



AQOONSASHADA CALAAMADAHA NIYAD-JABKA HOOPYADA



WAXYAABAHA KEENI KARA NIYAD JABKA HOOPYADA



HAB NOLOLEEDKA:

- Caadooyinka cuntada
- Wareegga hurdada
- Dhaqdhaqaaqa jirka
- Jimicsiga



ARRIMAHA BULSHADA:

- Taageero la'aanta bulshada
- Rabshadaha lammaane– xadgudub galmo, jidheed, af ah
- Sigaar cabista inta aad uurka leedahay



MASKAX AHAAN:

- Xanuunada la xidhiidha niyad jabka, walwalka, xadgudubka galmada
- Cudurka caadada ka hor ee Premenstrual syndrome (PMS)
- Aragti xun oo ilmaha ku saabsan



WAXYAABAHA HALISTA U AH DHALMADA:

- Halista hurka
- Qalliinka degdegga ah ee dhalmada
- Isbitaal seexinta inta aad uurka leedahay
- Saxarada uur jiiifka
- Xanuun ku dhaca xuddunta uurka
- Dhallaanka dhiciska/dhalasho hooseeya
- Heemoglobinka oo yaraada

ASTAAMAHA CAAFIMAAD EE KEENAYA WALAACA

Dhacdo weyn oo niyad-jab leh oo uurka ah ama afar toddobaad gudahood dhalmada:

- Xaalad niyad jab ayaa jirta
- Luminta xiisaha ama nashaadka
- Hurdo la'aanta ama Hurdo la'aanta maalintii
- Dib u dhac maskaxeed ama kacsanaan
- Inaad dareentid inaad qiimo lahayn ama inaad dembi qabtid
- Tamar beel ama daal
- Xusuus la'aanta ama go'aan la'aanta
- Fikirka isdilka ama isku dayga isdilka iyo ku soo noqnoqoshada fikirka dhimashada
- Isbedelka miisaanka ama rabitaanka cuntada (isbedelka miisaanka 5% bil gudaheed)

ILAHA XOGAHA

QARANKA

- Khadka Taleefanka ee Caafimaadka Maskaxda ee Qaranka I-833-TLC-MAMA <https://mchb.hrsa.gov/national-maternal-health-hotline/toolkit>
- Isbahaysiga Qaranka ee Xanuunka Maskaxda NAMI.org
- Taageerada dhalmada kadib khadka caalamiga ah ee caawimaadda xaaladaha degdegga ahayn: I-800-944-4773 www.postpartum.net
- Postpartum Men “Sad Daddy” www.postpartummen.com
- La Leche League USA <https://llusa.org>
- Maktabada Qaranka ee Daawada <https://www.ncbi.nlm.nih.gov/books/NBK519070/>

OHIO

- Barnaamijka Waalidnimada ee wanaagsan – Triple P – Ohio <https://octf.gov> or www.triplep.online/ohio
- Kooxaha Hooyooyinka SW Ohio Isbahaysiga Naasnuujinta <https://swohio-bc.org/momgroups>
- POEM www.mhaohio.org/get-help/maternal-mental-health/
- Cunug kasta wuu ku guuleysan karaa “Ka Gudbinta Niyad-jabka” www.movingbeyonddpression.org
- Khadka Caawimaadda Naasnuujinta ee Gobolka Ohio I-888-588-3423 <https://www.appalachianbreastfeedingnetwork.org>
- Xarunta Waalidka <https://centering.my.salesforce-sites.com/WebPortal/ListOfCenteringSites?stateName=OH>

MUQAALKA BARBAARINTA

- Fiidiyowiyada SPARK ee booqashada caafimadka ilmaha <https://www.sparkvideoserries.com/watch-now>
- Daryeelidda dhallaankaaga cusub <https://www.youtube.com/watch?v=2vqhTUI6Dr4>



Wixii macluumaad dheeraad ah, fadlan booqo:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>