

# Naas nuujinta

KEYDINTA KU HABBOON  
IYO SIDA LOOGA SHAAQEYO  
CAANAHA NAASKA

Waqtiga Keydinta iyo Talooiyinka · Dhalaalinta · Kululeynta

## Ka Hor Inta Aadan Lissin

Si wanaagsan gacmaha ugu dhaq saabuun iyo biyo. Dhamaan qeybaha aruurinta caanaha ee soo gaara naaskaada ama caanaha, waxaad ku nadiifisaa mashiinka lagu dhaqo saxuunta ama biyo kulul oo saabuun leh, raaci biyo qabooban, kaddibna ku qalaji hawada iyo shukumaan nadiif ah.



## TALOOPYINKA LISSIDDA

- Lissidda waa in aysan lahayn waxyeelo! Iibtaada waa in ay si raaxo leh u gasho bambka naaska/daboolka. La hadal la-talliyaha caanaha haddii aad u baahan tahay cabbir ka duwan.
- Lissidda waxay u baahan tahay ku celcelin. Ha ka niyad jabin haddii aadan helin caano badan marka kowaad. Qiyaasta caanaha aad listid waa ka duwan tahay qiyaasta caanaha jirkaada sameeyo marka aad quudineysid cungaada.
- Bilow lissidda iyo qaboojinta caanaha ugu yaraan 2 todobaad ka hor inta aadan ku noqonin shaqada ama dugsiga. Waxaad lissi kartaa hal mar ama labo jeer maalintii. Lis inta u dhexeyso quudinta ama quudinta kaddib. Dumarka qaar waxay jecel yahiin in ay bilaabaan lissidda goor hore (3-4 todobaad ka hor inta aysan ku noqonin shaqo) si ay ugu celceliyaan isticmaalka bamka iyo si ay u helaan saad ku filan. Raadso hoggaamin haddii aadan hubin waxa kuu fiican adiga.
- Marka laga fogeeyo cunugaada, iskudaay in aad bambeysid 3 saac kasta ama ilaa inta suurtoogalka ah.

**Bambooyinka qofka (qofka keligii isticmaala) aad adiga ka iibsatisid dukaanka waa in aan marna dib loo iibinin ama lala wadaagin hooyooyinka.**

- Si wanaagsan looma nadiifin karo qeybaha gudaha inta u dhexeyso hooyooyinka si loo sugo ammaanka.
- Waxay qabaan cimri gaaban mana la ballan qaadin in ay soo saaraan xawaare ama nuugid kaddib marka si joogto ah loo isticmaalo muddada dheer.

Inta badan shirkadaha ceymiska waxay bixiyaan bambooyinka naaska; hubso si aad u ogaatid waxa aad heli kartid. Bambooyinka naaska waxaa kaloo laga helaa WIC, waxaana la siiyaa dadka xaqa u yeesh ee u baahan bambka. La xariir xafiska WIC ee deegaanka.

Hoggaaminta laga hell Centers of Disease Control and Prevention (Xarumaha Kantaroolka Cudurka iyo Ka Hortagga), Sida Habboon ee Looga Shaqeeyo Loona Keydiyo Caanaha Naaska, [www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm).

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
(WAAXDA CAAFIMAADKA IYO ADEEGYADA WAAYEELKA MISSOURI)

WIC iyo Adeegyada Nafaqada

P.O. Box 570 Jefferson City, MO 65102-0570 573-751-6204  
FURSAHA SIMAN / LOO SHAAQEYAHA HIRGELINTA SINAANTA



	Waqtiga Keydinta
Boorsada Barafka Xijaabka	24 Saac
Qaboojiyaha	3-5 Maalin
Qeybta Qaboojiyaha Mini/ Qaboojiyaha Aruursan	2 Todobaad
Qeybta Qaboojinta Talaajada ee albaabada gaarka ah leh	3-6 Bil
Xabadka ama Qaboojiyaha Qotada Dheer ee Taagan	6-12 Bil

## TALOOPYINKA KEYDINTA

- Qabooji qeybo yaryar caanaha (2-4 oz). Sidaan waxaad khasaarin doontaa caano yar.
- Hubso in aad xoogaa boos u dhaaftid dhanka kore weelka si dhallada ama boorsada aysan uga soo daadanin marka la qaboojiyo.
- Qabooji caanaha naaska sida ugu dhakhsiyaha badan ee suurtoogalka ah. Haddii aadan qorsheysanin in aad isticmaashid muddo dhowr maalin gudahooda, qabooji.
- Waxaad caanaha ku calaameysaa taariikhda la lissay iyo isticmaal caanaha duugga marka hore.
- Ha ku darrin caanaha saafiga caanaha horay loogu qaboojiyay weelka keydka.
- Marka aad isticmaaleysid boorsooyinka keydka si aad ugu keydisid caanaha naaska, meel ku fidi. Tani waxay ku dhaqaaleysaa boos iyo waxay caanaha u ogolaataa in uu dhakhsa qabowga uga dhaco.
- Ha keysanin caanaha dhallada si aad u isticmaashid quudin kale.

### Dhalaalinta iyo Kululeynta Caanaha Naaska

- Dhalaali caanaha naaska lagu qaboojiyay qaboojiyaha, adiga oo u dhiga biyaha qandaca tubada ama dhex dhiga biyo qandac oo ku jira baaquli.
- Istimaal caanaha la dhalaaliyay muddo 24 saac gudahooda.
- Marna dib ha u qaboojinin caanaha horay loo qaboojiyay.

### Marna Mikrowafka Ha Gelinin Caanaha Naaska!

Caanaha waxaa ku jira dhibco kulul, waxayna gubi karaan afka cunugaada. Mikrowafka wuxuu kaloo baddali karaa caanaha naaska.

Waxaad kaloo cunugaada ku kaalmeyn kartaa in uu barto dhallada kaddib marka naas nuujinta si wanaagsan u socoto. Waxaa wanaagsan in la sugo 3-4 todobaad haddii ay suurtoogal tahay.

[health.mo.gov/living/families/wic](http://health.mo.gov/living/families/wic)