

# Soo bixista Ilkaha

## Teething

Teething occurs when teeth begin to break through the gums of a baby or child. This often starts when a baby is 6 to 8 months old, but can begin as early as 3 months.

### Signs of Teething

- Drooling
- Swollen or sore gums
- Trouble sleeping
- Not eating
- Biting objects

Teething can be painful for some children. For others it is not. Discomfort comes from pressure of the tooth on the skin of the gums.

### Your Child's Care

Here are some ways to comfort your baby and ease his or her pain:

- Gently rub the gums with a cool, damp washcloth.
- Give your baby something safe to chew on, such as rubber teething rings.
- Rub your baby's gums with a clean finger.
- Wipe your baby's face often and keep it dry to prevent rashes.
- Children's Tylenol or teething medicines can help, but check with your child's doctor first.

Keep your baby's mouth and gums clean even if your baby does not have teeth.

Soo bixista Ilkaha waxay ilaabataa marka ciridka ilmaha ama cunuga uu bilaabo inuu qarxo. Arrintaan waxay badanaa bilaabataa marka ilmuhu jiro 6 illaa 8 bilood, laakiin waxay bilaaban kartaa 3 bilood marka uu jiro.

### Calaamadaha Soo bixista Ilkaha

- Calyo soo dareerta
- Barar ama cirid xanuun
- Hurdo la'aan
- Cunto cunis la'aan
- Qaniinida shay

Soo bixista ilkaha waxa ay xanuun ku noqon kartaa carruurta qaar. Qaar kale maba dareemaan. Raaxo la'aanta waxaa sababa cadaadiska iliga ee maqaarka ciridka.

### Daryeelka Canugaaga

Halkaan waxaad ka helaysaa qaabab kamid ah sida loo dejiso cunugaaga loogana baabi'iyoo xanuunkiisa/keeda:

- Si degan ciridka ugu xoq maro qoyan oo qaboow.
- Sii cunugaaga wax wanaagsan oo uu ruugo, sida faraanti caag ka sameysan ee lagu talagalay soo saaridda ilig.
- Ciridka cunugaaga ku xoq far nadiif ah.
- Badanaa tirtir wajiga cunugaaga qalaji oo si aad uga ilaaliso firiiric.
- Daawooyinka ilkaha iyo Tylenol-ka carruurta ayaa caawin kara, laakiin marka koowaad ka waydii dhaqtarkaaga.

Afka iyo ciridka cunugaaga ka dhig nadiif xataa haddii cunugaagu lahayn ilko.

## Here are some ways to care for your child's gums and teeth.

- After each meal, wipe your baby's gums with a washcloth.
- Do not put your baby to bed with a bottle of milk or juice. This can cause tooth decay.
- Use a soft bristle toothbrush to clean gums and new teeth.
- Clean your child's gums and teeth at least two times each day.

Talk to your child's doctor before you start using toothpaste on your child's teeth. Children should not swallow toothpaste. Too much fluoride can be harmful.

## Call your child's doctor if your child:

- Has a fever or other illness. Teething does not cause an illness.
- Loses a tooth due to an injury.

Talk to your doctor or nurse if you have any questions or concerns.

## Halkaan waxaad ka helaysaa tallaabooyin kamid ah qaabka loo daryeelo ilkaha iyo ciridka ilmahaaga.

- Kadib markasta oo uu cuno cunto, ciridka cunugaaga ku tirtir maro nadiif ah.
- Cunugaaga ha seexin sariirta ayagoo haysta dhalo caano ama cabitaan ah. Tani waxay ku sababi kartaa ilko bolol.
- Isticmaal caday buraash jilicsan ah si aad ugu nadiifiso ciridka iyo ilkaha cusub.
- Nadiifi ciridka iyo ilkaha cunugaaga ugu yaraan labo jeer maalintii.

Kala hadal dhaqtarkaaga kahor inta aadan cadayga ilkaha aadan u isticmaalin ilkaha cunugaaga. Carruurtu waa inaysan laqin caddayga. Daawada Foloraydh ka badan waxay noqon kartaa halis.

## Soo wac dhaqtarkaaga haddii canugaaga:

- Qabo qandho ama xanuun kale. Qabo ilko soo baxaaya oo aan lahayn xanuun.
- Uu soo gaaro dhaawac kana dhaco ilig.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aal ah ama walaacyo ah.