

Birta isu qabto Cagta qaloocda iyo Kabaha

Badanka waalidku aad ayay u xiiseeyaan inay ku sameeyaan qayb lagu xidho daawaynta xagta qaloocda ee ilmaha. Si kastaba ha ahaatee, waa muhiim in la xusuusto si loo ilaaliyo sax ahaanta laga gaadhay dhexda duubid acagta, daawaynta la siiwado ayaa lama huraan ah.

Wejiga xiga ee daawaynta, ilmahaagu waxa uu xidhan doontaa kabaha Ponseti kuwaas oo lagu xidho birta cagta la isugu xidho.

Sababtee birta la isugu xidho cagaha iyo kabahu muhiim ugu yimiid sixida cagta

qaloocda?

Koboca nudaha oo isku mid ah oo aan caadi ahayn ee lugta marka horeba sababtay cagta qaloocda waxay sii socotaa ilaa carruurnimada hore. Iyaddoon la raacin borotokoolka xejinta duubista ka dib, suuragal ahaanta in cagta qaloocda soo noqoto fool xumaanteedka oo ka kobcaysa ilmahaagu aad ayay usaraysaa. Joojinta hore ee isticmaalka birta iyo kabaha waxay la xidhiidha heerka ka sii darka sare. Waxaanu si caadi ah ugu talinaynaa isticmaalka sandhalka iyo barta la isugu xidho labbada kabood ilaa ilmahaagu gaadho 4 sanadood.

Ka sii darka waxa uu u dhacaa degdeg carruurta yaryar, iyo si aayar ah carruurta waa wayn marka koboca nuddooda jilicsan ay noqoto mid sida qof wayn oo kale ah. Ugu dhawaan cagta qaloocda waay ka sii dartaa haddii birta lagu xidho iyo kabahu la joojiyo ka hor 1 sano, iyo in ka badan 50% ayaa ka sii dari doona haddii birta iyo kabta la joojiyo ka hor da'da labba. Ka dib da'da 4, waxaa jirta khatar yar oo ka sii dar ah haddii cabta lagu ilaaliyo meesheeda saxda ah daawaynta oo dhan.

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Xidhashada birta iyo taageerta kabta waa qayb muhiim u ah qaabka daawaynta Ponseti. Haddii si dhow loo raaco, waxay ka hortaggi kartaa badanka soo noqoshada cagta qaloocda ee dib u soo noqota. Kabaha waxaa lagu xidhaa meel dhejisan birta adag, iyaddoo habaynta haynta cagta iyo kuraanta dibaca u baxsan la wareejiyo oo si aayar ah u xoodan tahay. Meesha lagu dhejiyay waxay ilaalisaa kala baxa cagaha, ilaalinta saxnaanta labbadaba seedaha iyo debecsanaanta kuraanta, iyo qaab dhismeedka giijisan ee qaybta gudaha cagta. Ma jiraan doorasho keliya oo xejiyaha lug ah ee bixin kara qadar isku mid ah oo sixitaanka cagta ah.

Leekaanta iyo Isticmaalka Birta cagta iyo Kabaha

Nidaamka caadiga ah ee xejinta cagta ee dhallaanka qaba cagaha qalooca waa 23 saacadood maalinta isticmaalka 3 bilood ah ka dib dheeraanshaha seedaha cagta iyo dhammaystirka duubkii u dambeeyay. Haddii ilmahaagu waynaado, duubka ka dib, waxaanu habboonaysiin karnaa talooyinka xejinta si loo leekaysiiyo baahiyaha ilmahaaga 3 bilood ee u horeeya. Ka dib saddexdan bilood ee koowaad ee wakhtiga buuxa xidhashada, waxaanu ku talinaynaa yaraynta xidhashada ilaa 12-14 saacadood maalintii ilaa ilmahaagu baadho 4 sano jir. Goor hore, 12 saacadood inta badan waa isku darka isticmaalka muddada habeenada iyo seexashooyinka. Marka ilmahu sii waynaado, caadi ahaan waxaa la isticmaalaa 12 saacadood habeenka gudahiisa.

Ilmahaaga waxaa la leekasiin doonaa kabaha iyo birta gudaha rugta maalinta laga saarayo duubkooda ee u dambaysa. Kooxda dawaynta cagaha waxay ku tusi doonaa sida loo adeegsado oo loogu giijiyo sandhalka, iyo sidloo loogu xidho iyo looga furo iyaga iyo birta. Birtan waxaa lagu habbeeyay baladhka habboon ee ilmahaaga, iyo lifaaqa kabaha waxaa lagu habbeeyay qadarka habboon ee isku haynta (noqoshada) si loo ilaaliyo sax ahaanshaha ilmahaaga hadda booskiisa saxda ah ee cagta. Cagta qaloocda ee labbada dhinac labbaduba waxay lahaan doonaan labba cagood oo lakala durkiyay 60 darajo, cagta qalooca isku mid keli ah dhinac waxay gaadheen ayaa lakala fogaynaa 60-70 darajo oo cagta aan waxba gaadhin keliya waxay ka baxsanaanaysaa 30 darajp.

