Raac talooyinka kale badbaado ee la ansixiyey si aad u ilaaliso badqabka cunnugaaga marka uu hurdo:

- Ha u ogolaan in cunnugaagu uu kululaado. Ka dhig heerkulka qolka raaxo loogu talogalay dadka waaweeyn.
- Carruurta yar yar waxaa haboon inay helaan dhammaan talaalada laga talo bixiyey.
- Naas-nuujin ayaa lagu talinayaa si ay u yarayso halista ay leedahay SIDS (Calaamadaha Dhimashada Degdega Ilmaha).
- Ha cabin Sigaar waqtiga uurka iyo dhalmada kadib. Xoolka dhig meel had iyo jeer ka caagan qiiq.
- Sii cunnugaaga "Calool badh-taageerid" marka uu soo jeedo oo uu qof ilaalinayo. "Caloo badh-taageeridu" waxa y kacaawisaa inay ka hortagto goobaha isku simanmadaxa sare cunnugaaga , ama sidoo kale waxay ka aawisnaysaa in muruqyada madaxooda, qortooda, iyo garbahooda ay xoogaystaan.
- Ka fakir isticmaalida mujuraca waqtiga laseeska iyo waqtiga hurdada, hal mar marka naas-nuujinta la sameeyo.
- Hel daryeel dhalmada kahor oo jooogto ah si loo yareeyo halista ay leedahay SIDS-ku xaataa kahor dhalmada.
- Ka waantoow khamrada iyo isticmaalka maandooriyaha aan sharcigu ogolayn Waqti uur iyo dhalmada kadib.
- La hadal dadka daryeela cunnugaaga, sida daryeel bixiyayaasha cunnug, qoys, ama saaxiibo, waxyaalaha ku saabsan sida cunnugaaga loo seexiyo, kaligii, dhabarkiisa, xool madhan hurdadii kasta.

La wadaag talooyinkani qof kasta oo daryeela cunnugaaga!

www.SafeSleep.Ohio.gov

Ohio | Department of Health

Toddobaadkii kasta gudaha Ohio...

3 cunnug ayaa u dhinta

bey'ad hurdo aan badqabin.

Raac ABCs-ga Hurdo Nabdoon

Kali.Dhabar.Xool.

Cunnug Kasta. Hurdo Kasta.

www.SafeSleep.Ohio.gov

SafeSleep_Brochure-TriFold_2-27-16-Somali.indd 1 2/28/2017 10:30:53 AM

A kali.

La wadaag qol, maaha sariirta. Had iyo jeer cunnugaaga kaligii xoolka jiifi, ama play yard furaash adag leh. Goobta ugu nabdoon si uu cunnugaagu u seexdo waa qolkaaga (gacan gaadhi karto), laakiin aan sariirta dhexdeeda ahayn. Habkan, si sahlan ayaad u naas-nuujin kartaa oo si fiican ula xidhiidhi kartaa cunnugaaga. Abidkaa kursi raaxo ama kursi ha ku seexin markaad ilmhaaga hayso sariiraha dadka waaweeyn, kuraasta, kuraasta raaxada, sariir furaash biyo leh, furshaan hawo laga buuxiyey, barkimooyin ama makhadado ha ku seexin.

Abidkaa sariirta ha la wadaagin cunnugaaga sababtoo ah:

- Waad ku galgalan kartaa ama aad baad ugu dhawaan cunnugtaadu markay hurudo.
- Cunnugyadu furshaanta,gidaarka, madaxa sariirta, madaxa danbe ee sariirta,ama saabaanka kale ayey ku xanibmi karaan.
- Cunnugaaga sariirta ayuu ka dhici karaa dhaawacmi, ama wuxuu ku dul dhici shay sagxada dulyaala ama wuu neef-qabatoobi.

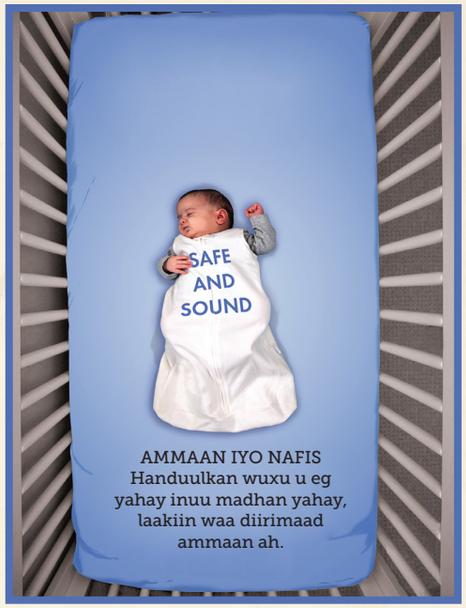
B dhabar.

Dhabarka ayaa cunnuga u wanaagsan. Had iyo jeer cunnugaaga dhabarkiisa u seexi. Cunnugyo caafimaadka qaba runtii waxay saxdaan ku qufacaan candhuuftooda, markaa cunnugaagu wuu saxan doonaa haddii uu dhabarkiisa u jiifo.

Sidoo kale waxa badqab u ah cunnugaaga in la toosiyo inta badan marka habeenkii uu dhabarkiisa u hurdo.

Haddii cunnugaagu uu calooshiisa ku jiifo oo u baahan yahay neefsi dheer inuu qaato, halis ayey ku noqon kartaa sababtoo ah:

- Lagama yaabo inuu madaxiisa dhaqaajiyo.
- Madaxiixa ama naskiisa banadmi kara wuu neef-qabatoobi karaa, xaataa xool madhan.
- Hawada dadku ay neefsadaan waxaa ka buuxa kaarboon, ama "hawo xun," ilmahaaguna wuxuu neefsan karaa "hawo xun" ama cabudhid.



C xool.

Qaawanaan ayaa ugu fiican. Waalidiin badan ayaa rumaysan in cunnugyadoodu aanay badqabi doonin ama ay dhaxmoon doonaan haddii aan xafaayad loo xidhin, bustayaal, barkimooyin, iyo ashyaa, laakiin ashyaadani dhimasho ayey sababi karaan. Cunnugyadu way ku neef-qabatoobi karaan shaygii kasta ee ku dheeraadka ah xoolka.

Cunnugaaga seexi xool la ansixiyey inuu badqabo oo leh furaash ku dadan duraaxad leeg. Maryaha qol hurdadaku haboon oo si fiican u leeg ama sariir hurdo, ayaa uga nabdoon cunnuga bustayaal!

Haddii aad isticmaasho xool badqaba, madaxa cunnuga ama adinku ma qabsanayo.

Waalidiin badan ayaa u maleeynaya in cunnugu uu dhaawacmi doono haddii aanay isticmaalin xafaayad, laakiin tani tun maaha sababtoo ah:

- Cunnugyadu awood ku filan oo ay ku dhaawacaan lafahaantooda malaha.
- Cunnugyana si daran lafahaantooda uma dhaawacaan inay ku xanibmaan biraha xoolka u dhaxeeya.