

# Qor Caanaha Dhalada ee Aad Siisid Ilmahaaga iyo Xafaadayaha/Dhaybarka

Saar calaamad sanduuqa ku aadan quudin ama siin kasta **iyo** xafaayad kasta oo qoyan (kaadi leh) amaxaar leh. Aagaga hadhka leh waxay muujinayaan qadarka ugu yar ee quudin kasta iyo tirada xafaayadda gudaha 24 saacadood. Haddii ilmahaagu aanuu gaadhin qadarada ama tirada ugu yar, wac dhaktharkaaga amabixiyahaaga daryeel caafimaad.

## Taariikh dhalasho

## **Wakhtiga la bilaabay**

## 1 maalin jira

## **Wakhtiga la bilaabay**

## 2 maalin jira

## **Wakhtiga la bilaabay**

## 3 maalin jira

## **Wakhtiga la bilaabay**

4 maalin iira

## **Wakhtiga la bilaabay**

**5 maalin jira****Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

**6 maalin jira****Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

**7 maalin jira****Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

**8 maalin jira****Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

**9 maalin jira****Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

**10 maalin jira****Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

# Chart Your Baby's Formula Feedings and Diapers

Place a check in the box for each feeding and wet or soiled diaper. Shaded areas show the minimum for each feeding and diaper in 24 hours. If your baby is not meeting the minimums, call your health care provider.

## Day of birth

### Time started

Feeding (review with nurse)												
Wet diaper <b>and</b> soiled diaper (expect one each by 24 hours)												

## 1 day old

### Time started

Feeding												
Wet diaper												
Soiled diaper												

## 2 days old

### Time started

Feeding												
Wet diaper												
Soiled diaper												

## 3 days old

### Time started

Feeding												
Wet diaper												
Soiled diaper												

## 4 days old

### Time started

Feeding												
Wet diaper												
Soiled diaper												

**5 days old****Time started**

Feeding												
Wet diaper												
Soiled diaper												

**6 days old****Time started**

Feeding												
Wet diaper												
Soiled diaper												

**7 days old****Time started**

Feeding												
Wet diaper												
Soiled diaper												

**8 days old****Time started**

Feeding												
Wet diaper												
Soiled diaper												

**9 days old****Time started**

Feeding												
Wet diaper												
Soiled diaper												

**10 days old****Time started**

Feeding												
Wet diaper												
Soiled diaper												