

Diyaar ma u tahay waalidnimo

Talooyin, talo-sin iyo
taageero loogu talagalay
waalidiinta cusub



#ReadyforParenthood
southeastclinicalnetworks.nhs.uk/readyforparenthood

Hambalyo inaad noqotay waalid cusub



Inaad noqoto waalid cusub waa isbedelka nolosha. Waxay noqon kartaa mid madadaalo iyo xiiso leh sidoo kale daal badan, oo aad u adag.

Oloolaheena **#ReadyforParenthood** wuxuu higsanayaa inaan taageerno waalidiinta iyo daryeelayaasha cusub. Waxaa jira macluumaad iyo taageero badan oo kaa caawin doona ilmahaaga cusub, markaa codso caawimo kasta oo aad u baahan tahay.

#ReadyforParenthood

Daryeelka dhallaanka

Haddii ilmahaagu hore u dhasho (kahor 37 toddobaad) ama aanu fiicneyn, waxa laga yaabaa inay u baahdaan in lagu daryeelo qaybta dhallaanka. Ku heesashada cunnug

daryeelka dhallaanka
waxay noqon
kartaa welwel,
laakiin washaad
heli doontaa
dhammaan
macluumaadka
iyo
taageerada
aad u
baahan
tahay.



Wali waxaad ka qayb qaadan doontaa daryeelka ilmahaaga waxaana lagugu taageeri doonaa inaad quudiso, dhaqdo, ka beddesho xafaayadda oo aad xajiso. Tani waxay kaa caawin doontaa inay ku xidho midba midka kale.



Lifaqa

Ku xirnaanta cunnugaaga cusub waxay qaadan kartaa wakhti. Wuxaad ku bilaabi kartaa inaad ku barato iyaga idinkoo maqaarkiina uu is taabanaya. Waqtii ku qaadashada ogaanshaha waxa ilmahaagu jecel yahay iyo la sheekaysiga iyaga markaad quudinayso ama beddesho waxay u fiican tahay bilawga xiritaanka.



Qabashada dhallaankaaga, is-fiirinta, u dhoola cadeynta iyo la hadalka, waxay ka caawisaa dhallaankaaga inuu dareemo ammaan iyo isku xirnaan waxayna gacan ka geysan doontaa dhisidda xiriirkiina. Ilmahaagu wuu jecel yahay inuu kula joogo!

Quudinta dhallaanka

Naasnuujintu waxay faa'iidooyin badan u leedahay hooyada iyo dhallaanka.

Haddii aad u baahan tahay taageero naasnuujin ah, weydii umulisadaada ama booqdaha caafimaadka ama la xiriir kooxda taageerada naasnuujinta ee degaankaaga.



Haddii ilmahaagu uu jiro ku dhawaad lix bilood oo uu ku fadhiyo meel fadhi oo leh madax joogto ah oo isku dubaridinaya indhahooda, gacmahooda iyo afkooda, waxa laga yaabaa inay tahay waqtigii la bilaabi lahaa maaddooyinka adag. Waa muhiim inaadan ku degdegin hawsha si degdeg ah. La hadal booqdaahaaga caafimaadka.



Hurdo badbaado leh

Habka ugu badbaadsan ee ilmahaagu u seexdo waa inuu dhabarka ugu seexdo joodari adag oo fidsan sariir, sariir ama dambiisha moses.

Iska ilaali kulaylka taasoo keeni karta Dhimashada kediska ah ee Dhallanka Sudden Infant Death Syndrome (SIDS).



Waalidiinta qaarkood waxay doortaan inay sariir la wadaagaan ilmahooda. Waa muhiim in la ogaado sida tan loo sameeyo si badbaado leh. Raadso la-talin xirfad-yaqaan ah oo raac talada hurdada ee badbaadada leh ee ay bixiso Lullaby Trust.



Dhallaan oonayo

Dhammaan dhallaanku way ooyaan, qaarna way ooyaan in ka badan kuwa kale. Oohintu waa habka uu ilmahaagu kuugu sheego inay kuu baahan yihiin. Waxaa laga yaabaa inay gaajoonayaan, daalan yihiin, aad u kulul yihiin ama qabow yihiin, ama waxay u baahan yihiin in laga beddelo xafaayad ama koolkoolin.



