Mothers' Milk Bank Northeast

CAANAHA TABARUCAHA & UBADKAAGA

Hambalyo qoyskaaga sii kobcaayo!

Sida aad ogtahay, caanaha hooyada ayaa ah kuwa u fiican ilmaha. Caanaha naasku waxay leeyihiin waxyaabo badan oo wanaagsan si ay ubadka ugu caawiyaan korriinka ugana ilaaliyaan in ay xanuunsadaan.

Inta ay caano ka soo galayaan naaskaaga, bixiyaha daryeelka caafimaadkaagu waxa uu jeclaan lahaa in uu ubadkaaga siiyo Caanaha Tabarucaha ee Aadamaha ee Diiramaysan (PDHM) oo ka socda Bankiga Caanaha Hooyooyinka ee Northeast. Hooyooyinka kale ayaa caanahooda ku soo tabaruco bangigeena caanaha, si dhallaamada u baahan ay u helaan ilaa laga soo saarayo qorshe kale oo quudin waqti dheer ah.

CAADI MIYAY TAHAY INAAN UBADKAYGA KU QUUDIYO CAANO KA YIMID HOOYO KALE?

Intay soo jirtay taariikhda aadanaha oo dhan, hooyooyinku waxay caano la wadaagi jireen dhallaamada dumarka kale. Laakin daawooyin iyo cudurro ayaa la iskugu gudbin karaa caanaha hooyada, markaa waxaad u baahan tahay inaad hubiso in caanaha dhallaankaagu uu cabaayo ay yihiin kuwa badqabo.

CAANAHA TABARUCAHEENU MIYAY BADQABAAN?

Waxaan caano tabaruce kasta weydiinaynaa su'aalo badan oo ku saabsan caafimaadkeeda. Waxaa lagu samayni baaritaan dhiig. Waxaanu wax ka waydiin doonaa dhammaan daawooyinka ay qaadato, xitaa kuwa aan rijeetada lagu qorin iyo kuwa daawo dhireedka ah. Haddii hooyada tabarucaha ah ay xanuunsato, caano nooma soo dirayso ilaa ay ka caafimaado.

Waxaan caanaha u kululaynaa si aan jeermiska ugu dilno, waana tijaabinaa qayb kasta ka hor inta aanan dirin. Haddii natiijooyinka baaritaanka ay xun yihiin, waan tuurnaa caanaha, si caanaha ilmahaagu helayo ay badqab u noqdaan.

SOMALI

Mothers' Milk Bank Northeast

CAANAHA TABARUCAHA & UBADKAAGA

KA WARAN CABBITAANKA KHAMRIGA, SIGAARKA IYO MAANDOORIYEYAASHA?

Hooyooyinka sigaarka cabba ama qaata maandooriyeyaasha madadaalada ah ma nagu tabaruci karaan caanahooda. Haddii ay hooyadu khamri cabto, waa in ay sugtaa 6 saacadood ka hor inta aanay caanaha noo soo lisin si ay noogu soo diraan.

DAAWAYNTA KULULAYNTA MIYAY DISHAA WAXYAABAHA WANAAGSAN EE KU JIRA CAANAHA NAASKA?

Daawaynta Kululaynta waxay yaraynaysaa dhawr waxyaalood oo wanaagsan oo ku jira caanaha naaska. Waxyaabo badan oo ka mid ah kuwa ugu wanagsan ayaa hadha kululaynta kadib. Kuwani waxay dhallaankaaga ka caawiyaan korriinka iyo la dagaalanka xanuunka. Waxyaabo badan oo ka mid ah kuwaas kuma jiraan caana-booraha. Taasina waa sababta uu bixiyaha daryeelka caafimaadkaagu u jeclaan lahaa inaad isticmaasho caanaha tabarucaheena

MA JIRAAN WAX SU'AALO KALE AH?

IHaddii aad su'aalo kale qabtid, fadlan kala hadal dhakhtarkaaga, umulisadaada, ama la-taliyahaaga naasnuujinta; booqo mareegteena, **www.milkbankne.org**; ama naga soo wac lambarka **617-527-6263.**

MILKBANKNE.ORG/RECEIVE

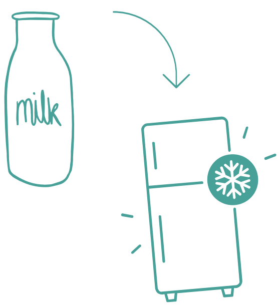
WAX BADAN KA OGOW:

MILKBANKNE.ORG

SOMALI

SIDEE LOO

KAYDIYAA, DHALAALIYAA & DIIRIYAA CAANAHA TABARUCAHA

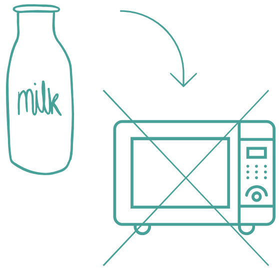


KAYDINTA CAANAHA

- Qaboojiyaha ku kaydi dhammaan caanaha tabarucayaasha.
- Dhalooyinka dhig dhabarka dambe ee qaboojiyaha, kana fogee albaabka qaboojiyaha.
- Marka hore isticmaal dhalooyin leh taariikhaha dhicitaanka ee ugu horeeya.
- Caanaha tabarucaha ee diiramaysan ee la siiyay ilmahaaga laakiin uusan dhammaysan waa in firinjeerka dib loogu celiyaa oona lagu cabaa
- **2 saacadood** gudahooda.

DHALAALINTA CAANAHA

- Caanaha tabarucaha waxaa lagu dhalaalin karaa weel ay ku jiraan biyo diiran.
- Biyuhu waa inay qariyaan caanaha ku jira dhalada laakiin aysan taaban daboolka.
- Habka ugu wanaagsan ee lagu dhalaalin karo caanaha aadanaha tabarucaha ah waa in habeenkii firinjeerka lagu bariisiyo si ay si tartiib ah ugu dhalaasho.
- Caanaha dib ayaa loo dhalaalin karaa haddii ay weli leeyihiin kiristaalo baraf ah.
- Caanaha si buuxda loo dhalaaliyay waa in lagu isticmaalo **96 saacadood** gudahooda
- Marka caanuhu si buuxda u dhalaalaan, dhalada waa in si tartiib ah loo ruxaa si la iskugu qaso waxa ku jira.



DIIRINTA CAANAHA

- **Marnaba** cunto-diiriyaha ha gelinin caanaha aadanaha ee tabarucaha.
- Hal quudin ayaa lagu diirin karaa iyadoo weelka caanaha la dhex istaajinayo biyo diiran ama lagu qabanayo hoosta biyo diiran oo socda. Ka dhig furka mid qallalan.

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