Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

TALOOYIN DEGDEG AH OO KU SAABSAN SIDA LOO XALIYO DHIBAATOOYINKA HABDHAQANKA CARRUURTA YARYAR

MA OGEYD?

Dareenka, xiriirka iyo Dhibaatooyinka habdhaqanka waxay saameeyaan 7% - 10% carruurta ku jirta da'da dugsiga ka hor.

XANAAQA BADAN

- Xanaaqadu badan waa qayb caadi ah oo ka mid ah korriinka ilmaha
- Waxay aad ugu badan yihiin da'da 1 iyo 3
- Waxay caadi ahaan ku roonaadaan da'da

TALOOYIN KU SOCDA WAALIDIINTA

- Aqoonso dabeecadaha ilmahaaga iyo naftaada, tani waxay kaa caawinaysaa inaad samir yeelatid
- "U qaado inay wanaagsan yihiin" oo ku ammaan ilmahaaga marka ay jiraan
- U isticmaal wax jeedin iyo jihayn kale si aad ilmahaaga u aamusiiso
- Dooro dagaalkaaga, laakiin ha illoobin garaacista, qaniinyada, tuurista
- Ogow waxa uu cunuggaagu u baahan yahay iyo waxa uu awoodi karo
- Isticmaal waxyaalaha dabiiciga ah iyo xilliyada la barayo
- Noqo qof uu kaga daydo hab-dhaqan wanaagsan marka lagu jiro xaaladaha adag
- Waqti u qaado naftaada

Xigasho: healthychildren.org

MAAREYNTA WALAACA

Xilliyada walaaca waxaa wanaagsan in la xasuusto 3da Rs ee Dr. Bruce Perry.

HABBEE (REGULATE)

- Is deji
- U fiirso
- Ku neefso calooshaada
- Wada socod sameeya
- Cab biyo
- Ilmaha siiso masaaj ama uriix riiix
- Isku day inaad sameysid wax aad ku nasato

XIRIIRI (RELATE)

- La xiriir ilmahaaga
- U naxariiso oo isku day inaad fahanto aragtidooda
- Sheeg dareenkooda (tusaale ahaan: cadho, masayr, wareer)

SABABTA (REASON)

- Marka uu ilmuhu is dejiyo, u isticmaal xirfadaha xallinta dhibaatooyinka si aad u caawiso inuu fahmo xaaladda

Wixii macluumaad dheeraad ah, fadlan booqo:
https://tinyurl.com/29ta2dhr