

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.

Kalkaaliyayaasha 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

Aaga Dhexe

Aagga Halifax, Bariga Shore, Waqooyiga Hants
902-481-4967/1-800-430-9557 (*Lacag La'aan*)
earlyyears cz@nshealth.ca

Aagga Bari

Cape Breton, Guysborough, Antigonish
earlyyears ez@nshealth.ca

Aagga Waqooyi

Colchester-East Hants, Cumberland, Pictou
902-667-3319 / 1-800-767-3319 (*Toll Free*)
nzeynurses@nshealth.ca

Aagga Galbeed

Annapolis Valley, South Shore, South West
1-833-601-0949 (*Toll Free*)
earlyyears swz@nshealth.ca

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)