

Dhabarka u seexi, caloolasha u dhig wakhtiga ciyaarta (Somali)

Waa maxay sababta ilmaha loogu seexiyaa dhabarka?

Ilaa 1992, Akadeemiga Maraykanka qaybta cudurada carruurta iyo daaweyntooda (*American Academy of Pediatrics*), waxay soo jeedisay waxyaalaha soo socda si ay u yaraato khatarta ka timaada Kadiska Dhalaan Dhimashada (KDHDH):

- Dhamaan caruurta caafimaadka qaba waa in loo seexiyaa dhabarka. Dhinac in loo seexiyo ma aha wax la isku geesinimo galiyo.
- Ilmaha waa in lagu seexiyaa joodari adag oo lagu goglay maro ku jimaysan.
- Ka dhowr maryo dabdabacsan oo uu madaxa iska saari karo iyo tooyada jilicsan sariirta/xoolka ilmaha.

Sidee dhabar u seexintu wax u yeelaysaa ilmahayga?

Soo jeedimahaas awgood, waxaa hoos u dhacay 50% dhalaankii kadiska u dhiman jiray. Isla wakhtigaa, sidoo kale, waxaa batay madaxoo balaarta iyo muruqyada surkoo dhinac ka adkaada.

Waxaa dhaca ilmaha qaarkood inkasta oo ay dhabarka u jiifaan in ay madaxooda u leexiyaan dhinaca ay jecalyihiin. Tani waxay waxyeelayn kartaa koritaankooda. Waxay taasi keenikartaa in ay adkaato in muruqyadooda surku si simman ay u xoogsadaan, waxaa kale oo adkaanaya in ay bartaan in ay isticmaalaan jirkooda labadiisa dhinac.

Back to sleep, tummy to play (English)

Why should babies sleep on their backs?

Since 1992, the American Academy of Pediatrics has recommended the following to help reduce the risk of Sudden Infant Death Syndrome, also known as SIDS:

- All healthy babies should be put on their backs to sleep. Side-lying for sleep is no longer recommended.
- Babies should sleep on a firm mattress covered by a fitted sheet.
- Keep loose bedding and soft toys out of the crib.

How does sleeping on the back affect my baby?

As a result of these recommendations, the SIDS rate has dropped almost 50 percent. During this same time, however, plagiocephaly (head flattening) and torticollis (a one-sided tightness in neck muscles) have increased.

Some babies tend to keep their heads in a favorite position while on their backs. This can affect their development. It makes it hard for them to strengthen their neck muscles evenly, and hard to learn to use both sides of their body.

Sidee ayaan uga hor tagi karaa dhibaatooyinkaa?

Hurdada

Marka aad u dhigtid ilmahaaga dhabarka si uu u seexo, madaxiisa hadba dhinac u leexi si uusan mar walba madaxiisu dhinac kaliya uusan ugu oolin. Ama ilmaha hadba dhan sariirta/xoolka uga seexi (si lugihiisu hadba dhan u jiraan) sidaas awgeed waxuu u rabidoonaa in uu madaxiisa u leexiyo hadba meesha dhaqdhaqaaqu ama sharqantu ka jirto qolka dhexdiisa.

Hadii ilmahaagu madaxiisu uu mar walba hal dhinac uyaalo, isku da'y in aad sariirta hadba dhinac u jeedisid ama aad waxayaalaha uu xiiseeyo ee qolka gudahiisa yaala aad hadba dhinac u jeedisid si uu u fiirsado.

Alaabta qaarkeed ayaa lagu eedeeyaa in loo sameeyay in ay ilmaha hal dhinac ku hayaan marka loo eego meesha ay yaalaan. Alaabta wali lama tijaabin in dhib u gaysanayaan ilmaha iyo in kale, sidaas awgeed la idinku geesinimo galin **mayo** in aad isticmaasaan.

