

U BADELIDA CAANO CUSUB ILMAHAAGA

INTA BADAN ILMAHA YARYAR EE CAAFIMAADKA QABA AYAA CABI DOONA CAANO KASTA.

Xasuusnoow in:

- Ilmaha yaryar ee u kala wareegaaya caanaha caadiga ah ay si dhakhso ah ula qabsan karaan.
- Isku qas labo caano 50/50 muddo 1–3 maalmood ah.
- Haddii ilmahaagu u baahan yahay inuu si tariib ah ugu wareego caanaha cusub, raac tilmaamaha badelida caanaha.
- Tallaabooyinka soo socda ayaa ka caawin kara ilmaha inuu ka wareego hal caano una wareego kuwo kale.
- Haddii aad qabto wax su'aalo ah ama walaacyo ah, la hadal shaqaalahaaga Special Supplemental Nutrition Program for Women, Infants and Children (WIC, Barnaamijka Nafaqada Gaar ah ee Dheeraadka ah ee loogu talagalay Dumarka, Dhallaanka iyo Carruurta) ama dhakhtarkaaga.

FARXALO KADIB MARKAAD DHAMAYSO

Kaydinta caanaha la qasay:

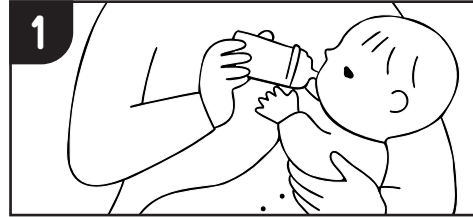
- Tilmaamahaan ayaa abuuri kara caano ka badan cadadka uu ilmahaagu cabi karo hal mar. Kahor intaadan siinin, u qaybi caanaha aad qastay masaasado ka kooban 2 ilaa 4 oz.
- Ku xaree **caanaha la qasay ee ilmaha** talaagada ugu badnaan 24 saacadood.
- Ku xaree **isku qaska la diyaarshay ama caanaha u diyaarsan quudinta** talaagada ugu badnaan 48 saacadood.



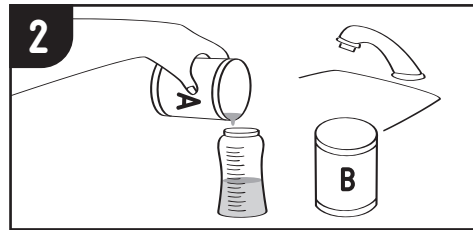
DOH 961-149 June 2023 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.

TALAABOYINKA BADELIDA CAANAHA:



AMA



SII CAANAHA CUSUB

Sii caanaha cusub si aad u hubiso in ilmahaagu aqbalaayo. Haddii ilmahaagu iskudayay caanaha cusub xili hore uusana jeclaysan, markale iskuday. Ilmaha ayaa koraaya waxaana sidoo kale isbadelaaya dhadhankooda.

TARTIIBINTA ISKU QASKA CAANAHA CUSUB

Ku bilow inaad cadad yar oo caanaha cusub ah ku darto caanaha uu hadda cabo. Maalin kasta, kudar qayb cusub oo caanaha cusub ah si ilmahaagu uu si tartiib ah ula qabsado dhadhanka kaladuwan. Muddo asbuuc ah, ilmahaaga ayaa la qabsan doona caanaha cusub. Raac tilmaamaha hoose si aad qab tartiib ah u barto ilmaha caanaha cusub.

SI AAD U SAMAYSO CAANAHA MASAASAD 8 FIIQO QAADA:

	MAALMAHA 1 IYO 2	MAALMAHA 3 IYO 4	MAALMAHA 5 IYO 6	MAALINTA 7
CAANE BOORAHA CARRUURTA Ayadoo ku xiran xajmiga qasacada, 1–2 qasac oo caanaha cusub ah ayaa loo baahan yahay si loo raaco talaabooyinka. Mar kasta isticmaal furka la socda qasaca caanaha.	ISKU QAS 8 firiqo oo biyo ah + 3 fur oo caanihii hore ah + 1 fur oo caanaha cusub ah	ISKU QAS 8 firiqo oo biyo ah + 2 fur oo caanihii hore ah + 2 fur oo caanaha cusub ah	ISKU QAS 8 firiqo oo biyo ah + 1 fur oo caanihii hore ah + 3 fur oo caanaha cusub ah	Raac tilmaamaha ku qoran qasacada cusub ee la xariira diyaarinta caanaha.
CAANAHA DAREERAHA AH EE QASAN Ayadoo ku xiran xajmiga qasaca, 6–10 qasac oo caanaha cusub ah ayaa loo baahan yahay si loo raaco talaabooyinka.	ISKU QAS 4 firiqo oo biyo ah + 3 firiqo oo caanihii hore ah + 1 firiqo oo caanaha cusub ah	ISKU QAS 4 firiqo oo biyo ah + 2 firiqo oo caanihii hore ah + 2 firiqo oo caanaha cusub ah	ISKU QAS 4 firiqo oo biyo ah + 1 firiqo oo caanihii hore ah + 3 firiqo oo caanaha cusub ah	Raac tilmaamaha ku qoran qasacada cusub ee la xariira diyaarinta caanaha.