

## Macluumaadka loogu talagalay waalidiinta

Nidaamka Caafimaadka NSW iyo shaqaalaha caafimaadka waxay ka ciyaaraan door muhiim ah caawinta carruurta iyo qoysaska si ay u gaaraan fiyoobaan iyo caafimaad. Wixii ah macluumaad faahfaahsan tixraac [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### Xarumaha caafimaadka ee carruurnimada hore

Xarumaha caafimaadka ee carruurnimada hore waxay bixiyaan adeeg bilaash ah dhammaan waalidiinta cusub ee NSW. Waxaa ka shaqeeya kalkaaliyayaasha caafimaadka qoyska iyo ilmaha kuwaas oo bixiya jeegareynta fiyoobaanta, koritaanka iyo caafimaadka, waxbarasho iyo macluumaad ku saabsan dhammaan dhinacyada waalidnimada. Si loo helo xarunta caafimaadka ee carruurnimada hore ee kuugu dhow, gal boggaan internetka ee soo socda: [www.health.nsw.gov.au/services/pages/default.aspx](http://www.health.nsw.gov.au/services/pages/default.aspx)

### Aqoonyahanada caafimaadka ilmaha ee kale muhiimkana ah

**Dhakhtarkaaga daaweynta guud (GP) ama dhakhtarka qoyska** waa qofka aad arkeyso haddii ilmahaagu uu jiran yahay, ama haddii ay jiraan waxyaalo aad ka saluugsan tahay fiyoobida ilmahaaga. GP wuxuu bixiyaa daryeelka caafimaadka ee koowaad, u gudbinta dhakhaatiirta takhasuska leh iyo meeshii ay lagama maarmaan noqoto, wuxuu xiriiriyaa daryeelka caafimaadka ilmahaaga.

**Dhakhtarka carruurta** wuxuu bixin karaa daryeelka caafimaadka takhasuska ah ee ilmahaaga. Waxaad u baahan tahay inuu ku soo gudbiyo GP si aad ballan uga sameysato dhakhtarka carruurta.

### Jeegareynta koritaanka iyo caafimaadka joogtada ah ee ilmahaaga

Waa inaad geysaa ilmahaaga kalkaalisada caafimaadka qoyska iyo ilmaha ee xarunta caafimaadka ilmanimada hore ee xaafadaada, ama dhakhtarkaaga, si uu kaaga jeegareeyo caafimaadka mid kasta oo ka mid ah da'ahan soo socda. Dhammaan jeegareymahan caafimaad aad ayey muhiim u yihiin maadaama ay caawinayaan kalkaalisada ama dhakhtarku inuu la socdo caafimaadka iyo koritaanka ilmahaaga oo garto wixii khatar ah ee soo socota. Xitaa haddii aadan qaban waxaad ka saluugsan tahay caafimaadka ilmahaaga ama koritaankiisa, waa inaad geysaa ilmahaaga jeegareyn kasta oo caafimaad.

### Carruurta waa inuu baaritaan ku sameeyaa aqoon yahan caafimaad:

- Markuu dhasho
- 6 bilood
- 2 sanno
- 1 ilaa 4 toddobaad
- 12 bilood
- 3 sanno
- 6 ilaa 8 toddobaad
- 18 bilood
- 4 sanno

**Haddii aad wax ka saluugsan tahay ilmahaaga caafimaadkiisa, koritaanka iyo kobaciisa ama dabecadiisa inta u dhaxeysa jeegareynta caafimaadka ee ballansan, fadlan gee ilmahaaga dhakhtarka ama kalkaalisada caafimaadka qoyska iyo ilmaha.**

## Qiimeynta ilmahaaga caafimaadkiisa iyo koritaankiisa

Taxane su'aalo ah oo loogu talagalay waalidiinta looguna yeero Qaabka Koritaanka Qiimeynta ee Waalidiinta (PEDS) ayaa la siiyaa jeegareyn caafimaad oo kasta, oo ka bilaabaneysa marka ilmahaagu uu 6 bilood jirsado.

Uga jawaab su'aalan sida ugu saxsan ee aad awooda ka hor jeegareyn kasta, sababtoo ah waxay kaa caawin karaan adiga, dhakhtarkaaga ama kalkaalisada caafimaadka qoyska iyo ilmaha inay gartaan wixii laga saluugsan yahay sida ilmahaagu wax u baranayo, u korayo iyo sida dabeecadiisu tahay.

Adiga iyo aqoon yahan kasta oo caafimaad ee ilmahaagu uu arko waa inuu qoraa wax ku saabsan caafimaadka iyo horumarka ilmahaaga buuggan dhexdiisa. Waxaa jira qaybta Qoraalka horumarka ilmaha oo elektaroonig ah halkaas oo qoraal faahfaahsan lagu diiwaangelin karo.

## La socoshada koritaanka iyo kobaca ilmahaaga

Dhammaan carruurtu waxay u koraan una kobcaan heerar kala duwan. Waa muhiim in lala socdo koritaanka ilmahaaga si wax kasta oo suurtagal ah ee la saluugsan tahay loo ogaan karo oo loo daaweeyo sida ugu horeysa ee suurtagalka ah.

### **Koritaanka ilmahaaga iyo kobiciisa waxaa loola socdaa siyaalo badan:**

- adigoo jeegareynaya muhiimada ilmaha oo uga jawaabaya su'aalaha PEDS buuggan
- iyadoo uu baaritaan ku sameynayo aqoon yahan caafimaad ilmahaaga jeegareyn caafimaad oo loo balamiyey
- Baaritaano lagu iskiriingareynayo

Ogow: Baaritaanada iskiriin gareynta, jeegareynta iyo baaritaanada marna ma noqon karaan 100% sax. Mar marka qaarkood jeegareynta caafimaadka ama baaritaanka iskiriin garenta ayaa laga yaabaa inay muujiyaan inay dhibaato jirto iyadoo aysan waxba jirin, ama ay gafaan dhib jirta. Wakhti wakhti waxaa dhacda inuu dhib cusubi dhaco ka dib marka ilmahaagu baaritaanka ama jeegareynta caafimaadka qaaday. Taasi waa sababta ay muhiim u tahay inaad tagto dhammaan jeegareynta caafimaad ee lagu taliyey iyo inaad buuxiso su'aalaha loogu talagalay waalidiinta buuggan dhexdiisa.

## Ammaanka Ilmaha

Dhaawacyo badan oo ilmonimo iyo shilal ayaa laga hortegi karaa. Tallooyinka ammaanka, macluumaad iyo ilaha macluumaadka ammaanka ilmaha oo badan, gal [www.kidsafesw.org](http://www.kidsafesw.org) and [www.health.nsw.gov.au/childsafety](http://www.health.nsw.gov.au/childsafety).

Ammaanka gaarigu waa u muhiim carruurta da'a kasta leh. Markay ku safrayaan gaariga, dhammaan carruurta laga bilaabo markay dhashaan ilaa markay toddoba sanno jirsadaan waa inay isticmaalaan kursiga ilmaha ee da'dooda iyo xajmigooda saxda ah. Wixii macluumaad dheeraad ah , gal [www.rta.nsw.gov.au/roadsafety/children](http://www.rta.nsw.gov.au/roadsafety/children).

Inyar oo laga saluugsan ayahay ammaanku waa:

### Ilmaha yar yar

- ka dilindiloodka miiskaxafaayada lagaga bedelo, miiska ama sariirta.
- ku mergashada waxyaalo yar yar
- gubashada ay sababtay cabitaan kulul oo ilmaha korkiisa ku daatay
- cunida sun ama daawo badan qaadashada
- ka dhicida gacmaha xannaaneeyaha

### Carruurta 3 ilaa 5 sano jirta

- ka dhicida baaskiil, iskuutar, qalabka garoonka ciyaarta ama guriga.
- qaniinyada eyga.
- dhaawacyada cabitaanka kulul eek u daaday
- ka dhicida barandada iyo daaqadaha
- gaari kaga dhaca meelaha guryaha laga soo galo
- Ku qarqashada biyaha qubeyska, baraagaha dabaasha iyo kuwa biyaha boodboodaya leh oo aan deyr lahayn.

