

# Tilmaamaha Diyaarinta NAN 1 Caanaha Ilmaha



Caanaha naaska ayaa aad ugu fiican ilmaha waana in la siiyaa inta suurtagal ay tahay. Ka hor intaadan go'aansan inaad isticmaasho caanaha ilmaha, had iyo jeer la tasho rugta daryeelka caafimaadka si ad u hesho talo.

Magaca ilmaha:

Saxiixa:

Taariikhda:

## Intee caanaha ilmaha ayaa la siinayaa?

Jadwalka Qiyaasta\*:

Da'da ilmaha	Caddadka / cuntada la karkariyay, biyo la qaboojiyay (40 ° - 45 ° C) millilitar	Tirada cabbirka heerarka *	Tirada cuntada maalintiiba ***
1 ilaa 2 toddobaad	90	3	6
3 ilaa 4 toddobaad	120	4	5
2 bilood	150	5	5
3 ilaa 4 bilood	180	6	5
5 ilaa 6 bilood**	210	7	5

\* Had iyo jeer isticmaal koobka cabbiraadda ee baakooyinka. Budo badan ayaa keeni kara fuuqbax. Budo aad u yar ilmahaaga ma siinayso awoodda/tamarta iyo nafaqo ku filan. Ha baddelin qiyaasta biyaha iyo budada adigoo la tashan dhakhtar

\*\* Kadib 6 bilood waa markaad bilaawi lahayd inaad jarto, la tasho dhakhtarkaaga ama kalkaalisada

\*\*\* Iyadoo ku xiran baahida ilmaha

Jadwalkani waa hage kaliya. Rabitaanka cuntada ee ilmahaaga iyo miisaankiisa ayaa go'aaminaya qaddarka kama dambaysta ah.

DIGNIIN: Biyaha aan la karkarin, dhalooyinka aan la kuleelayn ama aan si sax ah loo sifeyn ayaa jirro u keeni kara ilmahaaga. Kaydinta, xakamaynta, diyaarinta iyo quudinta qaldan waxay u horseedi kartaa saameyn xun oo caafimaadka ilmahaaga ah.

## Ka hor inta aanad karin



Dhaq gacmahaaga ka hor intaadan bilaabin diyaarinta caanaha ilmaha.



Si taxaddar leh u nadiifi dhalada, ibka/afka iyo daboolka. Biyo ku karkari dhalada, ibka/afka iyo daboolka dhawr daqiiqadood. Meel ku xareey iyadoo daboolan ilaa xiliga quudinta kale.



Karkari biyaha tuubada ee qabow ilaa ay ka karkaraan dhowr daqiiqadood. Daa inta ay ka qaboobayaan ilaa qiyaastii. 40 ° C oo biyo ku shub dhalada nadiifta ah.



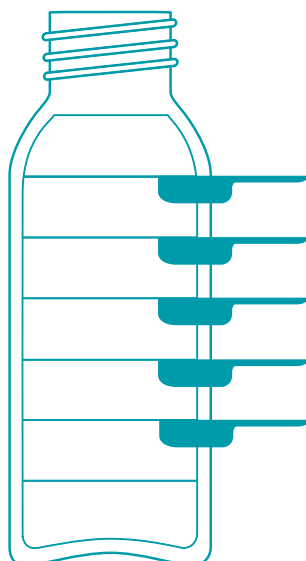
Ku dar qadarka saxda ah ee heerka cabbiraadda budada.



Xir masaasadda hadana rux ilaa inta budada ay ka milmeyso. Iska hubi in isku-darku aanu aad u kululeyn. Had iyo jeer adiga dhadhami inta aadan quudin ilmaha.



Si fiican u xir bacda / duubka ka dib isticmaal kasta oo baakada meel qabow oo qallalan saar.



210 millilitar + 7 koob oo cabbir ah

180 millilitar + 6 koob oo cabbir ah

150 millilitar + 5 koob oo cabbir ah

120 millilitar + 4 koob oo cabbir ah

90 millilitar + 3 koob oo cabbir ah

Ugu dambeyn la cusbooneysiya: 20180212



**Marna ha reebin haraaga!**

Marwalba diyaari in ku filan hal cuno hal mar, si caanaha mar walba ay u noqdaan kuwa hadda la diyaariyay.

SE: 020-29 92 00  
Nestlé Sverige AB,  
Barnmatsforum  
Box 7173, 250 07 Helsingborg  
www.nestlebarnmat.se  
barnmatsforum@se.nestle.com

DK: 80 300 100  
www.nestlebornemat.dk  
forbrugerkontakt@dk.nestle.com

FI: 0800-06161  
www.hyvatevaat.fi  
kuluttajapalvelu@fi.nestle.com

NO: 800 80 730  
www.nestlebarnemat.no

**Nestlé**  
**Baby & you**  
START HEALTHY, STAY HEALTHY