Si kasta oo aad u dareento walaac ama niyad jab, waa in aanad waligaa ruxin ilmahaaga. La hadal qof haddii aad u baahan tahay gargaar ama taageero. Haddii aad ka welwesan tahay in ilmahaagu aanu fiicnayn, la hadal dhakhtarkaaga GP-ga ama wac NHS 111.



Caafimaadka dhimirka ee dhalmada



Dhalmada ubadku waa dhacdo nololeed oo weyn waana dabiici in aad la kulanto shucuur kala duwan. Haddii aad dareemayso hoos u dhac ama niyad jab, la hadal qoyskaaga, asxaabtaada, umulisadaada, booqdaха caafimaadka ama dhakhtarkaaga GP-ga. Naftaada waqtii u yeel oo sii wad waxyaabaha aad jeceshahay.

Haddii aad u malaynayso in lammaanahaagu uu qabo niyad-jabka umusha ka dib, ku dhiirigeli inay helaan gargaarka iyo daaweynta ay u baahan yihiin.

Waxaad ku caawin kartaa inaad la qaybsato culayska - daryeelka ilmahaaga, iyo sidoo kale samaynta waxyaabaha la taaban karo sida hawlaha guriga.

Waa wax caadi ah in lamaanayaashu ay sidoo kale welwellaan ama niyad jabaan, markaa caawimo raadso haddii aad dareento hoos u dhac.



Nolol caafimaad qabta



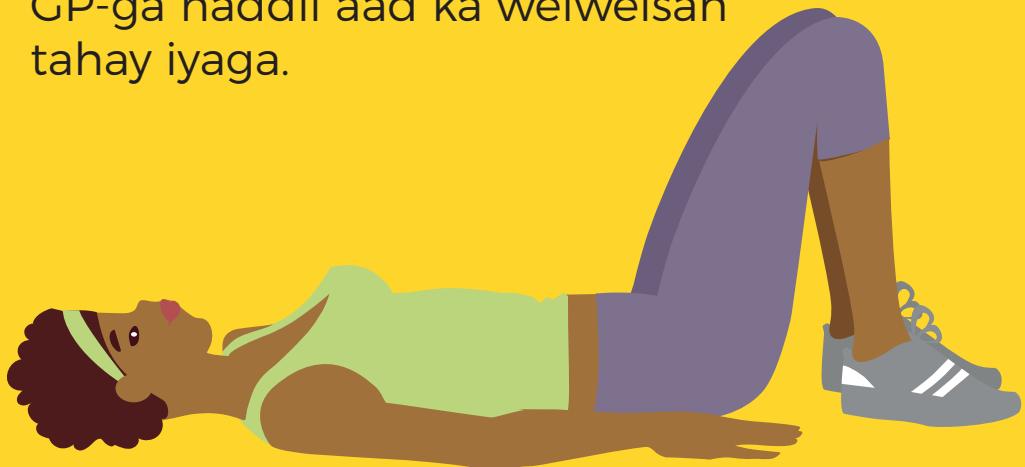
Deegaannada aan siino carruurteena waxay ka caawiyaan qaabaynta khibradahooda. Isku day inaad si caafimaad leh wax u cunto oo jimicsi joogto ah u samayso, taasina waxay kor u qaadaysaa dabeecadaha caafimaadka qaba carruurtaada.

Dhaqdhaqaqa jireed wuxuu kordhiyaa heerarka tamarta wuxuuna kaa caawinayaan inaad dareento wanaag. Ma aha inay macnaheedu tahay ku biirista jimicsiga. Ku riixida gaariga caruurta ama gaariga dukaamada ama jardiinooyinka waa hab fiican oo lagu kiciyo. Jardiinooyinka qaarkood xitaa waxay leeyihiin jimicsi cagaaran oo bilaash ah oo aad isticmaali karto.

