Calaamadaha Digniinta ee Dhallaankaaga Shinkiisa Buuxsamin

Wac daryeel-bixiyahaaga haddii uu ilmahaagu qabo:

SUGNAAN-LA'AANTA HEERKULKA
- Qandho (ka sarraysa 100°F ama 37.8°C)
- Heerkul hoose (ka hooseeya 97.7°F ama 36.5°C)

ISBEDDELLADA MIDABKA MAQAARKA
- Maqaarka jirka oo midab barrax noqda iyo jirka oo humbuqay ama leh midabo aan caadi ahayn
- Maqaarka ama qaybaha cad ee isha oo noqda huruud tiq ah

CAAJIS
- Ka hurdo badan sida caadiga ah ama aan hurdada ka soo kacaynin

XANAAQ-DHAWI
- Oohin ka badan inta caadiga ah ama aan la dejin karin

GARIIR AMA DUBAAX
- Gargariiraya ama qarqaraya xilliga nasashada

NEEFSASHADA OO ADKAATA
- Hakad ku yimaada neefsashada oo welwel kugu abuura
- Neefsasho degdeg ah: neefsashada in ka badan 60 neef daqiiqadii (dhallaanku waxay leeyihiin neefsasho aan sinnayn marka ku tiri neef kasta adoo gacantaada saaraya laabtooda daqiiqad buuxda)
- Neefsasho dhawaaq badan leh: hiinraag ama foodhi xilliga neefsashada
- Murquhu inay hoos geliyaan ama dhex gelayaan inta u dhaxaysa feeraha iyo/ama qoorta neefsasho kasta

DHIBAATOOYINKA QUUDINTA
- Badanaa waxay socdaan in ka badan afar saacadood inta u dhaxaysa quudin kasta
- Si joogto ah waa in ilmaha loo toosiyo si loo quudiyo
- Diidmada dhawr quudin
- Si fiican wax u nuugi karin una liqi karin
- Wax cunista wakhtiyo yar ama isticmalka masaasada wax ka yar intii caadiga ahayd

KAADINTA IYO SAXAROONTA
- Matag aan caadi ahayn
- Dhiig ku yaala xafaayadda
- Calooshu inay u ekaato mid fuucsan oo adag marka lala barbardhigo sida caadiga ah
- In ka yar 5-6 xafaayadood oo qoyan muddo 24-saacadood gudahooda ah (kadib isbuuca ugu horreeya) ama kaadi la'aan 24-ka saacadood ee ugu horreeya kadib marka aad guriga aadaan. Waa caadi inuu lahaado:
  - Maalinta 4-aad ee nolosha: ugu yaraan 4 xafaayadood oo qoyan
  - Maalmaha 5-6 ee nolosha: ugu yaraan 5 xafaayadood oo qoyan

WAC 911 HADDII UU DHALLAANKU:
- Nuuxnuusanayn, sida caruusad calal ah, heetin, ama uusan hurdada ka toosaynin
- Qallaal ku dhaco
- Weli uu qabo dhibaato dhanka neefsashada ah
- U muuqdo midabka maqaarkiisa mid buluug ah, caanood ah, ama dameeri ah (gaar ahaan hareeraha afka/dibnaha/carrabka)

Ilmo kasta wuu ka duwan yahay ilmaha kale. Ku kalsoonow aqoonta aad u leedahay ilmahaaga oo wac daryeel-bixiyaha ilmahaaga haddii aad aragto calaamado aad ka welwelayso.

healthy Mom & Baby
POWERED BY THE NURSES OF AWHONN

AWHONN
PROMOTING THE HEALTH OF WOMEN AND NEWBORNS

LATE PRETERM INFANT RESOURCES

©2025 AWHONN. Dhammaan xaquuquhu waa dhawrsan yihiin. Koobiyada daabacn ee aan xadidnayn ee loo oggol yahay bukaanada waxbarasho ahaan oo keliya. Wixii codsiyada oggolaansho ee kale ah, kala xidhiidh permissions@awhonn.org.

Kafaala-qaadka fasiraada kheyraadkani waxaa loo maraa deeqda waxbarasho ee ka timid shirkadda Pampers.