

Choosing a Doctor for Your Baby

Before you deliver your baby, you will need to choose a doctor for your baby. This doctor could be a family doctor or a pediatrician. A pediatrician is a doctor who is trained to care for children from birth to age 18.

When choosing a doctor for your baby, think about:

- Where is the office located and what are the hours?
- Do they accept your health insurance plan?
- How are payments done?
- Can you call in after office hours?
- If your child is sick, can he or she be seen that day?
- Will they be willing to work with you and accept your ideas of childcare?

Make appointments to meet some doctors to answer these questions.

How do I find a doctor or clinic for my baby?

Ask for advice from your doctor, family and friends. You may also get a list of doctors in your area from a hospital referral line, the yellow pages or from your insurance provider.

Sida Dhakhtar Loogu Doorto Ilmahaaga

Ka hor inta aan ilmahaagu dhalan, waxa aad u baahan doontaa in aad dhakhtar u dooratid ilmahaaga. Dhakhtarkaasi waxa uu noqon karaa dhakhtar qoys ama dhakhtar caruur. Dhakhtarka caruurta waa dhakhtar loo tababaray in uu daryeelo ilmaha laga bilaabo dhalashada ilaa da'da 18.

Marka aad ilmahaaga dhakhtar u dooranaysid, ka fikir:

- Halkee buu ku yaala xafiisku isla markaana waa maxay saacadaha furnaantu?
- Ma ogolyihiin/aqbalaan caymiskaaga caafimaadka ama kaadhkaaga caafimaadka?
- Sidee baa loo bixiyaa lacagta?
- Ma soo wici kartaa ka dib saacadaha furnaanta xafiiska?
- Haddii ilmahaagu jiran yahay, ma la arki karaa isla maalintaa?
- Raali ma ka noqon doonaan inay kula shaqeeyaan oo ay oggalaadaan fikradahaaga ku saabsan daryeelka ilmaha?

Sameyso ballamo si aad ula kulantid dhakhtaro ka jawaaba su'aalaha.

Sidee baan dhakhtar ama kiliinig ugu helaa ilmahayga?

Weydii talo dhakhtarkaaga, qoyska iyo saaxiibada. Waxa kale oo laga yaabaa in aad liiska dhakhaatiirta aaggaaga ka heshid khad gudbin oo uu leeyahay cisbitaal, buugga telefonka ee hurdiga/jaalaha ah ama xafiiska caymiskaaga caafimaadka.

Who will care for my baby after delivery?

Your baby's doctor will visit your baby in the hospital. Your baby cannot go home until checked by your baby's doctor or a doctor in the hospital. You will be sent home with instructions to take to your baby's first well child check-up. Your baby will need to be checked by his or her doctor within a week of going home from the hospital.

What are well child check-ups?

At well child check-ups, your baby's doctor will check for signs of illness and growth and development problems. Well child check-ups will include:

- Checks of your baby's weight, height and head size.
- Asking questions about your baby's behavior.
- An exam of your baby.
- Teaching you about your baby's care, feeding, what to expect and when to make the next appointment.

Ayaa daryeeli doona ilmahaaga ka dib umusha?

Dhakhtarka ilmahaagu waxa uu ilmahaaga ku soo booqan doona cisbitaalka. Ilmahaaga guriga lama geyn karo ilaa uu dhakhtarka ilmahaagu ama dhakhtar jooga cisbitaalku eego/ fiiriyo. Marka guriga lagu soo dirayo waxa lagu siin doonaa fariimo ah in aad ilmahaaga geysid baadhitaanka wacnaanta ilmahaaga ee ugu horeeya. Waxa ilmahaagu u baahan yahay in uu fiiriyo dhakhtarkiisu gudaha hal todobaad laga bilaabo marka guriga la keeno ee laga saaro cisbitaalka.

Waa maxay baadhitaanada wacnaanta ilmuhu (well child check-ups)?

Marka la qabanayo baadhitaanada wacnaanta ilmaha, waxa dhakhtarka ilmahaagu uu eegi doonaa calaamadaha cudurada iyo dhibaatooyinka korniinka iyo horumarka. Waxa baadhitaanada wacnaanta ilmaha ku jiri doona:

- Baadhitaano lagu sameeyo miisaanka, dhererka iyo cabirka madaxa ilmahaaga.
- Su'aalo lagaa weydiiyo dabeecadda ilmahaaga.
- Baadhitaan lagu sameeyo ilmahaaga.
- In lagu baro daryeelka ilmahaaga, quudinta, waxa aad filan kartid iyo goorta la sameysto ballanta ku xigta.

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