

CARUURTA DHALATA ...

...dadka maxay ka walwalaan

Caruurta

- sameeynta shanqar badan marka ay jiifaan
- diif ka tirtirid si sankooda loo nadiifiyo
- jiritaanka shuban yar ee caruurta naaska nuugta marka loo fiiriyo kuwa caano-booraha caba
- canugga 4 maalmood jirka ah oo 4 dhaybar iyo ka badan maalintii qooya
- mantag yar oo ka yimaado marka caanaha la siiyo
- Hingo badan oo aan waxba yeeleeyn
- indhaha oo kala rogma dhowr toddobaad
- cuncun ka muuqda wajigooda iyo faruurac cadcad oo lagu arko sanko dushiisa
- maqaarka iyo wajiga oo angaga
- wadnaha oo xoog u garaaca (qiyaastii 120-160 garaac daqiiqaddii)
- neefsi badan marka adiga lagu fiiriyo (qiyaastii 40-60 jeer daqiiqaddii)
- iyagoo booda oo naxa marka ay cod weyn maqlaan

Haddii aad su'aal qabto ama aad ka walwasho canugaada la xiriir kalkaaliyahaaga caafimaad, umulisadaada, rug caafimaad ama dhakhtarkaada.

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Somali translation of "Newborn Babies...what people worry about"



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