

Helitaanka taageerada quudinta dhallaanka iyada oo loo marayo Caafimaadka Dadweynaha

Haddii aad horey ula xiriirtay Kalkaaliyaha Caafimaadka Dadweynaha inta aad uurka leedahay ama ka dib dhalashada ilmahaaga, waxay ku siin karaan taageero quudin. Dareen xornimo inaad la hadasho.

Haddii aan weli lagula soo xiriirin, waxaad si toos ah u wici kartaa lambarka ku yaal dhabarka buug-yarahaan.

Gudbinta waxa kale oo samayn kara takhaatiirta qoyska, kalkaaliyayaasha caafimaadka ama kalkaaliyayaasha caafimaadka qoyska, iyo ururada bulshada sida xarumaha ilaha qoyska.



La xiriir Sanadaha Hore

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Naga hel Onlaynka

Aaladda internetka ayaa laga heli karaa boggan oo Ingiriis keliya ah.



www.nshealth.ca/Infant-Feeding-Support



Quudinta Ilmahaaga

Had iyo jeer Taageerada
Bilaashka ah ee
Caafimaadka Dadweynaha



Taageerada quudinta dhallaanka bilaashka ah ee Kalkaaliyaasha Caafimaadka Dadweynaha ee khibrada leh

Quudinta dhallaankaaga waa mid ka mid ah qaybaha ugu dhow uguna awoodda badan ee waalidnimada. Magaalada Nova Scotia, waxaad haysataa koox dhinacaaga ah.

Sanadaha Hore Kalkaaliyaasha Caafimaadka Dadweynaha ayaa si gaar ah loogu tababaray taageerada quudinta dhallaanka. Haddii aad uur leedahay oo aad go'aansato sida loo quudiyo ilmahaaga, ama ilmahaagu yimid oo aad u baahan tahay taageero ama aad su'aalo qabto, Kalkaaliyaha Caafimaadka Dadweynaha ayaa ku caawin kara.

Haddi ay tahay gurigaaga, bulshada, ama taleefoonka, Kalkaaliyayaasha Caafimaadka Dadweynuhu waxay ku siinayaan naxariis iyo daryeel aan xukun lahayn si ay kaaga caawiso inaad dareento kalsooni, wargelin, iyo taageer talaabo kasta oo jidka ah.

Dhisida qorshaha quudinta dhallaanka

Kalkaaliyaha Caafimaadka Dadweynaha ayaa kaa caawin kara inaad abuurto qorshe quudin oo ku habboon qiyamkaaga iyo qaab nololeedkaaga, oo ay kula shaqeyso si aad u gaarto yoolalkaaga quudinta. Tan waxaa ka mid ah in la eego fursadahaaga kala duwan ee quudinta, sida naasnuujinta/xabadnuujinta, quudinta caanaha dhallaanka, ama isku dhafan labadaba. Qorshuhu wuxuu kaa caawinayaa inaad go'aansato sida aad u quudinayso ilmahaaga si aad u dareento kalsooni iyo diyaargarow dheeraad ah.

Taageerada saxda ah, marka aad u baahan tahay

Kalkaaliyayaasha Caafimaadka Dadweynaha waxay fahmeen in su'aalaha quudinta dhallaanka aysan joogsan ka dib maalmaha ama toddobaadyada ugu horreeya iyo in qoys kasta baahidiisa ay ka duwan tahay. Taageerooyinka soo socda ayaa diyaar ah markaad u baahato:

- Qiimaynta quudinta mid-ka-mid ah
- Caawinta xajin iyo meelaynta naas nuujinta/xabad-nuujinta
- Taageero si loo go'aamiyo haddii ilmahaagu helayo caano ku filan
- Xalka caqabadaha quudinta caadiga ah
- Tilmaamaha bamgareynta, nuujinta caanaha iyo kaydinta badbaadada leh ee caanaha
- Talooyinka quudinta markaad shaqada ku soo noqonayso
- Waxbarashada habdhaqanka quudinta ilmaha dhashay
- Taageerada isku xidhka iyo ka jawaabista, quudinta ku salaysan baahida
- Taageerada diyaarinta iyo quudinta caanaha nabdoonaanta ah
- Caawinta ku xidhidhiyaha bulshada iyo adeegyada daryeelka caafimaadka iyo ilaha