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Haddii ilmahaagu leeyahay mkd adag/aan caadi ahayn oo cag qaloocda ah, waxaanu isticmaali doonaa birta la isugu xidho iyo kabaha laakiin waxaanu beddeli karnaa wareega cagta xaga birta oo waxaanu habbayn kartaa jadwalka xidhashada si qaab sax ah loo daweeyo booska cagta goonida ah ee ilmahaaga iyo debecsanaanta.

Waxaanu caadi ahaan ku talin lahayn isticmaalka xejiyaha cagta mid qudha isku ah. Ma jiraan daraasado wanaasgan oo kus aabsan suugaanta kabida lafaha si loo taageero xeijiga midka keli ah ee cagta qaloocda oo waxya furtaa suuragal ahaanshaha waxyeelada qaybo ka mid ah noocyada xejiyayaasha cagta.

Xidhashada Birta iyo Kabaha

Marka la adeegsano kabaha, waxaanu ku talinaynaa sharaabaado dheer, khafiif ah kabaha hoostooda. Marka koowaad, husbo inaanay jirin laalaab sharabaadada ilmahaaga, oo tolanka sulka si adag loogu cadaadiyo suulasha. Tan ka dib, waxaad ku samaynaysaa kabta labbaad. Waxay ka caawisaa inay qaloociso jilibka ilmahaaga (tani waxay debcisaa buruca muruqa cagta) oo ka dibna waxay dhigtaa cagta ilaa dib gudaha sandhalka sida suuragalka ah. Inta badan ku dhejinta suunka dhexda marka koowaad way caawin doontaa. Taas ka dib, waxaad giijin kartaa xaga sare iyo hoose ee suumanka, oo ka dib ku celi mar kale oo dib u giiji badhtanka suunka marka ay tani hayso cagta ku xidhan meesha ugu wanaagsan.

Waxaad calaamadin kartaa maaska xaga qadhabida marka la giijiyo laakiin xusuuso in maasku uu ku kala bixi doono isticmaalka. Waxaad u baahan tahay inaad giijiso meel dhaafsan calaamada maaskaas hore marka aad isticmaasho kabaha iyo wax badan. Cidhibtu waa in had iyo jeer la arkaa xaga dambe ee daaqada sandhalka. Haddii suulku hore iyo dib uga siibto ama cidhibta aan la arkayn, markaa kabaha si ku filan uguma giijisna. Ku celi cagtakabba oo mar labbaad giiji ilaa cagtu aanay dhaqaaqi karin oo cidhibta la arkayo. Ugu dambayn, geli farahaaga hoosta suulasha ilmahaaga si loo habsado inay ka soo qaloocaan hoosta oo ku dhegen yihiin. Ka dib adeegso sandhalka labbaad.

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Ka dib marka kabaha la giijiyo, waxay qabsan karaa birta. Haddii aad u baahan tahay birta si aad ka saarto ilmahaaga kursi dheer ama kursiga gaadhiga, waxaad kaga tegi kartaa kabaha meel oo ka saar kabaha oo ka dibna birta dib ugu celi. Birta iyo kabaha inta badan waxay u leeg yihiin si wanaagsan kursiga baabuurka caadiga ah ee ilmaha. Waxad ka beddeli kartaa xafaayada addoon ka saarin birta iyo kabaha.

Waxaanu ku talinaynaa inaad ku bilowdo birta caadiga ah ee Mitchek, taas oo ah bir adag oo leg meel cagaha la saaro oo ku dhegan darajada ku habboon wareega dibada ah. Waxaanu ballaadhin doonaabirta marka ilmahaagu kobco markaas way sii habboonaataa. Haddii ilmahaagu muujiyo adkaysi liita oo birta ku dhegan ah, waxaanu ka fekeri doonaa isku dayga bir kala bixi karta (bir kala baxda) ee oggolaata dareen firfircoon oo badan oo u dhexeeya lugaha oo wakhtiyada qaarkooda waxay ka caawin karaan adkaysiga birta. Birta weli waxaa loo daayaa darajada go'an ee wareega dibada u baxsan iyo kala baxa kuraanta oo ilaalin doonta saxnaanta meesha cagta.

Caawinta Ilmahaagu inuu L aqabsado Birta iyo Kabaha

Qaabka ugu wanaagsan ee loo helo u hogaansanka ugu xilig ahdeer ee birta iyo kabaha isticmaalkooda waa in la bilaabo isticmaalka adag ee hore. Carruurta waa bartayaal aad u degdeg badan, oo haddii ay bartaan in oohinta/dagaalku uu keeni doono waalidka oo ka saara kabaha iyo birta, si degdeg ah ayay u kobcin doonaa dabeecadan oo ka dhigi karta isticmaalka xiliga dheer xataa mid adag. Ka u horeeya 1 ilaa 2 todobaad way adkaan kartaa marka adiga iyo ilmahaagu aad gashaan hab cusub, laakiin muddadan ka dib, birta iyo kabaha inta badan si wanaagsan ayaa loogu adkaaystaa.

