta u dhexeysa laablaabyada maqaarka iyo xubnaha taranka.

- Gabdhaha – Nadiifi xubinta taranka adigoo ka bilaabaya hor illaa gadaal. Tani waxay meesha ka saareysa in saxaradu gasho duleelka u furan kaadi haysta, taasoo sababi kartaa caabuq.
- Wiilasha – Si dabacsan u nadiifi xubinta taranka. Haddii uusan gudnayn, dib ha u jiidin buuryada xubinta taranka si aad u nadiifiso.

Fingernails

Keep your baby's nails short so they do not scratch themselves. Find a position that lets you access your baby's hands. It is best to use a nail file (emery board) instead of baby nail scissors or clippers. Gently rub back and forth with the file until the nail is short and smooth. Use care not to file the baby's skin. If you use baby nail clippers, be careful not to clip the baby's skin.

Sleeping

Always put your baby on his or her back for sleeping.

Follow the ABC's of safe sleep:

- **ALONE**- babies need to sleep on their own surface. Bed sharing is not safe.
- **BACK**- babies should be on their back for every sleep.
- **CRIB**- the crib should be empty. This means no toys, no bumper pads, no pillows, no blankets, no stuffed animals and no supplies.

Having your baby in a onesie sleeper or sleep sack is safest. Pacifiers are okay as long as they are not hanging around your baby's neck.



Ciddiyaha Faraha

Ka dhig ciddiyaha cunugaaga kuwo gaaban si ayan isu xoqin. Raadi meel kuu oggolaaneysa inaad qabato gacmaha cunnugaaga. Waa tan ugu wanaagsan in la isticmaalo qalabka ciddiyaha lagu simo (emery board) bedelkii aad ka isticmaali lahayd maqaska ciddiyaha lagu jaro ama lagu gooyo. Si tartiib ah gadaal iyo hore ugu xoq faylka illaa iyo ciddiyaha ay noqdaan kuwo gaaban oo jilicsan. Ka taxadar inaad jarin maqaarka cunnuga. Haddii aad isticmaaleyso qalabka ciddiyaha loogu

jaro carruurta, ka taxaddar inaad jarin maqaarka cunnuga.

Hurdada

Had iyo jeer cunnugaaga dhabardhabar u seexi.

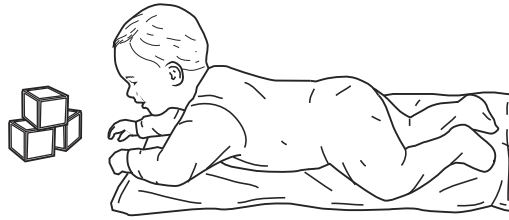
Raac sharciga ABC ee hurdada aaminka ah:

- **KELIGOOD** - carruurta waxay u baahan yihiin inay ku seexdaan meel u gooni ah. Sariirta la wadaago ma aha nabadgelyo.
- **DHABARKA** - carruurta waa in dhabardhabar loo jiiifiyo markasta oo ay hurdaayaan
- **SARIIRTA** - sariirta waa inay faaruq ahaataa. Tan macnaheedu waa ma jirto boonbalo, go'yaal, barkimooyin, busteyaal, xayawaanno iyo sahay.

Cunnugaaga inaad u geliso dharka gurdada ama loorka hurdada ayaa ugu ammaansan. Qolofyada waa hagaagsan yihiin haddiiba aynaan soo dhaafaynin qoorta cunnuga.

Tummy Time

Place your baby on his or her stomach while you spend time with your baby when he or she is awake and ready to play. This will help your baby's



muscles in the neck, arms and body get stronger. It also helps your baby avoid flat spots on his or her head, and help your baby learn how to roll, sit, crawl, and pull to stand.

Start out with just a few minutes at a time, a few times each day.

Increase the time as your baby gets used to it and begins to like it.

Play with your baby in this position. Never leave your baby alone on his or her stomach.

