U Doorista Ilmahaaga Daryeel Bixiye Caafimaad

Choosing a Health Care Provider for Your Baby

Before you deliver your baby, you will need to choose a health care provider for your baby.

Kahor inta aadan dhalin ilmahaaga, waa inaad ilmahaaga u doorto daryeel bixiye caafimaad.

Questions to Ask Yourself

Ask yourself these questions before you choose:

- Where is the office or clinic located?
- Do they accept my health insurance?
- How is payment handled?
- What are the office hours?
- How are after hours calls or emergencies handled?
- Will they be willing to work with me and accept my ideas of child care?
- Are both well baby and sick child care available?

Su'aalaha ay tahay Inaad Iswaydiiso

Iswaydii su'aalahaan kahor inta aadan dooran:

- Halkee rugta caafimaadku ku taalaa waase halkee xaafiisku?
- Miyay aqbalaan caymiska caafimaadka?
- Sidee loo bixiyaa kharaska?
- Waa maxay saacada uu xaafiisku shaqeeyo?
- Sidee wicitaada ama xaaladaha degdega ah ee saacadaha shaqada kadib loo maareeyaa?
- Miyay rajeynayaan inay ila shaqeeyaan mise aqbalayaan fikradahayga ku aadan daryeelka ilmaha?
- Mala heli karaa daryeelka ilmaha xanuunsan iyo kan ilmaha caadiga ah labadaba?

Choices for Your Baby's Care

- **Family medicine doctor** specializes in the care of adults and children. The doctor can provide care for your whole family.

Dookhyada Daryeelka Ilmahaaga

- **Dhaqtarka Daawada Qoyska** waxa uu ku takhasusay daryeelka dadka waawayn iyo carruurta. Dhaqtarku waxa uu daryeel siin karaa dhammaan qoyska.

- **Pediatric doctor (pediatrician)** specializes in the care of children from birth to age 18 or older.
- **Pediatric nurse practitioner** is a registered nurse with special training in the care of children. These nurses are able to prescribe medicine, and they usually work with doctors.

Talk with your own health care provider and check with family and friends for their recommendations. To find a list of providers in your area, you can call your local hospital's referral line or check their website. You can also get a list from your health insurance provider.

While you are still pregnant, make an appointment to meet your child's future health care provider. This visit will help you find out answers to many of your questions. It also gives you time to choose another provider if this one is not a good fit for you.

- **Dhaqtarka Carruurta (dhaqtarka takhasuska carruurta)** waxa uu ku takhasusay daryeelka carruurta markaas dhasha illaa kuwa jira 18 sano ama kasii wayn.
- **Kalkaalisada caafimaadka carruurta** waa kalkaaliso xirfadle ah oo si gaar ah ugu takhasustay daryeelka caruurta. Kalkaalisooyinkaas waxay awoodaan inay sharaxaan daawooyinka, caadiyana waxay la shaqeeyaan dhaqtarka.

La hadal dhaqtarkaaga daryeelka caafimaadka fiirina soojeedinada qoyska iyo kuwa asxaabta. Si aad u hesho liiska daryeel bixiyaasha deegaankaaga, waxaad wici kartaa laynka isbitaalka deegaankaaga ama waxaad ka fiirin kartaa webseetkooda. Sidoo kale waxaad ka heli kartaa liiska adeeg bixiyahaaga caymiska caafimaadka.

Inta aad wali uurka leedahay, qabso balan si aad ula kulanto daryeel bixiyahaaga caafimaadka ee mustaqbalka. Booqashadaan waxay kaa caawin doontaa inaad hesho jawaabaha qaar badan oo kamid ah su'aalahaaga. Sidoo kale waxaad helaysaa waqti aad ku doorato daryeel bixiye kale haddii kani uusan kugu habbooneyn.

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