

Taageerada Uurka ee Caafimaadka Dadweynaha

Sannadaha Hore ee Caafimaadka Dadweynaha waxay halkan u joogaan inay ku taageeraan xilliga uurka. Ku xirnaaw Kalkaalisada Caafimaadka Dadweynaha si aad u hesho taageero iyo hagitaan la aamini karo horraanta uurka iyo ka dib marka ilmahaagu guriga yimaado.

Kalkaaliyeyaasha Caafimaadka Dadweynaha ayaa bixin kara:

- ✓ Helitaanka adeegyada dhalmada ka hor ee Caafimaadka Dadweynaha oo bilaash ah
- ✓ Macluumaadka ku saabsan uurka caadiga ah iyo su'aalaha ama welwelka waalidnimada
- ✓ Taageerada qorsheynta ee quudinta dhallaanka, oo ay ku jiraan naasnuujinta/xabad-nuujinta, quudinta caanaha iyo hababka la isku daray
- ✓ Taageerada korriinka caafimaadka leh iyo barbaarinta
- ✓ Hagitaan is dhexgalka waalidka iyo ilmaha oo wanaagsan
- ✓ Taageerada caafimaadka maskaxda hooyada
- ✓ Xidhiidhka taageerada bulshada
- ✓ Tilmaanta tallaalka carruurnimada



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/
Pregnancy-Supports](http://www.nshealth.ca/Pregnancy-Supports)