

Bamgareynta/Lisida iyo Kaydinta Caanaha Naaska

Pumping and Storing Breast Milk

You may need to express or pump breast milk to relieve engorgement, to increase your milk supply or to feed your baby breastmilk with a bottle.

Waxa laga yaabaa inaad u baahatid in aad listid ama bamgareysid caanaha naaska si aad uga nafistid darrarka, si ay u kordhaan caanaha naaska gala ama si aad caanaha naaska ilmahaaga dhalo ugu siisid.

Why and When to Pump

- **To soften your breasts** if your baby is having trouble latching on.
 - › Pump for a few minutes and try your baby at your breast again.
- **To have a milk supply** when your baby is unable to breastfeed or to store breast milk.
 - › Pump every 2 to 4 hours through the day and one time at night.
- **To increase your milk supply.**
 - › Pump every 2 to 3 hours if you are not breastfeeding, or
 - › Pump between feedings as often as you can.
 - › Pump on the second breast if your baby only nurses on one side.
- **To prepare to return to work or school.**
 - › Pump one time each day, between feedings to store extra milk. Morning is a good time to pump.

Sababta iyo Goorta la Bamgareeyo (Liso)

- **Si loo jilciyo naasahaaga** haddii ilmahaaga ay dhibi ka haysato sida loo qabsado naaska.
 - › Bamgare ama lis dhawr daqiiqadood ka dibna ilmaha ku day naaska markale.
- **Si naasku caano u yeesho** marka ilmahaagu aanu awoodin inuu naaska jaqo ama si caanaha naaska loo kaydiyo.
 - › Bamgaree 2 ilaa 4 saacadood kasta inta maalintii lagu jiro iyo hal mar oo ah habeenkii.
- **Si loo kordhiyo kaydka caanahaaga.**
 - › Bamgaree 2 ilaa 3 saacadood kasta haddii aanad naas nuujin, ama
 - › Bamgaree inta u dhexeysa quudinta ama naas-nuujinta intii aad kari kartid.
 - › Bamgaree naaska labaad haddii ilmahaagu uu jaqo kaliya hal naas.
- **Si aad isugu diyaarisid ku noqoshada shaqada ama dugsiga.**
 - › Bamgaree hal mar maalin kasta, inta u dhexeysa quudinta si aad u kaydisid caano dheeraad ah. Subixii/Aroortii ayaa ah wakhtiga ugu fiican ee la bamgareeyo.

- › Pump extra milk and store it at least 2 weeks before your return date.
- › Pump at least every 4 hours when away.

- › Bangaree caano dheeraad ah siina kaydi ugu yaraan 2 todobaad ka hor taariikhda ku-noqoshadaada.
- › Bangaree ugu yaraan 4 saacadood kasta marka aad maqan tahay.

Ways to Express Breast Milk

- **By hand**
 - › Massage breast toward nipple to express milk.
- **With a pump**
 - › There are manual and electric breast pumps.
 - › Pump for about 10 minutes on each breast any time you pump.

Siyaabaha Loo Liso Caanaha Naaska

- **Gacanta**
 - › U duug naaska xagga ibta si aad u listid.
- **Isticmaatida/Adeegsiga bam**
 - › Waxa jira bam naas oo gacanta ku shaqeeya iyo mid koronto ku shaqeeya.
 - › Bangaree qiyaastii 10 daqiiqadood naas kasta wakhti kasta oo aad bamgareysid.

Getting Started

- Wash your hands with soap and water.
- Have a clean container ready for collecting the milk.
- Find a relaxing position in a quiet spot and think about your baby.
- Massage your breast and take slow easy breaths.
- For privacy while pumping, cover your breasts and pump container with a blanket or towel.

Sida Loo Bilaabo

- Gacmahaaga ku dhaq saabuun iyo biyo.
- Diyaarso weel nadiif ah oo aad ku listid caanaha.
- Raadso meel aad si degan u fadhiisan kartid oo aan buuq lahayn kuna fikir ilmahaagii.
- Duug naaskaaga oo si tartiib ah u neefneefso.
- Si aad asturnaan u heshid marka aad bamgareynaysid, naasahaaga iyo qalabka bamgareynta ku dabool maro ama tuwaal/shukumaan.