Qalabka

Xaddid isticmaalaka tooyska siiba kuwa la isku ruxo, kuraasta ilmaha iyo qalabka socod baradka. **Marwalaba** u isticmaal kursiga ilamaha ee baabuurka marka aad safraysid, isla markaana ka saar ilmaha kursiga marka uu safarku dhamaado. Ilmuhu waxay u baahanyihiin in la hayo ama dhulka la dhigo marka ay soo jeedaan si ay wax u fiirsadaan ama u dhaqdhaqaaqaan si ay u hormarto wada shaqaynta maskaxda iyo muruqyada marka ay suurto gal tahay.

How can I prevent these problems?

Sleeping

When you place your baby on his back to sleep, alternate his head position so he is not always lying on the same side of the head. Or alternate your baby's position in the crib (feet toward one end, then the other end) so he needs to turn his head to look toward the activity in the room.

If your baby always lies on one side of his head, try changing the direction of the crib or move things in the room that your baby likes to look at.

Some products claim to be designed to keep a baby in one position. These products have not been tested for safety and are **not** recommended.

Equipment

Limit the use of toys such as swings, infant seats, and exercise saucers. **Always** use a car seat for travel, but take your baby out of it as soon as the trip is over. Babies need to be held or down on the floor exploring and developing motor skills as much as possible when awake.

Wakhtiga calool u dhigida

Wakhtiga ilmuhu soo jeedo, ilmahaagu waxay u baahantahay in marar badan loo dhigo caloosha. Calool u dhigidu waxay xoojinaysaa muruqyada dhabarka, surka/qaorta, iyo gacmaha, kuwaasoo looga baahanyahay in ay madaxa kor u hayaan, is rogroga ilmaha, fariisashada iyo gurguurashada. Wakhtiga calool u dhigga waxa kale oo ay u fiican tahay aragtida iyo maskaxda ilmaha maxaa yeelay waxay ku dhiiri gelinaysaa in uu ilmuhu goonyahiisa iyo dhinacyadiisa uu fiiriyo

Sida si u dhakhso badan oo aad ugu bilowdid wakhtiga calool u dhigga ilmahaaga, waa sida si ugu dhakhso badan oo uu ula qabsan doono ugana faa'iidaysan doono, kana heli doono. Ilmaha aan helin wakhti badan oo caloosha loo dhiggo, waxaa suurta gal ah in ay u baahdaan in wax badan lagu dhiiri geliyo si ay ula qabsadaan calool u dhigga. Halkan waxaan kuugu haynaa fikrado dhowr ah oo kaa caawinaya ilmahaaga barshada, sidii uu u ugu istareexi lahaa wakhtiga calool u dhigga.

- Sida ugu fiican ee ay u shaqaysaa waa marka uu ilmahu si fiican u seexday, faraxsanyahayna.
- Ku bilow in aad 5 daqiiqo caloosha u dhigtid marka ilmuhu soo jeedo, si tartiib ah uga kordhi wakhtiga ilaa aad ka gaarto 20 daqiiqo.
- Ilmahaagu marka u horaysa waxuu u baahanyahay in ay yeesho, xoog iyo waayo aragnimo ay madaxa kor ugu qaadi karo kuna ciyaari karo. Haddii ay ku adag tahay ku ciyaarida dhulku, adigoo isku dayaya, si dadban hadii aad u dhigtid, waxay u sahlaysaa ilmaha in ay madaxa kor u qaado.

Tummy time

When awake, your baby should spend plenty of time on her tummy. Tummy time strengthens the back, neck, and arm muscles, which are needed for holding the head upright, rolling, sitting, and crawling. Tummy time is also good for visual and mental stimulation because your baby is encouraged to look around to explore the surroundings.

The sooner you start tummy time, the sooner your baby will get used to it, benefit from it, and come to enjoy it. Babies who have not spent much time on their tummies may need extra encouragement and practice to get used to it. Here are some ideas to help your baby learn to enjoy tummy time.

- It works best if your baby is well rested and happy before trying tummy time.
- Start with 5 minutes of tummy time every time your baby is awake and slowly work up to 20 minutes.
- Your baby will need to first develop the strength and experience to lift her head and play. If playing on the floor is challenging, propping your baby at an angle can make it easier to lift the head.

