

Masaasadda dambe laga bilaabo dhalmada

# BabySemp 1

## BabySemp 1 Lemolac

## BabySemp 1 SensiPro

### DIYAARINTA



**1** Marwalba gacmo mayro ka hor inta aad diyaarin BabySemp 1/ BabySemp 1 Lemolac/ BabySemp 1 SensiPro.



**2** Hubi in caarada, dhalada, iyo digsigu ay nadiif yihiin.



**3** Biyo qabow kari. Yara qabooji oo ha gaaro heerkul lagu cuno (dhaw. 40 °C)



**4** Biyaha ku cabbir dhalada dhallaanka.



**5** Qiyaasta saxda ah ee budada ku dar dhalada. Xasuuso marwalba in aad isticmaasho cabbirro toosan.



**6** Dhalada xir oo rux/isku qas ilaa budadu ay milmayso.



**7** Hubi in milanku uusan aad u kululayn adigoo qiyaas yar ku dhibcinaya gudaha curcurkaaga. Adigu yara cab ka hor inta aadan siin ilmaha. Marwalba gacmahaaga ku hay ilmaha inta aad siinaysyo.



**8** Masaasad BabySemp oo cusub sii. Soo haraaga lama kaydin karo.

### SHAXANKA QIYAASTA

Waa muhiim in la isticmaalo qiyaasta sax ah ee budada ee ku toosan qiyaasta biyaha. Budada ku badan waxay keeni kartaa calool fadhi. Budada ku yar waxay keeni kartaa in ilmahaagu uusan helin tamar iyo nafaqo ku filan.

Biyo	Budo	Qiyaas qayb
60 ml	2 qaaddo	65 ml
90 ml	3 qaaddo	100 ml
120 ml	4 qaaddo	135 ml
150 ml	5 qaaddo	165 ml
180 ml	6 qaaddo	200 ml
210 ml	7 qaaddo	235 ml
240 ml	8 qaaddo	265 ml



Qiyaas qaaddo 8 ml = 4.3 g. Marwalba isticmaal qaaddada la bixiyey ee cabbirro toosan.

### QAYB ILAA INTEE LEEG?

Qiyaasaha hoose waa ku dhawaad maadaama carruur kaladuwan qaataan qiyaaso kaladuwan. Isla sida waqtiga naasnuujinta, waaliinta ilmahooda siiya masaasad waa in ay ilmaha u daayaan in uu xukumo qiyaasta uu rabo iyo inta jeer. Ilmahaaga ayaa inta uu qaato u nidaaminaya sida uu ugu baahdo. Markaa, shaxda waa in hagiis keliya laga dhigto.

Da'da ilmaha	Qiyaas cuntadii	Tiro cunto maalintii	Qiyaas maalintii
0-1 months	80-150 ml	5-6	400-700 ml
1-2 months	100-160 ml	5	600-800 ml
2-4 months	140-200 ml	5	700-1000 ml
4-6 months	140-250 ml	4-5	700-1200 ml

### UGU FIICAN KA HOR

Taariikhda ugu fiican ka hor ayaa ku taalla korka baakadka. Baakadka furan waa in lagu dhammeeyo hal bil gudaheed.

### KAYDINTA

Ku kaydi meel engegsan oo madow oo leh heerkulka caadiga ah ee qolalka. Marwalba budada ku dhex kaydi baakadkeedii asalka ahaa. Daboolka waxaa ku jirta meel si caaqil ah loogu kaydiyo qaaddada.

### SU'AALO AMA FAALLOOYIN?

**Na soo wac!** Semper AB • Tel. 020-62 20 00  
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### ISTICMAALKA

Marwalba xarunta daryeelka caafimaadka carruurta kala tasho cuntada ilmahaaga. BabySemp 1/BabySemp 1 Lemolac/BabySemp 1 SensiPro waa in la raaciyoo ama lagu beddelo caanaha naaska iyadoo la raaco talooyinka xarunta daryeelka caafimaadka carruurta ama takhtarka carruurta si loogu daboolo baahiyaha nafaqada carruurta ilaa lix bilood jira.

BabySemp 1 Lemolac/BabySemp 1 SensiPro waxay leeyihiin cabbir pH hoose. Waxay tani qayb ahaan burburisaa borotiinka wayna jilcisaa. Waxaa tan laga arki karaa masaasadaha BabySemp 1 Lemolac/BabySemp 1 SensiPro ee la diyaariyey, oo kuuskuus yari ay ka muuqdaan.

Si tayada ugu fiican loo helo, masaasadda dhallaanka waa in la bixiyo islamarka cusub ee la diyaariyo waana in lagu isticmaalo hal saacad gudaheed.

**Muhiim:** Hubi in biyuhu qaboobay oo gaaray 40 digirii Celsius ka hor inta aadan ku qasin BabySemp 1 SensiPro. Heerkulka ka sarreeya waxuu yareeyaa saamaynta baktiiriyada nool ee beeran, *Lactobacillus Reuteri* Protectis®, isla sida Semper Magdroppar.

### FIKRAD! DIYAARIN DHAKHSO AH

1. Biyo qabow kari.
2. Biyaha kulul nuskiis ku cabbir dhalada dhallaanka kuna dar biyo la kariyey oo qaboojiyaha la geliyey ilaa qiyaasta wadar ee sax ah. Dhalada ku dar qiyaasta sax ah ee budada. Xasuuso in aad marwalba isticmaasho cabbirro toosan.
3. Dhalada si fiican u xir oo rux ilaa budadu ay milmayso ama qasmayso.
4. Hubi in milanku uusan aad u kululayn adigoo qiyaas yar ku dhibcinaya curcurkaaga. Adigu yara cab ka hor inta aadan siin ilmaha.



Fiirso fiidiyowgayaga diyaarinta (af Iswiidhish).



### Cilmibaaris iyo horumarin lagala tashaday takhaatiirta carruurta

Carruurta yar yar ayay ku adkaan kartaa in ay iskood u dhistaan tirada ku filan ee aashiitooyinka dufan ee silsilad dheer ee omega-3 (DHA) iyo omega-6 (ARA). Markaa, waxay kuwani ku jiraan dhammaan badeecooyinka BabySemp 1, waxaana raacsan nukleotidyo iyo GOS (galacto-oligosaccharides/fibre).