



Sidee Ayeey u Socotaa Naas Jaqsiinta?

Fadlan is weydii su'aalahan marka uu carruurtaada gaaro 4 maalmood. Jawaabaha aad bixisid waxay kugu kaalmeyn karaan in aad ogaatid haddii ay waxtar kuu leedahay in aad la hadashid la-taliyaha nuugidda. Goobo ku wareeji "Haa" ama "Maya" su'aal kasta.

1. Ma kula tahay in naas nuujinta si wanaagsan kuugu socoto waqtigaan?

Haa Maya

2. Caanihii miyeey yimadeen wali? (Nasahagii miyeey adkaadeen oo ay buuxsameen markii ilmuhu jirey 2 illa 4 cisho.)

Haa Maya

3. Xanuunka ibta miyeey haatan kaa bogsatay?

Haa Maya

4. Inta badan, cunugaada ma ku weydiiyaa in aad quudisid? (Haddii ilmahaagu hurda badan yahay oo aad toosiso si aad cuntada u siiso, jawabtu waa "Maya".)

Haa Maya

5. Cunugaada awood ma u leeyahay in uu si sahlan u qabsado naasahaada?

Haa Maya

6. Cunugaada si isdabajoog ah miyuu u nuugaa ugu yaraan 10 daqiiqo mar kasta oo la quudiyo?

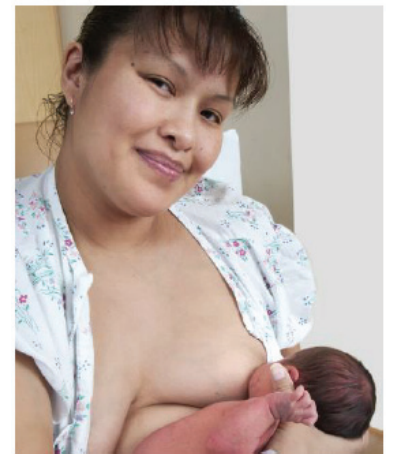
Haa Maya

7. Ma maqashaa liqidda cunugaada inta aad quudineysid (dhawaaqa sida "uh" ama "uh-huh") ugu yaraan nuugid kasta oo 3aad?

Haa Maya

8. Nuugidda kaddib, cunugaada ma u muuqdaa in uu yahay raali (ma **aha** in uu bilaabo qeylo ama in uu nuugo gacmahiisa)?

Haa Maya



Maalinta 4aad, inta badan hooyooyinka waxay isbaddal ku arkaan naasahooda iyo dabeecadaha nuujinta

9. Cunugaada ma nuugaa 1½ ilaa 3 saac kasta, isaga/iyada oo aan qaadanin in ka badan 1 nasasho dheer oo gaarta ilaa 5 saac maalin kasta (ugu yaraan 8 quudin, 24 saac kasta)?

Haa Maya

10. Naasahagu miyeey buuxsamaan marka ilamuhu aanu jaqin mudda dheer (3 ila 5 sacadood), miyeey dabcaan marka uu jaqo?

Haa Maya

11. Cunugaada si wanaagsan caloosha ma u socotaa ugu yaraan 4 jeer maalin kasta (mid kasta in ka badan “dhibic” uu ku dhaafo xafaayadda)?

Haa Maya

12. Saxarada cunugaada ma waxay isu baddashaa jaalo iyo jileec, ku dhawaad biyo biyo?

Haa Maya

13. Cunugaada ma qooyaa xafaayadda ugu yaraan 4 ilaa 5 jeer maaintii?

Haa Maya

Haddii aad “Maya” ku jawaabtay mid ka mid ah su’aalahaan, wac Adeegyada Nuujinta UWMC (UWMC Lactation Services), telefoonka 206-598-4628. Waa sahlan tahay in la saxo dhibatooyinka naas nuujinta marka kowaad ee aad bilowdid in aad naas nuujisid, hase ahaatee waa adag tahay in xal laga gaaro haddii aad sugtid.

*Waxaa laga qaatay Barnaamijka Naas Jaqsiinta (The Lactation Program)
901 E. 19th Ave., Denver, CO 80203*

Su'aalo?

Su'aalahaagu waa kuwo qiimo leh. Haddii aad qabtid su'aalo ku saabsan naas nuujinta, fadlan wac Adeegyada Nuujinta (Lactation Services), telefoonka: 206-598-4628.

How Is Breastfeeding Going?

Please ask yourself these questions when your newborn is about 4 days old. Your answers will help you know if it might be helpful to talk with a lactation consultant. Circle “Yes” or “No” for each question.

1. Do you feel breastfeeding is going well for you at this time?

Yes No

2. Has your milk come in yet? (Did your breasts get firm and full when your baby was 2 to 4 days old?)

Yes No

3. Is any nipple soreness starting to get better by now?

Yes No

4. Does your baby usually ask to feed? (Answer “No” if you have a sleepy baby who needs to be awakened for most feedings.)

Yes No

5. Is your baby able to latch on to your breasts easily?

Yes No

6. Does your baby suck rhythmically for at least 10 minutes total at each feeding?

Yes No

7. Do you hear your baby swallowing while nursing (sounds like “uh” or “uh-huh”) with at least every 3rd suck?

Yes No

8. Right after feedings, does your baby seem satisfied (is **not** rooting or sucking on his hands)?

Yes No



By the 4th day, most mothers notice changes in their breasts and in their baby’s nursing behaviors.

9. Does your baby nurse every 1½ to 3 hours, with no more than 1 long break of up to 5 hours each day (at least 8 feedings each 24 hours)?

Yes No

10. Do your breasts feel full when your baby goes a long time (3 to 5 hours) without nursing, and softer after nursing?

Yes No

11. Is your baby having at least 4 good-sized bowel movements each day (each one more than just a “stain” on the diaper)?

Yes No

12. Are your baby’s bowel movements turning yellow and soft, almost runny?

Yes No

13. Is your baby wetting diapers at least 4 to 5 times a day?

Yes No

If you answered “No” to any of these questions, call UWMC Lactation Services at 206-598-4628.
Breastfeeding problems are easier to correct when you first start to breastfeed, and harder to solve if you wait.

Adapted from The Lactation Program, 901 E. 19th Ave., Denver, CO 80203

Questions?

Your questions are important. If you have questions about breastfeeding, please call Lactation Services: 206-598-4628.