DHS-6555A-SOM 8-18

MINNESOTA

Waaxda Caafimaadka Minnesota
(Minnesota Department of Health)
Waaxda Adeegyada Aadanaha ee Minnesota
(Minnesota Department of Human Services)

ADA Advisory

Si aad macluumaadkan ugu hesho qaabab kale oo aad isticmaali karto iyo helitaanka loo simanyahay ee adeegyada aadanaha oo dheeri ah, qoraal u dir dhs.childteencheckups@state.mn.us, wac 651-431-5655, ama iticmaal adeega lalinta ama isgaarsiinta wararka ee aad doorbideyso. ADA1 (2-18)

Websaytyo wanaagsan oo ay tahay in aad eegto:

www.helpmegrowMN.org
www.healthychildren.org
www.cdc.gov/actearly
www.zerotothree.org

Wixii caawimo ah dhanka helitaanka rug caafimaad ama samaysashada balanta:

Wac qorshahaaga caafimaad ama shaqaalaha Baarista Carruurta iyo Dhalinyarada ee degmadaada ama qabaailka wixii ku saabsan:

- Caymiska caafimaadka ama Gargaarka Caafimaadka
- Caawimada Helitaanka rug caafimaad, diktoor caafimaad ama dhakhtarka ilkaha
- Helitaanka gaadiid aad ku tagto rugta kiliiniga
- Inaad turjubaan u hesho baaritaanka

In aad sida ugu fiican uga faa'iidaysato baaritaanada ilmahaaga

Dhalashada ilaa 5 bilood

Child and Teen Checkups

Ku soo dhawoow adduunka!

Waalidnimada ilmo cusub waa waqti aad sahminayso oo aad yaabayso, oo ay hurdadu yartahay

Waxaa jira isbedel badan bilaha nolosha ugu horaysa - ilmaha iyo adigaba.

Baaritaannada **1-2dii biloodba mar ah ayaa ka** caawinaya in maskaxda iyo jirka ilmahaaga ee sii korayaa ay caafimaad qabaan oo waxayna kaa caawinayaan in aad hesho wixii aad u baahantahay adigu waalid ama daryeele ahaan.

Maxaad ka filan kartaa baadhitaan kasta?

- Fursad aad ku waydiiso su'aalahaaga
- Macluumaad lagu kalsoonaan karo oo ku saabsan cuntada caafimaadka leh, hurdada, dabeecadda iyo nabadgelyada
- Baaritaan ku saabsan sida ilmahaagu u korayo, wax u baranayo, u kobcayo oo wax u dareemayo

- Wakhti aad ka wada hadashaan waalidnimada iyo fayoobaantaada
- Baaritaan tin-ilaa-cirib ah
- Tallaalada
- La socoshada/ka war haynta baaritaanka ilmaha dhowaan dhashay
- Baaritaanka maqalka iyo aragga
- U gudbinta ama ka caawinta baahida qoyska, sida:
  - Cuntada, guriyeynta iyo adeegyada
  - Ilaha lacagta ama shaqo
  - Xanaanaynta/haynta ilmaha
  - Ka caawinta xiriirada ammaanka ah, caafimaadka maskaxda ama isticmaalka maandooriyaha

Maxaa ku xiga?

Maanta wac rugta caafimaad ee ilmahaaga oo waydiiso balanta Baaritaanka Carruurta iyo Dhalinyarada (Child and Teen Checkups) (baarista fayo-qabka ilmaha).

Da'dan, baaritaan ugu yaraan 2dii biloodba ah ayuu bixinayaa caymiskaaga caafimaadku.

Dhakhtarka ama kalkaalisada ayaa kuu saxiixi kara foomamka xanaanada ilmaha ama waxyaabaha kale ee aad u baahan tahay.

Maxaad u baahantahay in aad ka hesho booqashadan?

Ka fikir waxa aad rabto inaad kala hadasho dhakhtarka ilmahaaga ama kalkaalisada:

- Sida ilmahaagu u barto: hadalka, akhriska, heesidda, in uu hab ku siiyo iyo in uu adiga kula ciyaaro - adigu waxaad tahay macallinka koowaad ee ilmahaaga!
- Sida ilmahaagu kuugu sheego waxa uu u baahanyahay, ka hor inta ilmahaagu uusan hadal baranin!
- Dejinta/sasabaadda ilmahaaga
- Daryeelka ilmahaaga oo jirran
- Ammaanka: guriga dhexdiisa, biyaha agtooda, dibadda, iyo wixii intaas ka badan
- Daryeelka naftaada: fayo-qabka waalidka, la qabsashada nolosha marka aad ilmo yeelato
- Wax kasta oo kale oo muhiim kuu ah adiga