

CUDURKA KU DHACA HAWEENKA DHALMADA KADDIB

Haweeneyda marka ay umusho waxa ku dhalanayo dareen kala duwan. Dareenkaas waxay noqon karaan kalsooni iyo farax ama dareen danbi iyo xumaan. Arrimahan waa wax dhaca kaddib dhalmadaas! Marmarka qaarkood marka hooyada ay dareento xumaanta waxaa laga yaabaa in ay is haynweyso. Tani haddii ay dhacdo waxaa laga yaabaa in ay hooyadu hayo cudurka dhalmo-wareerka.

WAA MAXAY CUDURKA DHALMO-WAREERKA?

Waxaa jira dhibaatooyin maskexeed oo ku dhici kara hooyada marka ay dhasho dhallaankeeda. Waxaa jirta hooyo u leh shan khibradood dhibaatooyinka dhalmo wareerka dhalmada kaddib. Dhibaatooyinkan waxa ay ka weyn yihiin sida ay moodayaan dadka inta badan Hooyo kasta wey ka duwantahay tan kale lagana yaabo in ay qabto calaamado kala duwan.

WAA MAXAY CALAAMADAHAAS?

Inta badan haweenka waxa ay dareemayaan:

- Xumaan
- Xanaaq
- Dareen danbi
- Kalinimo
- Walwal
- Isku filaasho la'aan
- Sabar la'aan

Haween kale waxa ay dareemayaan:

- In ay doonayaan in ay cararaan
- La qabsi la'aan wax kasta ku saleysan
- Daal: Hurdo la'aan xitaa haddii uu canugga seexo
- Dadka oo laga go'o

Hooyada ku cusub Kanada waxa ay dareemi kartaa:

- Kalinimo: Sababtoo ah reerkeeda iyo saaxiibbadeed wey ka fogyihiin
- Waxa aysan aqoon nidaamka caafimaadka Kanada
- Iyadoo ka maqantahay waddooyinka raaxada iyo dhaqanka

Dareenkaas waxa uu hooyada hayn karaa laba toddobaad ama ka badan, dareenkaasna iskama baaba'o. Tani lamid ma'aha dareenka la yiraahdo "baby blue" oo ah daal iyo illimo oo la arko marka uu dhallaanku dhasho, wuuna iska dhamaadaa.

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Hooyada waxaa laga yaabaa in ay ku fikirto in ay dhib u geysato canugeeda ama nafteedaba, waa marka ay aad u daasho ama wareerto. Markaas waa in Takhtarka lala tashadaa oo loo tagaa.

MAXAA KEENA CUDURKA DHALMO-WAREERKA?

Waxa cudukaas keena ilaa hadda sifican looma fahmin.
Waxaase kamid noqon kara:

Dareemada Jirka oo isbeddela
Wareer iyo in ay hooyadu helin kaalmo iyo talo bixin
In ay hooyadu tahay markii ugu horreysay oo ay dhasho

Waxa kale oo laga yaabaa in ay keento dareemo maskaxeed mooralka oo hoos u dhacay, jirka dil iyo kufsasho horay u dhacay.

MAXAA HAWEEN BADAN KU RIDAY AAMUSNAAN?

Waxaa laga yaabaa in ay qariyeen dareenkooda
Waxaa laga yaabaa in ay dareemaan ceeb iyo danbi
Dadka caafimaadka ka shaqeeyo ayaa laga yaabaa in aysan aqoonsan cudurka
Dadka is qaba iyo reerka aysan u qaadanin cudurkan si run ah

MAXAA KU CAAWIN KARA?

La hadal hay'adaha caafimaadka, reerkaaga, saaxiibbadaa ama la taliye
Weydii rugta kuugu dhow oo daaweysa cudurkan
Hooyada waa in ay heshaa cunto ku filan iyo nasasho fiican
In la fahmo in aysan hooyada mas'uul ka ahyn cudurkan
In la aqballo in hooyada cusub aysan qaban karin wax kasta
Weydiiiso kaalmo dadka kale
Waa in aad diyaar u tahay in aad ogolaato arrimo badan oo kugu cusub sida la talinta,
kaalmo guud ama daaweyn gaar ah
In aad maalinba maalin qaadata (qunyur-socod)

Xasuuso: Kaalmo ayaad heli kartaa: Dhibkan ma socon doono waligiis.

Haddii aad su'aalo qabto fadlan wac Naarse (caafimaadka) , Umulisodaada, ama takhtarka.