

# Aamusinta Ilmo Ooynaya iyo Kahortagga Cudurka Maskaxda ee Ruxida Ilmaha

## Soothe a Crying Baby and Prevent Shaken Baby

### Soothing a Crying Baby

Babies cry for many reasons. Sometimes babies cry to tell us what they need, such as when they are hungry, wet, tired or even bored. At times, you may not know why your baby is crying. Some babies cry more than others, especially in the first few months of life.

It is normal for babies to:

- Cry on and off
- Keep crying when you are trying to comfort them
- Cry more in the evening hours when tired
- Have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs
- Cry for a long time

Responding to your baby's crying quickly can prevent them from becoming too upset. This can make them easier to sooth. It will not spoil them.

Try these things to calm your baby:

- See if your baby is hungry. Be careful not to overfeed your baby, but sometimes they may need to eat more often, such as during a growth spurt.

### Aamusinta Ilmo Ooynaya

Ilmuhu waxay u ooyaan sababo badan. Mararka qaarkood ilmaha waxay u ooyaan si ay noogu sheegaan waxa ay u baahan yihiin, sida marka ay gaajaysan yihiin, qoyan leeyihiin, dareemaan daal ama xitaa marka ay caajisan yihiin. Mararka qaarkood, ma ogaan kartid sababta ilmahaaga ay u ooyayaan. Ilmaha qaarkood ayaa ooya in ka badan kuwa kale, gaar ahaan bilaha ugu horreeya ee noloshooda.

Waa caadi in ilmaha ay:

- Ooyaan marba mar
- Sii ooyaan adigoo iskudayeya inaad aamusiso
- Ooyaan in badan siiba saacadaha fiidkii markii ay daalan yihiin
- Wajigoodu casaado, muujiyaan faro isku dhex jira, calool adag, dhabar xanuun, lugaha oo kor caloosha gaara ama lugo adag.
- Oohin wakhti dheer ah

Ka falcelinta oohinta ilmahaaga ee si dhakhsi ah ayaa waxay ka hor istaagi kartaa inay ka sii daraan. Tani waxay fududeyn kartaa in la aamusiyo. Ma sii xumeyn doonto xaalada.

Isku day waxyaabahaan si aad u dejiso ilmahaaga.

- Hubi haddii ilmahaaga uu baahan yahay. Ka taxaddar inaad cuntada ka badin ilmahaaga, laakiin mararka qaarkood waxay u baahan karaan inay wax cunaan marar badan, sida inta ay ku jiraan xilliga koritaanka.

- Change your baby's diaper if they are wet or dirty.
- Give your baby a warm bath.
- Cuddle or swaddle your baby in a blanket and hold them close to you.
- Place your baby's head near your heart.
- You can use pacifiers with your baby. Never use a string to attach the pacifier around your baby's neck.
- Rock, walk with your baby or take them 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 your baby on top of a washing machine or dryer).
- Keep the lights low and the room quiet.
- Baddel xafaayadda ilmahaaga haddii ay qoyan yihiin ama wasakh qaysan yihiin.
- Sii canugaaga qubeys diiran.
- Ku dabool ama ku rog ilmaha buste oo ku hay meel adiga kuu dhoow.
- Saar madaxa ilmahaaga meel u dhoow wadnahaaga.
- Waxaad ilmahaaga u isticmaali kartaa qalabka afka loo geliyo. Marna ha isticmaalin xarig si aad ugu xirto qalabka afka loo geliyo ee soo mara qoorta ilmahaaga.
- Rux, la soco ilmahaaga ama u kaxee waditaanka baabuurka kursiga ah ee carruurta.
- Kula hadal ilmahaaga cod deggan, oo jilicsan.
- U hees, u gunuunac ama si tartiib ah ugu jiibi ilmahaaga.
- U daar wax cod is jiidjiidaya, sida muusig, marwaaxad ama qalajiyaha dharka (ilmahaaga ha dul saarin mashiinka dharka lagu dhaqo ama lagu qalajiyo).
- Nalalka qolka qafiif ka dhig oo qolka ha noqdo buuq la'aan.

## Crying Can Be Hard for Parents and Caregivers

You may find ways to calm your baby, but it might not work every time. There may be times your baby cries no matter what you do. Although this is normal, parents sometimes worry there is something wrong.

Toddlers cry for the same reasons babies cry. Toddlers can also cry when they try to learn new things.