### Raad dhaqaajiska 12 bilood ilaa 3 sanno jirka

- ku mergashada cuntooyin aan ku habooneyn iyo waxyaalo yar yar.
- ka soo dhicida kuraasta dhaadheer, tarooliyada wax lagu gurto ama baraamka ama jaranjaro ka dhicida.
- cabitaan kulul ku daadashada iyadoo ilmuhu furo tuumbada biyaha kulul ee qubeysa ama ka soo jiidashada maqlaha cunto kariyaha.
- cunida cun, daawooyin iyo walxaha guriga lagu dhaqo oo hore u yaalahay meel aysan gaareynin
- Gubashada ay dhaliyeen dabka iyo kululeeyayaasha
- gaari kaga dhaca meelaha guryaha laga soo galo
- biyaha qubeyska oo qaada, baraagaha dabaasha iyo kuwa biyaha boodboodaya leh oo aan deyr lahayn.
- ka soo boodida alaabta guriga iyo ku ordida alaabo af leh
- ka soo dhicida qalabka garoonka ciyaarta
- ku cararida wadada iyagoon waxba eegin
- ka dhicida barandada iyo daaqadaha

## Qodobada khatarta iyo taariikhda caafimaadka qoyska

	Haa	Maya
Ilmahaaga yar yarka ah ama qaraabadaada kuugu dhow dhow miyey ahaayeen dhagool ama maqalka dhibi ka heysaytay carruurnimadoodii?	<input type="checkbox"/>	<input type="checkbox"/>

---

---

Cid ka mid ah qoyska miyey ka qabtay wax dhib ah indhaha carruurnimadoodii?	<input type="checkbox"/>	<input type="checkbox"/>
---	--------------------------	--------------------------

---

---

Qaar ka mid ah ilmahaaga ama qaraabadaada kuugu dhow miyey la'aayeen hal il ama labadaba?	<input type="checkbox"/>	<input type="checkbox"/>
---	--------------------------	--------------------------

---

---

Intii ay uurka hooyada, ilmahaaga hooyadii miyey qabtay rubella, cytomegalovirus, toxoplasmosis, herpes, ama jiro kale oo leh xumad ama finan?	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------

---

---

Wakhtiga dhalashada, ilmahaaga culeyskiisu miyuu ka yaraa 1500 garaam, mase u baahday unuga daryeelka degdega ah wax ka badan laba maalmood, ama u baahday ogsijiin ilaa 48 saacadood ama ka badan?	<input type="checkbox"/>	<input type="checkbox"/>
---	--------------------------	--------------------------

---

---

Ilmahaagu miyuu ku dhashay wax dhib ah oo xagga jirka ah?	<input type="checkbox"/>	<input type="checkbox"/>
---	--------------------------	--------------------------

---

---

## Cabirida iyo la socodka koritaanka ilmahaaga

Cabirida ilmahaaga dhererkiisa, culeyskiisa iyo dhexroorka madaxiisa wuxuu kuu sheegayaa sida ilmahaagu uu u korayo. Dhakhtarkaaga ama kalkaalisadaada waa inay ku diiwaangelisaa cabirka ilmahaaga jeegareyn kasta oo caafimaad oo ay buuxisaa shaxda koritaanka ee qaybtan.

Ilmo kasta wuu koraa wuxuuna u kobcaa heerar kala duwan. Inkastoo cabiraad kaliya ay caawineyso, si aad u qiimeyso koritaanka ilmahaaga waa muhiim in lagu diiwaangeliyo cabir dhawr ah ilaa wakhti si aad u aragto jihada koritaankiisa.

Haddii aad jeclaan lahayd macluumaad dheeraad ah oo ku saabsan sida uu u shaqeeyo shaxda koritaanku, fadlan gal [www.who.int/childgrowth/en](http://www.who.int/childgrowth/en) iyo [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)

Ma jirto laba carruur ah oo isku mid ah, laakiinse waxaa jira waxoogaa tilmaamo ku saabsan carruurta miisaankooda. Tusaha culeyska jirka (BMI) waxaa loogu talagalay in lagu qiimeeyo inuu qofku leeyahay miisan ka yar intii uu lahaan lahaa, miisaan caadi ah ama miisaan ka badan inuu lahaan lahaa. BMI- shaxda da'da waxaa ku talinaya Golaha Cilmi baarista Daawada iyo Caafimaadka Qaranka ee loogu talagalay qiimeynta culeyska miisaanka carruurta laga bilaabo 2 sanno jirka. Shaxdani waxay aqoonsaneysaa in xaqiiq ahaantii carruurta jirkoodu uu korayo oo kobcayo. Waxaad ka heli kartaa internetka xisaabiyaha BMI: [www.healthykids.nsw.gov.au/parents-carers/faqs/what-is-a-healthy-weight.aspx](http://www.healthykids.nsw.gov.au/parents-carers/faqs/what-is-a-healthy-weight.aspx).

Intay lahaadaan miisaan caafimaad leh waa u muhiim carruurta jirkooda intay korayaan oo ay kobcayaan. Miisaanka caafimaadka leh waxaa badanaa lagu ilaalin karaa iyadoo la dheelirayo qadarka tamar ah ee ilmahaagu uu ku qaadanyo ( cuntada iyo cabitaanka) iyo tamarta ay isticmaalaan ( koriraankooda iyo nashaadka jireed).

Sameynta wax cunid caafimaad leh iyo caadada jimicsi noloshada goor hore waxay kaa caawineysaa inaad iska ilaaliso dhibaatooyinka caafimaad sida buurnida, sonkorta nooca -2aad, noocyo ka mid ah kansarka iyo dhiigkarka.

Haddii ay jiraan waxyaalo aad ka saluugsan tahay ilmahaaga siduu wax u cunno ama miisaankooda, arag dhakhtarkaaga ama kalkaalisada caafimaad qoyska iyo ilmaha ee xaafadaada.

Tixraac bogga 2.2 wixii ah website yada iyo ilaha leh macluumaadka sidii aad u taageeri lahayd koritaanka ilmahaaga iyo kobiciisa.

## Su'aalo loogu talagalay waalidiinta oo ku saabsan maqalka

Fadlan ka jawaab su'aalaha soo socda adoo saxaya sanduuqa ku haboon sida ugu dhakhsaha badan ka dib marka ilmahaagu uu dhasho

	Haa	May
Ma dhammeystirteen su'aalaha qodobada khatarta caafimaadka ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu markuu dhashay miyuu qabay dhibaataada neefsiga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaaga miyuu ku dhacay minanjaatis??	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaaga cagaarshow miyuu ku dhacay, oo uu baahday dhiig ku shubid?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu ka yaraa miisaankiisu 1500 garaam markuu dhashay?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu ku jiray qaybta daryeelka degdega ah wax ka badan 5 maalmood ka dib markay dhasheen?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad ogaatay waxaan caadi ahayn oo ku saabsan ilmahaaga madaxiisa ama qoortiisa, sida weji u qaabeysan si aan caadi ahayn ama calaamadaha maqaarka?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu qabaa calaamadaha garaad dhimanka (Trisomy 21) ama xaalad kale oo leh maqal beel?	<input type="checkbox"/>	<input type="checkbox"/>

## Haddii jawaab wax ka mid ah su'aalahan ay tahay haa, u sheeg dhakhtarkaaga ama kalkaalisda caafimaadka qoyska iyo ilmaha ama dhakhtarkaaga.