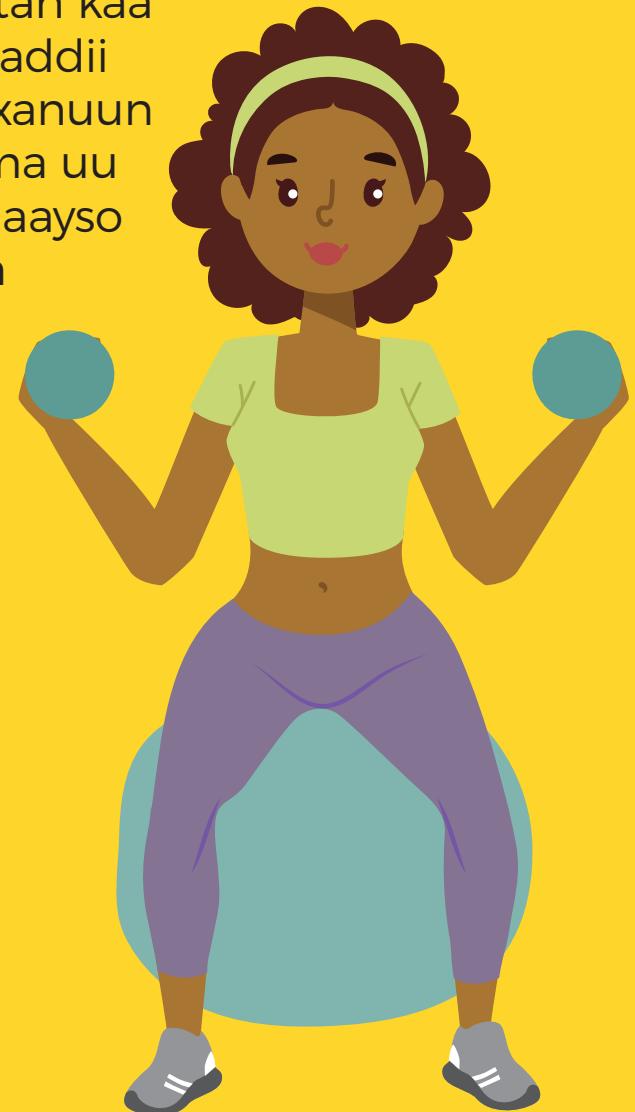


Caafimaadka miskaha

Waxaad ka dhiigi doontaa xubintaada taranka dhalmada kadib. Waxay noqon doontaa mid culus marka hore, waxaad u baahan doontaa tuwaalada nadaafadda ee Aadka u nuugaya. Haddii lagu tolay, nadiifi oo ha engegin una sheeg umulisadaada, booqdaahaaga caafimaadka ama dhakhtarkaaga GP-ga haddii aad ka welwelsan tahay iyaga.



Dhalmada ka dib, waa wax caadi ah in aad wax yar ka soo baxdo haddii aad qososho, qufacdo ama aad si lama filaan ah u dhaqaaqdo. Jimicsiga sagxada miskaha ayaa tan kaa caawin kara. Haddii aad leedahay xanuun miskaha ah ama uu ka soo daadanaayso kaadi, codso in laguu gudbiyo daaweynta jimicsiga si ay kuu caawiso.



Joojinta sigaarka

Sigaar cabbiddu wali waxay dhaawici kartaa caafimaadka ilmahaaga ka dib markay dhashaan. Sigaarka gacanta labaad wuxuu kordhin karaa fursada Sudden Infant Death Syndrome (SIDS) dhimashada degdega ah ee dhallaanka waxayna aad ugu dhowdahay in ilmahaagu la dhigo cusbitaalka isagoo qaba dhibaatooyin sambabada ama caabuqa sanadka ugu horeeya.



Way adkaan kartaa in la joojiyo sigaarka, laakiin marnaba aad daah uma aha in la isku dayo. La hadal umulisadaada, booqdaahaaga caafimaadka ama dhakhtarkaaga GP-ga ama la xiriir adeega joojinta sigaarka ee deegaankaaga.