## Oohintu Waxay Noqon Kartaa Mid ku Adag Waalidiinta iyo Daryeelayaasha

Waxaa laga yaabaa inaad hesho qaabab aad ku aamusiso ilmahaaga, laakiin waxaa macquul ah inaysan shaqeynin markasta. Waxaa jiri kara waqtiyo ilmahaagu ooyaayo waxkastoo aad sameysid. In kasta oo ay arrintaani caadi tahay, haddana waalidku mararka qaarkood waxay ka walwalaan inay wax khaldan yihiin.

Socod-baradka ayaa u ooyaya sababa la mid ah kuwa ilmuhu ay u ooyaan Socod-baradka ayaa sidoo kale ooyi kara markay isku dayayaan inay bartaan waxyaabo cusub.

It can be hard to soothe your baby when you are upset. If you feel yourself getting frustrated, have someone watch and comfort your baby while you take a break. If you are alone with your baby, put them in a safe place, like their crib, while you calm down.

### **If you feel frustrated or stressed:**

Caring for babies and toddlers is stressful, even when they are not crying. Know when you are becoming stressed out. Have a plan to calm yourself down. After putting your baby on their back in a safe crib or playpen:

- Take several deep breaths and count to 100.
- Go outside for fresh air.
- Wash your face, or take a shower.
- Exercise. Do sit-ups, or climb the stairs a few times.
- Go in another room, and turn on the TV or radio.
- Call a friend or relative.

### **Check on your baby every 5 to 10 minutes.**

Although it is normal for babies to cry, call your baby's doctor if you have any concerns that your baby is sick.

Call your baby's doctor for advice if your baby:

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

Way adkaan kartaa inaad aamusiso ilmahaaga adigoo xanaaqsan. Haddii aad dareento nafsad ahaan inaad jahwareersan tahay, qof ha kuu hayo oo ha kuu aamusiyo ilmahaaga adigoo qaadanaaya nasasho. Haddii aad kaligaa haysid ilmahaaga, dhig meel badqab ah, sida sariirtooda, intaad adiga is dejineysid.

### **Haddii aad dareento jahwareer ama murugo:**

Daryeelista ilmaha iyo socod-baradka ayaa ah mid murugo badan leh, xitaa markii aynaan ooyin. Ogoow goorta aad walaacsan tahay. Sameyso qorshe aad ku dejiso naftaada. Kadib markaad ilmahaaga dhabardhabar ugu rido sariirtooda:

- Qaado dhowr neefsasho oo qoto dheer oo tiri illaa 100.
- Dibedda u bax si aad u qaadata hawo nadiif ah.
- Dhaq wejigaaga, ama qubeyso.
- Jimicsi samee. Samee jimicsiga fadhiisadka, ama fuul jaranjarooyinka dhawr jeer.
- Qol kale aad, oo telefishanka ama raadiyaha shido.
- Wac saaxiib ama qof qaraabada ah.

### **Hubi ilmahaaga 5 illaa 10 daqiiqo kasta.**

In kasta oo ay caadi tahay in ilmaha ay ooyaan, wac dhakhtarka ilmahaaga haddii aad wax walaac ah ka qabtid in ilmahaagu uu jiran yahay.

Wac dhakhtarka ilmahaaga si aad talo uga hesho haddii ilmahaagu:

- Uu ooyo in badan
- Uu leeyahay oohin cod dheer ah, dhego bujis ah ama aan joogsi lahayn
- Uu ooyo wax ka badan 3 saacadood maalin kasta iyo in ka badan 3 maalmood toddobaad kasta

## Shaken Baby

Shaken baby syndrome (SBS) is a brain injury that happens when a frustrated person violently shakes a baby or toddler.

Shaking often happens when caregivers, like parents, babysitters or other family members, get frustrated or angry when an baby will not stop crying.

Shaking can cause brain damage that can lead to:

- Death
- Blindness
- Deafness
- Epilepsy (seizures)
- Cerebral palsy
- Mental retardation
- Learning problems
- Behavior problems
- poor coordination

No matter how long your baby cries or how frustrated you feel, never shake or hit your baby. Tell anyone who cares for your baby that if they ever become frustrated to put your baby in a safe place, like their crib, and call you. Tell them to never shake your baby.

## Ruxida Ilmaha

Cudurka Maskaxda ee Ruxida Ilmaha (Shaken baby syndrome) (SBS) waa dhaawac maskaxda ku dhaca marka qof jahwareersan uu si xoog ah u ruxruxo ilmaha ama cunuga.

