



Help Me Grow Maine

Sidee ayay Help Me Grow u Taageeri kartaa Adigga iyo Shaqadaada?

Marka aad tahay xirfadle caafimaad, waxaad fahmaysaa muhiimada adag ee ogaanshaha xili hore iyo daawaynta macaamiisha aad u adeegto. Help Me Grow waxay kaa taageeraysaa daryeelida bukaanadaada ayadoo ku siinaysa adeegyada soo socda:

- ▶ Baaritaannada bilaashka ah ee kobaca oo loo adeegsado Ages & Stages Questionnaires®
- ▶ Tilmaamaha waalidnimada, shaqooyinka, iyo xogta muhiimka ah
- ▶ Isku xirka iyo xariirada aad ku helayso ilaha adeegyada bulshada
- ▶ La socoshada xaalada qoysaska si loo xaqiijiyo in carruurta helaan adeegyada ay u baahan yihiin
- ▶ Natiijooyinka wadaaga ah ee dedaaladeena isku dubaridka daryeelka si loo xoojiyo xariirada u dhexeeya adiga iyo bukaankaaga



Sidee ayay Help Me Grow Maine u shaqaysaa?

Adeeg bixiyaha ayaa ku xiraaya qoyska HMG Maine.

HMG ayaa bixisa xogta kobaca ilmaha waxayna samaysaa baaritaanka kobaca.

HMG ayaa qoysaska ku xirta adeegyada maxaliga ah ee kobaca iyo barbaarinta ilmaha.

HMG ayaa dabagal ku samaysa xaalada qoyska si loo hubiyo in si guul leh loogu xiro adeegyada loona siiyo baaritaannada dheeriga ah.

Haddii ay muhiim tahay, HMG ayaa samaysa isku xirid dheeraad ah.

Ma Ogtahay?

91% carruurta Maine ayaa helay booqashada caafimaadka ka hortaga ah sanadkii lasoo dhaafay, taasoo aad uga saraysa celceliska wadanka oo dhan oo ah 82%.

Ku dhawaad 1 kamid ah 4 carruur ah oo ku dhaqan Maine ayaa qaba baahida caafimaadka gaarka ah.

2 kamid ah 3 carruur ah oo ku dhaqan Maine da'dooduna tahay 9 bilood ilaa 3 sano ayaan helin baaritaanka kobaca.



211 Maine

Taleefanka Maamulka: 1-833-714-7969

HelpMeGrow@maine.gov

<https://www.maine.gov/dhhs/ocfs/support-for-families/child-development>



Help Me Grow Maine

Shaqadaadu kor ma u qaadaa La Socoshada iyo Muraaqabaynta Kobaca?

Baro Astaamaha. Xili hore talaabo Qaad. Liiska hubinta guulaha ayaa fududeeya muraaqabaynta kobaca:

- ▶ Ayadoo la raacaayo hiigsiyada guusha ee kasoo baxay Machadka Maraykanka ee Caafimaadka Carruurta (American Academy of Pediatrics (AAP))
- ▶ Waxay kaa caawinaysaa inaad nidaam ahaan samayso muraaqabaynta kobaca sida uu ku talinaayo AAP.
- ▶ Waxay isku xiraan booqashooyinka la socoshada caafimaadka ilmaha jira 2 bilood ilaa 5 sano
- ▶ Waxaa sameeya waalidiinta, taasoo u diyaarinaysa inay jawaabo sax ah ka baxshaan baaritaannada kobaca.

Your baby at 6 months

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 6 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

What most babies do by this age:

- | | |
|---|--|
| <p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> <input type="checkbox"/> Knows familiar people <input type="checkbox"/> Likes to look at himself in a mirror <input type="checkbox"/> Laughs <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> <input type="checkbox"/> Takes turns making sounds with you <input type="checkbox"/> Shows "vocalizers" (clicks, tongue out and blows) <input type="checkbox"/> Makes squeaking noises | <p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plays things in his mouth to explore them <input type="checkbox"/> Reaches to grab a toy he wants <input type="checkbox"/> Closes lips to show she doesn't want more food <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls from tummy to back <input type="checkbox"/> Pushes up with straight arms when on tummy <input type="checkbox"/> Leans on hands to support himself when sitting |
|---|--|

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby had any sickle, loose stools?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/HEAD.

For more on how to help your baby, visit cdc.gov/Concerned.



Goobtaada Shaqo Ma Bixisaa Baaritaannada Kobaca?

Haa!

Help Me Grow Maine ayaa kaa caawin karta:

- Inaad la socoto taageerada qoysaska
- Kaydka ilaha cusub ee isku xirka iyo xariirada kugu xiraaya adeegyada
- Caawimaada diiwaan gelinta ee qoysaska
- Tilmaamaha, nashaadaadka, iyo xogta kale ee muhiimka u ah waalidnimada
- U tababarida shaqaalaha la socoshada/muraaqabaynta kobaca

Maya Wali!

Help Me Grow Maine ayaa kaa caawin karta wax kasta oo la sheegay, OO AY DHEERTAHAY:

- Abuurista hanaanka baaritaanka rasmiga ah ee shaqada

Sidee ayaan bukaanadaada ugu xiri kartaa Help Me Grow Maine?

U SHEEG qoyska inay wacaan 211 / Help Me grow inta lagu jiro ama kadib marka ay cunugooda u keenaan booqashada caafimaadka.

KU XIR adoo buuxinaaya foomka ku xirista oo ku jira webseedkeena.

WAC 211 kana codso Help Me Grow. Khubaradeena Khayraadka ayaa intaas kadib la xariiraysa qoyska.

Waaxda Caafimaadka iyo Adeegyada Dadwaynaha (DHHS) cidna ma takoorto.

Tixraacyada:

- Xogtaan iyo qaab dhismeedka waxaa kuu keentay Help Me Grow Florida. Isbadello yar ayaa la sameeyay si loo taageero naqshada Help Me Grow Maine.
- Sharciga V (Title V) ee Dee qda Qeybta Adeegyada Caafimaadka Hooyada iyo Dhallaanka: 2020 Qiimaynta Baahiyaha iyo Tayada ee ay samaysay Waaxda Caafimaadka iyo Adeegyada Dadwaynaha ee Maine CDC.

