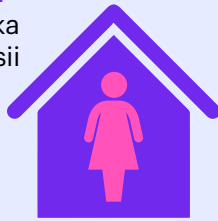


WAXYAABAHAA AY TAHAY INAAD OGAATO HADAAD UUR LEEDAHAY

1 Ku dhaqan Kala fogooanshaha pulshada—

Fadlan ka fogow dadka, gaadiidka dadweynaha, sido kale udhaxaysii adiga dadka kale ugu yaraan 6 taako. Sido kale joog gurigaga sida ugu macquulsan.



6 Fadalan ka naso oo habadsan raadinta wararka ku saabsan faafida cudurka, fadalan joogtayso firfircoonida iyo jmiciga jirka iskuday inaad samayso Yoga iyo Meditation sii aykugu kaalmayso **yareenta walaaca.**



2 Fadlan weydii isbitaalkaaga ama xarunta **Dhalmada** haddii dadka lagu taageerayo (tusaale ahaan, doula, labada isqaba, qoyaska) loo oggol yahay qolka dhalmada.



7 La xiriir oo lakaasho dadka kugu dhow.

U sheeg xaaskaaga, ehelkaaga, iyo saaxiibadaa sida aad dareemayso.



3 Fadlan hadii aad foolanaysid oo u kuhayo am aad iskaga shaki qabto COVID-19, **wac lambarkan the cusbitaal** sidaa daraadeed shaqaaluhu way ka ilaalin karaan adiga iyo cunuggaaga iyo dadka kale In uu kugu dhaco cudurku.



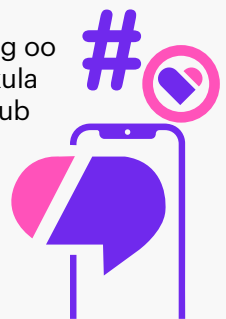
8 Intii lagu guda jiro masiibada, joogteyso **hawl-maalmeedka.** Inaad Qubaysato, cuntid cafimaadleh cuntid, inaad cabto biyo badan ,inaad seexato hurdo fiican habeenkii.



4 Hadii uu kuhayo am lagaga i shaki qabto COVID-19 waxaa suurtagal ah in adiga lagu geeyo qool gooni ku ah oo la idiin kal kaxeeyo adi iyo ilmahaaga dhashay. Hadii la idin kla kaxayan adiga iyo ilmahaaga, **yaree fursadda qaadista cudurka** Adiga oo **fadalan dhaqaya gacmahaaga** si taxdar buuxda leh Sidoo kale **adiga ooi xirataa maaskaro** kahor Intaadan taaban ilmahaaga.



9 **Keligiin ma tihid—** la xiriir, sheekadaada la wadaag oo la hadal hooyooyinka kale ee kula midka ah iyo hooyooyinka cusub share.marchofdimes.org



5 Hadii adiga iyo ilmaha aad dhashay la idiinkla fogayanayo hadan raabtid in aad **naasnuujiso:**

- **Bamka Naaska (breast pump)**—ka hor intaadan isticmaalin fadalan dhaqa gacmahaaga si taxadar buuxda leh. Daryeel bixiya ha ay ka caawinkara nuujita caanaha naaska ilmahaaga.
- **Caanahanaaska**—Fadalan sii fiicaan u dhaaq gacmahaaga sido kale xiro maaskarada wajiga.



HEALTHY MOMS. STRONG BABIES.

