

# Cunnugaaga Cusub

## Your New Baby

As a new parent, you may have questions about your baby. Below are some common physical features and behaviors you may notice in your baby soon after birth.

### Sleep and Wake Cycles

For the first few hours after birth, babies are usually active and awake. Then they become sleepy for the next 12 to 24 hours. Expect your baby to sleep 16 to 20 hours a day, and not on any set schedule. Babies wake often at night for feedings.

### Head

Your baby's head may look large and misshaped from the birth process. This will slowly correct itself in about a week. Babies have two soft spots on the head. These soft spots will slowly close and do not need any special care.

### Eyes

Babies see best at a distance of 8 to 10 inches. Your baby's eye color changes after birth. Most babies have their permanent color by 1 year of age. It is normal for your baby's eyes to be swollen, have red spots in the white part of the eyes or look cross-eyed. These conditions will most often go away.

Waalid cusub ahaan, waxaa laga yaabaa inaad qabto su'aalo ku saabsan cunnugaaga. Hoos waxaa ku yaal qaar ka mid ah astaamaha jirka iyo dabeecadaha aad ku arki karto cunugaaga isla markuu dhasho kadib.

### Wakhtiyada Hurdada iyo Soo Kicitaanka

Dhowrka saac ee ugu horreysa dhalmada kaddib, carruurta waa kuwo caadiyan shaqaynaya soona jeeda. Kaddib waxay noqonayaan kuwo hurdaysan 12ka ilaa 24ka saac ee xigta. Ka filo canuggaaga in uu seexo 16 ilaa 20 saacadood maalinkii, si aan jadwal degsan lahayn. Carruurta waxa ay had iyo jeer u soo toosaan cunto habaynkii.

### Madaxa

Madaxa canuggaagu waxaa laga yaabaa in uu weyn yahay qaabna uusan lahayn taasoo ka timaadda hannaanka dhalmada. Tan ayada ayaa isa saxaysa si tartiib ah kudhawaad asbuuc. Canuggu waxa uu madaxa ku leeyahay laba meelood oo jilicsan. Meelahaan jilicsan si tartiib ah ayay u xirmayaan umana baahna waxa daryeel gaara ah.

### Indhaha

Carruurta waxa ay si wanaagsan wax uga arkaan masafo ah 8 ilaa 10 taako. Midabka indhaha cunnugaaga ayaa is bedelaya dhalashada kadib. Carruurta intooda badan waxay midabkooda joogtada ah yeeshaan marka ay 1 sano jir yihiin. Waa caadi in indhaha ilmahaagu ay bararaan, ay yeeshaan dhibco guduudan ee qaybta cad ee indhaha ama u ekaadaan in indhaha ay isdaba marsan yihiin. Xaaladahan ayaa intoo badan ah kuwo dhamaada.

## Breasts and Genitals

It is normal for babies' breasts and genitals to look swollen. This will slowly go away. The baby's breasts may have a small amount of milk-like fluid coming out of them that will slowly go away. It is normal for baby girls to have a small amount of clear, white or blood-tinged vaginal discharge and mucus for several days after birth.

## Skin

The lips and the area inside the mouth should be pink.

- If you notice any blueness around your baby's mouth and your baby is not alert or able to respond to you, **call 911**.
- If your baby develops skin blisters filled with fluid or pus, **call your baby's doctor** to have your baby checked for an infection, especially if there is also a cough, fever or poor feeding.

These skin conditions may be seen and will often go away without treatment:

- Patches of red skin seen on the eyelids, forehead or back of the neck.
- Bluish-gray spots found on the back and buttocks that often fade over a period of months or years.
- Fine, white bumps that are not blisters over a red background. This does not need any creams or lotions.
- Tiny white dots that appear on the face. Do not squeeze them.
- Dry peeling skin or cracking around the wrists or ankles. As the dry skin flakes off, new soft skin will appear.