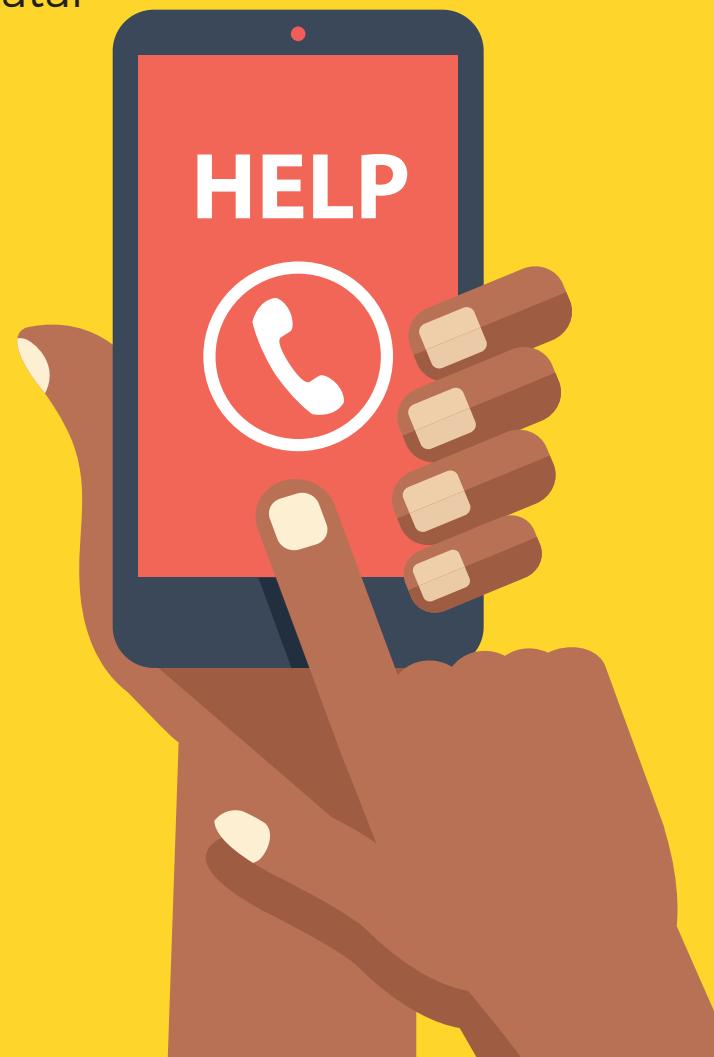
Xiriiro caafimaad qaba

Dhalashada ilmo waxay inta badan culays ku keentaa xiriirka. Waqtii sii midba midka kale marka aad awooddo.

Samee waxyaabo
yaryar si midba
midka kale u
dareemo in la
daryeelo oo
lagu daro.



La hadal qof haddii aad u baahan tahay gargaar ama taageero. Waxaa jira siyaabo badan oo aad ula xiriiri karto lataliyaha xiriirka qaarna waa bilaash. Colaadda guriga iyo xadgudubka ayaa laga yaabaa inay ka sii darto dhalmada ka dib. Caawimo raadso oo wac 999 haddii aad khatar degdeg ah ku jirto.



Ka-hortagga uur-qaadidda iyo uurarka kala dheeraynta

Waxaad uur qaadi kartaa ugu yaraan saddex toddobaad ka dib dhalashada ilmaha, xitaa haddii aad naas nuujinayso oo caadadaadu aanay dib u bilaabmin.



Ilaa aad rabto in aad uur yeelato mooyaane, waxaa muhiim ah in aad isticmaasho nooc ka mid ah ka hortagga uurka mar kasta oo aad galmo samayso ka dib dhalmada, oo ay ku jirto marka ugu horeysa. La hadal dhakhtarkaaga GP-ga ama la xiriir rugta qorsheynta qoyska ee deegaankaaga wixii macluumaad dheeraad ah.



Tallaalo

Tallaalka dhallaanka iyo carruurnimada waxa dhakhtarkaag GP-ga ku bixiyaa lacag la'aan laga bilaabo wax yar ka dib marka ilmahaagu dhasho. Sidoo kale ilaalinta ilmahaaga, waxaad sidoo kale ilaalinaysaa dhallaanada kale iyo carruurta adigoo ka hortagaya faafitaanka cudurka.



Dadka la tallaalay aad bay ugu yar yihiin inay si daran u bukoonaadaan waana in aad qaadatid tallaalada jirada marka tan lagu bixiyo.



