

እዘም ነገራት ነዚ ዝስዕብ ከጠቓልሉ ይኸእሉ፡-

- ዉላድካ ብኣፋ ብቐሊል ይምገብ ምስ ዝህሉ
- ዉላድካ ኣብ ነፍሲ ወከፍ ምግብና ኣንተወሓደ ሓደ ኣዉንስ (30mL) ወይ ልዕሊኡ ይወስድ ምስ ዝህሉ
- ባዕልኻ ንዉላድካ ንኸትምግብ ስድራቤትካ ምቕኡነት ምስ ዝስምዖም
- ዉላድካ ክብደት ይዉስኽ ምስ ዝህሉ (ንመዓልቲ 20 ክሳብ 30 ግራም)
- ዉላድካ ኣብ ክፋት ዓራት ኣብ ዝህልወሉ ንቡር ናይ ሰዉነት ሙቕት ክዕቕብ ምስ ዝኸእል
- ናይ ዉላድካ መጠን ቢሊሩቢን ይጎድል ምስ ዝህሉ ከምኡዉን ብፎቶ ቴራፒ ሕክምና ዘየድልዮም ምስ ዝኸዉን
- ናይ መኪና ኮፍ መበሊ ፈተነ ምሕላፍ። እዚ ማለት ዉላድካ ኣብ ናይ መኪና ኮፍ መበሊ ን90 ደቓይቓ ኣብ ዝህልወሉ ንቡር ናይ ኣክሰጅን መጠን ክዕቕብ ምስ ዝኸእል እዩ። እዚ ቐድሚ ካብ ሆስፒታል ምዉጻእ ናይ መወዳእታ ዝግበር እዩ። ሓደ ሓደ ግዜ፣ ኣብ መጀመርታ ግዜ ሓደ ቐልዓ ነቲ ናይ መኪና ኮፍ መበሊ ፈተና ኣይሰግሮን እዩ ከምኡዉን ኣቲ ምርመራ ኣብታ ትቐጽል መዓልቲ ክግበር ኣለዎ።

ሕቶታት?

ኣብ ሆስፒታል ኣብ ዝህልወሉ፣ እቶም ናይ ናጽላ ወይ ህጻናት ጉጅላ ንዉላድካ ዝከናኸኑ ዘለዉ ክህልወካ ዝኸእል ሕቶታት ክምልሉ ሕጉሳት እዮም።

ድሕሪ ምዉጻእ፣ ብኸብረትካ ሕቶታትካ ናብ ናይ ዉላድካ ኣቕራቢ መባእታዊ ክንክን ኣቕርቡ።



ዳኡረዋይ ቐድመ-ግዜ ዝዉለዱ ህጻናት FAQ



ብተደጋጋሚ ዝሕተቱ ሕቶታትን መልስታትን

ብናይ ህጻንካ እንቋዕ ሓጎስካ! እዚ ሓጻር መጽሓፍ ብዛዕባ ናይ ዳኡረዋይ ቐድመ-ግዜ ዝተወለደ ህጻንካ ዝህልዉኻ ሕቶታት ኣብ ምምላስ ክሕግዘካ እዩ።



ዳከረዋይ ቅድመ-ግዜ ዝወለዱ እንታይ ማለት እዩ?

ዳከረዋይ ቅድመ-ግዜ ዝወለዱ ማለት ሓደ ህጻን ኣብ መንጎ 34 ሰሙን ከምኡውን መወዳኢታ 36 ሰሙን ናይ ጥንሲ ምስ ዝወለድ እዩ።

ናይ ዉላድካ ጉዳይ እዚ ምስ ዝኸዉን፣ ቅድመ ግዚኡም (ቅድሚያ 4 ክሳብ 6 ሰሙናት ናይ ሕርሲ ግዜኺ) እዮም ተወሊዶም።

ብዛዕባ ዳከረዋይ ቅድመ-ግዜ ዝወለድ ህጻን እንታይ ክፈልጥ የድልየኒ?

