

# Habka Naasnuujinta Dib-udhiga Dhiiga Caadada



## *Maxay tahay?*

Haweeneydu waxay ku quudisaa ilmadheeda caanaha naaska oo kaliya, 6da billood ee ugu horeysa noloshu ilmaha. Taasi oo dhalisa in caadadu ka istaagto haweeneyda, sidaas darteedna aysan qaadin uur.

### **1. Habkani ma yahay mid aan waxyeelo keenayn?**

Haa. Marka ay haweeneydu naaska nuujinayso, wuxuu jirkeedu joojiyaa ugxanta waqti go'an si aysan ugxanta u soo dayn. Caanaha naasuhu waa cuntada ugu wangaagsan. Hooyada caanaheeda ayaa nafaqeyn kara ilmaha 6da billood ee ugu horreysa noloshooda. Uma baahna caanaha dhalada (formula) ama cunto kaleeto.

### **2. Habkani ma u shaqeeyaa si wanaagsan?**

Haa. Haddii ay 100 haween ah isticmaalaan habkan 2 ka mid ah ayaa sanadkii uur qaadi karta. Habkani waxa uu shaqeeyaa **keli ah** marka xaaladahan soo socdaa ay jiraan: 1) Waa in haweeneydu ilmaha nuujiso naaska oo keli ah 6da billood ee ugu horaysa dhalashada — lama siinayo biyo, caanaha dhalada ama cunto kale oo bedelaya naas nuujinta. Waana in ay hooyadu markasta oo ilmuhu u baahdo ay nuujiso, habeen iyo maalinba. Haddii ilmuhu habeenkii oo dhan uu hurdo habkani ma shaqaynayo. 2) Waa in aanu dhiiga caadadu u bilaabanin haweeneyda. 3) Waa in ilmuhu uu ka yar yahay 6 billood. Marka ilmuhu gaadho 6 billood, waa in hooyadu ay ilmaha u billowdo in ay siiso cuntooyin kale. Xilligan waa in hooyadu billowdo in ay isticmaasho hababka kala dheeraynta dhalmada ee ugu haboon haddii ayna rabin in ay uur qaado.

### **3. Sidee baan ku heli karaa habkan?**

Inta aanay haweeneydu dhalin, waa inay la hadashaa dhakhtarka, kaal-kaalisada, ama shaqaalaha, caafimaadka bulshada ee fahamsan habkan. Intaas ka bacdi, haweeneydu waa inay naaska kaliya nuujisaa markuu ilmuhu dhasho.

### **4. Uur ma qaadi karaa haddii aan joojiyo isticmaalka habkan?**

Haa. Waxay qaadan kartaa dhowr billood inaad uur ku qaado, laakiin waxay ku xiran tahay inta ay haweeneydu sii wado naas-nuujinta.

### **5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?**

Maya.

### **6. Ma la isticmaali karaa muddada naas-nuujinta?**

Haa.

# Lactational Amenorrhea Method

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## *What is it?*

A woman feeds her baby only breast milk for the first 6 months of the baby's life. This causes her period to stop so she cannot become pregnant.

### **1. Is this method safe?**

Yes. When a woman is breastfeeding frequently, it signals her body to temporarily stop releasing eggs from the ovaries (ovulation). Breast milk is also the best food for new babies. Mother's milk alone can fully nourish a baby for the first 6 months of life — they do not need formula or any other foods.

### **2. Does this method work well?**

Yes. If 100 women use LAM, about 2 women will get pregnant in a year. This method **only** works when the following conditions are met: 1) A woman must feed her new baby only breast milk for the first 6 months of life — no water, formula or other foods which replace breastfeeding. She must also breastfeed on demand — that is, as often as the child wants, day and night. If the child sleeps through the night, this method will not work. 2) A woman must not have started to menstruate again. 3) The baby is less than 6 months old. When the baby is 6 months old, a mother should start giving other foods to her baby. At this time, the woman should start using another child spacing method right away if she does not wish to become pregnant.

### **3. How do I get this method?**

Before a woman gives birth, she should talk with a doctor, nurse or community health worker who understands this method. Then she can begin using the lactational amenorrhea method immediately after the baby is born.

### **4. Can I get pregnant after I stop using this method?**

Yes. It may take several months to get pregnant depending on how much the woman continues to breastfeed.

### **5. Will this method protect me from sexually transmitted infections?**

No.

### **6. Can it be used during breastfeeding?**

Yes.