### Natiijada

Caadi  Gudbi

## Waxaan jiraa 2 toddobaad

### Waxyaalo laga yaabo inaan sameynayey

- Uu ku dhibo buuqa dhaadheer
- Bilaabaya inuu xoogga saaro wajiyada
- Qabsanaya farahaaga marka gacanteyda la geliyo

### Waxoogaa feker ah oo aad wakhti ila qaadanaysid

- Ila hadal markaan soo jeedo
- U jawaabo codkeyga iyo oraahayga isagoo min guurinaya waxaan sameeyo
- Hab isii

### Fadlan la hadal dhakhtarka ama kalkaalisada caafimaadka qoyska iyo ilmaha haddii aan

- AANAN falcelin kasameynaynin buuqa dhaa dheer
- AANAN si fiican cuntada u qaadaneynin

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 1 ilaa 4 toddobaad

Booqashadaada koowaad ee kalkaalisada caafimaadka qoyska iyo ilmaha badanaa waxay ka dhacdaa guriga qoyska. Kani wuxuu u yahay waalidka wakhti wanaagsan iyo kalkaalisada oo ay isku bartaan oo ay kaga hadlaan wax kasta oo ay saluugsan yihiin.

Cinwaanada wada hadalka waxaa ka mid noqon kara:

### Ammaanka iyo Caafimaadka

- Quudinta ilmahaaga oo ay ku jirto naas nuujintu
- Seexashada ammaanka leh iyo ka hortaga astaamaha dhimashada ilmaha ee degdega ah (SIDS)
- Tallaalka
- Ammaanka
- Koritaanka

### Kobaca

- Oohinta
- Sabaalinta ilmahaaga
- La hadlida ilmahaaga – wada hadalka, luuqada iyo ciyaarta

### Qoyska

- Isticmaalida “Diiwaanka Caafimaadka Shakhsiyeed”
- Doorka kalkaalisada caafimaadka qoyska iyo ilmaha, GP iyo aqoon yahanada kale ee caafimaadka
- Caafimaadka maskaxeed ee waalidka
- Caafimaadka guud ee hooyada – cuntada isudheelitiran, nasasho, daryeelka naasaha, jimicsiga, caafimaadka afka
- Kooxaha waalidka iyo taageerada netwaaga
- Sigaar cabida
- Shaqada/xannaanada carruurta

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).  
Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)



## Su'aalaha Waalidka

**Ka jawaab su'aalahan ka hor booqashada dhakhtarkaada ama kalkaalisada ee 1 ilaa 4 toddobaad oo caafimaad jeegareyn ah.**

	Haa	Maya
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>
Ima haaga miyaa loo jiiifiyaa dhabarkiisa/keeda markay seexanayaan?	<input type="checkbox"/>	<input type="checkbox"/>

### Quudinta

Ilaa iyo wakhtigan shalay, ilmahaagu ma helay caanaha naaska?	<input type="checkbox"/>	<input type="checkbox"/>
Ilaa iyo wakhtigan shalay, ilmahaagu miyuu qaatay wax ka mid ah kuwaan soo socda?		
a) Fitimiino AMA kordhiyaar macdan ah AMA daawo (haddii loo baahdo)	<input type="checkbox"/>	<input type="checkbox"/>
b) Biyo cad AMA la macaaneeyey/biyo dhadhan loo yeelay AMA casiiir la miiray AMA shah/dareere	<input type="checkbox"/>	<input type="checkbox"/>
c) Formulada caanaha ilmaha AMA caano kale (tusaale, caanaha saca, caanaha geedaha laga sameeyey, caanaha uumi baxay, caanaha la adkeyey)	<input type="checkbox"/>	<input type="checkbox"/>
d) Cunto adke aha AMA kala bar adke ah	<input type="checkbox"/>	<input type="checkbox"/>

---

Tallada hadda la hayaa waxaa weeye in ilmaha yar yari helaan oo kaliya caanaha naaska ilaa ay ka gaarayaan qiyaastii 6 bilood (way qaadan karaan fitamiino, daawo ama kordhinta birta ) iyo sii wad naas nuujinta (iyadoo uu qaadanayo cuntooyin ku haboon oo dhammeystir ah) ilaa uu ka gaarayo 12 bilood ama wixii ka danbeeya. *Awaamiirta Quudinta Ilmaha NHMRC ee loogu talagalay Shaqaalaha Caafimaadka, 2003.*

---

## Waxaan jiraa 8 toddobaad

### Waxyaalo laga yaabo inaan sameynayo

- Sameynta coddadka sida anigu waxaan 'kuu sheegayaa wax'
- Isdejinta marka qof markuu ila hadlayo
- Dhoola cadeynta
- Gacmaheyga isugeyntooda

### Waxoogaa feker ah oo aad wakhti ugala qaadaneyso aniga

- Heesida iyo ila hadlida
- Ila ciyaarida markaan caloosha u jiifo sagxada
- Bannaanka igu geynta baraamka si aan u soo lugeyno

### Fadlan kala hadal dhakhtarka iyo kalkaalisada qoyska iyo ilmaha haddii aan

- AANAN sameynaynin aan sameyn jiray
- AANAN sameynaynin coddadka aan ka heyn oohinta
- AANAN bilaabaynin inaan dhoola caddeeyo
- AANAN indhaha kaa eegeynin

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada ah 6 ilaa 8 toddobaad

Cinwaanada laga wada hadlayo waxaa laga yaabaa inay ka mid yihiin:

### Ammaanka iyo Caafimaadka

- Quudinta ilmahaaga
- Tallaalka
- Seexashada ammaanka leh iyo ka hortaga astaamaha dhimashada ilmaha ee degdega ah (SIDS)
- Sidii aad u noqon karto qoraxda qof u diyaar ah
- Koritaanka

### Kobaca

- Arimaha ka soo baxaya su'aalaha waalidka loogu talagalay
- oohinta
- sasabida ilmahaaga
- La hadlida ilmahaaga – wada hadalka, luuqada iyo ciyaarta

### Qoyska

- Kooxaha qoyska
- Caafimaadka hooyada (cuntada is caateynta, nasasho, qorsheynta qoyska, jimicsiga)
- Caafimaadka shucuurta ee waalidka
- Sigaar cabida
- Waalidnimada wanaagsan iyo la yeelashada xiriir dhow ilmahaaga dhashay

## *Weli sigaarka ma cabtaa?*

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).

Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)

## Su'aalaha Waalidka

**Ka jawaab su'aalahan ka hor booqashada dhakhtarkaada ama kalkaalisada ee 6 ilaa 8 toddobaad oo caafimaad jeegareyn ah.**

	Haa	Maya
Ma qaadatay jeegareynta dhalmada ka dib?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaaga dhashay sidoo kale ma la jeegareeyey?	<input type="checkbox"/>	<input type="checkbox"/>
Waxaad ka saluugsan tahay miyey jiraan ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma u jeestaa xagga iftiinka?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma kuu dhoola caddeeyaa?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma eegaa wajigaaga oo indhihiinu ma isqabtaan?	<input type="checkbox"/>	<input type="checkbox"/>
Ma ogaatay haddii mid ama laba ka mid ah ilmahaaga wilka indhihiisu ay caddaan yihiin?	<input type="checkbox"/>	<input type="checkbox"/>
Adigu ama ilmahaagu miyaad ka heshaan wada joogida?	<input type="checkbox"/>	<input type="checkbox"/>
Wax miyaad la akhrisaa, la hadashaa iyo laciyaartaa ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma haaga miyaa loo jifiyaa dhabarkiisa/keeda markay seexanayaan?	<input type="checkbox"/>	<input type="checkbox"/>

# Diwaanka caafimaadkeyga shakhsiyeed

## Quudinta

Haa

Maya

Ilaa iyo wakhtigan shalay, ilmahaagu ma helay caanaha naaska?

