

To improve lives by mobilizing the caring power of our community.

Ma u baahan tahay meel ammaan ah oo uu ilmahaagu seexdo?

United Way of Weld County way ku caawin kartaa.

Waxa laga yaabaa inaad hesho 1 baakidh & ciyaar qoyskiiba sannadkii.

Si aad u hesho baakidh & ciyaar bilaa kharash ah, waa inaad marka hore dhamaystirtaa tillaabooyinka soo socda:

1. aad www.safesleepacademy.org



2. Ka dooro luqadaada liiska caalamiga ah ee ku yaal geeska kore ee midig. 104 luqadood ayaa diyaar ah. Waxay u



egtahay sidan:

3. Dooro koorsada ciwaankeedu yahay "HURDADA sidan:



AMAANKA AH" Waxay u egtahay

4. Akhri oo daawo fiidiyowiyada dhammaan mawduucyada ku jira sanduuqa casaanka ah. Waxaa jira 9 mawduuc. Waxay ku qaadan kartaa hal saac inaad si taxadar leh u akhrido dhammaan qaybaha oo aad daawato dhammaan fiidiyowiyada. Mawduucyadu waxay u egihiin sidan:

Mawduucyo kale ayaa ku jira mareegahan oo laga yaabo inay ku caawiyaan! Eeg inta ka hartay mareegaha marka aad waqti haysato.

5. Tag linkigan oo buuxi SUALAHA HURDADA AMAANKA AH oo aad halkaas ka heli doonto. Fadlan u isticmaal Google Translate luqadaha aan Ingiriisiga ahayn

<https://forms.gle/HfzTjY24sZ4McYFMA>

Waxa kale oo aad ka heli kartaa xidhiidhkan boggayaga internetka oo ah

<https://www.unitedway-weld.org/safesleep/>

INFANT SAFE SLEEP

Why Back to Sleep?

Why is my baby's sleep surface so firm?

What can I put in the crib?

How do I keep my baby safe and warm?

Bed-sharing vs. Room-sharing

Swaddling & Safe Sleep

Siblings & Safe Sleep

Grandparents & Safe Sleep

Dad's Corner

****Waa inaad heshaa ugu yaraan 4 su'aalood oo sax ah. Haddii aad ku gudbi weydo kediska, ku noqo Akademiyada Nabadgelyada Hurdada oo isku day mar kale. Haddii aad u baahan tahay gargaar, kala xidhiidh Taageerada Qoyska ee United Way of Weld County 970-353-4300.**

6. Marka aad dhammayso tillaabooyinkan oo aad ka gudubto sualaha, fadlan u dir Patricia at (970) 400-1393 ama Amelia at (970) 515-3531 ama iimayl u dir patricia@unitedway-weld.org ama amelia@unitedway-weld.org

United Way of Weld County mission statement:

To improve lives by mobilizing the caring power of our community.

weld.org si loo habeeyo qaadista .FADLAN OGOW UGU YARAAN 48 SAACADOOD KA DANBEYSINTA QAABKAAGA INTAANAD IMAN SI AAD U HESHO xidhmadaada oo ciyaar.