Collecting and Storing Breast Milk

- Use sterile glass bottles, plastic bottles or milk storage bags made for breast milk. Do not use disposable bottle liners because they are too thin.
- Store breast milk in 2 to 5 ounce portions to avoid wasting breast milk.
- Breast milk from different pumpings can be added together if the milk is pumped during the same 24-hour day.
- Breast milk should be chilled as soon as possible after it is pumped.
- It is normal for pumped milk to vary in color and thickness.
- Stored milk separates into layers. Cream will rise to the top as the milk warms. Mix the milk layers before feeding.
- If you are not going to use the breast milk within 48 hours after pumping, freeze the milk.
- Always use freshly pumped milk first. Then use refrigerated or frozen milk by the oldest date first.
- If breast milk has a sour or strange smell, throw it away. If there is any doubt, do not use the milk.

Ururinta iyo Kaydinta Caanaha Naaska

- Isticmaal dhalooyin qarsho/quraarad ah, dhalooyin caag ah ama bacaha kaydinta caanaha ee loogu talagalay caanaha naaska. Ha isticmaalin baco dhalada la dhexgaliyo sababta oo ah si weyn bay khafiif u yihiin.
- U kaydi caanaha naaska qaybo ah 2 ilaa 5 wiqiyadood (ounce) si aan caanaha naasku khasaare u noqon.
- Caanaha naaska ee ka yimi lisitaan ama bamgareyn kala duwan waa laysku dari karaa haddii caanaha la wada bamgareeyay gudaha mudo isla ah 24 saacadood ama isku maalin.
- Waa in caanaha naaska sida ugu dhakhsaha badan loo qaboojiyo ka dib marka la bamgareeyo.
- Waa caadi in caanaha la bamgareeyay ku kala duwanaadaan midabka iyo furfurnaanta iyo culayska.
- Caanaha la kaydiyo waxay u kala baxaan lakabyo. Labeentu waxay u soo bixi doontaa dusha marka caanuhu diiraan. Isku walaaq lakabyada caanaha ka hor quudinta ama siinta.
- Haddii aan la isticmaali doonin caanaha naaska gudaha 48 saacadood ka dib bamgareynta, barafee caanaha ama baraf ka dhig.
- Marwalba isticmaal caanaha naaska ee wakhtigii ugu dambeeyay la bamgareeyay. Ka dibna isticmaal caanaha qaboojiyaha ku jira ama barafeysan adiga oo ugu horeysiinaya kuwa ugu taariikh fog.
- Haddii caanaha naasku leeyihiin dhanaan ama ur aan fiicnayn, iska daadi caanaha. Haddii wax shaki ahi jiro, ha isticmaalin caanaha.

Handling Fresh Breast Milk

- If you washed your hands well before pumping, fresh milk may remain at room temperature (no warmer than 77°F or 25°C) for use in 4 to 8 hours. If you are not going to use it, store it in the refrigerator as soon as possible.
- Refrigerate milk right away if the room, car or outside air temperature is above 77°F or 25°C. When you are away from home, use a lunch box size cooler with an ice pack to keep milk cool.

Breast Milk Storage

These guidelines are for a full-term, healthy baby. You may be given different guidelines to follow.

- **Fresh**
 - Store at room temperature (no warmer than 77°F or 25°C) for 4 to 8 hours. If the temperature is higher, cool the milk right away.
 - The milk can be stored in the refrigerator (32 to 39°F or 0 to 3.9°C) for 5 to 7 days.
- **Frozen**
 - Frozen milk can be stored for 3 months in the refrigerator freezer and 6 months in a deep freezer (0°F or -17.8°C).
 - Once thawed, frozen milk can be stored in the refrigerator for 24 hours.

Kaydinta Caanaha Naaska ee Cusub

- Haddii aad si fiican u dhaqday gacmahaaga ka hor bamgareynta, caanaha cusub waxa lagu hayn karaa heerkulka qolka (oo aan ka diiranayn 77°F ama 25°C) si loo isticmaalo gudaha 4 ilaa 8 saacadood. Haddii aanad isticmaalayn, sida ugu dhakhsaha badan ugu kaydi qaboojiyaha.
- Isla markiiba caanaha gali qaboojiyaha haddii heerkulka qolka, baabuurka ama hawada dibaddu ka sareeyo 77°F ama 25°C. Marka aad ka maqantahay guriga, isticmaal qaboojiye la qaadan karo oo uu baraf ku jiro si ay caanuhu qabow u ahaadaan.

Kaydinta Caanaha Naaska

Tilmaamahan waxa loogu talagalay ilmo ku dhashay mudo buuxda oo caafimaadqaba. Waxa laga yaabaa in lagu siiyo tilmaamo kale oo aad raacdid.

