

## Macluumaad ku anfacaya

**1 Canugga soo dhaweyso marka aad dhalada wax ku siinaysid.** Marna dhalada ha ku dhaafin iyadoo cunuga afkiisa ku jurtu adigoo u dhigay dhalada hoosteeda wax u celiya marka uu sariirta saaran yahay.

**2 Sabar yeelo marka aad canugga cuntada siinaysid.** Carrurta waqtii ayeeey u baahan yihiin si ay u bartaan wax cunidda. Aad ayeeey isu haleeyan marka ay wax cunayaan. Marwalba ag fadhi marka canuggaaga wax cunayo.

**3 Dhalooyinka waxaa loogu talagalay biyaha, caanaha hooyada ama kuwa la qaso.** Koob ku sii casiirka. Marna ha siin cabitaanka mac sida Kool-Aid, kuwa gasacadaysan, kuwa la qaso ama biyo sokoraysan. Sii canuggaaga qiyaastii 4 auns (ounces) (120 milliliters) oo biyo saafi ah maalin kasta, adigoo ku siinaya koob.



**4 Marna ha ku qasbin canugga inuu dhameeyo cuntada ama dhalada.** Canuggaaga isaga ayaa kaa yaqaan inta ay tahay inuu cuno. Waa ay kuu sheegayaan markay dhergaan iyagoo madaxa ka fogaynayo, faruuryaha isku qabta, cuntada afkooda ka soo saara ama dhulka ku tuura cuntada.



**5 Saxan yar wax ku sii canuggaaga ee weelka cunnada lagu gado ama dhalada wax ha ku siin.** **Qaado yarna wax ku sii.** Qaadada nadiif ha ahaato midda aad cunnada uga soo saaraysid weelasha cunnada lagu gado ama dhalooyinka. Dhareerka ama cadhuufa canuggaaga waa ay haleyn kartaa cunnada taasoo shuban keeni karta. Daadi raashinka iyo cabitaanka uu ku soo reebo dhalada ama saxanka. Ku kaydi qaboojiyaha cunnada weelka lagu soo gado ku jira. Iisticmaalna 2 cisho gudahood.



**6 Marwalba cunno cusub ku day.** Shan cisho sug inta aadan canuggaaga ku dayin cunno cusub. Wuxaad ka eegtaa calaamadaha aleerjiyada.

## Macluumaad ku anfacayo

**7 Raashinka aleerjiyada keeni kara waxaa ka mida:**

- ▲ Caanaha lo'da
- ▲ Casiirka Oranjka
- ▲ Qaybta cad ee ukunta
- ▲ Waxyaabaha Masaggada laga suubiyo
- ▲ Cunnada galleyda
- ▲ Kalluunka iyo cunnada badda
- ▲ Cunnada laga suubiyo digirta Soy sida caanaha Soy
- ▲ Looska shiidan ama lawsaska kale
- ▲ Looska shiidan
- ▲ Shukulaatada (Chocolate)
- ▲ Istarooberi
- ▲ Yaanyada Cayriinka ah

Carrurta badankood waa ay ka koraan xasaasiyadda noocan ah.

**8 Calaamadaha aleerjiyada waxaa ka midah:**

- ▲ Firiricyada jirka ka soo baxa
- ▲ Gaas (dabeysa caloosha gasha)
- ▲ Neefta oo dhibta
- ▲ Shuban



**Digniin :** Carrurta si fudud ayeeey ugu sixan karaan cuntada sida hoot dooggaa, daangada, looska, karootada cayriinka ah, canabka, nacnaca la calaajyo, xanjada, iyo nacnaca adag. Ha siinin cuntadani. **Marnaba** ha siinin canuggaaga malab ama cunto laga sameeyey malabka. Canuggaaga aad ayuu ugu xanuunsan karaa amaba waa uu ku dhiman karaa.



**9 Cunno saafi ah gado.** Iska ilaali cunnada la soo diyaariiyey ee isku qasan. Haddii aad doonaysid adiga ayaa isku qasan ama sameysan kara. Adiga ayaa isku darsan kara hilibka, khudradda, bariiska iyo baastada sida aad doonaysid. Sidaa ayaa kaaga caafimaad badan kana raqisan.

**10 Wuxaad cuntada kaddib siisaa faruuto.** Carrurta uma baahna waxyaabaha macmacaan sida kastarka iwm.



**11 Maro qooyin mari ilkaha** canugga cunnada kaddib.

**12 Saabuun ku dhaq gacmahaada** iyo kan canugga inta aadan cuntada siinin. Ku dhaq biyo kulul oo saabuun leh kursiga carrurta lagu cunto siyyo.

# Dheefinta carruurta 6 illaa 12 bilood ah



Tani waa hadafa cunugayga: \_\_\_\_\_

# Cunnada Carruurta lix illaa iyo 12 bilood ah

U isticmaal tilmaantan tusaale ahaan sida aad canuggaaga u bari lahayd cunnada.

Haddii canuggaaga uu dhashay sagaalka bilood ka hor, kala tasho shaqaalah WIC xagga cunno siinta.

## Qiyaastii 6 illaa 8 bilood

### Marka uu canuggaaga awoodo:

- ✓ Inuu meelaha qabqabsado
- ✓ Inuu keligii fadhiisto
- ✓ Inuu wax calaajiyo
- ✓ Ka caawi cunigaada a isticmaalka kooba



### Marka hore:

- ▲ Si aayar ku bilaw khudrad la kariyey oo shiidan. Ha ku darin cusbo ama sokor.
- ▲ Ku billaw inaad bartaa inuu koob yar biyaha ka caboo.