Ilaa iyo wakhtigan shalay, ilmahaagu miyuu qaatay wax ka mid ah kuwaan soo socda?

a) Fitimiino AMA kordhiyaar macdan ah AMA daawo (haddii loo baahdo)

b) Biyo cad AMA la macaaneeyey/biyo dhadhan loo yeelay  
AMA casiiir la miiray AMA shah/dareere

c) Foormulada caanaha ilmaha AMA caano kale  
(tusaale, caanaha saca, caanaha geedaha laga sameeyey, caanaha  
uumi baxay, caanaha la adkeyey)

d) Cunto adke aha AMA kala bar adke ah

---

Tallada hadda la hayaa waxaa weeye in ilmaha yar yari helaan oo kaliya caanaha naaska ilaa ay ka gaarayaan qiyaastii 6 bilood (way qaadan karaan fitamiino, daawo ama kordhinta birta) iyo sii wad naas nuujinta (iyadoo uu qaadanayo cuntooyin ku haboon oo dhammeystir ah) ilaa uu ka gaarayo 12 bilood ama wixii ka danbeeya. *Awaamiirta Quudinta Ilmaha NHMRC ee loogu talagalay Shaqaalaha Caafimaadka, 2003.*

---

**Waxaa laga yaabaa inaad jeceshahay inaad kala hadasho dhakhtarkaaga ama kalkaalisadaada wax ku saabsan sidaad maskax ahaan dareemeyso iyo jir ahaan, waxaa laga yaabaa inaad su'aalo ka qabtid sida ugu wanaagsan ee aad u xannaaneyn karto ilmahaaga.**

Qoraalka waalidka

---

---

---

---

## Waxaan jiraa 6 bilood

### Waxyaalo laga yaabo inaan sameeyo

- Ku taageerida culeyskayga luga heyga markaan taaganahay
- Soogaarsiintawaxyaalahaafkeyga
- Bilaabidainayhalgacan wax ugagudbiyaanmida kale
- Hadaaqidakucelceliska ah, tusaale, ga-ga-ga. Ma-ma-ma
- Muujintaraadintainay wax ogaadaanayoiskudeygainaygaaraanwaxyaalahaaysangaarikarin

### Waxiigaa feker ah oo aad wakhti ugala qaadaneyso aniga

- Ilawadaagidabuugaagtasawirada
- Heesidaiyoilahadlida
- Sagxadaigulaciyaarida

### Fadlan kala hadal dhakhtarka iyo kalkaalisa qoyska iyo ilmaha haddii aan

- AANAN sameynayninwaxyaalihiiiaanawoodjiraysameyntooda
- AANAN kuqaadinmiisaankeygalugeyhayga
- AANAN kajawaabinmagaceyga
- AANAN iskudeyininaanqabsadoalaabtaciyaarta
- ANAAN hadaaqinamaqoslin

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 6 bilood

Cinwaanadawadahadalkawaxaalagayaabaainaykujiraan

### AmmaankaiyoCaafimaadka

- Hurdada
- KahortagaAstaamahaDhimashadallmahaeeDegdega ah (SIDS)
- Ka caawinta ilmahaaga inuu cunno cunto caafimaadleh
- Kataxadarida ilmahaaga ilkihiisa
- Tallaalka
- Sidiiaad u noqonlahayd mid qoraxda u diyaargarooba
- Ammaanka
- Koritaanka

### Kobcitaanka

- Arimaha ka soo baxayasu'aalaha PEDS\*ee waalidka loogu talagalay
- Dabeecada ilmahaaga
- Dhagdhaqaaqa ilmahaaga
- La hadlida ilmahaaga – wadahadalka, luuqada iyo ciyaarta

### Qoyska

- Xiriirka carruurta wadadhalatay iyo iska soohor jeedkooda
- Nishaadka ciyaarta
- Caafimaadka maskaxeed ee waalidka
- Aadida playgroups
- Sigaar cabida
- Waalidnimada wanaagsan iyo la sameysashada xiriir aad isugu dhow ilmahaaga

*\*Qiimeynta Waalidka ee Heerar Koritaanka*

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).

Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)

## Su'aalaha waalidiinta loogu talaglay

**Su'aalahaan ka jawaab kahor booqashadaada dhakhtarka ama kalkaalisadaada ee jeegareynta caafimaadka 6 bilood.**

	Haa	Maya
Ma dhammeystirteen su'aalaha qodobada khatarta caafimaadka ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Cidkale miyey saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu leeyahay ilweershe ah ama caajis ah (squint ama strabismus)?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma ku eegaa adiga miyuu kulana raacraaca indhihiisa?	<input type="checkbox"/>	<input type="checkbox"/>
Ma ogaatay in mid ama labadaba wilka indhaha ilmahaagu uu cad yahay?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaaga miyuu jooga meel sigaarka lagu cabayo oo ah guriga ama gaariga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaaga miyaa loo seexiyaa isaga/iyada dhabarka?	<input type="checkbox"/>	<input type="checkbox"/>

### Quudinta

### Ma xasuusan karro

Haa

Maya

Markii ilmahaagu uu jiray <b>4 bilood</b> , miyey qaateen caanaha naaska?	<input type="checkbox"/>	<input type="checkbox"/>
Ilaa <b>iyowakhtigan shalay</b> , ilmahaagu ma helay caanaha naaska?	<input type="checkbox"/>	<input type="checkbox"/>
Ilaa <b>iyowakhtigan shaley</b> , ilmahaagu miyuu qaatay wax ka mid ah kuwaan soo socda?		
a) Bitimiino AMA kordhiyaal macdan ah AMA daawo (haddii loo baahdo)	<input type="checkbox"/>	<input type="checkbox"/>
b) Biyo cad AMA la macaaneeyey/biyo dhadhan loo yeelay AMA casiir la miiray AMA shah/dareere	<input type="checkbox"/>	<input type="checkbox"/>
c) Formulada caanaha ilmaha AMA caano kale (tusaale, caanaha saca, caanaha geedaha laga sameeyey, caanaha uumibaxay, caanaha la adkeyey)	<input type="checkbox"/>	<input type="checkbox"/>
d) Cunto adke aha AMA kala bar adke ah	<input type="checkbox"/>	<input type="checkbox"/>

Tallada hadda la hayaa waxaa weeye in ilmaha yar yari helaan oo kaliya caanaha naaska ilaa ay ka gaarayaan qiyaastii 6 bilood (way qaadan karaan fitamiino, daawo ama kordhinta birta) iyo sii wad naas nuujinta (iyadoo uu qaadanayo cuntooyin ku haboon oo dhammeystir ah) ilaa uu ka gaarayo 12 bilood ama wixii ka danbeeya. *Awaamiirta Quudinta Ilmaha NHMRC ee loogu talagalay Shaqaalaha Caafimaadka*, 2003.



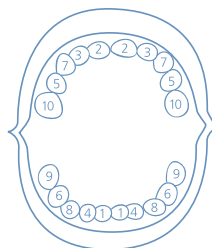
## Ilmahaaga ilkahooda – ilaalinta caafimaadkooda

Caafimaadka ilkuhu waa u muhiim caafimaadka guud iyo horumarka hadalka. Badiba dhibaatooyinka ilkaha waa laga hortegi karaa. Goor hore garashada ilmaha khatarta ugu jira cudurka ilkaha, iyo cudurka oo goor hore la ogaado, waxay kahortegi kartaa burburka ilkaha oo faafa iyo ku daaweynta ilkaha ibitaalka oo qaali ah iyadoo la sameynayo suuxdinta guud.

