

## TALOOPYIN KU SAABSAN DHALASHADA KA DIB

Naso / seexo markuu nuunaha seexdo.

Qor liistada waxyaabaha aad u baahan tahay in la sameeyo si marka martidu u yimaadaan oo ay ku yiraahdaan maxaan kuu qabanaa aad u hagi kartid.

Karso oo firijka qeybta barafka gasho cuntada intuisan ilmaha dhalan - ka codso dadka inay kuu keenaan cunto.

Haddii asxaabtaada ay rabaan inay ku caawiyaan, yeel inay ku caawiyaan [la ciyaar carruurta kale iwm.]  
Waqti la qaado isku xirnaada / la ciyaar nuunahaaga [iyo carruurta kale haddii aad haysato waqti]  
Haddii aad dareento inay howshu kugu badan tahay caawimaad weydiiso - MCH, GP, Gabar ku caawiso, shaqaale kiis iwm.

Hayso liis ah lambarrada laga helo caawimaada - PANDA iwm.

Haddii ay ku soo booqdaan dad badan warqad qor oo ku dhaji albaabka hore - 'waan hurdaa, fadlan farriin ii soo dir si aan kuugu helo waqti aan ku soo booqdo', 'waan nasanayaa ee masoo noqon kartaa 2-da duhurnimo adigoo xoogaa roodhi ah ii wado?'

### LAMBARADA MUHIIMKA

Kalkaalisadayda Caafimaadka Hooyada iyo Dhallaanka \_\_\_\_\_

GP-gayga \_\_\_\_\_

Royal Children's Hospital 9345 5522

Khadadka Caafimaadka Hooyada & Dhallaanka 13 22 29 [24 hr]

Khadka caawinta ee PANDA [taageerada caafimaadka maskaxda] 1300 726 306 [9 subaxnimo - 7:30 pm]

Khadka caawinta naas nuujinta 1800 686 268 [24 hr]

Uurka, Dhalashada & Khadka caawinta nuunaha 1800 882 436

## TALOOPYIN KU SAABSAN SIDII AAD UGA DHIGI LAHAYD ILMAHAAGA MID DEGGAN

Carruurta waxay ooyaan markay rabaan inay kula hadlaan. Halkan waxaa ku yaal waxyaabo aad sameyn karto si aad isugu daydo inaad dejiso ilmahaaga:

- Quudi ilmahaaga
- Hubi xafaayada
- Hubso in ilmuhu aanu aad u kululayn ama uusan qabow ahayn
- Maro ku duub ilmahaaga
- Is dhaq dhaqaaji ama dheel, dhegeyso muusikada/heeso
- Ku qaad baaburka la galiyo ilmaha oo socod la aad
- Isku day inaad ilmahaaga u maydho

Qof kale ma qaban karaa ilmahaaga inta aad nasaneyso?

Haddii aad dareento culeys, weydiiso caawimaad - GP, Kalkaalisada Caafimaadka Hooyada iyo Dhallaanka, wac khadka caawinta ee PANDA

Haddii ilmahaagu ay ku adkaato inuu dego oo aad ka walwalsan tahay wac kalkaaliyahaaga Caafimaadka Hooyada iyo Dhallaanka, ama GP-gaaga

## PRACTICAL TIPS FOR AFTER THE BIRTH

Rest/sleep when baby sleeps.

Write a list of things you need done so when visitors come and offer to do something you can direct them there.

Cook and freeze food before the baby is born – ask people to bring food for you.

If friends have offered to help out, take them up on the offer [play dates with other children etc]

Spend time bonding/playing with your baby [and other children if you have them]

If you feel like you aren't coping ask for help – MCH, GP, Doula, Case worker etc.

Have a list of numbers for where to get help – PANDA etc.

If you have too many visitors write a note to go on the front door – 'I am sleeping, please text me to arrange a time to visit', 'I am resting but could you come back at 2pm with some bread?'

### USEFUL NUMBERS

My Maternal & Child Health Nurse \_\_\_\_\_

My GP \_\_\_\_\_

Royal Children's Hospital 9345 5522

Maternal & Child Health line 13 22 29 [24 hr]

PANDA helpline [mental health support] 1300 726 306 [9am – 7.30pm]

Breastfeeding helpline 1800 686 268 [24 hr]

Pregnancy, Birth & Baby helpline 1800 882 436

### TIPS FOR SETTLING YOUR BABY

Babies cry as a way of communicating with you. Here are some things you can do to try to settle your baby:

- Has your baby been fed?
- Check the nappy
- Make sure the baby is not too hot or too cold
- Wrap your baby
- Sway or dance, listen to music
- Take baby for a walk in the pram
- Try bathing your baby
- Can someone else hold your baby while you get some rest?

If you feel stressed, ask for help – GP, Maternal & Child Health Nurse, call PANDA helpline

If your baby is very difficult to settle and you are worried call your Maternal and Child Health Nurse, or your GP

### 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.**