

Haddii aad qabto wax su'aalo ah oo ku saabsan daryeelka canugaaga cusub ama halka caawinaad loo raadsado, wac barnaamijka Healthy Babies Healthy Children ee qeybta caafimaadka bulshada ee xaafaddaada.

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SOMALI

Caruurta oo dhan waxay mudan yihiin bilow nolol tan ugu wanaagsan ee suurtogalka ah. Ubadka sanadahiisa ugu horeeya laga bilaabo dhalashada ka hor ilaa iyo lix jir ayaa aad muhiim ugu ah korriin caafimaad qaba. Waqtigan waa goorta ay caruurta maskaxdooda iyo jirkooduba ay xawaari dheer ku koraan. Caruurta caafimaadka qabta ayaa ah kuwa u badan in ay joogteeyaan ladnaansho ilaa iyo inta ay ku jiraan sanadahooda caruumnimada, dhalin-yaranimada iyo qaangaarnimada.

Sanadaha hore ee nolosha canugaaga waa waqti aad u xiiso-leh. Canugtaada waxay baranaysaa adiga iyo dunida ku hareereysan.

Adigu waxaa tahay canugtaada macalinkeeda ugu wanaagsan. Sida aad u daryeesho, ula hadasho oo aad ula ciyaarto canugaaga sibyaanka waa waxa raad reeba ku leh sida canugtaada wax u barto iyo sida ay u korto.

Qibraddahaaga hore ee aad la qaadata canugtaada ayaa ah waxa ay aadka ugu manfacayso. Waa kan qaar ka mid ah talo-bixin kaa caawinaya in aad ugu bogoto waqtiga aad la qaadata canugaaga cusub inta lagu jiro sanadka koowaad:

- Caruurta la in qabto ayay jecelyihiin. Waqti la qaado oo canugaaga laabta saar oo qabo.
- Canugtaada deji marka ay ooyso.
- Barro calaamaddaha canugaaga — marka ay baahi hayso, jifto ama ay dooneyso in ay adiga kula ciyaarto.
- Caanaha naaska ayaa ah dhammaan nafaqada canugaaga uu ubaahan yahay lixda bilood ee ugu horeysa. Naas nuujinta ayaa noqon kara wadada gaarka ah oo aad ku dareemeyso u dhowaanshaha canuga.
- Canugaaga kula hadal codi dabacsan, oo deggan.
- Qaabka aad ula hadlaysid, ula ciyaareyso, wax u bareyso una jeclaaneyso ayaa waxaa canugaaga uu ka caawinayaa inuu koro oo wax barto.
- Qaabka Canugaaga ka caawi inuu sahmiyo amaanka. La wadaag dareenada, midabbada, dhawaaqyada iyo carafka kala duwan.
- La wadaag buuggaagta sawirka leh oo u aqri sheekooyinka sahlan, oo ay ku jiraan kuwa ku qoran luqaddaada koowaad. Sidoo kale tani waa fursad aad canugaaga laabta ku saarto.
- Caadi ahaan caruurta ciyaarta ayay wax ku bartaan. Canugaaga la maaweelo, la ciyaar oo la hees, miyuusigga la tun oo la ciyaar.
- Waa muhiim in aad naftaadana daryeesho! Weydiiso saaxiibkaaga aad aaminsan tahay ama xubin qoyskaaga ka mid ah in ay canugaaga ku ilaaliyaan si aad biriif u qaadata.

Booqasho lagu tago Xarunta Ontario Early Years Centre ee xaafaddaada ayaa ah fursad kugu xirta waalidiinta kale ee haysta caruurta yar yar. Sidoo kale adiga iyo canugaaga waxaad wax ka baranaysaan barnaamijyada ku saabsan barbaarinta iyo jaaliyadda ayaa adiga iyo canugaaga ka ogaan kartaan. Si aad u ogaato goobta kuugu dhow ka fiiri [www.ontario.ca/earlyyears](http://www.ontario.ca/earlyyears).

## Ilaha jaaliyadda iyo qadka internetka

**Ministry of Children and Youth Services:** [www.ontario.ca/earlychildhood](http://www.ontario.ca/earlychildhood)

- Waxbadan ka ogow ama ka barro canugaaga korniinkiisa iyo adeegyada iyo barnaamijka dowladda Ontario.

**Ministry of Health and Long-Term Care:** [www.ontario.ca/vaccines](http://www.ontario.ca/vaccines)

- Wax badan ka ogow gobolka Ontario barnaamijyadiisa tallaalka bilaashka iyo jadwalka tallaalka canugaaga.

**Ministry of Education:** [www.ontario.ca/childcare](http://www.ontario.ca/childcare)

- Waxaa laga yaabaa in aad daryeel caruur aad u baahan tahay haddii aad shaqo ku laabanaysid — qadka internetka halkan ka raadi daryeel caruur ee baahidaada buuxinaya.

**Telehealth Ontario:** Qatka bilaashka ah 1-866-797-0000

- Qof kasta ayaa usoo wici kara si loo siiyo talo caafimaad bilaash ah oo asturan, taageero naasnuujin ama haddii aad doonayso macluumaad guud ah oo ay siinayaan kalkaaliso diiwaangashan, 24 labaatanka saac, todobaadkiiba 7 maalmood.

**Ontario Early Years Centres:** [www.ontario.ca/earlyyears](http://www.ontario.ca/earlyyears)

- Xarumaha aad keeni karto halkaasoo caruurta yar ilaa iyo lix jirka iyo waalidiintoodaba iyo kuwa xanaaneeya ay u bogi karaan barnaamijyada iyo howlaha ay wada ciyaari karaan sida ciyaarta, farshaxanka iyo miyuusigga wareegga.

**Nipissing District Developmental Screen:** [www.ndds.ca](http://www.ndds.ca)

- Helitaanka macluumaadka korniinka ee canugaaga iyo caruurta ilaa iyo lix sano jirka kaasoo kaa caawinaya la socoshada iyo taageerada canugaaga korniinkiisa caafimaad.

**Ontario 211:** wac 211 ama qadka internetka [www.211ontario.ca](http://www.211ontario.ca)

- Macluumaad iyo u-tilmaamida adeegyada bulshada iyo jaaliyadda oo la heli karo 24 saacaad maalintiiba, 7 maalmood sitimaankiiba. Talefoon adeegga waxaa lagu diyaariyay in ka badan 150 luqaddood..

**Canadian Paediatric Society:**  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

- Macluumaad wax-tar leh oo waalidiinta loogu talogaly kana socda Takhtaatiirta caruurta (Canadian paediatricians).