Room Temperature and Dress

Dress your baby with one extra layer more than you are wearing. Do not overdress your baby or let him get too warm. Your baby's room should be at a temperature that is comfortable for an adult. Air conditioning is not harmful to your baby, but keep your baby away from fans and drafts.

Your Baby's Temperature

Take your baby's temperature if your baby is eating poorly, feels warm to the touch, is more irritable or is hard to wake. There are different ways to take a temperature, but in the baby's bottom (rectal) is thought to give the best reading for babies.

Wakhtiga Kuseexashada Caloosha

Cunnugaaga dhig dhulka adigoo caloosha hoos marinaya inta aad la joogtid cunuggaaga markii uu soo jeedo oo uu diyaar u yahay inuu ciyaaro. Tani waxay ka caawin doontaa muruqyada cunnugaaga ee qoorta, gacmaha iyo jirka inay

sii xoogaayaan. Waxay kaloo ka caawineysaa cunuggaaga inuu ka fogaado dhibcaha siman ee madaxa, iyo waxay ka caawineysaa cunuggaaga barashada sida loo gadgadoo, loo fadhiisto, loo gurguurto, oo u istaago.

Ku biloow daqiiqado yar markiiba, dhawr jeer maalin kasta.

Kordhi waqtiga inta uu cunnugaaga ka baranayo oo uu bilaabo inuu jeclaado.

Cunnugaaga la ciyaar isagoo sidaas ah. Weligaa cunnugaaga ha uga tagin isagoo caloosha ku jiifa.

Heerkulka Qolka iyo Dharka

Ugu labbis cunuggaaga hal lakab oo ka badan inta aad adigan xiran tahay. Haka badinin dharka cunnugaaga ama ha u oggolaan inuu aad u kululaado. Qolka cunnugaaga waa inuu ahaadaa mid leh heer kul ku habboon qof weyn. Qaboojiyaha qolka in la isticmaalo waxyeello uma leh cunnugaaga, laakiin ka ilaali cunnugaaga marawaxadaha tooska ah.

Heerkulka ee Cannuggaaga

Qaad heerkulka cunuggaaga haddii uu si xun wax u cunayo, oo laga dareemayo kuleyl marka la taabto, xanaaq badan yahay ama ay adag tahay inuu hurdada ka soo tooso. Waxaa jira qaabab kala duwan oo loo qaadi karo heerkulka, laakiin xagga hoose ee cunugga (malawadka) ayaa loo maleynayaa inuu bixinayo akhriska ugu fiican ee carruurta.

Call your baby's doctor if you think he or she may have a fever. In general:

- Babies younger than 3 months - a rectal temperature of 100.4° F (38° C) or higher, or an armpit (axillary) temperature of 99° F (37.2° C) or higher.

Crying

All babies cry. Crying is how babies let you know they are hungry, wet, thirsty, cold or bored. It can also be a way to release tension.

With healthy babies, it is normal:

- For the crying to come and go.
- For the baby to keep crying when you are trying to comfort them.
- For crying to happen more in the evening hours when baby is tired.
- For your baby to have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs.
- For the crying to last a long time.

A crying baby can frustrate and worry parents. Crying often makes parents think there is something wrong. Understanding what is normal will not make your baby stop crying, but it can make you feel better about yourself and your baby. Always check with your doctor if your baby cries more than you think your baby should.

Wac dhakhtarka cunuggaaga haddii aad u maleynaysid inuu qabo qandho. Guud ahaan:

- Carruurta ka yar 3 bilood - heerkulka malawaadka oo ah 100.4° F (38° C) ama ka sareeya, ama kilkisha (kilkil) heerkul ah 99° F (37.2° C) ama ka sareeya.

Oohin

Dhamaan carruurta way ooyaan. Oohintu waa qaabka carruurta kuu ogeysiyaan inay gaajaysan yihiin, qoyan yihiin, ooman yihiin, qabow yihiin ama caajisan yihiin. Waxay kaloo noqon kartaa qaab ay iskaga yareynayaan cadaadiska.

