

Hurdada Badqabka ah ee Ilmahaaga

Safe Sleep for Your Baby

Safe sleep can help protect your baby from sudden infant death syndrome (also called SIDS) and other dangers, like choking and suffocation.

Hurdo badqabka ah waxay gacan ka geysan kartaa ka ilaalinta ilmahaaga xaalada dhimashada degdeg ah ee dhallaanka (oo sidoo kale loo yaqaan SIDS) iyo qataraha kale, sida saxashada iyo cubarka neefta.

Steps for Safe Sleep

Babies sleep safest **A**lone, on their **B**ack, and in a **C**rib.

Alone

- Share the room – not the bed – with a baby.
- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack 'n Play.
- A baby should never sleep with an adult, child or pet.

Back

- A baby should **always** sleep on his or her back.
- A baby will not choke while sleeping on his or her back.
- A baby can breathe easier while sleeping on his or her back.



Tallaabooyinka Hurdada Badqabka Ah

Ilmuhu waxay si badbaado leh u seexdaan marka ay yihiin keligood, ay dhabarkooda ku jiifaan, iyo ay ku jiifaan sariir.

Keligood

- Ilmaha la wadaag – qolka – ma aha sariirta.
- Ilmuhu waa inuu **keliya** ku seexdo sariir faaruq ah oo madhan, oo Nabadgeliyo ahaan la Ansixiyey, Weelka Seexinta ama Sariirta Ciyarta.
- Ilmuhu waa inuusan waligiis la seexan qof weyn, carruur ama xayawaan rabaayad ah.

Dhabar

- Ilmuhu waa inuu **had iyo jeer** ku seexdaa dhabarkiisa/ dhabarkeeda.
- Ilmuhu saxashada way ku yer tahay haddii ay ku jiifaan dhabarkooda.
- Ilmuhu wuxuu si fudud u neefsan karaa haddii uu dhabarka ku jiifo.

Crib

- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack 'n Play. No bumper pads, pillows, soft toys, stuffed animals or blankets. These items can suffocate or strangle a baby.
- Use only a firm mattress with a fitted sheet in the crib.
- A baby should not be overdressed for sleep. Sleep clothing should be lightweight. Fitted, right sized sleepers and sleep sacks are best.
- A baby should never sleep on a soft surface, such as a sofa, cushion, pillow, chair or adult bed.

Follow these steps for safe sleep every time, for every sleep. Tell others who care for your baby to do the same.

Other ways to help keep your baby safe while sleeping

- Do not let your baby get too hot. Keep room temperatures comfortable for an adult.
- Babies should get all recommended vaccinations (shots).
- No smoking near your baby, not at home or when driving.

Sariir

- Ilmuhu waa inuu **keliya** ku seexdo sariir faaruq ah oo madhan, oo Nabadgeliyo ahaan la Ansixiyey, Weelka Seexinta ama Sariirta Ciyaarta. Lama oggola xafaayada waaweyn, barkimooyinka, boombalayaasha jilicsan, xayawaan rabaayadeysa ama bustayaal. Waxyaabahan ilmaha ayay neefta ku xiri karaan ama ay qoorta u gali karaan.
- Kaliya isticmaal joodiriyaasha shirkadaha adigoo la isticmaalaya joodari la eg sariirta.
- Ilmaha waa inaan dhar badan loo gelinin xilliga hurdada. Dharka hurdada waa inuu ahaadaa mid fudud. Dharka hurdada carruurto oo cabirkiisu saxan yahay oo la eg ayaa ugu fiican.
- Ilmuhu waa inuusan waligiis ku seexan sagxad jilicsan, sida kuraasta fadhiga, shumac, barkinta, kursi ama sariirta dadka waaweyn.

Raac tallaabooyinkan si aad xilliyada hurdada wakhti kasta, iyo hurdo kasta. U sheeg dadka kale ee daryeela ilmahaaga inay sidaas oo kale sameeyaan.

Siyaabaha kale oo looga caawiyo in ilmahaagu nabad qabo inta uu hurdo

- Ha u oggolaan ilmahaaga inuu kululaado. Ku hay heerkulka qolka mid uu ku raaxaysan karo qofka weyn.
- Ilmuhu waa inay helaan dhammaan tallaallada lagu taliyay (tallaalo).
- Sigaar yaan lagu cabin meel u dhaw ilmahaaga, ha noqoto guriga ama markaad baabuur wado.

- Breastfeed your baby. Babies fed breast milk are at lower risk for SIDS than are babies who were never fed breast milk. If you bring your baby to your bed for a feeding, place them back in their separate sleep area when you are done.
- Give your baby “tummy time” while awake and someone is watching. This helps prevent flat spots on your baby’s head, and helps head, neck and shoulder muscles get stronger.
- Think about using a pacifier at nap and bed time. If you are breastfeeding, wait to use a pacifier until breastfeeding is going well.
- Naasnuuji canugaaga. Ilmaha la siiyo caanaha naaska waxay halis aad u yar ugu jiraan SIDS marka loo barbardhigo ilmaha aan weligood caano naas la siinin. Haddii aad keento ilmahaaga sariirta si aad u quudiso, ku celi aaggooda gaarka ah ee jiifka markaad quudinta dhammayso.
- Sii cunuggaaga “wakhtiga ku jiiiftaanka caloosha” inta uu soo jeedo oo qofna kormeeraya. Tani waxay gacan ka geysanaysaa ka hortagga dhibco jilicsan ka soo baxa madaxa ilmaha, waxayna ka caawisaa muruqyada madaxa, luqunta iyo garabka inay xoog yeeshaan.
- Ka fikir inaad isticmaasho mujuruc/ qalabka ilmaha afka loo geliyo wakhtiyada hurdada iyo jiifka. Haddii aad naas nuujinayso, u sug isticmaalka mujuruca illaa iyo inta naasnuujintu sifiican u soconeyso.

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