Waxaad isticmaali kartaa:

- Barkin yar (sida a *Boppy® pillow*).
- shukumaan aad duubtay oo aad ka galisid gacmaha hoostooda iyo xabadka.
- isbuunyo afargees ah.
- Adiga lugahaaga ayaad saari kartaa marka aad fadhidid ama xabadkaaga marka aad kursiga isku tiirisid ama marka aad dhabarka u seexatid barkina kuu taal. Ilmahaagu waxa uu dareemayaa jacayl, diirimaadka jirkaaga iyo garaaca wadnahaaga.

- Dhig tooyga ay ugu jecelyahay meel uu ka gaadhi karo. U daar muusiga uu u jecel yahay.
- Muraayad dhig ilmahaaga hortiisa.
- Dhulka jiiifso, ilmaha hortiisa una hees ama u sheekee adiga oo wajiga wajiga u saaraya.
- Hadii ilmahaagu daalo, dhabarka u dhig xoogaa si ay u nasato, ama kor u qaad oo hay cabaar, kadibna caloosha u dhig mar labaad.

Dulqaad lahow, waxaa laga yaabaa inay biloowga ku adkaato, balse waa muhiim in aad ku wado. Hadba sida uu u xoogaysto ilmahu, calool u dhigga waxuu u arki doonaa ciyaar. Faa'iidada ka soo baxdaa way istaahishaa waxa loo maray.

You can use:

- a small pillow (such as a *Boppy® pillow*).
- a towel roll under the arms and chest.
- a foam wedge.
- yourself. Baby can lie across your legs while you're sitting, or on your chest while you're leaning against the couch or lying on your back against a pillow. Your baby will love feeling the warmth of your body and your heartbeat.

- Put your baby's favorite toys within reach. Play some favorite music.
- Put a mirror in front of your baby.
- Get down on the floor in front of your baby and sing or talk to her face to face.
- If your baby gets tired, you can roll her onto her back to rest for a moment, or carry her for a while, and then try tummy time again.

Be patient. Your baby may be challenged a bit at first, but it is important to keep trying. As your child gets stronger, tummy time will be more fun. The benefits are worth it.

Maxaa kale oo aan u baahnahay in aan ogaado?

La hadal awowgii ama ayeeyadii, dadka u adeega ama qofka ilmaha haya. Hubi qof kasta oo daryeela ilmahaaga in uu yaqaano:

- in ilmahaaga loo dhigo dhabarka marka la seexinayo.
- khatarta ay leedahay sariirta o lagu goglo dhar jilicsani.
- in ilmahaaga caloosha loo dhigo.

Su'aalo?

Warqadaani gaar uma aha ilmahaaga, laakiin waa warbixin guud. Haddii aad ka qabtid wax su'aal ah ama walwal, koritaanka ilmahaaga, fadlan wac dhakhtarka.

Haddii aad u baahantahay macluumaad ka badan intaa oo ku saabsan dhinacyada loo seexo, fadhlan wac xarunta Kadiska Dhalaan Dhimashada (KDHDH) ee Minnesota oo Isbitaalka Carruurta iyo Kiliniga Minnesota, (612) 813-6285 ama (800) 732-3812).

Haddii aad u baahantahay qoraalo dheeraad ah oo kusaabsan warqadaan ama mawduucyo kale oo caafimaad, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

What else do I need to know?

Talk with grandparents, child-care providers, and babysitters. Make sure everyone who cares for your baby knows:

- to put your baby on his back to sleep.
- the dangers of soft bedding.
- to put your baby on his tummy to play during supervised awake time.

Questions?

This sheet is not specific to your baby, but provides general information. If you have any questions or concerns about your baby's development, please call your doctor.

For more information about sleep positions or SIDS, please call the Minnesota SID Center at Children's Hospitals and Clinics of Minnesota, (612) 813-6285 or toll-free at (800) 732-3812.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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