Carruurta caafimaadka qaba, waa u caadi:

- Oohintu inay timaado oo ay ka tagto.
- Cunugga inuu sii ooyo marka aad iskudayeyso inaad aamusiso.
- Oohinta si ay dhacdo in badan saacadaha fiidkii marka cunugga uu daalan yahay.
- Cunuggaaga inuu yeesho weji gaduudan, faraha ishdexgeliyo, calool adag oo cidhiidhi ah, dhabar taagan, lugaha oo caloosha dhankeeda loo soo qaado ama lugo adag.
- Oohintu inay muddo dheer sii socoto.

Carruurta ooyayaa waxay murjin karaan waalidiinta. Oohintu badanaa waxay ka keentaa waalidiinta inay u maleeyaan inay wax qaldan yihiin. Fahmitaanka waxa caadiga ah kama dhigayso cunuggaaga inuu joojiyo oohinta, laakiin waxay kaa dhigaysaa inaad dareento fiicnaansho naftaada iyo cunuggaaga ah. Had iyo jeer kala tasho dhakhtarkaaga haddii cunnugaaga ooyo wax ka badan inta aad u malaynaysid inay tahay inuu ooyo.

Soothing a Crying Baby

Respond to the crying quickly to prevent your baby from becoming too upset. This will not spoil your baby. **Never shake your baby.** This causes serious injuries. Get help or take a break before you get too upset.

Try these actions to calm your baby:

- Cuddle or swaddle your baby in a blanket and hold him close to you.
- Place your baby's head near your heart.
- Let your baby suck on his or her finger or a pacifier.
- Rock, walk with your baby or take him or her for a ride in a stroller or a car.
- Talk to your baby in a steady, soft voice.
- Sing, hum or coo softly to your baby.
- Turn on something with a rhythmic sound such as music, a fan or clothes dryer. Do not place the baby on the dryer.
- Keep the lights low and the room quiet.

Try to stay calm. Take a break. A crying baby can be stressful. Have someone watch and comfort your baby while you relax. Call your baby's doctor for advice if you feel your baby:

- Cries too much
- Cries are loud, piercing or do not stop
- Cries more than 3 hours each day and more often than 3 days each week

Shaken Baby Syndrome

Shaken Baby Syndrome is brain damage caused by someone shaking a baby even one time. Normal playing with a child, like bouncing the baby gently on a knee, will not cause brain damage, but **never shake a baby.**

Make sure to tell anyone caring for your baby to never shake your baby.

U nasteexaynta Cunnug Ooynaaya

Si dhakhso leh uga jawaab qaylada si aad uga ilaaliso canuggaaga inuu sii xanaaqo. Tani waxba yeeli mayso cunuggaaga. **Cunuggaaga waligaa ha ruxin.** Tani waxay keenaysaa dhaawacyo culus. Caawino raadso ama naso intaadan aad u xanaaqin.

Isku day ficiladaan si aad u dejiso cunuggaaga:

- Ku cayaarsii ama ku rux cunnuga buste oo ku hay meel adiga kuu dhow.
- Cunuggaaga madaxiisa saar meel u dhow wadnahaaga.
- U oggolow cunnugaaga inuu nuugo farta ama caaga carruurta lagu ciyaarsiiyo.
- Rux, la soco cunuggaaga ama u kaxee fuulid kursi socoda ama gaari.
- Kula hadal cunuggaaga cod jilicsan oo degan.
- U hees, u qanuunac ama si tartiib ah ugu jillo cunuggaaga.
- U daar wax cod leh sida muusig, marwaaxad ama qalajiyaha dharka. Cunnuga ha dul dhigin qalajiyaha.
- Nalalka qafiif ka dhig oo qolka ha aamusnaado.