- **Cusub**
 - Ku kaydi heerkulka qolka (oo aan ka diiranayn 77°F ama 25°C) mudo ah 4 ilaa 8 saacadood. Haddii heerkulku intaa ka sareeyo, isla markiiba caanaha gali qaboojiye.
 - Caanaha waxa lagu kaydin karaa qaboojiye (32 ilaa 39°F ama 0 ilaa 3.9°C) mudo ah 5 ilaa 7 maalmood.
- **Barafeysan/Berefoobey**
 - Caanaha barafeysan waxa lagu kaydin karaa qaybta barafeynta ee qaboojiyaha mudo ah 3 bilood isla markaana 6 bilood ayaa lagu kaydin karaa barafeeye si adag baraf uga dhigaya (0°F ama -17.8°C).
 - Marka la dhalaaliyo, waxa caanaha barafobay lagu kaydin karaa qaboojiyaha mudo ah 24 saacadood.

Thawing Frozen Breast Milk

- Thaw frozen milk in a cup of warm water. This takes 5 to 10 minutes.
- You can also thaw frozen milk 8 to 12 hours or overnight in the refrigerator.
- Thawed milk can remain refrigerated but should be used within 24 hours.
- **Do not** thaw breast milk by sitting it on the counter at room temperature.
- **Do not** warm breast milk in a microwave oven. It can change the breast milk and reduce the quality of the milk. Microwave ovens heat the milk unevenly to cause a chance of burning your baby's mouth.
- **Do not** refreeze thawed milk.

Warming Breast Milk

- Remove the milk from the refrigerator just before using.
- Warm the milk by holding the container under warm running tap water or sit it in a bowl of warm water for 5 to 10 minutes.
- Rotate the bottle gently and test the warmth of the milk by placing a drop on the inside of your wrist before feeding your baby.

Dhalaalinta Caanaha Naaska ee Barafoobay

- Ku dhalaali caanaha barafoobay koob ah biyo diiran. Tani waxay qaadanaysaa 5 ilaa 10 daqiiqadood.
- Waxa kale oo aad caanaha barafoobay dhalaalin kartaa 8 ilaa 12 saacadood ama habeenkii ayaa lagaga tagi karaa gudaha qaboojiyaha caadiga ah.
- Caanaha la dhalaaliyay way ku jiri karaan qaboojiyaha laakiin waa in lagu isticmaalo gudaha 24 saacadood.
- **Ha dhalaalin** caanaha naaska ee barafka ah adiga oo kaga tagaya dusha miiska madbakha ama jikada oo ah heerkulka qolka.
- **Ha ku diirin** caanaha naaska foornada maykrowayf. Waxay beddeli kartaa caanaha naaska waxana ay yareyn kartaa tayada caanaha. Foornada maykrowayfku waxay caanaha u kululeysaa si aan sinayn taasoo keeni karta in caanuhu gubaan afka ilmahaaga.
- **Dib ha** u barafeyn caanaha la dhalaaliyay.

Diirinta Caanaha Naaska

- Caanaha ka soo saar qaboojiyaha kaliya wax yar ka hor isticmaalka.
- Diiri caanaha adiga oo weelka ku hoos haynaya biyaha tuubada ama qasabada oo socota oo diiran ama ha ku dhex jiraan baaquli ama madiibad ay ku jiraan biyo diiran mudo ah 5 ilaa 10 daqiiqadood.
- Si tartiib ah u warwareeji dhalada oo tijaabi diiranaanta caanaha adiga oo hal dhibic ku dhibcinaya curcurka gacantaada oo gudaha ah ka hor inta aanad siinin ilmahaaga.

- Milk left over in the container after a feeding may be offered at the next feeding before discarding. Do not reheat milk that has been heated. Breast milk can safely stand at room temperature for 4 to 8 hours.
- Do not warm breast milk by sitting it on the counter at room temperature.
- Do not warm breast milk in a microwave oven. It can change the breast milk and reduce the quality of the milk. Microwave ovens heat the milk unevenly to cause a chance of burning your baby's mouth.
- Caanaha ku hadha weelka ka dib quudinta waxa la siin karaa quudinta kale ee ku xigta ka hor inta aan la daadin. Dib ha u kululeyn caanaha la kululeeyay. Caanaha naasku si amaan ah ayay u ooli karaan heerkulka qolka mudo ah 4 ilaa 8 saacadood.
- Ha diirin caanaha naaska adiga oo kaga tagaya dusha miiska madbakaha ama jikada oo ah heerkulka qolka.
- Ha ku diirin caanaha naaska foornada maykrowayfka. Waxay beddeli kartaa caanaha naaska waxana ay yareyn kartaa tayada caanaha. Foornada maykrowayfku waxay caanaha u kululeysaa si aan sinayn taaso keeni karta in caanuhu gubaan afka ilmahaaga.

Talk to your baby's doctor or nurse if you have any questions or concerns.

La hadal dhakhtarka ilmahaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.