

BabySemp 1 BabySemp 1 Lemolac BabySemp 1 Lemolac SensiPro

Baddelka caanaha naaska laga bilaabo dhalashada

SIDA LOO DIYAARIYO



1 Mar walba gacmaha iska dhaq ka hor inta aadan diyaarin BabySemp 1/ BabySemp 1 Lemolac/ BabySemp 1 Lemolac SensiPro



2 Iska hubi in ciribta-naaska, dhalada iyo weelka ay nadiif yihiin.



3 Biyaha qabow iska karkari. Ha qabowdo ilaa ay ka gaarto heerkulka cuntada

Ku dhawaad 40°



4 Biyaha ku cabbir dhalada quudinta.



5 Tirada saxda ah ee caano booraha ku shub dhalada. Xusuusnow, waa in ay malgacaa buura ahaataa!



6 Dhalada afka ka xer oo lul ilaa iyo caano booraha ku qasmo.



7 Hubi in milanku uusan aad u kululeyn adigoo wax yar ku dhibcinaya gudaha gacanta baabacda. Mar walba dhadhami adiga inta aadan siin caruurtaada.



8 BabySemp oo sida wanaagsan loo diyaariyay sii. Inta soo hartaa ha kaydin.

SHAXANKA QIYAASTA

Biyo	Boodhar	Xaddiga la diyaariyay
60 ml	2 qaado	65 ml
90 ml	3 qaado	100 ml
120 ml	4 qaado	135 ml
150 ml	5 qaado	165 ml
180 ml	6 qaado	200 ml
210 ml	7 qaado	235 ml
240 ml	8 qaado	265 ml

Waa muhiim! Haddii naas-nuujinta ayna wax kaa dhibayn, caanaha naaska ayaa ah cuntada ugu wanaagsan ee ubadkaaga yar.

ISTICMAALKA

Mar walba xarunta daryeelka caruurta kala xiriir waxyaabaha ku saabsan cuntada ubadkaaga. BabySemp 1/BabySemp 1 Lemolac/BabySemp 1 Lemolac SensiPro waxaa loo isticmaalaa in lagu kabo ama lagu baddelo caanaha naaska marka ay kugula taliyaan BVC ama dhakhtarka carruurta, oo waxay haqabtiraan baahida nafaqo ee carruurta ilaa iyo 6 bil jirka.

BabySemp 1 Lemolac/SensiPro waa la milixeyey [acetified]; sidaas-awgeed borotiinka qayb ahaan waa la jajebiyay oo qafiif ayuu noqday. BabySemp 1 Lemolac/SensiPro ayaa qayb ahaan ka arki kartaa iyadoo la diyaarinayo, kaasoo wax yar jab-jab ah.

TALO! HEERKULKA QUUDINTA DEGDEGA AH

1. Karkari biyo qaboow.
2. Cabbir badhka biyaha kulul oo ku shub dhalada ilmaha kadibna ku buuxi biyo la karkariyey oo qaboojiyaha lagu qaboojiyey ilaa laga helo cabbirka saxa ah. Ku dar cadadka budada oo ku wada shub dhalada.
3. Si fiican u xidh dhalada kadibna rux ilaa ay budadu ka milanto.
4. Hubi in milanku uusan aad u kululeyn adigoo wax yar ku dhibcinaya gudaha gacanta baabacda. Mar walba dhadhami adiga inta aadan siin caruurtaada.



► **FIIRSO FILINKEENA DIYAARGARAYNTA!**



OMEGA 3&6
GOS
NUCLEOTIDES



DARAASAD & HORUMARIN LA TASHI LALA SAMEEYAY TAKHAATHIRTA CARRUURTA

Carruurta yar yar waxaa dhici karta in ay ku adkaato in ay la yimaadaan xaddi ku filan oo polyunsaturated omega-3 (DHA) ah iyo omega-6 (ARA) ee aasidka baruurta oo iskooda ah. Taas ayaa ah sababta BabySemp 1/ BabySemp 1 Lemolac/BabySemp 1 Lemolac SensiPro loo soo raaciyay. BabySemp 1/BabySemp 1 Lemolac/ BabySemp 1 Lemolac SensiPro ayaa sidoo kale la socda nucleotides iyo GOS (galactooligosaccharides/taaybar).

JAANTUSKA SAAMIGA

Da'da dhallaanka	Xaddiga cuntada	Cunnada maalin kasta	Xaddiga* maalin kasta
0-1 mo.	80-150 ml	5-6	400-700 ml
1-2 mo.	100-160 ml	5	600-800 ml
2-4 mo.	140-200 ml	5	700-1000 ml
4-6 mo.	140-250 ml	4-5	700-1200 ml

*Xaddiga shaxanka ku qoran waa iska qiyaas maadaama caruurta oo dhan aysan si isla siman wax u cunayn. Isla sida caruurta la naasnuujiyo ah in waalidiinta siinaya naaska bedelkiisa quudin iney dhallaanka u ogolaadaan uu xukumo inta jeer iyo kolba mudada ay doonayaan inay ay cabaan oo ay caruurta go'aamiyaan. Carruurta naffirkood ha xukmiyeen inta ay doonayaan in ay cabbaan sida markaas ay ugu baahan yihiin. Sidaas darteed shaxanka waxaa loogu talagalay si filmaan ahaan.



WAQTIGA UGU WANAAGSAN EE LA ISTICMAALO

Baakada korkeeda ka fiiri. Baakadaha la furay waa in 1 bil gudaheed lagu dhammeeyaa.

HALKA LAGU XAREEYO

Geli meel mugdi ah, meel aan ka sareyn heerkulka caadiga ah. Mar walba boodharka ha kaaga jiro baakada lagu keeno.

MA QABTAA WAX SU'AALO AH AMA FEKRADDO?

Fadlan na soo wac!

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