Isku day inaad isdejiso. Nasasho qaado. Cunnug ooyayaa wuxuu noqon karaa mid walwal badan. U raadi qof kuu fiiriya oo u nasteexeeya cunnugaaga inta aad ka nasanaysid. Wac dhakhtarka cunnugaaga si aad talo uga hesho haddii aad dareento cunnugaaga:

- Uu ooyo in badan
- Oohintiisuu aad u badan tahay, dhegaha dad ka xanuunjinayso ama aanan joogsanaynin,
- Uu ooyo wax ka badan 3 saacadood maalin kasta iyo in ka badan 3 maalmood toddobaad kasta

Cudurka Ruxitaanka Cunnuga

Cudurka Ruxitaanka Carruurta waa dhaawaca maskaxda ee uu sababay qof ruxaya cunnuga xitaa hal jeer ha noqotee. Ciyaar caadi ah oo lala yeesho cunugga, sida si tartiib ah u bootinta cunuga isagoo saaran jilibka, ma sababayso dhaawac maskaxda, lakiin **marna ha ruxin cunugga.**

Hubso inaad u sheegto qof kasta oo daryeela cunnugaaga inuusan waligiis ruxin cunnuga.

Pacifiers

Babies like to suck. Pacifiers can help calm babies. If you are breastfeeding, do not use a pacifier until your baby is breastfeeding well. Never hang the pacifier around your baby's neck. Do not use a bottle nipple as a pacifier.

Bathing

You may give your baby a sponge bath. Do not put your baby into a tub of water until the cord falls off, the umbilical area heals and the circumcision heals for boys.

The temperature of the water should be 100 degrees Fahrenheit or 37 degrees Celsius to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, **not hot**. The room should be free of drafts, such as open windows or fans.

Never leave your baby alone, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly. Always support your baby's head during the bath. Keep a firm grip on your baby. A soapy baby can be very slippery.

Bathe your baby every 3 to 4 days. It is best to bathe your baby before a feeding. The rest of the time, cleaning after each diaper change and washing baby's face and neck after feedings are enough.

Washing Baby's Clothes

In the first few months, a detergent made for a baby, such as Dreft® or Ivory Snow® may be used because it is gentle on a baby's skin. You may also use detergent without fragrance. Do not use bleach because it can irritate your baby's skin.

Qalabka carruurta afka loo geliyo

Carruurta waxay jecel yihiin inay wax dhuuqaan. Qalabka la dhuuqa ayaa carruurta ka caawiya inay noqdaan kuwo degan. Haddii aad naas nuujinaysid, ha isticmaalin qalabka la nuugo ilaa cunnuga ka nuugo naaska. Marna haku laalaadinin qalabka la nuugo hareeraha qoorta cunnugaaga. Iba masaasadaha ha u isticmaalin qalabka nuugida ahaan.

Qubeyska

Waxaa siin kartaa canuggaaga qabayska maro ku tirtirka ah. Cunnugaaga ha gelinin tuubbo biyo ah ilaa xariga xudunta ka dhammaato, aagga xudunta way bogsataa iyo aagga gudniinka ee wiilshaba.

Heerkulka biyuhu waa inuu ahaadaa 100 digrii Faranhayt ama 37 digrii Sintigirayt si aad uga hortagto qabowga ama gubashada. Haddii aadan haysan heerkulbeegga qabayska, isticmaal cumaacumtaada si aad biyaha u tijaabiso. Waa inay ahaataa mid diiran, **aan kuleyl ahayn**. Qolka waa in aysan kajirin hawooyinka qabow, sida daaqado furan ama marwaxado.

Marna haka tagin cunnugaaga keligiis xitaa hal ilbiriqsi. Haddii teleefoonku soo dhaco ama qof uu soo garaaco albaabka iska diid dhammeena qabayska. Shilal ayaa ku dhici kara si degdeg ah. Had iyo jeer qabo madaxa canugga inta qabayska lagu guda jiro. Si adag u hay canuggaaga. Canugga saabuunta leh waxaa uu noqon karaa mid kaa fara baxsanaya.

U qubeey cunnugaaga 3 ilaa 4 maalmood kasta. Waa midda ugu wanaagsan in aad canuggaaga u qabayso inta aadan cuntada siin kahor. Waqtiga intiisa kale, nadiifinta ah ka dib markaad ka bedesho xafaayaddaha iyo dhaqidda wejiga iyo qoorta cunnuga ka dib quudinta ayaa ku filan.

