

Sida loogu qubeeyo ilmahaaga Hadda Dhashay

How to Bathe Your Newborn Baby

You will not need to bathe your baby every day. A bath of the whole body can be given 3 to 4 times a week. On the other days, wash the hands, feet and diaper area with soap and water. Wash the face with water only. Special care is needed until the umbilical cord area and circumcised penis have healed:

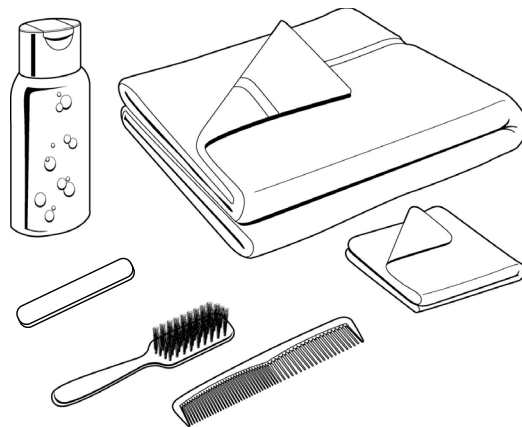
- Do not give your baby a tub bath until the umbilical cord falls off and the area is healed. The cord usually falls off in 10 to 14 days. Until this happens, give your baby a sponge bath.
- If your baby boy has been circumcised, **do not** give him a tub bath until the circumcision heals. Gently clean the penis with warm water each day.

Uma baahnaan doontid in aad canuggaaga u qabayso maalin walba. Qubayska jirka oo dhan ah waxaa lasiin karaa 3 ilaa 4 jeer asbuucii. Maalmaha kale, ku dhaq saabuun iyo biyo gacmaha, lugaha iyo meelaha xafaayadda. Ku dhaq wajiga biyo kaliya. Xannaano khaas ah ayaa loo baahan yahay ilaa aagga xuddunta iyo xubinta taranka ragga ee la guday ay buskoonayaan:

- Ha siin canuggaaga qubayska baafka ilaa xudduntu ka go`ayso meeshuna ay buskoonayso. Xudduntu caadiyan waxa ay go`daa 10 ilaa 14 beri gudahood. Ilaa arintaanu ay ka dhacayso, sii canuggaaga qubayska maro ku tirtirka ah.
- Haddii cunnugaaga la gudey, **ha** ugu qubeynin biyaha tuubada illaa dhaawaca gudniinka uu ka raysto. Si tartiib ah xubinta taranka ugu nadiifi biyo diiran maalin kasta.

Supplies

- Soft wash cloth
- Bottle of baby wash
- Towels
- Container filled with water, if you are not near a sink
- Diaper
- Clothes
- Blanket
- Comb or hair brush
- Nail file



Alaabta loo baahan yahay

- Marada qubayska ee jilicsan
- Dhalo qubayska ilmaha ah
- Shukumaanno
- Weel ay biyo ka buuxaan, haddii aadan ka ag dhawayn baafka wax lagu dhaqo
- Xafaayad
- Dharka
- Buste
- Shanlo ama timo fire
- Qalabka ciddiyaha lagu simo

Safety Tips

- The temperature of the water should be 100 degrees F or 37 degrees C 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 the baby's head during the bath. Keep a firm hold on your baby. A soapy baby can be very slippery.

How to Bathe Your Baby

You can use a sink basin or infant tub. It is best to bathe your baby before a feeding.

- Arrange all of your supplies within easy reach.
- Wash your hands.
- Fill the basin or infant tub with warm water.
- Test the water for the correct temperature.
- Undress your baby and place him or her in the basin of water or on the folded towel if a sponge bath is being given.
- Use only water and a clean washcloth to clean the area around the eyes. Begin with the inside of the eye and wash toward the ear. Use a clean part of the washcloth and wash the other eye.
- Wash your baby's face with water only.

Talooyinka Badbaadada

- 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 in ay lahaadaan dareen diirran, oo aan kulayl ahayn.
- Qolka waa in aysan kajirin hawooyinka qabow, sida daaqado furan ama marwaxado.
- **Marna haka tagin cunnugaaga keligiis**, xitaa hal ilbiriqsi. Haddii telefoonku soo dhaco ama qof uu soo garaaco albaabka iska diid dhammeena qubayska. Shilal ayaa ku dhici kara si degdeg ah.
- Had iyo jeer qabo madaxa canugga inta qubayska lagu guda jiro. Si saani ah u hay canuggaaga. Canugga saabuunta leh waxaa uu noqon karaa mid kaa fara baxsanaya.

Sida Loogu Qubeeyo Cunnugaaga

Waxaad isticmaali kartaa beeshinka qabayska ama baafka ilmaha. Waa midda ugu wanaagsan in aad canuggaaga u qabayso inta aadan cuntada siin kahor.

