

# 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