Ka dhigida birta iyo kabaha qayb caadi ah wakhtiga jifka ee caadiga ah (sida xidhashada bijaabaha iyo burushka cadayga) waxa uu ka caawiyaa ilmahaaga inuu la qabsado birta iyo kabaha. Waxaad la ciyaari kartaa ilmahaaga oo xidhan xejiyaha oo waxaad bari kartaa inay weli wax ku laadi karaan lugahooda iyagoo xidhan xejiyaha. Waxaanu ku soon doonaa goos adag oo la saarayo qaybta badhtanka birta marka

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ilmahaaga la leekaysiiyo xejiyahiisa koowaad. Tani waxay caawin kartaa ka ilaalinta kuraasta, adiga ilmahaaga birta adag.

Daawo waraabinta

Labbada todobaad ee koowaad ee birta iyo xidhashada kabaha, waxaadogaan kartaa waraabka degen ee cagta markay la qabsadaan cadaadiska oo booska kabaha (taas oo aad uga duwan marka ay duuban tahay). Daawo aaga cagta si dhow labbadaba cagta qaloocda iyo dhinica cagta aan qaloocin, sid aboogaha ay samayn karaan xadka kartida si loo sii wado birta iyo kabaha. Haddii aad ogaato aagag cad oo yar guudka maqaarka, waxaad adeegsan kartaa duubka boogta biyaha leh ama boogta cagta. Haddii aagu uu sii casaado ama boogtu samaysanto, la xidhiidh oo waxaanu qiimayn doonaa cagta ilmahaaga.

Inta badan waxaanu ku habbaynaa birta iyo kabaha, ka caawinaa gelinta buushka, ama beddelnaa qayb suumanka ah ee haysa cagaha. Haddii ay jirto boog wayn ka mamnuuca isticmaaka joogta ah ee birta iyo kabaha, waxaanu ku talin doonaa saarida cagta qaloocda gudaha duubka haynta ilaa maqaarku bogsado oo wareejinta birta iyo kabahu waxay dhici kartaa mar labbaad. Kuma talinayno tegdida iyaddoon duubka ama birta iyo kababahu maqan yihiin wax ka badan maalin ama wax la mid ah, maadaama khatarta dib u soo noqoshadu aad u sarayso. Tani run ahaan waa gaar sanadka koowaad ee nolosha. Fadlan u qaado birta iyo kabaha ilmahaaga safar kasta oo aad sii wadi karto oo isticmaal iyaga sida caadiga marka laga maqan yahay gurigaaga.

Wakhtiyada qaarkood, ilmahu waxa uu baran karaa iska saarida kabaha. Haddii ay tani dhacdo, waxaanu ku talinaynaa:

- Giiji wax badan kabaha
- U keenida kabaha Gillette - waxaany adeegsan karnaa godadka yaryar godadka si looga dhigo ka saarida mid aad u adag

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- Ka saarida carabka kabaha si qaab adag loogu giijiyo cagta
- Gelinta kiidhka seexashada guudka cagaha markaas cagaha lama gaadhi karo.
- Isku deyida birta kala baxda

Haddii ilmagu aad u diido, fadlan nala soox idhiidh marka ilmahaagu haysto qayb soo noqoshada hore ee sababaysa adkaanshaha cagta oo tani waxay samayn kartaa birta iyo xidhashada aad aan u raaxo badnayn. Tani int abadan waxay ka jawaabtaa todobaad ama labba kala bixinta duubka iyo ka dib beddelka birta iyo kabaha.

Haddii ilmahaaga ama uu haysto muddo korodhay oo jirada ah ama cusbitaal dhiga oo ma awoodo inay xidhaan birtooda iyo kabaha, dib u wareejintuna way adkaan kartaa. Waafaqsanow, laakiin sidoo kale garo waxa aanu ku faraxsanahay inaan aragno ilmahaaga oo qiimayno cagta si loo xaqiijiyo in aanay ahayn adkaanshe soo noqnoqdo sababaaya adkaysiga liita ee kabaha. Haddii ay sidaasi jirto, waxaanu adeegsan karnaa duubka cusub ilaa 1 ilaa 2 todobaad si loogu kala bixiyo dib cagta oo markaas dib ugu wareeji kabaha.

Hadidi aad isticmaasho saxaafada bulshadda, sidoo kale waxaad la xidhiidhi kartaa qoysaska kale wixii ah tilmaamaha iyo taageerada. Qoysas badan aad ayay ugu faraxsan yihiin in la wadaago waxa ay barteen iyo qaababka aanu uga dhigno xejinta si guul leh carruurtooda. Kooxdaada daryeelka sidoo kale waa uu faraxsan yahay si looga jawaabo su'aalo kasta ama walaacyo aad qabto muddada duubida ama nidaamka xejinta.