### Marka xigta:

- ▲ Faruutada shiidan. Ha ku darin sokor.
- ▲ Ku bilaw casiirka WIC lagaa siiyo. Ha ka badin casiirka 2 owns (ounce) (60 milliliters) maalintii adigoo ku qasayo 2 awns (ounce) oo biyo ah. **Marwalba koob ku sii casiirka.**

### Waxaad kaloo:

- ▲ Siisaa cunno kala duwan.
- ▲ Isku daydaa inuu canugga keligii wax cuno.
- ▲ Waxaad isticmaali kartaa qalabka cuntada lagu shiido marka aad u diyaarinayso cunnada.



## Qiyaastii 8 illaa 10 bilood

### Marka uu canuggaaga awoodo:

- ✓ Inuu cuntada ilkaha ku goosto
- ✓ Inuu cuntada uu gacmihiisa ku cuno
- ✓ Inuu isticmaalo koob



### Waxaad ku billawdaa:

- ▲ Badar isku qasan sida siriyalka carruurta.
- ▲ Hilib ama digaag shiidan **Marna ha siin hilibka loo yaqaan – hot dog.**
- ▲ Digir la shiiday oo karsan.
- ▲ Burcadda shiidan iyo caano fadhi (ciirta).
- ▲ Bariis iyo baasto cad oo la kariyey loo jarjaray ama shiidan.

### Ku day cunnada la jarjaray oo faraha lagu qabsan karo:

- ▲ Burcad yar yar.
- ▲ Wax yar oo jilicsan khudradda la kariyey oo jarjaran ama faruuto fiiqan.
- ▲ Roodhiga yar yar oo la kulleeyo, buskutka aan cusbada Lahayn ama muufada galleyda laga suubiyo oo yar yar.
- ▲ Wax yar oo kariyay hilibka shiidan, digaaggaa ama, kalluunka oo loo jarjaro. Lafaha iyo meelaha adag ka bixi.

### Sidoo kale:

- ▲ Ha ku darin sokor, cusbo, subag ama waxyaabaha cunnada lagu carfiyo.
- ▲ Cunnada kaligii ha cuno.
- ▲ Ku wad inaad siisaa faruuto cusub iyo khudrado kala duwan si uu canugga u jeclaado cunnada kala duwan.
- ▲ Marka ay carruurtu badsadaan cunnada adag, waa ay yareeyaan cabitaanka caanaha naaska iyo kuwa la qaso.



## Qiyaastii 10 illaa 12 bilood

### Marka uu canuggaaga awoodo:

- ✓ Inuu calaajiyo laqana cuntada jilcan, oo shiidian ama la yaryareey
- ✓ Inuu Iisticmaalo koob
- ✓ Inuu billaabo isticmaalka qaadada



### Ku bilaw:

Adigoo u yar yareynaa cunnada jilcan ee reerku cuno:

- ▲ Siriyalka, roodhiga iyo buskutka aan sokorta Lahayn.
- ▲ Faruutada iyo khudradda la kariyo.
- ▲ Hilibka la kariyo oo jilcan, digirta iyo lentilska la kariyo, ukunta qaybta dhexe oo la kariyo (yolks).
- ▲ Kasseroole (Casseroles).

### Sidoo kale:

- ▲ Canuggaaga keligii ha ku cuno gacmaha ama qaadada.
- ▲ Reerka ha la fadhiisto marka miiska wax lagu cunayo.
- ▲ Ka yaree isticmaalka dhalada una badi isticmaalka koobka. Xoogaa yar oo caanaha naaska ama kuwa la qaso ugu shub koobka ama biyo ku sii cuntadiisa.
- ▲ Si aayar ah uga jooji canuggaada dhalada marka uu gaaro sanad. Haddii aad intaa ka yara raagtid, waxaa laga yaabaa in canuggaada ka go'i waayo dhalada. Dhalada oo uu wax ku cabaa waxay wax u gaysan kartaa ilkihiisa.
- ▲ Canuggaada waxaa uu markan billaabayaan inuu cunno siyaado ah cuno islamarkaana caanaha naaska iyo kuwa la qaso oo ka yaraado.



## Qiyaastii 1 year

### Marka uu canuggaada awoodo:

- ✓ Inuu calaajiyo cunnada jilcan
- ✓ Inuu isticmaalo qaado



### Ku bilaw

- ▲ Caanaha caadiga ah, adigoo u yar-yareynayo.
- ▲ Ukunta dhammaanteeda oo karsan.

### Sidoo kale:

- ▲ Seddex jeer ha cunteeyo isagoo isla markaa cunto fududna cunaya inta u dhaxeysa.
- ▲ Marka uu canuggaaga uu la qabsado caanaha subagga leh, koob ku sii canuggaaga 4 auns (ounces) (120 milliliters) 4 goor maalintiba.
- ▲ Caanaha caadiga ah sii canuggaaga inta u dhaxeysa 1jir illaa iyo 2 jir.
- ▲ Koob uun ku sii cabitaanka.
- ▲ Haddii aad doonaysid in lagaa kaalmeeyo dhalo ka joojinta, la xiriir shaqaalah WIC.





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# **P R I N T I N G   S P E C I F I C A T I O N S**

**Title:** Feeding Your Baby: 6 to 12 Months

**Size:** 16.5 x 9

**Paper stock:** 60# text Sterling gloss white

**Ink color:** 4-color process

**Special instructions:** Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

**DOH Pub #:** 961-186