



Safe Sleep For Babies



Ilmahaaga waa in lagu meelaayaa hurdada ee dhabarkiisa ama dhabrkeeda ee sarriirta ilmaha ee badbaadada la ansixiyay oo joodari adag waqti walba inta lagu jiro hurdada yar iyo waqtiga ha-beenkii.



Ilmahaaga waa inuusan seexan dadka kale ee sarriirta saaran, fadhiga, ama korsiga.



Ka saar dhammaan go'yada dabacsan, raaxeeyayaasha, sharaxaada, sheepskins, xayawaanada dufeysan, xafaayadaha, gabalada, iyo barkimaha ka imaanayo sarriirta yar ilmaha.



Ku hay ilmahaaga aaga jiifka u dhow laakin ka goonisan halka dadka kale seexdaan.