## Naasaha iyo Xubnaha Taranka

Waa mid caadi ah in carruurta naasahooda iyo xubnahooda taranka ay u muuqdaan kuwo bararsan. Arintaan si tartiib ah ayay u dhammaanaysaa. Naasaha canuggu waxa ay yeelan karaan dareere yar oo sida caanaha oo kale ah kaasoo kasoo baxaya taasoo si tartiib ah u dhammaanaysa. Waa mid caadi ah in canugga gabadha ah uu lahaado dheecaan yar oo nadiif ah, cad ama dhiig la socdo iyo duuf dhowr maalin kaddib dhalashada.

## Maqaar

Bishimaha iyo meelaha afka gudahiisa ah waa in ay noqdaan guduud xigeen.

- Haddii aad ku aragto wax midab buluug ah hareeraha afka canuggaaga canuggaaguna uu san dheeranayn ama uusan awoodin in uu kuu jawaabo, **wac 911**.
- Haddii canuggaagu la yimaado dhaawacyo jirka ah oo ay ku jiraan dareere ama malax, **wac dhakhtarka canuggaaga** si canuggaaga looga hubiyo caabuq, khaasatan haddii sidoo kale uu qufac jiro, qandho ama cunto xumi.

Calaamadahaan maqaarka ah ayaa la arki karaa wayna iska tagayaan inta badan ayada oo aan la daaweyn:

- Calaamado maqaarka oo guduudan ah ayaa lagu arkaa baalasha indhaha, wajiga ama qoorta qaybteeda danbe.
- Dhibco buluug cawlan ah ayaa laga helaa dhabarka iyo dabada kuwaasoo inta badan ku baaba`a muddo bilo ama sannado ah.
- Buurbuur cadcad oo yaryar, kuwaasoo aan nabarro ahayn oo ku dhammaada raad gauduudan Tani uma baahna wax kareem ama boomato.
- Dhibco yaryar oo wajiga ka muuqda. Ha tuujin.
- Jir qallaalan oo fiiqmaya ama dildillaac hareeraha cumaancumta ah ama anqow yada. Marka uu jirka qallalan uu dhammaado, jir cusub oo jilicsan ayaa soo muuqan doona.

- Fine, downy hair seen on the back, arms and ears.

Creamy, white substance that may be on the skin at birth and stay in skin folds for the first few days after birth.

## Jaundice

Jaundice is a yellow color of the skin and eyes. It often goes away in 1 to 2 weeks. In the hospital, a small sample of your baby's blood may be tested to check the amount of jaundice.

### Call your baby's doctor if:

- Your baby's abdomen, legs and arms are yellow.
- Your baby's whites of the eyes are yellow.
- Your baby is yellow and your baby is hard to wake, is fussy or not feeding.

## Coughing, Sneezing, and Hiccups

Coughing and sneezing at times is normal. It does not mean the baby is ill unless there is a yellowish or greenish discharge from the nose or other symptoms. New babies often hiccup during or after eating.

## Choking

Babies can choke when held too flat when eating. When feeding, hold your baby's head upright and never prop up a bottle. If your baby chokes, coughs or spits up, stop the feeding, sit him up or hold him over on his side. Pat his back gently until the choking stops then start the feeding again. New parents should take an infant CPR class.

- Timo yaryar oo hoos u dhacsan, ayaa lagu arkaa dhabarka, gacmaha iyo dhaegaha.

Walax cad oo sida kareemka oo kale ah, taasoo laga yaabo in ay jirka sii saarnaanto marka uu ilmuhu dhasho siina joogta maqaarka dushiisa ayaa isduubaysa dhowrka maalmood ee ugu horreeysa ee dhalmada kaddib.

## Indhacaseeyaha

Indhacaseeyuhu waa midabka indhaha iyo maqaarka oo jaalle ah. Waxay had iyo jeer tagtaa 1 ilaa 2 asbuuc gudahood. Isbitaalka gudhiisa, muunad yar oo dhiigga canuggaaga ah ayaa la tijaabinayaa si loo hubiyo baaxadda indhacaseeyaha.