Ruxitaanka badanaa waxay dhacdaa marka daryeelayaasha, sida waalidiinta, xannaaneeyayaasha ama xubnaha kale ee qoyska, ay ku jahwareeraan ama ka xanaaqaan marka ilmuhu aanu joojineyn oohinta.

Ruxitaanka wuxuu sababi karaa dhaawac maskaxeed oo u horseedi kara ilmaja:

- Dhimasho
- Indho La'aan
- Dhagoolnimo
- Qalal (suuxin)
- Cudurka ku dhaca Dhaqdhaqaaqyada Murqaha
- Dib u dhac maskaxeed
- Dhibaatooyin kaga imaada Waxbarashada
- Dhibaatooyinka dabeecadeed
- Iskuduwid liidata

Si kasta oo uu ilmuhaaga u ooyo ama aad u jahwareersan tahay, waligaa ha ruxin ama wax haku dhufan ilmahaaga yar. U sheeg qofkasta oo daryeelaya ilmahaaga in haddii ay dareemaan jahwareer inay ilmahaaga saaraan meel aamin ah, sida sariirtooda, oo ay kuu soo wacaan. U sheeg in aysan waligood ruxin ilmahaaga.

## Before leaving your baby with anyone

### Ask yourself these questions:

- Does this person want to watch my baby?
- Can I watch this person with my baby before I leave?
- Is this person good with babies?
- Will my baby be in a safe place with this person?
- Have I told this person to never shake my baby?

Trust your instinct. If it does not feel right, do not leave your baby!

### Do not leave your baby with anyone who:

- Seems annoyed when your baby cries.
- Says your baby cries too much.
- May become angry if your baby cries or bothers them.
- Might treat your baby roughly because they are angry with you.
- Has been violent before.
- Lost custody of their own children because they could not care for them.
- Abuses drugs or alcohol.

## Kahor inta aadan ilmahaaga cidna uga tegin

### Isweydii su'aalahan:

- Qofkaani ma doonayaa inuu ii haayo ilmahayga?
- Ma eegi karaa qofkaan oo haynaya ilmahayga ka hor intaanan tegin?
- Qofkaani miyuu u wanaagsan yahay ilmaha?
- Ilmahaygu ma ku amaan qabi doonaa qofkaan?
- Qofkaan ma u sheegay inuu ruxin ilmahayga?

Aamin dareenkaaga. Haddii aysan kuula muuqan inay sax tahay, ha uga tagin ilmahaaga!

### Ilmahaaga ha uga tegin cid kasta oo:

- U muuqda inuu xanaaqsan yahay marka ilmahaagu ooyo.
- Dhaha ilmahaagu aad buu u ooyaa.
- Laga yaabo inuu xanaaqo haddii ilmahaagu ooyo ama uu dhibo.
- Laga yaabo inay ilmahaaga si ula dhaqmaan maadaama uu adiga kuu xanaaqsan yahay.
- Horay rabshad u sameeyey.
- Lumiyey haysashada ilmahooda sababo la xiriira inay daryeeli waayeen ilmahooda.
- Isticmaala daroogo ama aalkolo.

## If you think your baby has been shaken, call 911

Early signs:

- Change in sleeping pattern
- Hard to wake up
- Throwing up (vomiting)
- Bruising on shoulders, arms or legs
- Irritable
- Will not eat or nurse
- Crying that cannot be calmed

Late signs:

- Will not respond or wake up
- Breathing problems
- Seizures or shaking (convulsions)
- No heartbeat

All of these signs are serious. Save precious time by calling 911 right away if you think your baby has been shaken.

## Haddii aad u maleynaysid in ilmahaaga la ruxey, wac 911.

Calaamadaha hore:

- Isbedel ku yimaada jadwalka hurdada
- Way adag tahay in hurdada laga soo kiciyo
- Mataqid (matag)
- Nabar garabka , gacmaha ama lugaha ah
- Cuncun
- Aan cuni karin ama naasnuugi karin
- Oohin aan laga aamusin karin

Calaamadaha dambe:

- Aan jawaabi-celineynin ama aan soo kacaynin
- Dhibaatooyinka neefsashada
- Suuxdin ama gariir
- Wadne garaac la'aan

Dhamaan calaamadahan waa kuwo halis ah. Badbaadso waqti qaali ah adigoo wacaya 911 isla markiiba haddii aad u malaynayso in ilmahaagu la ruxey.

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