



Lajrakin am kaninin

Kojerbale lajrakin an lale ebwe k an ajiri eo ninin ibbam:



Ekkekemoj ke niñniñ eo nejum?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
Emónónó ke niñniñ eo elkin an ninnin ibbam?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
Niñniñ eo nejum ej ke ninnin ibbam 8 kōttan ilo 24 awa?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
Kwoj ke loe an niñniñ eo kórelep ne ej ninnin ibbam?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
Ilo raan eo kein kajlu, niñniñ eo ej ke bijōk 3 kōttan ilo juōn raan?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
Elkin lalim (5) raan, niñniñ eo ej ke::		
• Elaplok ke 10% in baun eo an jen ien eo ear lotak?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
• Kabojak burej yellow im jab kilmej?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
• E clear ak ejjab kanuij yellow drenin an kabojak?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
• Elōñ lok jen jiljilijno (6) kōttan an tutu kal ko an?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>
Ilo 10-14 raan, erool ke baun eo ñan joñan eo ear lotak kake?	Aet <input type="checkbox"/>	Jaab <input type="checkbox"/>

Elañe kwar uaak “Jaab” ñan jet ian uaak kein,
kwoj aikuij in konnaan ibben nōōj ro kin kaninnin.
Nōōj ro remāroñ jibañeok kin kulen am māroñ kaninnin.

Call e lok nōmba kein:	
Eo ear jilkinlok eok:	





Lajrakin len Kaninin

Ilo ien Ej Kab Lotak:

- len eo emman ñan an ajiri/niñniñ eo jino ninnin ibbam iumin raan kane imaan.
- Kaninnin ej kōmman bwe en lōñlok drenin ittum.
- Kōnnaan ibben nōōj ro an ajiri/ niñniñ eo kin wāwein an "etoto" ak ninnin ibbam.

1-4 raan:

- Niñniñ eo emaron kelet bwe en kiki ijjelokin an ninin. Kómakit "colostrum" ak dren waan eo jen ittum enaj komman bwen lap kobban ittum. Dren waan in ej meneo ej kōmman milik moktata. Kadriwōj dren waan in jen ittum kin beiumpak pump.
- Kanuij lale bwe ajiri eo en mōna aolep lokkin 3 awa. Jet ien kwoj aikuij naj karuj ajiri eo nejum bwe en mōñā. Elap an aurok bwe ajiri eo en mōñā ruolitak kattin iumin 24 awa.
- Elane kojjab lukun jela ne ajiri eo ej mōñā ak jab, kajjitolibben nōōj eo am.
- Loore lajrāk in kaninin eo hospital ear lewoj ñan nan eok. Enaj kwālok nan eok elane ajiri eo ej mōñā.
- Kōmman ien an ajiri eo nujum lolok takto eo an.



3-5 raan:

- Kómaat koban ittum ilo am kaninin ak pump. Wāwein in enaj kōmman bwe enjab buul drenin ittum. Ajiri/Niñniñ eo emaron aban an "etoto" ilo ittum ak ibbam.
- Elane ittum enaj lukun obrak im metak, Komaroñ tótabuk kin mānān ak molo nan komman bwen am mour ak enjake.
- Komaroñ jino ron ak loe an ajiri eo jejarom im kórelab. Enaj kwalok k emman an ajiri eo mōñā.
- Bóran ittum enaj jino metak. Kójerbal Lalonin cream ak Hydrogel ñe enaj metak boran ittum. Komaroñ lo men kain ilo imon wia ko.

6-10 raan:

- Ilo torein ejako an metak bóran ittum.
- Ajiri eo ej mónónó aolep ien an moj mōñā. Ej aikuij naj meoeo bóran ittum ilo ien in. Emaron bareinwot maake toor jet ien. Bōtab enaj jako lokin jet week.
- Ajiri eo enaj katutu kal 6-8 köttan im 3-4 köttan an bijök aolap ran. Enaj endrein ilo allōñ kane ruo elkin an lotak.
- Kwoj aikuij kaninin 6-8 köttan lokin 24 awa. Bōtab, ajiri eo emaroñ kakije lokin 5 awa juōñ köttan ilo aolep ien an mōñā.
- Lokin 14 ran, baun eo an ajiri eo enaj bar jeblok ñan jinoun.

*Elane elon am abnónó, call e lok nurse rran an kaninin .
Nurse rain ranaj jiban eo bwe emmanlok kilen kaninin.*

Ñan melele ko relablok, call e lok **Arkansas Breastfeeding Helpline** at **1-800-445-6175**

24 awa 1 raan/7 jiljilimjuon raan 1 week. Ejjelok wōnāān ak jabrewōt emaroñ call e.

Melele kein rej itok jen WIC (Special Supplemental Nutrition Program for Women, Infants and Children).



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