

Hababka U Roon Foosha

Sida aad Qaabkaaga u Beddeleyso Waqtiga Foosha

- isruxid adoo kursi ku fadhiya
- taagnaasho
- socod
- kadaloobsi
- jilbojabsi
- ku fariisad suuli ama kursi, soofe
- gacmo iyo jilbo dhigasho
- dhinac u seexasho
- ku tiirsashod qof
- ku tiirsasho sariir ama kursi

Qaababkaasi waxay kuu soo gaabin karaan foosha, waxayna kaa caawimi karaan xanuunka nabarka iyagoo xoojinaya waxtarka nabarka foosha.

Riixid ama Duugid

Qofka ku caawimayaa wuxuu kuu riixi karaa dhabarka arxdiisa.

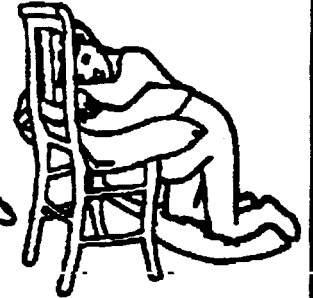
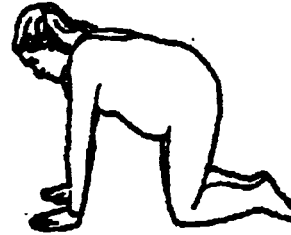
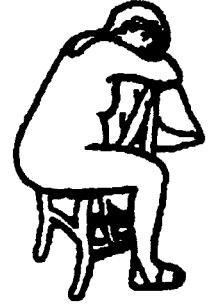
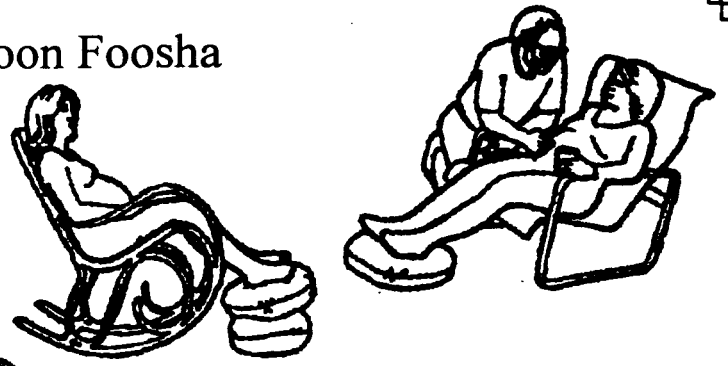
Gacmo xagxagsani waxbay tari karaa...

Waxaa kaloo aad tijaabin kartaa qoriga lawaxaadda ama kubbadda teenisk.

Haweenka qaarkood wax yar oo riixid ah ayay jecel yihiin. Duugiddu waxay u roon tahay u tahay madaxa, dhabarka, garbaha, lugaha, iyo cagaha. Isticmaal dufanka jirka ama saliid. Haweenka qaarkood, marka araxda loo riixo waxaa aad uga yaraada xanuunka nabarka. Taa waxaa loo samayn karaa ayagoo taagan, fadhiya, socda ama dhacdiida.

Kulayl iyo Qabow

- qubayska sixniga oo diirran
- baraf i isku kubakubeeyo
- tuwaal biyo qabow le geliyey oo la mariyo foolka, qoorta, caloosha ama dhabarka. Dumarka qaarkii qabow bay foosha ku jecel yihiin, qaarna kulayl. Raadi sida adiga kuu roon.



Pictures excerpted from
The Birth Partner by Penny Simkin
Copyright 1989, with permission from
Harvard Common Press,
535 Albany Street, Boston MA 02118
Toll Free 1-888-657-3577

