



## QUUDINTA MASAASADA EE TUUBADA YAR

### WAA MAXAY QUUDINTA MASAASADA EE TUUBADA YAR?

Quudinta masaasada tuubada yar ayaa hoos udhigta cadadka caanaha galayaa adhuunta iyo afka, taasoo ilmaha siinaysa inuu wax laqo uuna neefsado. Waxay gacan kagaysataa kahortaga in cunugu cuntada iskabadiyo uuna mataggo, cunuga ayayna siisaa fursad uu kumaareeyo nuugista.

### TILMAAMAHA QUUDINTA MASAASADA EE TUUBADA YAR:

1. Dooro dhalo yar oo 4 ouc=nces qaada oo leh cirbad afyar.
2. Ilmaha kuqabo dhabtaada adoo madaxiisa kor kutaagaaya xoogaa, meel udhaxaysa salka ilaa jiifka. Wax ugali hoos kaceliya madaxiisa iyo qoortiisa.
3. Marka ilmuhu muujiyo inuu baahanyahay, taabo bishimaha ilamah si uu afkiisa ufuro.
4. Xaqiiji in afka cirbada caanuhu aysan dareerayn marka aad cunuga afka ugalinayso.
5. Cinjirka masaasada gali afka cunuga, si uu sifiican ugu nuugo.
6. Dhalada si jiif ah uqabo.
7. U ogolow in ilmuhu nuugo cinjirka maran, kadibna kusoo foorari masaasada ila xad kufilan in caarada hore buuxsanto.





8. Udaa cunugu hadhuugee dhalada ilaa 3-5 liqmo. Tani waxay caadiyan qaadanaysaa 20-30 sikin.
9. Kadib markuu 3-5 liqo, dhalada soo foorari. Sii ilmaha muddo yar oo uu nasto, laakiin cirjika masaasada hakasaarin afkiisa.
10. Sikino yar kadib, markale ayuu nuugayaa masasada. Dhalada kor utaag kadibna caarada hore hagalaa caanuhu.
11. Usii wad naas nuujintaa mudada yari udhaxayso ilaa ilmuhu kadhargo. Ilmaha ayaa dharga markuu joojiyo nuugista nasiinada kadib, uu caanaha kajeesto, ama iskriixo masaasada.

## WAR WANAAGSAN!

Kadib markaad maalmo dhawr ah qaabkaas nasinta ah caanaha usiiso, wuxuu baranayaa inuu asago isnasiyo. Waxaad arkaysaa asagoo si iskiisa uga nasanaaya nuugista kadibna siiwadaaya nuugista. Tani waxay kadhigatahay inaad joojin foorarainta dhalada iyo hoos udhigeedaba si aad nasiino usiiso cunuga. Sidaas ugusii wad inaad kuhaysao qaabkaas dangiigsiga ah.

## DAAWO MUUQAALADAAN SI AAD MACLUUMAAD DHEERI AH UGA BARATO QUUDINTA WAQTIGU UDHAXEYO:

- Caano nuujinta goosgooska ah ee Masaada Lagu quudito — gal YouTube kadibna kuqor **Paced Bottle Feeding by The Milk Mob** (caano siinta goosgooska ah ee masaasada)
- Tusaalaha sida ilmaha Masaasada looga Quudiyo — booqo barta YouTube and search for **Paced Bottle Feeding** (Caano Kasiinta Masaasada ee Goosgooska ah) uuna sameeyay Emerald Doulas