ቅድመ-ግዜ ዝተወለዱ ህጻናት ድሕሪ ምወላዶም ተወሳኺ ግዜ ናይ ሆስፒታል የድልዮም እዩ። "ተወሳኺ ግዜ" ዉሑድ መዓልታት ማለት ክኸዉን ይኸእል። ወይ እዉን ዉሑድ ሰሙናት ማለት ክኸዉን ይኸእል እዩ። ነፍሲ ወስፍ ህጻን ፍሉይ ስለ ዝኸነ፣ እዚ ግዜ ኣብ ናይ ዉላድካ ዉሑን ድሌታት ክምርኮስ እዩ።

ልሙዳት ጸገማት ካብ ናይ ምሉእ-ግዜ ቆልዑ ነዮም ናይ ዳከረዋይ ቅድመ-ግዜ ቆልዑ ዝጸልዉ እዚኡም እዮም፡-

- **ምምጋብ።** ዳከረዋይ ቅድመ-ግዜ ዝወለዱ ቆልዑ ዘይማዕበሉ ግብረ-መልስታት ናይ ምጥባዉ ከምኡውን ምዉሓጥ ኣለዎም ከምኡውን ኣመጋግባ ንክመሃሩ ዝያዳ ግዜ የድልዮም። ገለ ናይ ቅድመ-ግዜ ቆልዑ ቅድሚያ ጸባ ጡብ ክጠቡብ ዝኸእል ዉሑድ ሰሙናት የድልዮም እዩ። ዳከረዋይ ቅድመ-ግዜ ቆልዑ ባዕሎም ክምገቡ ክሳብ ዝኸእሉ ክትምግቡም እትኸእሉሉ መንገድታት ነዚ ዝስዕብ ከጠቓልል ይኸእል፡-
 - ናይ ቱቦ መመገቢ፡- ሓደ ቱቦ ናብ ዉሽጢ ናይ ህጻን ጎርፎ ይኣቱ
 - ናይ ኣጸብዕቲ ምምጋብ፡- ኣጸብዕቲ ምስ ቱቦ ኣብ ናይቲ ህጻን ኣፍ ይኣቱ
 - ትቦ ኣብ ጡብ፡- እቲ ህጻን ብክልቲኡ ትቦን ናይ ኣደ ጫፍ ጥቡን ይምገብ
- **ወይብ።** እዚ ማለት ኣብ ደም ናይ ዉላድካ ልዑል መጠን ናይ ቢቢሩቢን (ቅያሕቲ ዋህዮታት ደብ ክስበሩ ከለዉ ዝፍጠር ፍርያት) ኣሎ ማለት እዩ። ወይብ ንቆርቦት ብጫ ይገብር። ገለ ዳከረዋይ ቅድመ-ግዜ ዝወለዱ ቆልዑ ብፎቶቴራፒ (ሕክምና ብፍሉይ ብርሃን) ናይ ወይብ ሕክምና የድልዮም እዩ።

- **ምዉቕ ምኽን።** ንዳከረዋይ ቅድመ-ግዜ ዝወለዱ ቆልዑ ክምቕ ኣጸጋሚ እዩ። ገለ ናይ ሰዉነዮም ምቕት ኣብ ንቡር ዓቕን ንክቕጽል መዉዓዩ የድልዮም እዩ።
- **ትሑት ናይ ደም ሽኮር።** ቆልዑ ኣብ ዳከረዋይ ቅድመ-ግዜ ምስ ዝወለዱ፣ ጉጅለ ክንክንካ ዓቕን ናይ ደምም ሽኮር ብቐጻሊ ክምርምርም እዮም። መብዛሕቲኡ ግዜ እዞም ምርመራታት፣ ኣብቲ ትሑት ናይ ደም ሽኮር ብዝያዳ ዘጋጥመሉ፣ ንመጀመርታ 24 ክሳብ 48 ሰዓታት ክካየዱ እዮም። ናይ ዉላድካ ዓቕን ሽኮር ኣብ ደም ትሑት ምስ ዝኸዉን፣ ነቲ መጠን ንምዉሳኽ ዉላድካ ሓደ ዓይነት ሽኮር ክወሃብ እዩ።

ዉላደይ ዳከረዋይ ቅድመ-ግዜ ዝተወልደ ብምኽን ናይ ዉላደይ ጉጅለ ክንክን ተወሳኺ ኣተክሮ ዝህብሉ እንታይ እዩ?

