

Horay U Sii Qorshaynta Dhalashada Ilmahaaga

Planning Ahead for the Birth of Your Baby

The following are things you can do to get ready 6 to 8 weeks before your baby is due.

- Choose a doctor for your baby, called a pediatrician, or a family doctor.
- Think about taking childbirth education, breastfeeding, and baby care classes to prepare you to care for your baby.
- Take a hospital tour. This helps you know where you will deliver your baby and gives you the chance to learn about the hospital's routines and policies.
- Fill out hospital forms and send them to the hospital. This will shorten the time it takes to get to a room to deliver your baby.
- Put the car seat in your car. Have it checked or installed by a trained person. Call your local fire station or health department to see if they do car seat inspections. You cannot take your baby home from the hospital without a car seat. If you have limited income, check with your doctor or clinic to see if they offer free or low cost car seats.
- Make plans for someone to care for your other children while you are in the hospital.
- Plan for help with housework and meals for a couple of weeks after your baby is born.
- Get the baby's room, crib, and other items ready for use.
 - Prepare a place to care for your baby such as diaper changing station on each floor of your home. Some

Waxyaabaha soo socdaa waa waxyaabo aad samayn karto si aad u diyaargarowdo 6 ilaa 8 toddobaad ka hor waqtiga dhallitaanka ee ilmahaaga.

- U dooro ilmahaaga dhakhtar, oo loo yaqaan dhakhtarka takhasuska u leh xanuunada carruurta, ama dhakhtarka qoyska.
- Ka fakar qaadashada waxbarashada dhalida ilmaha, naas nuujinta, iyo xiisadaha daryeelka ilmaha si laguugu diyaariyo inaad daryeesho ilmahaaga.
- U aad isbitaalka indha-indheeyn. Tani waxay kaa caawinaysaa inaad ogaato meesha aad ku dhali doonto ilmahaaga waxayna ku siinaysaa fursad aad ku barato hawlaha iyo xeerarka isbitaalka.
- Buuxi foomamka isbitaalka una dir isbitaalka. Tani waxay soo gaabin doontaa wakhtiga ay qaadanayso in la helo qol si aad ugu dhasho ilmahaaga.
- Dhig kursiga gaariga gudaha gaarigaaga. Ha hubiyo ama ha rakibo qof tababaran. Wac xarunta dab-damiska ama waaxda caafimaadka ee deegaankaaga si aad u ogaato inay sameeyaan kormeeritaanda/baaritaanada kursiga baabuurka. Ilmahaaga uma qaadi kartid adigoo kasoo qaadaya isbitaalka la'aanta kursi baabuur. Haddii dakhligaagu xaddidan yahay, kala hadal dhakhtarkaaga ama rugtaada caafimaadka si aad u ogaato inay ku siinayaan kuraas baabuur oo bilaash ah ama qiimo jaban.
- Qorshe sii samee si qof uu u sii daryeelo carruurtaada kale inta aad isbitaalka ku jirto.
- Qorshayso in lagaa caawiyo shaqada guriga iyo cuntada laba toddobaad ka dib marka ilmahaagu dhasho.
- Ugu diyaari ilmaha qol, sariir ilmeed, iyo alaabaha kale in la isticmaalo.
 - Uga diyaari meel aad ku xanaanayso ilmahaaga sida rugta aad xafaayadda ku badaleyso dabaq kasta oo gurigaaga ah.

parents put baby care items in a basket that can be carried from room to room.

- Put your baby to sleep alone, on their back in a crib. The mattress should be firm with a tight sheet on it. Do not put anything else in the crib. No toys, no blanket, no pillow. The baby should not sleep in your bed, but the crib can be in your bedroom for the first 6 to 12 months, if you wish.
- Pack your bag for the hospital and include an outfit for your baby.
- Plan child care for your baby if you plan to return to work. Many child care centers have long waiting lists.

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

Waalidiinta qaarkood waxay alaabaha daryeelka ee ilmaha ku ridaan dambiil oo qolba ka qol loo qaadi karo.

- Ilmahaaga keligood u seexi, dhabar dhabar gudaha sariir-ilmeed. Furaashku waa inuu ahaadaa mid adag oo uu go'ana ku dheggan yahay. Wax kale ha gelin sariir-ilmeedka. Boonbalooyin maya, buste maya, barkin maya. Ilmuhu waa inuusan ku seexan sariirtaada, laakiin sariir-ilmeedku waxay ku jiri kartaa qolkaaga hurdada 6 ilaa 12 bilood ee ugu horreeya, haddii aad rabto.
- U soo xirxiro boorsadaada isbitaalka oo ugu soo dar dhar is leh ilmahaaga.
- U qorshee daryeelka cunugga ilmahaaga haddii aad qorsheyneyso inaad ku noqoto shaqada. Xarumo badan oo daryeel caruureedka ah ayaa leh liis sugitaan oo dheer.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabto wax su'aalo ah ama walaacyo.