

Oggaysiiska loo diro Waalidiinta iyo Mas'uuliyiinta – U hoggaansanaan La'aanta Hurdada Ammaanka ah

Notice to Parents and Guardians - Safe Sleep Non-Compliance

Taariikhda:	Lambarka Aqoonsiga Bixiyaha:
Magaca Bixiyaha Waxbarashada Xiliga hore ah:	Cinwaanka Bixiyaha Waxbarashada Xiliga hore ah:

Waalidka ama Mas'uulka Qaaliga ah,

Barnaamijkeena waxaa la arkay in uu yahay mid aan loogu hoggaansamin shuruudaha rukhsada ee loogu talagalay Hurdada Ammaanka ah ee Dhallaanka. Shuruudaha Hurdada Ammaanka ah waxaa kamid ah kuwaan soo socda:

- In si fir-fircoon loo ilaaliyo dhallaanka ayada oo loo baarayo 15 daqiiqo kasta oona lagu ilaalinayo meel laga arkayo oona laga maqlayo, ay kamid tahay marka dhallaanka uu seexdo, hurdayo, ama soo kaco;
- In la raaco heerka Caafimaadka carruurta ee Akaadimayada Maraykanka ee khuseysa hawlaha hurdada ammaanka ah ay kamid tahay yaraynta khatarta SIDS/SUIDS;
- In loo seexiyo dhallaanka dhabarkiisa ama dhabarkeeda ama in la raaco heerka Caafimaadka Carruurta ee Akaadimayada Maraykanka. Haddii uu dhallaanka u gadoomo dhinaciisa marka uu jiifo, bixiyaha waxaa khasab ku ah in uu u celiyo dhallaanka dhabarkiisa ama dhabarkeeda illaa dhallaanka uu ka awoodo in uu si madax banaan ugu gadoomo dhabarka iyo hortiisa iyo hortiisa iyo dhabarkiisa;
- In aan la isticmaalin qalab boos seexasho aan ka ahayn haddii laga soo jeediyo dhinaca bixiyaha daryeelka caafimaadka dhallaanka in sidaasi la sameeyo. Hagista waa in ay noqotaa mid qoran oona lagu hayaa faylka dhallaanka;
- In loo aftiimiyo qolka si wanaagsan midkaas oo dhallaanka hurdaya lagu arkayo midabka maqaarka jirkiisa;
- Ilaalinta calaamadaha neefsashada ee dhallaanka;
- In loo oggolaado dhallaanka in ay raacaan calaamadahooda hurdada khaaska ah;
- In aan loo oggolaanin bustooyinka, waxyaabaha la cubay, gogosha sariirta, iyo waxyaabaha la midka ah ee la geliyo gudaha sariirta, sariirta godka leh ee carruurta, ama qalab kale haddii lagu seexiyo dhallaan hurdaya ama nasanaya;
- In aan loo oggolaanin bustooyinka ama wax kale in lagu daboolo ama dusha laga saaro sariir lagu jiifo, sariirta godka leh ee carruurta, ama qalab kale halkaas oo dhallaanka ay inta baddan ku seexdaan;
- In aan loo oggolaanin go' sariirta ama marada in lagu daboolo qayb kasta oo madaxa ilmaha ah ama wejiga marka uu hurdayo, oona dib loo habbeeyo waxyaabahan marka ay lagama maarmaan noqoto; iyo
- In laga hortago dhallaanka in ay noqdaan kuwo aad u kulul marka ay hurdayaan, midaas oo lagu oggaan karo calaamadaha ay kamidka yihiin, laakiin aanan ku ekayn, dhidid, dhalaalid, weji midab barax ah leh, ama maqaar qoyan ama qalayl ah, kulul ah marka la taabto; heer kulka oo dhakhso u kordha; matagid; in uu diido in uu wax cabo, barar maskaxda ilmaha ah; ama cun-cun.

Arinta u hoggaansanaan-la'aanta hurdada ammaanka ah, qorshaha sixida iyo taariikhaha buuxinta waxay yihiin:

Sixiixa Bixiyaha Waxbarashada Xiliga hore ah

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?



The following image shows a safe sleep environment for baby.



Room share:
Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet*.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Use a wearable blanket to keep baby warm without blankets in the sleep area.



Place babies on their backs to sleep, for naps and at night.

