

Hagaajinta caanaha (Neocate Junior®)

Maxaan ugu baahanahay inaan hagaajiyo kalooriyeyaasha ku jira caanaha ilmahayga?

Neocate Junior® waxaa loo sameeyaa dhallaanka xasaasiyadda qaba ama u baahan dawo ay u fududahay inay dheefshiidaan. Caanahan sida caadiga ah waxay ka kooban yihiin 30 kalori halkii wiiyadood, waxaa loogu talagalay dhallaanka ka weyn da'da 1, haddii aan si kale lagula talin. Dhallaanka qaarkood waxa laga yaabaa inay u baahdaan heerka kalooriyo ka duwan si ay u helaan miisaanka saxda ah.

Sideen isku daraa caanaha?

1. Gacmaha si fiican ugu dhaqo saabuun iyo biyo. Dhaq dusha sare ee qasacadda caanaha formula ka hor inta aadan furin si aad uga ilaaliso in jeermisku u gudbo masaasadda. Isticmaal weelasha cabbiraadda oo nadiif ah iyo weel.
2. U daa biyaha tuubada qabow inay socdaan 2 daqiiqo ka hor inta aanad ku darin caanaha si aad u nadiifisid biyaha fadhiya tuubooyinka. Biyaha ceelka waxa ku jiri kara bakteeriyo mana aha in loo isticmaalo samaynta caanaha dhallaanka.
3. Fiiri shaxda cunto karinta ee ku taal gadaasha xaashidan. Isticmaalka koob cabbirka dareeraha cad, cabbir qiyaasta biyaha la rabo. Meel siman dhigo koobka wax lagu cabbiro, oo adigoo gaarsiinaya indhaha iska hubso heerka caanaha.
4. Ku dar cabirka budada caanaha ee aan baakadaysan ee heerka biyaha. Isticmaal qaado oo kaliya ee ku jirta qasacadaha caanaha ama koobabka cabbirka ee loogu talagalay maaddooyinka engegan.
5. Isku qas ama si fiican u rux ilaa ay burooyinku ka baxaan.

Ilaa intee ayaan sii haysan karaa caanaha?

Ku kaydi caanaha la diyaariyey weel daboolan qaboojiyaha. Tuur caanaha la diyaariyey ee aan la isticmaalin 24 saacadood ka dib.

Tuur wixii budada caanaha ah ee aan la isticmaalin hal bil kadib markaad daasadda furto.

U diyaargarowga quudinta ilmahaaga

1. Si fiican u rux caanaha.
2. Diiri caanaha adiga oo dhalada ku dhejiya biyo diiran.

Ha samayn isticmaal microwave-ka sababtoo ah waxay u kululaataa si aan sinnayn, taasoo keenta "dhibacyo kulul" oo gubi kara afka ilmaha.

3. Diirinta ka dib, rux dhalada mar kale. **Had iyo jeer** tijaabi heerkulka caanaha ka hor quudinta.
4. Tuur caanaha ee ku haray dhalada ilmaha quudinta ka dib.

Neocate Junior® Shaxda cunto karinta

| Kalooriyada halkii wiqiyadood | Biyo | Budada canaha (heer, aan aad u buuxin) | Qiyaas ahaan mugga ugu dambeeya |
|-------------------------------|--------------------------|--|---------------------------------|
| ☐ 20 | 6.5 wiqiyadood | 4 qaado | 7 wiqiyadood |
| | 8 wiqiyadood | ¼ koob oo lagu daray 1 qaado | 9 wiqiyadood |
| | 13 wiqiyadood | ½ koob | 14.5 wiqiyadood |
| | 20 wiqiyadood | ½ koob + ¼ koob (ama ¾ koob) | 22 wiqiyadood |
| | 32 wiqiyadood | 1 ¼ koob | 35.5 wiqiyadood |
| ☐ 22 | 7 wiqiyadood | 5 qaado | 8 wiqiyadood |
| | 10 wiqiyadood | 7 qaado | 11 wiqiyadood |
| | 17.5 wiqiyadood (525 ml) | ½ koob + ¼ koob (ama ¾ koob) | 19.5 wiqiyadood |
| | 23 wiqiyadood | 1 koob | 26 wiqiyadood |
| ☐ 24 | 4 wiqiyadood | 3 qaado | 4.5 wiqiyadood |
| | 6.5 wiqiyadood (195 ml) | 5 qaado | 7.5 wiqiyadood |
| | 9 wiqiyadood | 7 qaado | 10 wiqiyadood |
| | 13 wiqiyadood | ½ koob + 2 qaadada miiska ah | 14.5 wiqiyadood |
| | 22 wiqiyadood | 1 koob + 2 qaadada shaah ah | 25 wiqiyadood |
| ☐ 30 Dheefta caadiga ah | 4 wiqiyadood | 4 qaado | 4.5 wiqiyadood |
| | 7 wiqiyadood | 7 qaado | 8 wiqiyadood |
| | 10 wiqiyadood | ½ koob + 2 qaadada miiska ah | 11.5 wiqiyadood |
| | 21 wiqiyadood | 1 ¼ koob | 24.5 wiqiyadood |
| | 25 wiqiyadood | 1 ½ koob | 29 wiqiyadood |
| ☐ 36 | 4 wiqiyadood | 5 qaado | 4.5 wiqiyadood |
| | 6.5 wiqiyadood | ½ koob | 8 wiqiyadood |
| | 10 wiqiyadood | ½ koob + ¼ koob (ama ¾ koob) | 12 wiqiyadood |
| | 20 wiqiyadood | 1 ½ koob | 24 wiqiyadood |

Su'aalo?

Haddii aad na weydiineyso wax su'aalo ah, la soo xiriir qeybta Adeegyada Nafaqada ee isbitaalka saacadaha maalintii.

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