

# Daryeelka Ilmaha iyo

## Caafimaadka Ilmaha

XAASHIDA MACLUUMAADKA WAALIDKA



### Kontoroolka infekshinka iyo nadaafada

Ilaalinta iyo horumarinta koritaanka caafimaadka carruurta yar yar waa masuuliyada kowaad ee xannaaneeyayaasha. Carruurta yar yar gaar ahaan aad bay ugu nugul yihiin jirada iyo infekshinka sababtoo ah nidaamka difaaca jirkooda si buuxda uma korin. Xirriirka aadka u dhaw ee ay la yeeshaan carruurta kale iyo xannaaneeyayaasha jooga xannaanada carruurta waxay kordhisaa suurtagalnimada inay la kulmaan fayras iyo jeermis badan. Saa daraadeed, hargabka iyo infekshinka xubnaha neefsiga ee sare waa wax caam ah oo dhaca!

Laakiinse cuddurada infekshinka leh waxay noqon karaan kuwo aad khatar u ah. Nasiib wanaag, qaar badan oo ka mid ah waa laga hortegi karaa khatarta infekshinkana waa la yareyn karaa. Xannaaneeyayaasha waa inay raacaan shuruudda gobolka iyo territory-ga ee kontoroolka infekshinka iyo nadaafada, tan ayaana qaabeysa siyaasada iyo nidaamka yareeya khatarta infekshinka. Waa muhiim in la aqoonsado in kuwani ay jiraan si loo ilaaliyo carruurta. **Waalidiinta waxay ka ciyaaraan door muhiim ah xagga taageerida xannaaneeyayaasha si loo yareeyo khatarta infekshin khatar ah.**

Golaha Cilmi baarista Caafimaadka iyo Caafimaadka Qaranka (NHMRC) wuxuu gartay **“saddexda siyaalood ee ugu muhiimsan ee looga hortagayo faafida cuddurada infekshinka leh”** goobaha xannaanada carruurta ah (Caafimaad Qabida Xannaanada Carruurta, 4 th ed., 2005, p.3).

#### 1. Gacan dhaqid wax ku ool ah

Qof kastaa waa inuu si dhameystiran u dhaqaa, u biyo raaciyaa oo uu u qalajiyaa gacmahooda:

- Ka hor intaadan wax cunin, ama aadan diyaarin oo aadan gacmaha saarin cuntada
- Ka hor intaadan daawada siin
- Ka dib markaad musqusha gashid ama aad bedeshid neebiga
- Ka dib markaad duufsato, hindhisto ama qufacdo
- Ka dib markaad qashinka qaado
- Markaad timaado ama aad ka tegayso adeega xannaanada carruurta

Waalid ahaan, waxaad caawimaad ka geysan kartaa ilaalinta caafimaadka ilmahaaga iyo kuwa kaleba, adoo ku dhiirigelinaya gacan dhaqid taxadar leh wakhtiyadan. Haddii aadan hubin sidii aad si wax ku ool leh gacmaha ugu dhaqi lahayd, ka raadi macluumaad warqadaha adeega dhexdiisa yaal ama weydii xannaaneeyaha ilmahaaga macluumaadkan. Waxaad sidoo kale ka eegi kartaa cinwaankan website ka Korinta Carruurta (Raising Children's) ([www.raisingchildren.net.au](http://www.raisingchildren.net.au)), haddii aad internet isticmaali karto.

#### 2. Ka saarida carruurta jiran

Waxaa laga yaabaa inay walaac u keento badan waalidiinta marka ilmahooda laga soo saaro xannaanada. Laakiinse waa mid ka mid ah siyaalaha ugu muhiimsan ee lagu ilaalin karo dhammaan carruurta. Xannaaneeyayaasha waxay ka heystaan awaamiir khaas ah Wasaaradda Caafimaadka ee Gobolka/Territory-ga oo ku saabsan cuddurada infekshinka iyo wakhtiyada ilmaha laga saarayo xannaanada- weydii haddii aadan hubin.

#### 3. Tallaalka

Tallaalku badanaa waa hab ammaan ah oo lagaga hortago cuddurada infekshinka oo khaas ah, oo ay ka mid yihiin qaar badan oo nafta halis ku ah. Tallaalku wuxuu ilaaliyaa qofka la tallaalay, carruurta aad ka u yar in la tallaalo iyo dadka kale ee la tallaalay ee laakiinse uusan tallaalku wax ku oolka ahayn. Sababtoo ah khatarta dhabta ah ee ay keenayaan cuddurada infekshinka khatarta leh, waa wax la fahmi karo in tallaalada qaarkood loo baahdo in Wasaaradda caafimaadka ee Gobolka/Territory-ga ama hay'dada maalgeliyaan ka hor intaan ilmaha lagu aqbalin xannaanada.

**Ka taageerida xannaaneeyayaasha ka hortegida faafida infekshinka dhab ahaan waa taageerida koritaanka caafimaad ee dhammaan carruurta – kuwaaga iyo kuwa kaleba.**

**Warqadaan xaqiiqda ee waalidka waxaa lagu heli karaa afaf kale duwan oo bulshadeed waxaana lagala soo bixi karaa website ka Early Childhood Connections ee ah [www.ecconnections.com.au](http://www.ecconnections.com.au)**

DA'DAALKA



ROYAL CHILDREN'S HOSPITAL

WAXAA TAAGEERAY DEEQDA  
WAXBARASHADA KA TIMID



WAXAA KAALMEEYAY GOLAHA  
AQOONSIGA DARYEELKA  
ILMAHA EE QARANKA



WAXAA TAAGEERAY



Australian Government  
Department of Families,  
Community Services and  
Indigenous Affairs