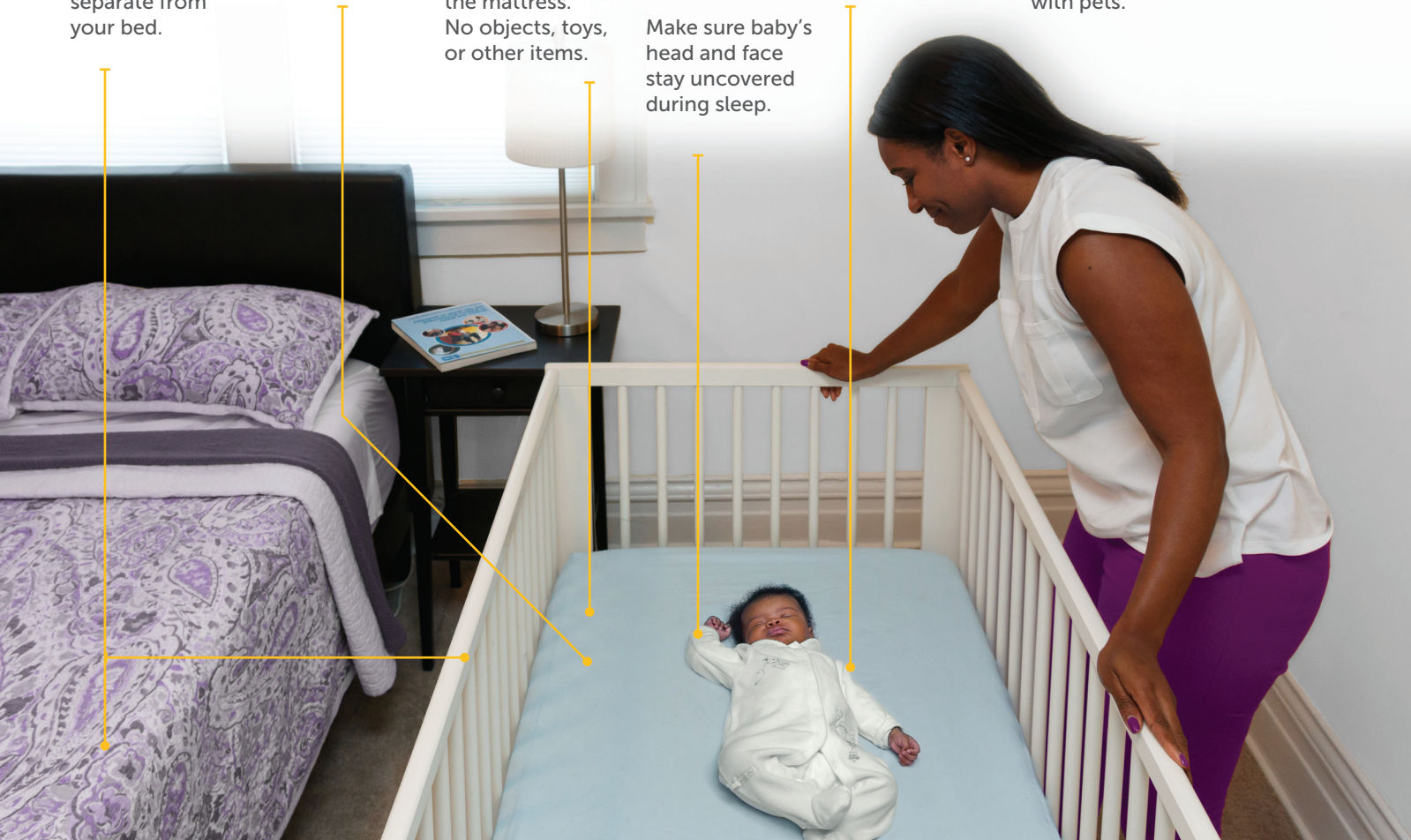


Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.

Make sure baby's head and face stay uncovered during sleep.



*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (like a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Infant Deaths



Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Use a sleep surface for baby that is *firm* (returns to original shape quickly if pressed on), *flat* (like a table, not a hammock), *level* (not at an angle or incline), and covered only with a fitted sheet.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk, like by breastfeeding.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



For more information about the Safe to Sleep® campaign, contact us:

Phone: 1-800-505-CRIB (2742) | Fax: 1-866-760-5947

Email: SafetoSleep@mail.nih.gov

Website: <https://safetosleep.nichd.nih.gov>

Telecommunications Relay Service: 7-1-1