

## Baro Astaamaha. Ammin horena ku Dhaqaaq.

Nolol wareegga amminka hore ee cunuggaaga ayaa isugu jirta nolol wareeg kobocyo badan sida uu u ciyaaro, barto, hadlo, iyo u dhaqmo.

Gudaha ka fiiri waxyaabahaad ka hubinayso cunuggaaga. Kala hadal cunuggaaga takhtarkiisa taariikhaha xusuusta mudan (milestones).

Iimaha oon gaarin taariikhdaasi xusuusta mudan, ama kobocooda oo ka dambeeyaa carruuta kale, ayaa noqon karta astaan dib-u-dhac koboc.

## ILMAHAAGA ADIGAA QOFKASTA UGA AQOON ROON

Haddaad ka wel welsan tahay cunuggaaga kobociisa, kala hadal takhtarka.

Haddii adiga ama takhtarku weli ka wel welsan yahay, la xiriir mid ka mida hay'adaha ku qoran war-barraahistan xaggeeda dambe.

## HA IS DHIGAN

Ficil deg deg ah ood muujiso ayaa keeni kara isbeddel dhaba!



220787



Maclumaad dheeraad ah ee waxyaabaha aad samayn karto haddaad wax tabanayso, la xiriir cunuggaagga takhtarkiisa ama mid ka mida hay'adahan

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)

Degmada Chittenden waxaat uwacdaa 860-4426  
sidaat ugaarto, ama inaat lahadashid hadaat u baahan tahay Qeebta ciyaalka kasaabsan eriyadada.

or

Dial 2-1-1 to reach your local Children's Integrated Services (CIS) team



<http://dcf.vermont.gov/cdd/cis>

Hadiii aad rabto maclumaadkan wa lacag la'aan "Baro calaamada si aad hadiiba ficil ugu dhaqaqdidd" qalabka waalidinta sidii ad ugana heli laheyd degmadaada



# La soco Marxaladaha Koboc ee Cunuggaaga

Milestones Brochure - Somali



Koboca amminka hore ee cunuggaagu waa geeddi-socod. Adeegso khariiddada marxaladaha nolosha, si aad u ogaato waxyaabahaad mar walba eegayo.

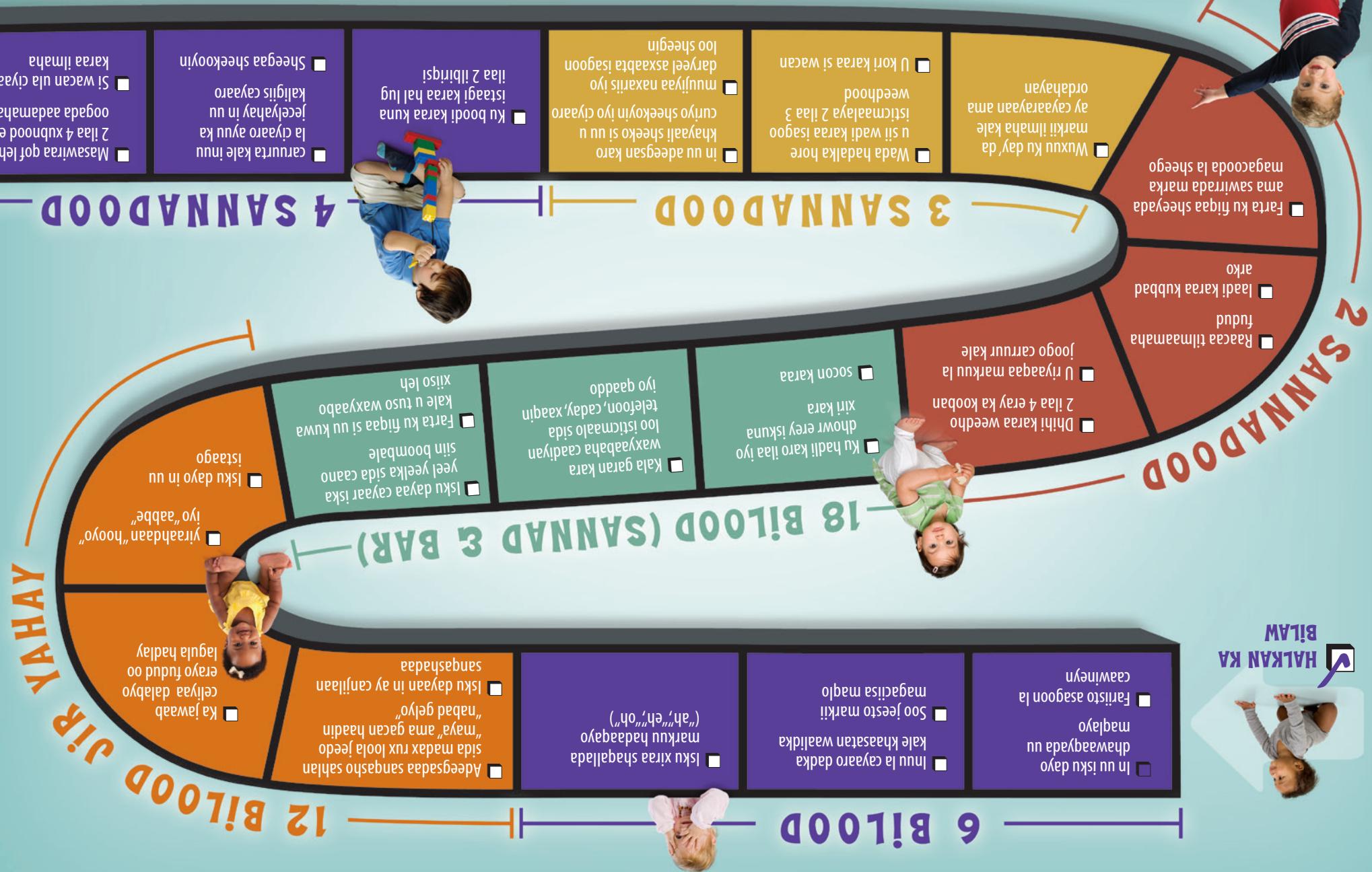
habkaan ama nidaamkan sidaad ula socon laheyd ama ku organ laheyd barbaa inta u dhaxeyso 0 to 4yrs



Centers for Disease Control and Prevention  
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO

Department of Health and Human Services  
Centers for Disease Control and Prevention

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Caalamadee marxaladaa cunuggaaguu gaarray, lana wadag takhtarkaaga horukaca cunuggaaguu sameeyey markasta oo takhtarka boodaato.

**BILAW HALKAN KA**

