

## TAAGEERADA BULSHADA

Umulisada ka socota cisbitaalka markay kaa saarto daryeelka cisbitaalka ka dib, Kalkaalisada Caafimaadka Hooyada iyo Dhallaanka [MCHN] ayaa la wareegi doonta daryeelka adiga iyo ilmahaaga. Waxay la socon doontaa koritaanka ilmahaaga illaa ilmahaagu ka aadayo iskuulka.

Tan waxaa ka mid ah tallaalada, xaqiijinta in ilmuhu gaaro koriimadooda iyo heerarka koritaankooda looga baahan yahay, baaritaanka maqalka iyo aragtida, talobixinta quudinta, hurdada iyo degitaanka iwm. Waxaa laga yaabaa inay kugu soo booqato guriga marka ugu horreysa, ka dib waxaad ku booqan doontaa Xarunta MCH-ka eek u taal xaafadaada.

Waxay abaabuli kartaa koox hooyooyin ah si hooyooyinka cusub ay ula kulmaan hooyooyinka kale ee ku cusub aagooda. Mararka qaarkood waxaa loo abaabulaa kooxahan kuwo isku luqad ah sida. Fiyatnaamiis, Carabi IWM.

Waxaad ku soo dejisan kartaa barnaamijka (app-ka) MCH-ka taleefankaaga, oo lagu heli karo luqado kala duwan, oo ay ku jiraan Carabi, Burma, Shiineys (Si fudud), Dari, Khmer, Beershiyaan, Punjabi, Isbaanish iyo Fiitnaam.

Tani waxay kaa caawin doontaa inaad wax ka ogaato caafimaadka ilmaha iyo macluumaadka horumarka ee la jaan qaada da'da ilmahaaga. Waxa kale oo aad awoodi doontaa inaad ku sawirto koritaanka ilmahaaga raadraacaha isdhexgalka koritaanka; wuxuu kaloo ku xusuusin doonaa ballamaha soo socda ee MCH.

Haddii caawimaad dheeraad ah loo baahdo arrimo caafimaad ama bulsho awgood, adeegyo taageero oo dheeri ah ayaa ku lug lahaan doona, ama booqashooyinka guryaha ayaa la bixin doonaa mudo dheer.

Kuwaani waxay noqon karaan: Caafimaadka Hooyada iyo dhallaanka ee la Kobciyay - barnaamijkaan wuxuu diirada saarayaa sidii lagu gaari lahaa natiijooyin hagaagsan oo loogu tala galay dhallaanka, carruurta, hooyooyinka iyo qoysaskooda ee la soo darsaya baahi dheeraad ah, iyo kuwa ka faa'iideysan kara taageero dheeri ah; taageerada guryaha; taageerada bulshada ee mudo soconaysa; shabakadaha taageerada qaxootiga iwm.

### Taageerada (Dhaqtarka Guud) GP-ga

Waxaa lagugula talin doonaa inaad booqatid dhakhtarkaaga guud marka ilmahaagu gaadho 6 toddobaad si baaritaan loogu sameeyo. Waxaad u baahan doontaa inaad sameysato ballan dheer si GP-ga uu u baaro adiga iyo ilmahaaga. Waxay ku weydiin doonaan waxyaabo ay ka mid yihiin sida aad dareemayso inaad u soo kabsatay dhalashada ka dib. Caafimaadkaaga jirka - in lagu tolalayo iyo in kale, way ku baari doonaan; Waxay ku weydiin karaan inaad galmo sameysay dhalmadii ka dib; sida naasahaagu yihiin [haddii aad naas nuujiso ama quudinta caanaha lagu qaato]; Waxaa laga yaabaa inay wax kaa weydiyaan saxaradaada iyo inaad wax dhibaato ah qabtid; waxay hubin karaan cadaadiska dhiiggaaga; iyo inaad sonkorow qabtay intii aad uurka lahayd waxay ku weydiin karaan in lagaa qaado baaritaanka dhiigga si loo hubiyo in heerarka sonkortaadu caadi ku soo noqdeen.

Waxay sidoo kale hubin doonaan caafimaadkaaga shucuureed iyagoo ku weydiinaya xoogaa su'aalo ah oo ku saabsan hurdada, sida aad dareetid maalinba maalinta ka dambeysa iyo inay jiraan waxyaabo welwel kugu abuuraya.

Waxay sidoo kale ku waydiin karaan ka hortaga uurka iyo qorshaynta ilmaha soo socda.

## COMMUNITY SUPPORT

After the midwife from the hospital has discharged you from hospital care, the Maternal and Child Health Nurse [MCHN] will take over the care of you and your baby. She will monitor your baby's growth and development until your child goes to school. This includes immunisations, seeing that the baby reaches their growth and developmental milestones, hearing and vision screening, advice on feeding, sleep and settling etc. She may visit you at home the first time, then you will visit her in the MCH Centre which will be in your local area. She may organise mother's groups so that new mothers can meet other new mothers in their area. Sometimes they are offered in language groups ie. Vietnamese, Arabic etc.

You can download the MCH app for your phone, which is available in other languages, including Arabic, Burmese, Chinese (Simplified), Dari, Khmer, Persian, Punjabi, Spanish and Vietnamese. This will help you access child health and development information matched to the age of your child. You will also be able to chart your baby's growth with the interactive growth tracker; it will also remind you about upcoming MCH appointments.

If more help is needed due to health or social issues, more support services will be involved, or the home visits will be provided over a longer time.

These may be: Enhanced Maternal and Child Health - this program is focused on achieving improved outcomes for infants, children, mothers and their families who are experiencing a period of increased need, and who could benefit from additional support; housing support; ongoing social support; refugee support networks etc.

### GP support

You will be advised to visit your GP when your baby is 6 weeks old for a check-up. You will need to make a long appointment so the GP can check you and your baby. They will ask you things like how you feel you have recovered after the birth. Your physical health - if you had stitches, they will check them; they may ask if you have had sexual intercourse since the birth; how your breasts are [if you are breastfeeding or formula feeding]; they may ask about your bowel movements and if you have had any problems; they may check your blood pressure; and if you had diabetes during pregnancy they may ask you to complete a blood test to check if your sugar levels are back to normal.

They will also check on your emotional health by asking you some questions about sleeping, how you feel day to day and if there are things worrying you. They may also ask about contraception and planning for the next baby.

The baby will be checked to make sure they are healthy, gaining weight, having wet and dirty nappies and sleeping as a newborn should. They will ask if you have any concerns about your baby.

## DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.