

Talooyin la Siinayo Waalidka

Marka aad aragtid tilmaamo ah in ilmahaagu diyaar u yahay inuu joogo agtaada, waa inaad...

- * La tacaamushid oo la ciyaartid ilmahaaga. Kani waa wakhtiga ugu fiican ee ilmahaagu wax barto, ciyaaro, ee uu quud qaato.
- * Maskaxda ku hay in barashu tahay shaqo adag. Ilmaha yaryari si dhakhso ah ayay u daali karaan.

Marka aad aragtid in ilmahaagu u baahan yahay nasasho, halkan waxa ku yaalaa waxyaabo aad tijaabin kartid...

- * U oggolow ilmahaagu inuu jeesto oo nasasho qaato. Wakhtiga degani wuu u fiican yahay labadiinaba!
- * Beddel deegaanka ama agagaarka. Sanqadh badan iyo dad badan waxay daal badan u keeni karaan ilmaha yaryar.
- * Jooji tacaamulka ama ciyaarta. Marmarka qaarkood xiitaa walaalaha ayaa tacbaan ka dhigi kara ilmaha yar.

Waxa laga soo xigtay Barnaamijka WIC ee California.

Dadka qaba naafo, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii la codsado. Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Hay'addani waa bixiye fursad loo siman yahay.

Barnaamijka Nafaqada ee WIC ee Gobolka Washington ma sameeyo takooris.

PUBLIC HEALTH
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Washington State Department of
Health
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Fahmidda Tilmaamaha Ilmahaaga Yar

Ma kugu adkaataa inaad garatid waxa ilmahaagu u baahan yahay? Ma rabtaa inaad ogaatid sida ilmahaaga yar ama nuunuugaaga looga gargaaro inuu noqdo mid degan oo faraxsan?



Mahad Alla, ilmuhu waxay leeyihiin tilmaamo waalidka tusa waxay u baahan yihiin. Tilmaamaha oo aad u fiirsatid waxay kuu fududeyn kartaa inaad ilmahaaga yar ka gargaartid inuu noqdo mid degan oo faraxsan.

Waxan rabaa inaan joogo agtaada!

Tilmaamaha "joogo agtaada" waa waxyaabo uu ilmahaagu sameeyo si uu kuugu sheego inuu rabo inuu kula joogo.



Halkan waxa ku yaala waxyaabo laga yaabo in ilmahaagu sameeyo si uu kuugu sheego inuu diyaar u yahay inuu kula tacaamulo ama kula yeesho xidhiidh:

- Wuxu fiirinayaa wajigaaga
- Wuxu sameynayaa sanqadh ama dhaqdhaqaaq jiqis
- Wuxu sameynayaa sanqadh quudin
- Dhoolla-caddeyn ama riyaqid
- Wuxu leeyahay waji iyo jidh dabacsan
- Wuxu raacayaa codkaaga iyo wajigaaga
- Wuxu sare u qaadayaa madaxiisa



Tilmaamaha qaarkood waa kuwo iska cad, laakiin qaar baa ay dhib tahay in la garto.

Waxan u baahanahay nasasho!

Tilmaamaha "U Baahan Nasasho" ee ilmahaaga waa waxyaabo uu ilmahaagu sameeyo si uu kuu tuso inuu u baahan yahay nasasho ama inuu ka nasto waxa uu sameenayay ama inuu u baahan u yahay wax ka duwan wixii hore.



Halkan waxa ku yaala waxyaabo laga yaabo in ilmaagu sameeyo si uu kuugu sheego inuu u baahan yahay nasasho yar ama inuu sameeyo wax ka duwan wixii hore:

- Fiirin meel kale, jeesasho, ama dhabarka oo uu qaloociyo
- Faraha oo uu fidiyo, iyada oo gacantu adag tahay
- Hurdo qabata
- Waji kaduudis ama indho biyo leh
- Hamaansi



Oohintu sidoo kale waa tilmaan ah "u baahan nasasho," laakiin caadi ahaan waxay timaadaa ka dib tilmaamo kale. Tilmaamaha oo aad dhakhso u garatid waxay ka hortagi kartaa in ilmahaagu ooyo.