Kaga jawaabida su'aalaha ilkaha buuggan, waxaad kacaawin kartaa garashada dhibaato kasta oo dhici karta oo aad baran kartaa sidii aad si haboon ugu daryeeli lahayd ilmahaaga ilkihiisa.

### Goorma ayey ilmaha ilkahoodu soo baxaan?

Nidaamka soobixi-taankacaad-diga ah	Magacailiga	Da'da ugu dhow eesoobixitaanka
1,2,3,4	miciyaha	6–12 bilood
5,6	Gowsahauguhoreeyaailmaha	12–20+ bilood
7,8	Miciyahaiyogowsahaalkaha u dhaxeya	18–24 bilood
9,10	Gowsahalabaadeeilmaha	24–30 bilood



*Da'aahas kore ee celceliska ah waa tusaale kaliya. Ma jirto waxaad ku saluugto haddii ilmahaaga ilkihiisa ay soo baxaan kahore ama ka dib midkood.*

### Masaasadaha iyo cinjir beeneedka

Caanaha naaska ayaa u wanaagsan ilmahaaga. Haddii ilmahaagu aan naaska la siineyn:

- Ku shub oo **kaliya** masaasada ilmahaaga caanaha naaska, foormulada ama biyo
- Had iyo jeer qabo ilmahaaga markaad quudineysid kana qaad masaasada marka ilmahaagu uu qaato in ku filan oo uu cabo
- Ku seexintasariirtailmahaagaisagoomasaasadheystawaxaysabibikartaailkabolol
- Malabka, glycerine, caanno la adkeeyey ama cuntooyin kale oo iskudhegdegaya oo macaan ama dareere ee daamiga ilmahaagu waxay keeni karaan ilko bolol
- Laga bilaabo da'da 6 bilood carruurta badidoodu waxay baran karaan inay isticmaalaan koobka iyagoo baranaya markay gaaraanilaada'da ah 12 bilood kubedel masaasadaha koobab

## Ilko soobixida

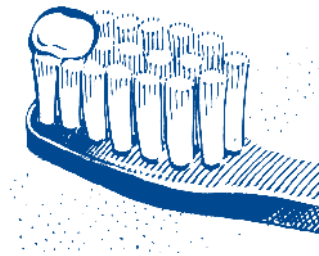
- Haddii ilmahaagu uusan hamili karin markaalkuhu u soobaxayaan, siiwareegaalkosoobaxaamamarobiyoqabooblagudhaqay
- Haddii ay jiraanastaamo kale, la tashokalkaalisadacaafimaadkaqoyskaiyoilmahaamadhakhtar

## Cabitaankaiyo Cuntada

- Sii cunto caafimaad leh iyo mid fudud laga bilaabo da'da 6 bilood
- U daa cuntooyinka ilmaha macaaneyn la'aan
- Biyaha tuunbada (la karkariyey ka dibna la qabooyiyey ilaa ay ka qaarayaan da'da 12 bilood) waa cabitaanka ugu fiican ee cuntooyinka u dhaxeysa iyo wakhtiga ay seexanayaan
- Ku ilaali cuntada, ta fudud ee macaan, cabitaanka qasaaca ee macaan xiliyada khaaska ah oo kaliya

## Tallooyinka ilko cadayashada

- Ku ilaali ciridkaaga iyo ilkahaaga kuwo nadiif ah oo caafimaad leh. Jeermiska afkaaga wuxuu uga gudbi karaa afka ilmahaaga daamiga, masaasadaha iyo qaadooyinka
- Isla marka ilmahaaga ilkihiisa ugu horeeyaa ay soo muuqdaan, nadiifi adoo isticmaalaya caddeyga jilicsan ee xajmiga ilmaha ah, laakiinse adoon isticmaalin daawada ilkaha.
- Laga bilaabo da'da 18 bilood nadiifi ilkaha ilmahaaga laba jeer maalintii adoo isticmaalaya daawada ilkaha ilmaha oo qadar yar ah. Istimmaal caddeyga jilicsan ee xajmiga ilmaha ; carruurta waa inay tufaan, laakiin aysan liqin oo aysan ka luqluqan.
- Daawada caddeyga ayaa laga yaabaa in hore loo baro, iyadoo ku salaysan talada midkood aqoon yahanka caafimaadka ee leh tababarka caafimaadka afka ama ama aqoon yahanka caafimaadka afka
- Qofka weyn waa inuu u mariyaa daawada caddeyga carruurta ka yar 6 sanno oo uu ku keydiyaa daawada meel aysan carruurta gaareynin
- Qiyaastii da'da 3 sanno carruurta waxay sameyn karaan qaar ka mid ah caddayashada, laakiinse weli waxay u baahan yihiin caawimaada waalidka si ay u caddayaan ilkahooda ilaa ay ka gaaraan qiyaastii 7 ilaa 8 sanno
- Ka eeg calaamadaha hore ee ilko bololka iyo dhibcaha baroonka ama caddaanka ah ee aan caddeyga ku go'in. Raadi tallo aqooneed sida ugu dhakhsaha badan ee suurtagalka ah.
- Waa inaad hubisaa in ilmahaagu leeyahay qiimeynta khatarta caafimaadka afka oo uu sameeyey aqoon yahan caafimaad oo qaba tababar caafimaadka afka ama aqoon yahan ka caafimaadka afka maalinta dhalashadooda ee ugu horeysa.



## Waxaanjiraa 12 bilood

### Waxyaalolagayaaboinaansameeyo

- Dhihida hal erey ama laba erey oo waadax ah
- Gacantahaadinaya, taagaya
- Wax u jiidayasiuu u istaagoqabsanayaalaab

### Waxoogaafikrado ah ooaadwakhtigaiilaqaadato

- Ciyaaridamuusiga, heesidaiyoqoobkaciyaarta
- Buug ii akhrinta
- Baannaanka iyo baagga u bixida, maktabada ama playgroup ka

### Fadlan la hadal ilmahayga dhakhtarka ama kalkaalisada caafimaadka qoyska iyo ilmaha haddii aan

- AANAN samynaynin waxyaalaha aan awoodi jiray inaan sameeyo
- AANAN xiiseynaynin sanqada ama coddadka
- AANAN hadaaqaynin
- AANAN kuu ogolaaneynin inaad ogaato waxaan rabo
- AANAN u muuqan inaan ku fahmay
- AANAN ka helaynin inaan isha ugu qabto ama aan hab ku siiyo
- AANAN gurguuraneyn ama istaageynin markaan wax qabsado

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 12 bilood

Cinwaanada loogu talagalay wada hadalka waxaa ka mid ah:

### Ammaanka iyo Caafimaadka

- Cunnida cunto caafimaad leh
- Sidii aad uga taxadari lahayd ilmahaaga ilkihiisa
- Hurdo
- Tallaalka
- Ammaanka
- Sidii aad qoraxda ugu diyaar garobi lahayd
- Koritaanka

### Kobcida

- Arimaha ka dhalanaya su'aalaha PEDS\* ee waalidka loogu talagalay
- Dabeecada ilmahaaga
- dhaqdhaqaaqa
- Ka caawinta ilmahaaga inuu la hadlo oo si fiican ula xiriiro kuwa kale

### Qoyska

- Xiriirada carruurta wada dhalatay iyo iska hor imaadkooda
- Waalidnimada wanaagsan iyo la yeelashada xiriir aad u dhow ilmahaaga
- Caafimaadka maskaxeed ee waalidka
- Sigaar cabbida
- Aadida garoonka ama xannaanada carruurta

*\*Qiimeynta Waalidka ee Heerka Koritaanka*

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).

Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)

## Su'aalahaloogutalagalaywaalidii nta

### Ka jawaab su'aalahan kahor booqashada dhakhtarkaaga ama kalkaalisadaada ee jeegareynta caafimaad ee 12 bilood

	Haa	Maya
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu leeyahay il weershe ah ama caajis (squint or strabismus)?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu dhib miyuu kala kulmaa aragtida waxyaalaha yar yar ka ah?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma gartaa waxyaalaha la yaqaan iyo dadka isagoo ka fog?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu wax ilka ah maleeyahay ilaa hadda?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaaga wax dhib ahi ma heysataa ilkahooda ama soo bixitaankooda?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu weligood ma isticmaaleen masaasad si ay u seexdaan?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu weligii miyuu la socsoday masaasad ama koobka lagu quudiyo inta dhaxeysa cuntooyinka?	<input type="checkbox"/>	<input type="checkbox"/>
Ma caddeydaa ilmahaaga ilkihiisa laba jeer maalintii?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Quudinta</b>		
Ilaa iyo wakhtigan shalay, ilmahaagu ma helay caanaha naaska?	<input type="checkbox"/>	<input type="checkbox"/>
Ilaa iyo wakhtigan shalay, ilmahaagu ma qaatay cunto adag?	<input type="checkbox"/>	<input type="checkbox"/>

---

Tallada hadda la hayaa waxaa weeye in ilmaha yar yari helaan oo kaliya caanaha naaska ilaa ay ka gaarayaan qiyaastii 6 bilood (way qaadan karaan fitamiino, daawo ama kordhinta birta) iyo sii wad naas nuujinta (iyadoo uu qaadano cuntooyin ku haboon oo dhammeystir ah) ilaa uu ka gaarayo 12 bilood ama wixii ka danbeeya. *Awaamiirta Quudinta Ilmaha NHMRC ee loogu talagalay Shaqaalaha Caafimaadka, 2003.*

---

## Waxaan jira 8 bilood

### Waxyaalo laga yaabo inaan sameeyo

- U isticmaalida 5-10 erey si micne leh
- Fahmida erayo cusub toddobaad kasta
- Tilmaamida qaybaha jirka ama alaabta lagu ciyaaro marka la weydiiyo
- Suurto gal ahaan u yeelashada camal xumo
- Quudintanaftayda
- Iskeysocoshada
- Si suurto galahaankudhegidaxannaaneeyayaashamarkaykujiraanxaalladocusub

### Waxoogaafekrado ah siwakhtiaadilaqaadato

- Sahamintameelahaiguhareyraysan, bannaankaiyogudaha
- Li akhrintabuugta
- Booqashadabaagga, garoonkaciyaartaamamaktabada
- Ku heesidaheesasahlaniyoiweydiintaerayadaaad tiraahdo

### Fadlankalahadalilmaheygaiyodhakhtarkaamak alkaalisadacaafimaadkaqoyskahaddiiaan

- AANANsameynayninwaxyaalihiaansameynkarijiray
- ANANfahmeyninerayobadan
- AANAN u isticmaalaynin 5-10 eraysimicneleh
- AANAN iskudeyeynininuukulahadlo
- AANAN kahelaynininuushakusaaro
- AANAN kuuguimaneynininaadhabsiisoamadejiso
- AANAN muujineynin wax calaamado ah ciyaaruuiskayeelyeelayo
- AANAN tilmaameyninamagacantahaadineynin
- AANAN soconeynin

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 18 bilood

Cinwaanadawadahadalkawaxaalagayaabaainaykujiraan:

### AmmaankaiyoCaafimaadka

- Cuntadacaafimaadkaleheeqoysaska
- Hurdada
- Kataxadaridaalkahailmahaaga
- Sidiiad u noqon karta qoraxda qof u diyaar ah
- Koritaanka

### Kobcida

- Arimahakasoobaxayasu'aalahaPEDS\*eeawaalidkaloogutalagalay
- Dabeecadailmahaaga
- dhaqdhaqaaqa
- bilaabidamusqulkitababarida
- kacaawintailmahaaguinu la hadloouusifiicanulaxiriirrodadka kale

### Qoyska

- arimahacarruurtawadadhalatay
- waalidnimadawanaagsaniyoacaawinatainuilmahaagumaareeyaandareen koodaiy odabeecadahooda
- aadida kooxaha wada ciyaara ama xannaanada caruurta
- sigaarcabida

*\*Qiimeynta Waalidka ee Heerar Koritaanka*

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).

Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)

## Su'aalahada waalidiinta loogu talagalay

### Kajawaabsu'aalaha hankahorbooqashada adadhakhtarka ama kalkaalis dajeeqa reynta caafimaadka ee 18 bilood

	Haa	Maya
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu leeyahay il weershe ah ama caajis (squint or strabismus)?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu dhib miyuu kala kulmaa aragtida waxyaalaha yar yar ka ah?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma gartaa waxyaalaha la yaqaan iyo dadka isagoo ka fog?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Quudinta</b>		
Ilaa iyo wakhtigan shalay, ilmahaagu ma helay caanaha naaska?	<input type="checkbox"/>	<input type="checkbox"/>



## *Waxaan jiraa 2 sanno*

### *Waxyaalo laga yaabo inaan sameeyo*

- Isticmaalida ugu yaraan 20 erey oo micne buuxa ah leh (badanaa 50 +) iyo isku darida laba eray
- Dhageysiga sheekooyinka sahlan iyo heesaha
- U bedelida qaabkeyga si degdeg ah tusaale, laga bilaabo deganaan ilaa farxad la'aan
- Inuu ku koobiyo, tusaale ahaan, xaaqida sagxada
- Labisashada
- Fuulida

### *Waxoogaa fikrado ah oo ah wakhti ila qaadashada*

- Hadlida, ila ciyaarida iyo heesida
- Sawirada, rinjiyeynta iyo isticmaalka dhoobada ciyaarta
- Wax ii akhrinta iyo sheekooyin ii sheegida
- Booqashada baagga xaafada, maktabada iyo playgroup ka

### *Fadlan la hadal ilmaheyga iyo dhakhtarka ama kalkaalisada caafimaadka haddii aan*

- AANAN sameynaynin waxyaalihii aan awoodi jiray sameyntooda
- AANAN kuugu imaneynin kalkacan ama sabaalin
- AANAN fahmeynin erayo badan
- AANAN isku dareynin laba eray tusaale, cabitaan caanno
- AANAN ka helaynin ciyaar iska yeel yeelida
- AANAN ordeynin

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 2-da sanno

Cinwaanada wada hadalka waxaa lga yaabaa inay ka mid yihiin

### Caafimaadka iyo Ammaanka

- Wax cunitaanka caafimaadka leh ee qoysaska
- Ka taxadarida ilkaha ilmahaaga
- Sidii aad aad u noqon lahayd mid qoraxda u diyaar garooba
- Hurdada
- Koritaanka

### Kobcida

- Waxayaalaha ka dhalanaya su'aalaha PEDS\* ee waalidiinta loogu talagalay
- Dhaqdhaqaaqa isbedelada ee ilmahaaga
- Dabeecada ilmahaaga
- Musqul ku tababarida
- Caawinta ilmahaaga inay si fiican ula hadlaan ulana xiriiraan dadka kale
- Sheeko sheegida caadiga ah si loo dhiso xirfadaha wax akhriska iyo qorista

### Qoyska

- Xiriirada carruurta wada dhalatay
- Waxqabadka waalidka iyo caawinta ilmahaaga si uu u maareeyo dareenkiisa iyo dabeecadiisa
- Aadida xannaanada carruurta ama playgroups
- Sigaar cabida

*\*Qiimeynta Waalidka ee Heerka Koritaanka*

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).

Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)

## Su'aalaha Waalidka loogu talagalay

**Ka jawaab su'aalahan ka hor booqashadaada dhakhtarka ama kalkaalisada ee jeegareynta caafimaadka 2-da sanno**

	Haa	Maya
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu leeyahay il weershe ah ama caajis (squint or strabismus)?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu dhib miyuu kala kulmaa aragtida waxyaalaha yar yar ka ah?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu ma gartaa waxyaalaha la yaqaan iyo dadka isagoo ka fog?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Quudinta</b>		
Ilaa iyo wakhtigan shalay, ilmahaagu ma helay caanaha naaska?	<input type="checkbox"/>	<input type="checkbox"/>

## *Waxaan jiraa 3 sanno*

### *Waxyaalo laga yaabo inaan sameynayo*

- Ku hadlida jumladaha sahlan
- Fahmida badiba waxaad tiraahdo
- Weydiinta su'aalo fara badan
- Sawirda
- Orodka, fuulida jaran jarada

### *Waxoogaa fekrado ah si wakhti aad ila qaadato*

- Li ogolaanshaha si aan anigu waxyaalaha isugu dayo
- Sameynta cayaaraha
- Wax ii akhrinta iyo sheekooyin sheegida
- Li ogolaanshaha inaa fuulo oo raaco mootooyinka saddexda lugood leh

### *Fadlan kala hadal ilmaheyga iyo dhakhtarka ama kalkaalisada caafimaadka qoyska haddii aan*

- AANAN sameynaynin waxyaalihii aan awoodi jiray inaan sameeyo
- AANAN u hadleynin si cad oo igu filan si ay ii fahmaan dadka kale
- AANAN isticmaaleynin jumlado sahlan
- AANAN fahmeynin tilmaamaha sahlan
- AANAN ciyaareynin ciyaaro malo awaal ah
- AANAN la ciyaareynin carruurta kale
- AANAN sameynaynin wax xiriir indhaha ah

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 3-da sanno

Mawduucyada loogu talagalay wada hadalka waxaa laga yaabaa inay ka mid yihiin:

### Ammaanka iyo Caafimaadka

- Cuntada caafimaadka leh ee qoysaska
- Tallaalka
- ka taxadarida ilmahaaga ilkihiisa
- Sidii aad u noqon lahayd mid qoraxda u diyaargarooba
- Koritaanka

### Kobcida

- Arimaha ka soo baxa su'aalaha PEDS\* ee waalidka loogu talagalay
- Sidii aad u taageeri lahayd inu maareyn lahayd kobcida ilmahaaga iyo dabeecada madaxa bannaan
- Tababarka musqul isticmaalka
- Ka caawinta ilmahaagu inuu la hadlo si fiicana ula xiriiro dadka kale
- Si joogta ah sheeko u akhrinta si loo dhiso xirfadaha wax akhriska iyo qorista

### Qoyska

- Xiriirka carruurta wada dhalatay
- Sida waalidku wax u sameeyo iyo caawinata ilmahaagu inuu maareeyo dareenkooda iyo dabeecadooda
- Aadida xannaanada carruurta ama dugsiiga ka hor
- Sigaar cabida

*\*Qiimeynta Waalidka ee Heerar Koritaanka*

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).  
Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)

## Su'aalo loogu talagalay waalidiinta

**Fadlan ka jawaab su'aalahan ka hor intaadan booqan dhakhtarkaaga ama kalkaalisada ee 3-da sanno ee jeegareynta caafimaadka.**

	Haa	Maya
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu leeyahay il weershe ah ama caajis (squint or strabismus)?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu dhib miyuu kala kulmaa aragtida waxyaalaha yar yar ka ah?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu muujiyaa xiiso uu u qabo alaabta ka fog fog, tusaale diyaaradaha iyo shimbiraha duulaya?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>

## Waxaan jiraa 4 sanno

### Waxyaalo laga yaabo inaan sameeyo

- Tirinta toban ama waxyaalo badan
- Doorashada la ciyaarida carruur kale intii aan isla ciyaari lahaa anigu
- Bilaabida inuu garto kala duwanaanta u dhaxeysa waxa dhabta iyo loo sameeyey in la rumeeyo
- Rabitaanka inaan nafsad ahaanteyda wax badan u sameeyo, tusaale, labisashada
- Qabashada bannooni bood boodaya badanaa

### Waxoogaa fikrado ah inaad wakhti ila qaadato

- Li akhri ana aan jilo sheekada
- U kala sooc waxyaalaha koox koox tusaale, u kala sooc guluusyada qaabab iyo midabo
- Isii alaab iyo meel loogu talagalay waxqabadka farshaxanka, rinjiyeynta iyo sawirka
- I bar sidii aan u fuuli lahaa baaskiilka leh lugaha lagu tababarto
- Wakhti u samee waxyaalo badan oo ah nashaad jireed bannaanka, tusaale, laadida, tuurida bannooniga, orodka

### Fadlan la hadal ilmaheyga dhakhtarka ama kalkaalisada caafimaadka qoyska haddii aan

- AANAN sameynaynin waxyaalihii aan awoodi jiray sameyn toda
- AANAN u hadleynin si cad oo ku filan inay I fahmaan dadka kale
- AANAN xiiseynaynin carruurta kale iyo waxyaalaha ka dhacaya agagaarkeyga
- AANAN sameynaynin waxyaalaha carruurta kale ee aan isku da'da nahay sameynayaan, hal meel ah ama meelo badan

---

*Jaceyl, Hadal, hees, Akhri, Ciyaar waa isha* macluumaadka Qoysaska NSW ee bixisa macluumaad dheeraad ah oo ku saabsan bulshada, koritaanka garaadka iyo dareenka maskaxda ee ilmahaaga iyo sidii aad u kobcin lahayd ilmahaaga: [www.families.nsw.gov.au/resources/love-sing.htm](http://www.families.nsw.gov.au/resources/love-sing.htm)

---

## Booqashada 4 -ta sanno

Cinwaanada wada hadalka waxaa laga yaabaa inay ka mid yihiin:

### Ammaanka iyo Caafimaadka

- Jeegareynta Carruurta Caafimaadka qabta
- Tallaalka
- Cunto cunida caafimaadka leh ee qoysaska
- Ka taxadarida ilmahaaga ilkihiisa
- Sidii aan u noqon lahaa mid qoraxda u diyaar garooba
- Hurdada
- Koritaanka
- Wiilasha : jeegareynta xiniinyaha

### Kobcida

- Waxyaalaha ka dhalanaya PEDS\* su'aalaha ee waalidiinta loogu talagalay
- Ilmahaaga dareenkiisa iyo dabeecadihiisa
- Aadida dugsiga ka hor ama kindhaha
- Akhriska sheekada oo joogtada ah si loo dhiso xirfadaha wax khariska iyo qorista

### Qoyska

- SXiriirada caruurta wada dhalatay
- Barnaamijyada waalidnimada wanaagsan iyo waxqabadka waalidnimada
- Sigaar cabida

*\*Qiimeynta Waalidka ee Heerka Koritaanka*

## Weli sigaarka ma cabtaa?

Sigaar cabidu waxay kordhisaa khatarta ilmahaaga ee Astaamaha Dhimashada Ilmaha Dhashay ee Degdega ah (SIDS).

Wac Khadka Iskadeynta **13 QUIT** (13 7848) ama gal [www.icanquit.com.au/](http://www.icanquit.com.au/)



## Ka hor qiimeynta caafimaadka dugsiga ee 4-ta sanno

Ka hor intuusan ilmahaagu bilaabin dugsiga, waxaa lagu talinayaa inaad u geysdo dhakhtarka ama kalkaalisada caafimaadka qoyska iyo ilmaha ee xaafadaada si loo eego caafimaadka.

