

Baro Astaamaha. Ammin horena ku Dhaqaaq.

Nolol wareegga amminka hore ee cunuggaaga ayaa isugu jirta nolol wareeg kobocyo badan sida uu u ciyaaro, barto, hadlo, iyo u dhaqmo.

Gudaha ka fiiri waxyaabahaad ka hubinayso cunuggaaga. Kala hadal cunuggaaga takhtarkiisa taariikhaha xusuusta mudan (milestones).

Ilmaha oon gaarin taariikhdaasi xusuusta mudan, ama kobocooda oo ka dambeeya carruurta kale, ayaa noqon karta astaan dib-u-dhac koboc.

ILMAHAAGA ADIGAA QOFKASTA UGA AQOON ROON

Haddaad ka wel welsan tahay cunuggaaga kobociisa, kala hadal takhtarka.

Haddii adiga ama takhtarku weli ka wel welsan yahay, la xiriir mid ka mida hay'adaha ku qoran war-barraahistan xaggeeda dambe.

HA IS DHIGAN

Ficil deg deg ah ood muujiso ayaa keeni kara isbeddel dhaba!



Macluumaad dheeraad ah ee waxyaabaha aad samayn karto haddaad wax tabanayso, la xiriir cunuggaaga takhtarkiisa ama mid ka mida hay'adahan

www.cdc.gov/ActEarly
1800-CDC-INFO

www.mnparentsknow.info
1-866-693-4769



Hadii aad rabto macluumaadkan wa lacag la'aan "Baro calaamada si aad hadiiba ficil ugu dhaqaaqdid" qalabka waalidinta sidii ad ugana heli laheyd degmadaada



La soco Marxadaha Koboc ee Cunuggaaga



Koboca amminka hore ee cunuggaaga waa geeddi-socod. Adeegso khariiddada marxadaha noloshu, si aad u ogaato waxyaabahaad mar walba eegayso.

habkaan ama nidaamkan sidaad ula socon laheyd ama ku ogan laheyd barbaarinta u dhaxeysa 0 to 4yrs



Centers for Disease Control and Prevention

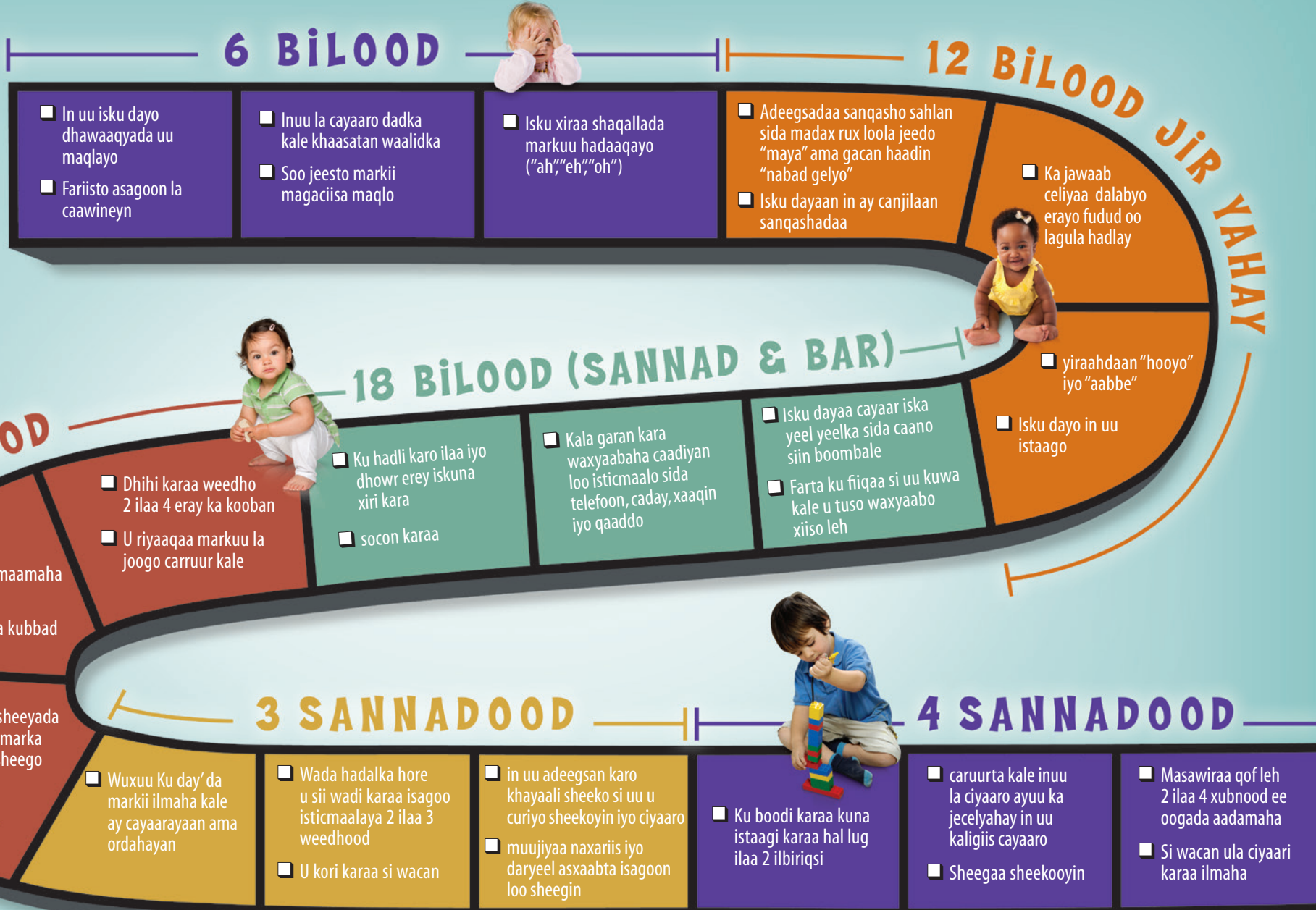
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Department of Health and Human Services
Centers for Disease Control and Prevention

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Kobaca Amminka hore ee Cunuggaagu waa geeddi-socod.

Calaamadee marxaladaha cunuggaagu gaaray, lana wadaag takhtarkaaga horukaca cunuggaagu sameeyey markasta oo takhtarka booqato.



Macluamad muhiim ah weye marxalada marwalba ilmahaagu joogo in aad la socotid. Hadii aad wax dheerad ah rabtid ama macluumaadkan mid ka duwan weeye booqo shabakadan mar walba www.cdc.gov/ActEarly 1800-CDC-INFO