Dhaqidda Dharka Cunnuga

Bilaha ugu horreeya, saabuun loo sameeyay carruurta, sida Dreft® ama Ivory Snow® ayaa la isticmaali karaa maxaa yeelay waa u jilicsan yihiin maqaarka carruurta. Waxa kale oo aad isticmaali kartaa saabuun aan lahayn udgoon. Ha isticmaalin biliij sababta oo ah waxay baabi'ineysaa maqaarka cunuggaaga.

Vaccines

Vaccines help prevent diseases. These are given in the doctor's offices and health clinics. To protect your baby's health, vaccines should be given on a schedule. Be sure that your baby gets all his or her vaccines. Take the vaccine record with you to all doctors' appointments. Vaccines for children are free through your local health department.

When Should I Call My Baby's Doctor?

- **Call 911** if your baby turns blue or has trouble breathing.
- **Call your baby's doctor** if your baby has any of the following:
 - › Cries non-stop or is more irritable
 - › Has a fever
 - › Discharge from the eyes often
 - › A hard time breathing, breathing very fast or the skin below or between the ribs pulls in when baby breathes
 - › Dry, rough patches on the body, blisters or sores that crust over or a rash that comes on all of a sudden
 - › Redness discharge or a foul smell from the umbilical cord
 - › Baby is breastfeeding less often or taking less formula for more than 8 hours
 - › Green vomit or vomiting after more than two feedings in a row
 - › Baby is hard to wake up
 - › No wet diaper for more than 8 hours
 - › Change in stool patterns, constipation or diarrhea.

Tallaalada

Tallaalada waxay gacan ka gaystaan ka hortagga cudurada. Tallaaladan waxaa lagu bixiyaa xafiisyada dhakhtarka iyo rugaha caafimaad. Si loo ilaaliyo caafimaadka cunuggaaga, tallaallada waa in lagu bixiyaa jadwal. Xaqijii in cunuggaaga uu helo dhammaan tallaaladiisa ama tallaaladeeda. Hore u qaado dhammaan rikoorka tallaalka markaad aadayso dhammaan ballamaha dhakhtarka. Tallaalada carruurta waa bilaash iyada oo loo marayo waaxda caafimaadka deegaankaaga.

Goorma Ayay Tahay Inaan Waco Dhakhtarka Cunnugayga?

- **Wac 911** haddii cunuggaaga uu buluug isku bedelo ama neefsashada ay ku dhibayso.
- **Wac dhakhtarka cunuggaaga** haddii cunuggaaga uu qabo mid ka mid ah kuwa soo socda:
 - › Uu u ooyo si aan joogsi lahayn ama aad u xanaq badan
 - › Uu qabo qandho
 - › Badanaa isha dheecaan uga soo baxo
 - › Haddii waqtiga neefsigu adag yahay, si boobsiis ah u neefsanaayo ama maqaarka ka hooseeya ama u dhexeeya feeraha canugga uu hoos u jiidmo marka uu cunnuga neefsanayo.
 - › Nabaro qallalan oo jidhka ku yaal, finan ama nabaro ku urursan ama finan yar oo u soo baxa si lama filaan ah
 - › Dheecaan guduud ah, ama ur xun oo ka imaanaya xuddunta
 - › Haddii uu naaska nuugayo wax yar inta badan ama uu qaadanayo caanobooro ka yar in ka badan 8 saacadood
 - › Matag cagaaran ama matagidda kaddib wax ka badan labo quudasho oo isku xigta
 - › Ay adag tahay in cunugga hurdada laga soo kiciyo.
 - › Aanu quuyin xafaayada wax ka badan 8 saacadood
 - › Isbedel ku yimaado jadwalka saxarada, calool fadhi ama shuban.

- Cough that will not go away, especially if there is a rash.
- Qufac aan baxayn, qaas ahaan haddii ay jiraan finan.

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

La hadal dhakhtar canuggaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama wewel ah.