Qiimeyntaan caafimaad waxaa laga yaabaa inay ka mid noqoto:

- jeegareynta maqalka
- baaritaanka araga – Iskiriingareynta Araga Indhahooda Carruurta dugsiga ka hor ee Gobolka oo dhan (St EPS)
- jeegareynta jireed (miisaan iyo dherer)
- qiimeynta caafimaadka afka
- su'aalaha ku saabsan koritaanka ilmahaaga iyo fiyoobaanta maskaxeed
- jeegareynta heerka tallaalka ilmahaaga

Kala hadal kalkaalisada, dhakhtarka iyo/ama macalinka wax kasta oo ku saabsan caafimaadka, koritaanka, dabecada ama arimaha qoyska ee laga yaabo inay saameynayaan awooda ilmahaaga ee uu wax ku baran lahaa dugsiga.

---

\*Iskiriingareynta Araga Indhahooda Carruurta dugsiga ka hor ee Gobolka oo dhan (St EPS) waa bolowga Caafimaadka NSW wuxuuna siinayaa dhammaan carruurta afar jirada ah iskiriingareynta araga oo bilaash ah gudaha xarumaha xannaanada iyo goobaha dugsiga ka hor ama bedel ahaan Adeegaaga Caafimaadka Qoyska iyo Ilmaha ee xaafadaada. ([www.health.nsw.gov.au/initiatives/steps/index.asp](http://www.health.nsw.gov.au/initiatives/steps/index.asp))

---



## *Ka hor intuusan dugsigu bilaaban*

Ilmahaaga waxaa laga yaabaa inuu bilaabo kindhada ama dugsiga ka hor sannadkan.

Waxaa laga yaabaa inay caawiso haddii aad:

- Aad siiso ilmahaaga jaceyl badan iyo taageero. Waa inaad noqotaa mid ku faraxsan oo ku rayraynaya wax ku saabsan bilaabida dugsiga.
- Gee ilmahaaga kindhada ama wacyigelinta maalinta/laha dugsiga ka hor si ay bartaan goobta.
- Sharax heerarka dugsiga ee aasaasiga ah, sida gacan taagida, weydiisashada ka hor intuusan musqusha aadin, wax u dhageysiga si degan markii ay lagama maarmaan tahay, iyo sameynta waxa macalinku weydiiyo.
- Tus ilmahaaga meesha musquluhu yihiin.
- Ha isku day dharka dugsiga iyo kabaha ka hor maalinta koowaad, si loo hubiyo in wax kasta ku le'eeg yihiin.
- Booqo dugsiga markay carruurta kale halkaas joogaan si ilmahaagu uu ula qabsado buuqa garoonta iyo inta carruurta dhan tahay.
- Tus ilmahaaga meesha tasiilaadka xannaanada dugsiga ka dib yaaliin, haddii loo baahdo.

---

Waxaa laga qaatay Netwaaga Koritaanka Carruurta: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

---

## Su'aalaha Waalidka loogu talagalay

**Ka jawaab su'aalahan ka hor booqashadaada dhakhtarka ama kalkaalisada ee jeegareynta caafimaadka 4-da sanno**

	Haa	Maya
Ma dhammeystirtay su'aalaha qodobka caafimaad ahaan khatarta ah ee bogga 3.2?	<input type="checkbox"/>	<input type="checkbox"/>
Miyaad saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Miyey jiraan wax kale oo aad ka saluugsan tahay maqalka ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ma saluugsan tahay araga ilmahaaga?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu miyuu leeyahay il weershe ah ama caajis (squint or strabismus)?	<input type="checkbox"/>	<input type="checkbox"/>
Ilmahaagu hadda miyuu ku jiraa daryeelka Indhahooda?	<input type="checkbox"/>	<input type="checkbox"/>
Ilma hagaaga miyuu ag joogaa guriga ama gaariga oo sigaar lagu cabayo?	<input type="checkbox"/>	<input type="checkbox"/>

## Macluumaadka tallaalka

Tallaalku wuxuu ka ilaalinayaa carruurta cuduro badan oo khatar ah, oo ka dhexdhaca bulshada dhexdeeda oo ay carruurta weli ay ku dhibaatoonayaan oo ay u dhimanayaan si aan loo baahneyn.

Golaha Cilmibaarista Daawada iyo Caafimaadka Qaranka wuxuu ku talinayaa Qorshaha Tallaalka Qaranka ee dhammaan carruurta. Waa inaad kala hadashaa soo jeedintaan dhakhtarkaaga xaafada ama rugta caafimaadka iyo/ama tixraac website ka Caafimaadka NSW

[www.health.nsw.gov.au/immunisation/pages/schedule.aspx](http://www.health.nsw.gov.au/immunisation/pages/schedule.aspx) si aad u eegto Qorshaha Tallaalka NSW ee hadda.

Tallaaladu waxay ka ilaaliyaan carruurta gowracatada, teetanada, xiiqdheerta, dabeysha, jadeecada, *qumanka rabeelada nooca b* (Hib), hepatitis B, meningococcal C, furuqa, rotavirus, cudurka pneumococcal iyo human papillomavirus (HPV). Tallaaladan waxaa laga heli karaa dhakhtarkaaga xaafada, qaar ka mid ah golayaasha, isbitaalada carruurta, Xarunta Caafimaadka Bulshada iyo Adeegyada Daawada Aborujuniiska.

Carruurta qaarkood waxaa laga yaabaa inay ku dhibaatoodaan xumad yar iyo/ama guddud, barrar iyo jileeca meesha cirbada lagu duray. La xiriir dhakhtarkaaga xaafada haddii xumadu ay ka badan tahay 39 C, ama haddii aad ka welwelsan tahay xaalada ilmahaaga.

Ilma kasta oo ka diiwaangashan Medicare wuxuu sidoo kale ka diiwaangashan yahay Diiwaanka tallaalka Carruurnimada Australiya (ACIR). Dhacdada tallaalka kasta ka dib rugta caafimaadka ama dhakhtarka xaafadaada ayaa kaala talin doona ACIR ee xaalada tallaalka ilmaha.

Qoraalka taariikhda tallaalka ayaa lagaaga soo gudbin doonaa ACIR isla marka ilmahaagu uu dhammeyn stirto qorshaha tallaalka ee 4-ta sanno. Waxaa lagaaga baahan doonaa inaad siiso qoraalkan xarunta xannanada carruurta ee ilmahaaga ama dugsiga markaad ka qoreysid.

Haddii aadan helin qoraalkan ama aad dhib ka jiro qoraalka waxaad kala xiriiri kartaa **ACIR on 1800 653 809**.

## **Macluumaad muhiim ah oo loogu talagalay waalidiinta/masuulka**

Tallaalka xiiqdheerta ee ilmaha aadka ugu yar in si buuxda loo tallaalo (ka hor intaysan gaarin da'a 6 bilood ah) waxay khatar ugu jiraan inay ka qaadaan xiiq dheer (pertussis) dadka waaweyn iyo dhalinyarada qaangaarka ah. Doose kaliya oo xoojiye ah ee qof weyn oo leh tallaalka ka kooban pertussis (tallaalka dTpa) waxaa lagula talinayaa waalidiinta iyo awoowayaasha iyo ayeeyooyinka ka hor dhalashada ilmaha yar ama isla markiiba sidii suurtogal ah marka ilmaha la dhalo.

Ku taallaalida ilmahaaga wakhtiga aad ayey muhiim u tahay in ilmahaaga la tallaalo wakhtiyada lagu talliyey si loo hubiyo helitaanka ilaalin ku filan cuddurada khatarta ah.

Macluumaad dheeraad ah oo tallaalka ku saabsan, oo uu ku jiro daabacada hadda ee buugga *Tallaalka Australiya*, waxaa laga heli karaa [www.immunise.health.gov.au](http://www.immunise.health.gov.au)