Linkiyada waxtarka leh

Halkan waxaa laga helaa dhigaalo faa'iido leh oo kala duwan si aad wax badan uga ogaato mid ka mid ah mawduucyada buug-yaraahan lagu sheegay:

Daryeelka dhallaanka

- bliss.org.uk
- tommys.org/premature-birth
- [nhs.uk \(raadi premature babies\)](http://nhs.uk/premature-babies)

Lifaaqa

- unicef.org.uk/babyfriendly
- bbc.co.uk/tiny-happy-people/bonding
- [nhs.uk/start4life/baby \(guji baby moves\)](http://nhs.uk/start4life/baby)

Quudinta dhalaanka

- unicef.org.uk/babyfriendly
- [nhs.uk \(raadi breastfeeding\)](http://nhs.uk/breastfeeding)
- [nhs.uk/start4life/baby \(guji feeding your baby\)](http://nhs.uk/start4life/baby)

Hurdo badbaado leh

- lullabytrust.org.uk/safer-sleep-advice
- unicef.org.uk/babyfriendly/baby-friendly-resources
- [nhs.uk \(raadi SIDS\)](http://nhs.uk/SIDS)

Oohinta dhallaanka

- iconcope.org
- cry-sis.org.uk
- [nhs.uk \(raadi crying baby\)](http://nhs.uk/crying-baby)

Caafimaadka dhimirka ee dhalmada

- [tommys.org \(raadi postnatal depression\)](http://tommys.org)
- [mind.org.uk \(raadi perinatal\)](http://mind.org.uk)
- [nct.org.uk \(raadi perinatal depression\)](http://nct.org.uk)

Nolol caafimaad qabta

- nhs.uk/healthier-families
- nhs.uk/live-well
- [nhs.uk \(raadi keeping fit\)](http://nhs.uk/keeping-fit)

Caafimaadka miskaha

- [nct.org.uk \(raadi pelvic floor\)](http://nct.org.uk)
- [nhs.uk \(aadi post pregnancy\)](http://nhs.uk)
- squeezapp.com

Joojinta sigaarka

- nhs.uk/better-health/quit-smoking
- [nhs.uk \(raadi breast feeding and smoking\)](http://nhs.uk/breast-feeding-and-smoking)
- lullabytrust.org.uk/smoking

Xiriiro caafimaad qaba

- respectphoneline.org.uk
- relate.org.uk
- nationalDAhelpline.org.uk

Ka-hortagga uur-qaadidda iyo kala dheeraynta uurarka

- [nhs.uk \(raadi contraception after baby\)](http://nhs.uk/contraception-after-baby)
- [nhs.uk \(raadi planning baby\)](http://nhs.uk/planning-baby)
- [nhs.uk \(raadi planning another pregnancy\)](http://nhs.uk/planning-another-pregnancy)

Tallaalada

- [nhs.uk \(raadi pregnancy and covid\)](http://nhs.uk/pregnancy-and-covid)
- nhs.uk/conditions/vaccinations
- nhs.uk/conditions/vaccinations/mmr-vaccine

Wixii macluumaad dheeraad ah ee ku saabsan ololahan iyo si aad u aragto ilo dheeraad ah, booqo:

southeastclinicalnetworks.nhs.uk/readyforparenthood

Diyaar ma u tahay waalidnimada?

Wixii macluumaad dheeraad ah booqo:

southeastclinicalnetworks.nhs.uk/readyforparenthood

Si aad u hesho tilmaamo gaagaaban iyo talooyin ku saabsan waalidnimada, ka raadi **#ReadyforParenthood** kanaalka warbaahinta bulshada ee aad dooratay.

Waxaa idiin keenay Kooxda Hooyada Gobolka Koonfur Bari ee NHS oo ay taageerayaan dad badan oo ay khusayso, oo ay ku jiraan nidaamyada soo socda ee local maternity and neonatal systems (LMNS) (nidaamyada hooyada iyo dhallaanka maxalliga ah):

- Buckinghamshire, Oxfordshire and Berkshire West LMNS
- Frimley Health LMNS
- Southampton, Hampshire, Isle of Wight and Portsmouth LMNS
- Kent iyo Medway LMNS
- Surrey Heartlands LMNS
- Sussex LMNS

#ReadyforParenthood

Diyaar ma u tahay inaad uur noqoto?

Waxa kale oo laga yaabaa inaad xiisaynayo ololaha walaasheen:

Diyaar ma u tahay inaad uur noqoto?

Wixii macluumaad dheeraad ah booqo:

[#ReadyforPregnancy](https://southeastclinicalnetworks.nhs.uk/readyforpregnancy)