- Ku diyaarso dhamaan qalabkaaga aad u baahan tahay meel aad si fudud ku gaari karto.
- Dhaq gacmahaaga.
- Ka buuxi beeshinka ama baafka ilmaha biyo diirran.
- Ka tijaabi biyaha heerkulka saxda ah.
- Dharka ka bixi canuggaaga dhex galina asaga ama ayada beeshinka biyaha ama shukumaan duuduuban haddii qabayska biyo ismarinta aad siinayso.
- U isticmaal biyo kaliya iyo marada qabayska oo nadiif ah meelaha ku hareeraysan indhaha. Ka bilow isha gudaheeda una dhaq dhegta xageeda. Istickmaal qaybta nadiifka ah ee marada qabayska dhaqna isha kale.
- Ku dhaq wajiga canuggaaga biyo kaliya.

- Use your little finger tucked inside a wet washcloth to clean the ears. Never use cotton swabs, like Q-tips, inside your baby's ear.
- To wash your baby's hair, tilt the head back while supporting the head and neck. Wet your baby's head with water. Add some baby wash to a damp washcloth and work up a lather. Apply the lather to your baby's head. Gently rub the lather over the head from front to back to keep suds out of the eyes. Rinse the head with clean water and pat dry with a towel.



- To wash the baby's body, work up a lather with the washcloth. Start with your baby's neck and wash the back, stomach, arms, and fingers. Rinse the washcloth, then rinse the area just washed with water. Repeat the rinsing and lathering of the washcloth and clean the legs and feet.
- Clean your baby's diaper area last. Clean this area beginning with the front, and then move towards the buttocks.



- For girls, clean the genitals from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.

- Isticmaal far yaradaada oo ku dhex jirta marada qabayska oo qoyan si aad u nadiifiso dhegaha. Ha u isticmaalin suufka nadaafadda, sida Q-tips, gudaha dhegaha canuggaaga.
- Si aad u dhaqdo timaha canuggaaga, madaxa gadaal u raarici adigoo taageeraya madaxa iyo qoorta. Ku qoo madaxa canuggaaga biyo. Ku dar qaar kamid ah waxyaabaha qabayska canugga ah marada qabayska oo yara qoyan kana keen xunbo. U isticmaal xunbada madaxa canuggaaga. Si wanaagsan ugu xog xunbada madaxa laga bilaabo horey ilaa gadaal si aad xunbada uga saarto indhaha. Ku biyo raaci madaxa biyo nadiif ah kuna tirtir oo ku qalaji shukumaan.

- Si aad u dhaqdo jirka canugga, keen xunbo adoo isticmaalaya marada qabayska. Ka bilaaw qoorta cunnuga kadibna dhaq dhabarka, caloosha, garbaha, iyo faraha. Biyo raaci marada qabayska, kadibna biyo raaci qeybaha jirka ee aad biyaha ku dhaqday. Ku celi biyo raacinta iyo xunba ka keenidda marada qabayska kadibna nadiifi lugaha iyo cagaha.
- Nadiifi qeybta jirka canugga ee xafaayada lagu xiro marka ugu dambaysa. Nadiifi aagga adigoo ka bilaabaayo dhinaca hore, ka dibna u dhaqaaqaya dhanka barida.
 - Gabdhaha, nadiifi xubnaha taranka adigoo ka bilaabaya horey ilaa gadaal. Tani waxay meesha ka saareysa in saxaradu gasho duleelka u furan kaadi haysta, taasoo sababi kartaa caabuq.

- For boys, gently wash the penis with baby wash and water. If your baby is not circumcised, do not pull back the foreskin on the penis to clean it.
- Rinse and dry your baby with a clean soft towel.
- Wiilasha, si wanaagsan ugu dhaq xubinta taranka qabayska canugga iyo biyo. Haddii canuggaaga aan la gudin, dib ha u jiidin buuryada xubinta taranka si aad u nadiifiso.
- Biyo raaci kuna qallaji canuggaaga shukumaan jilicsan oo nadiif ah.

After the Bath

- Dry your baby well. Do not use powders or oils on your baby's body.
- Dress your baby.
- Comb or brush your baby's hair.
- Clean your baby's fingernails and toenails with a washcloth. Keep your baby's nails short to prevent scratches. It is best to use a nail file (emery board) instead of trimming or cutting. Do not file on the baby's skin.

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

Qabayska Kaddib

- Si wanaagsan u qallaji canuggaaga. Ha u isticmaalin budooyin ama saliid jirka canuggaaga.
- U labis canuggaaga.
- Shanlee ama fir timaha canuggaaga.
- Ku nadiifi ciddiyaha faraha canuggaaga iyo ciddiyaha lugaha marada qabayska. Ka dhig ciddiyaha canuggaaga kuwo gaagaaban si aad uga hortagto xagtimaha. Waa tan ugu wanaagsan in la isticmaalo qalabka ciddiyaha lagu simo (emery board) intii la jari lahaa ama la goyn lahaa. Ha qorqorin jirka canugga.

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