



## Dhaqanada U seexashada Badbaada ee Dhallaanka iyo Socod baradka Xaashida Tilmaanta

Sharci cusub, [WAC 170-300-0291](http://wac.170-300-0291) waxa uu xooga saaraa horumarinta dhaqanada caafimaadka leh, hurdada badbaada leh ee dhallaanka iyo carruurta socod baradka ah ee diiwaanka gashan. Qaybtan waxay u baahantahay adeeg bixiyayaasha waxbarashadda hore inay:

- Si firfircoon u kormeer dhallaanka hurda seexday ama socod baradka.
  - "**Kormeerka Firfircoon**" ama "**u kormeer si firfircoon**" macnahisu waa dareenka xooga la saaray iyo fiirinta ula kaca ah ee carruurta dhammaan wakhtiyada oo dhan. Adeeg bixiyaha barashada hore waa inay dhigaan nafahooda si loo arko dhammaan carruurta. Daawashada, tirinta, iyo dhegaysiga wakhtiyada oo dhan. Waxay isticmaalaan aqoontooda koboca iyo kartiyaha ilma kasta si ay u fishaan waxa ilmahu samayn karo, oo waxay ka qayb qaataan ama dib ugu jiiheeyaan carruurta haddii ay lama huraan tahay. dhallaanka, socod baradka, iyo carruurta ka horaysa dugsiga waa in la kormeeraa wakhti kasta ay ka mid tahay habka caadiga ah ee maalinlaha ah sida seexashada, wax cunista, beddelka xafaayada, ama isticmaalka xamaamka.
- Raac talooyinka hadda ee American Academy of Pediatrics ee khuseeya dhaqanada seexashada badbaadada ah ay ka mid tahay yaraynta khatarta SIDS/SUIDS. Eeg <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Safe-Sleep-Recommendations-to-Protect-Against-SIDS.aspx>.
- U seexi **ilmaha** dhabarkiisa ama dhabarkeeda
  - Haddii **ilmaha** uu is rogo marka uu hurdo, adeeg bixiyaha barashada hore waa inuu u soo roгаа **ilmaha** dhabarkiisa ama dhabarkeeda ilaa **ilmahu** uu awood u yeesho inuu si madaxa banaan iskaga soo rogo xaga hore iyo xaga dhabarkaba.
  - Xirfada kocoba waxaa la arki karaa marka **ilmahu** uu soo jeedo ama hurdo.
- Si ku filan u iftiimi qolka si awood loogu yeesho in la arko ilmaha ama midabka maqaarka ilmaha socod baradka ah haddii ay dhacdo isbeddelo.
- Ka warhayn noocyada neefsashada ee ilmaha iyo ilmaha socod baradka ah ee dhexda fiirinta muuqaalka, oo ogow wixii isbeddelo ah.
- U oggolow ilmahaaga iyo ilmaha socod baradka ah inay raacdo noocyadooda seexashada ah.
  - Dhallaanka iyo socod baradku waxay u baahanyihiin inay seexdaan marka ay daalan yihiin oo ah si aan waafaqsanayn jadwalka uu go'aamiyo adeeg bixiyaha barashada hore.
- Ha oggolaan busteyaal dabacsan, caagaga carruurto ku ciyaarto, barkimooyinka, maryaha girgirka xoolka lagu xidho, iyo walxo la mid ah ee gudaha xoolka la isticmaalayo, xoolyaraha ilmaha, ama qalab kale halka **ilmahu** guud ahaan uu seexdo.
  - Dharka ilmahu ku seexdo, sida kiishka seexashada ama bijaamaha, si la doorbidayo waxa uu u diiriyaa ilmaha marka la yarayno fursada daboolida madaxa.



# Washington State Department of Early Learning

- Dhar ku duubistu waa inay kaga giijsnaataa xabadka laakiin meel ku filan u oggolaataa misgaha iyo jilbaha si la isaga ilaaliyo kala bixida misigata ama lafta misigta ka baxda.
- Marka uu ilmahu muujiyo calaamadaha uu isku deyayo inuu is rogo, ku duubista dharka waa inaan in dheeraad ah la isticmaalin.
  
- ha oggolaan buste ama walax kasta oo kale si loo huwiyo ama loo saaro guudka xool **la isticmaalayo**, xool yare, ama qalab kale halka **ilmahu** guud ahaan seexo.

  - Walaxaha la saaray guudka xoolku waxay xumeeyaan kartida adeeg bixiyaha barashada hore si uu u arko oo u maqlo ilmaha.
  - Waxa la saaro waxay ku dhici karaan dusha ilmaha iyaddoo ku abuuraysa khatarta in neeftu ku dhegto ama dhibaato.

  
- Ha oggolaan buste, go'yaal, ama dharka si loo saaro qayb ilmaha ah ama socod baradka madaxiisa ama wejiga marka uu hurdo, oo dib ugu habbee walxahan marka loo baahdo.

  - Bustayaasha ama maryaha saaran ilmaha ama socod baradka madaxiisu waxay saamayn karaan kartidooda ay ku neefsadaan.

  
- Ka hortag dhallaanka ama socod baradka inay kululaadaan markay seexanayaan. Sharciga wanaagsan ee u lebiska ilmaha ama socod baradku waa in hal lakab oo dheeraad ah oo dhar ah oo ka badan inta aad xidhantahay si aad raaxo uga hesho isla deegaan isku mid ah.

  - Calaamadaha ilmaha ama socod baradku waa inuu aad u diiranaada ama ta xanuunka la leh waxaaa ka mid ah, laakiin aan ku xadidnayn:
    - Dhididka
    - Maqaar cas, macbuus ah, ama maqaar kulul oo qalan, diiran marka la taabto.
    - Sare u kac kedis ah oo heer kulka ah
    - Mataga
    - Diidaya cabbida
    - Nasinta madaxa ilmaha ee godan.
    - Cuncunka

**OGAYSIIS:** Macluumaadka halkan lagu bixiyay maaha sharci laakiin keliya waxaa loo bixiyaa tilmaanta guud. La tasho hadda sharciga laga dhigay ee Revised Code of Washington (RCW, Summada Dib loo eegay ee Washington) iyo Washington Administrative Code (WAC, Summada maamulka Washington) wixii ah sharciga iyo qaanuunada ku habboon.