ናይ ጉጅለ ክንክን ቐዳምነት ዝሰርዕዎ ዉላድካ ዉሑስ ንምግባር እዩ። ናብዚ ዝስዕብ ተወሳኺ ኣተክሮ ክህቡ እዮም፡-

- ናይ ዉላድካ ናይ ደም ሽኮር
- ዉላድካ መመገቢ ትቦታት የድልዮ እንተኮይኑ
- ዉላድካ ማዕረ ክንደይ ይበልዕ ከም ዘሎ
- ዉላድካ ምምጋብ ንምምሃር ማዕረ ክንደይ ልምምድ ከም ዘድልዮ
- ዉላድካ ወይብ ምስ ዝህልዎ (2 ገጽ ተመልከት)
- ናይ ዉላድካ ኣገዳሲ ምልክታት፡- ምቕት፣ መጠን ህርመት ልቢ፣ መጠን ምስትንፋስ (ምስትንፋስ)፣ ከምኡውን ናይ ኣክስጅን ጸዕቕ
- ናይ ዉላድካ ክብደት
- ዉላድካ መዉዓዩ የድልዮ ምስ ዝኸዉን

እቲ ናይ ዳከረዋይ ቅድመ-ግዜ ዉላደይ መዓስ ካብ ሆስፒታል ክወጽእ እዩ?

ዉላድካ ኣብ ሆስፒታል ክንደይ ከም ዝጸንሕ ካብ ንነግረርካ፣ ናይ ዉላድካ ጉጅለ ክንክን ናይ ዉላድካ ዕብየት ክከታተሉ እዮም። ዉላድካ ሓደ ሓደ ነገራት ክገብር ምስ ጀመረ፣ ናይ ዉላድካ ጉጅለ ክንክን ዉላድካ ናብ ገዛ ክከይድ ድሉዉ ምኽን ክዉሑኑ እዮም።

These things might include:

- Your baby is feeding easily by mouth
- Your baby is taking at least one ounce (30mL) or more with each feeding
- Your family feels comfortable feeding the baby on your own
- Your baby is gaining weight (20 to 30 grams per day)
- Your baby maintains normal body temperatures while in an open crib
- Your baby's bilirubin level is going down and they don't need treatment with phototherapy
- Passing a *car seat trial*. This means your baby keeps normal oxygen levels while placed in their car seat for 90 minutes. This is one of the last things done before discharge. Sometimes, a baby doesn't pass the car seat trial the first time and the test needs to be repeated the next day.

Questions?

While in the hospital, the neonatal or pediatric team caring for your baby is happy to answer any questions you may have.

After discharge, please direct questions to your baby's primary care provider.



Late Preterm Babies FAQ

Frequently asked questions and answers

Congratulations on your baby! This handout will help answer questions you may have about your late preterm baby.



What does late preterm mean?

Late preterm means a baby was delivered between the 34th week and the end of the 36th week of pregnancy.

If this was the case for your baby, they were born *prematurely* (about 4 to 6 weeks before your due date).

What do I need to know about having a late preterm baby?

Premature babies need extra time in the hospital after being born. “Extra time” may mean a few days, or it may mean a few weeks. Because every baby is different, this time will depend on your baby’s unique needs.

Common issues that affect late preterm babies more than full-term babies are:

- **Feeding.** Late preterm babies have immature suck and swallow reflexes and need more time to learn how to feed. Some preterm babies need a few weeks before they are ready to breastfeed. Ways of feeding late preterm babies while they learn how to feed on their own may include:
 - *Tube feedings:* A tube is placed down the baby’s throat
 - *Finger feeding:* A finger is placed in the baby’s mouth with a tube
 - *Tube at breast:* The baby feeds on both a tube and the mother’s nipple
- **Jaundice.** This means a high level of *bilirubin* (a product made when red blood cells break down) in your baby’s blood. Jaundice will make the skin yellow. Some late preterm babies need treatment for jaundice with *phototherapy* (treatment with a special light).

- **Staying warm.** It is difficult for late preterm babies to stay warm. Some need an incubator to help keep their body temperature in the normal range.
- **Low blood sugar.** When babies are delivered late preterm, your care team will check their blood sugars regularly. These checks will usually be for the first 24 to 48 hours, when low blood sugar happens more often. If your baby’s blood sugar is low, your baby will be given a form of sugar to increase the level.

What will my baby’s care team be paying extra attention to because my baby is late preterm?

Your care team’s priority is keeping your baby safe. They will be paying extra attention to:

- Your baby’s blood sugar
- If your baby needs tube feedings
- How much your baby is eating
- How much practice your baby needs to learn to eat
- If your baby has jaundice (see page 2)
- Your baby’s vital signs: temperature, heart rate, *respiratory rate* (breathing), and oxygen saturation
- Your baby’s weight
- If your baby needs an incubator

When will my late preterm baby be discharged?

Rather than telling you how long your baby will stay in the hospital, your baby’s care team will watch your baby’s development. When your baby can do certain things, the care team will decide your baby is ready to go home.