### Wac dhakhtarka canuggaaga haddii:

- Uur kujirta canuggaaga, lugaha iyo gacmuhu ay jaalle yihiin.
- Caddaan indhaha canuggaagu ay jaalle yihiin.
- Canuggaagu uu jaalle yahay ay adag tahayna in canuggaaga la toosiyo, madax adag ama aan cuntada cunayn.

## Qufacid, hindhiso, iyo hikko

Quficidda iyo hindhisiddu waa iska caadi mararka qaar. Micnaheedu maahan in canuggu xanuunsan yahay ilaa dheecaan jaalle ama cagaar ah uu ka yimaado sanko ama calaamadaha kale. Carruurta hadda dhalatay had iyo jeer wey hikoodeen inta laguda jiro ama cuntada kaddib.

## Saxashada

Carruurta way saxan karaan marka si aad jif u ah loo qabto marka ay wax cunayaan. Marka aad cuntada siinayso, kor u hay canugga madaxiisa dhaladana ha taakayn. Haddii canuggaagu uu saxdo, uu qufaco ama uu tufo, jooji cunta siinta, kor u fariisi ama u qabo dhinaca. Si wanaagsan dhabarka uga garaac ilaa saxashadu joogsato kaddibna bilow cunto siinta. Waalidiinta cusub waa in ay qaataan casharrada dhallaanka ee CPR.

## Senses

Babies are always growing and learning about the world around them. Babies like being held, rocked, stroked and carried. A sturdy but gentle touch can help them feel secure and calm. Babies love to hear you talk to them and will listen to your voice and other sounds. Babies have a good sense of smell. They can smell breast milk or formula. Babies can follow slow moving objects and can focus on things up to eight inches away.

## Reflexes

Several reflexes are present at birth.

- There is a **startle reflex** where the baby throws out his arms then brings them back to the middle of his body when he hears a loud noise or is suddenly moved.
- The **sucking reflex** should be strong and vigorous.
- The **rooting reflex** is when the baby turns his head toward the breast or nipple and may also open his mouth.
- The **stepping reflex** is when the baby makes a stepping movement when held in a standing position.
- The **grasping reflex** is when the baby will hold on tightly to an object placed in the baby's palm.

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

## Dareemayaasha

Carruurta had iyo jeer waa kuwo koraya waxna ka baranaya dunida ku xeeran. Carruurta waxa ay jecel yihiin in la qabto, dhagax lagu dhufto, ul lagu dhufto iyo in la xanbaaro. Taabasho adag laakiin saani ah waxa ay ka caawin karta in ay amaan iyo degenaansho dareemaan. Carruurta waxa ay jecelyihiin in ay maqlaan in aad la hadasho waxayna dhegaysanayaan codkaaga iyo codadka kale. Carruurta waxa ay leeyihiin dareen urin oo wanaagsan. Waxay urin karaan caanaha naaska ama cuntada. Carruurta waxa ay la socon karaan walxaha tartiibta u socda waxayna diiridda saarayaan ashyaada ilaa siddeedda taako u jirta.

## Ficil celin

Fici celino dhowr ah ayay carruurta leeyihiin marka ay dhashaan.

- Waxaa jira **fal celin degdeg ahayadoo** canuggu uu tuurayo gacmihiisa kaddibna uu dib ugu soo ceshado jirkiisa bartankiisa marka uu maqlo cod dheer ama si degdeg ah loo dhaqaajijo.
- **Falcelinta nuugidda** waa inay ahaataa mid xooggan oo tabar badan.
- **Falcelinta jaqidda** waa markii canuggu uu madaxa u leexiyo naaska xaggiisa ama ibta waxa uuna sidoo kale furi karaa afka.
- **Falcelinta tillaabsiga** waa marka canuggu uu sameeyo dhaqdhaqaaqyo tillaabayn ah marka loo qabto qaab taagni ah.
- **Falcelinta qabsashada** waa marka canuggu uu u qabto si adag shay lagaliyay calaacasha canugga.

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