



## Echiche Ugha #2: Site n'inye ara m ezumike, enwere m ike imiputakwu mmiri ara nye nwa m.

**Eziokwu:** nzulite ugboro n'oge mmalite nke inye nwa ara na-egosi ara na o na-emeputa mmiri ara ehi n'uba maka nwa oheru. Site na ahumahu nke otutu n'ime ndi oria ya, Winter na-ekwu na ndi nne na-eche na ara ha choror ezumike na-enwekarị mgbu, ahụ erughị ala, ma o bu nchekasi mgbu ha na-enye nwa ara, nke nwere ike igbochi ike imi mmiri ara ehi. (O buru na nke a bu ikpe, biko soro onye na-ahu maka ahuike gi ma o bu onye ndumodu na-enye nwa ara.)

"Izu ike abughi ihe ngwota maka imekwu mmiri ara ehi," ka Winter na-ekwu. "Ichoror inwe ike fiidi mgbu aguu na-agu nwa na n'uzo na-adighi eme ka ahụ erughị ala na n'ezie o bughị ihe mgbu. N'ezie, mgbu i na-atu uche nri ma o bu 'nye ara gi izu ike,' ihe na-emecha na-eme bu na i naghị akpalite uburu na-eme ka hormones na-amalite mmeputa mmiri ara ehi. Agbaghara fiidi na-agwa uburu ka o na-eme ka mmiri ara ehi di ntakiri, na-ebelata mmeputa gi. nwa ara na ugboro asato ruo 10 n'ubochi niile na-enyere aka hu na a na-enweta mmiri ara ehi na-aga n'ihu."

## Echiche Ugha #3: Tinye nwa gi n'usoro inye nri ma soro ya.

**Eziokwu:** di ka **Le Leche League International**, skedul fiidi ike ime ka ibu ibu nwayo nwayo, mmeputa mmiri ara ehi na-ebelata, yana ike nke ara, nke nwere ike ikwusi mmeputa mmiri ara ehi. O kacha mma ilele maka mgbaamà oriri nri nwa, okachasi n'ime izu ole na ole mbu nke inye nwa ara.

Winter kwetara. "O na-amasi anyi iche na umu oheru nwere ike igbaso usoro nhazi, mana o na-esiri otutu ndi okenye ike. Umu oheru na-eri nri - nkeji 30 o bu ma o bu n'oge awa - wee kwusitu maka awa ato ma o bu ano n'etiti. Nke a metutara otu nwa oheru na-ehi ura ubochi dum, na-agbanwe na nhazi mmiri ara ehi mmadu. Mmiri ara ehi nke mmadu n'ututu abughi otu mmiri ara ehi nke mmadu n'uhuruchi, nke di nnoo iche na mmiri ara nwa oheru, bu nke na-anogide na-adi otu mgbu niile."

N'ezie, carbohydrates, abuba, na ihe ndi ozo na-edozi ahụ yana oke mmeputa mmiri ara ehi na-agbanwe n'oge ubochi. "I nwere ike inweta mmiri ara ehi mmadu n'ututu nke nwere carbohydrates di ukwu na olu mmiri ara ehi di ukwu n'ezie. Ma na mgbede awa, umu oheru nwere ike na-eri nri ugboro ugboro; mmiri ara ehi di iche iche iji gbaa umu oheru ume ka ha na-eri nri mgbu niile na iji mee ka mmiri ara ehi na-abawanye. Nri na-anabata ugboro ugboro bu akuku nke inye nwa ara nkiti nke nne o bu kwesiri ima tupu oge eruo. O bu ihe nkiti na ahuike nwa oheru iteta n'ura wee choror ka e nye ya nri."

## Echiche Ugha #4: Enyela ụmụ ọhụrụ ara otu karama, ọ ga-agbagwoju ha anya.

**Eziokwu:** N'ime izu ole na ole mbụ, ụmụ ọhụrụ na-amụta ka e si eji ọnụ na ire amịpụta mmiri ara na ara. Winter na-akwọwa: "Ọ dị nnọọ iche n'ụdị arụ ọrụ ike ndọda dị ka nri karama ebe ire na-akwụsị mmiri ara eruba ehi. Mgbe na-enye nwa ara, nwa ahụ na-a□ụ ara, ọ bughị naanị i□ụ ara."

N'ime izu mbụ nke inye nwa ara, mgbe nwa ọhụrụ na-eme omume iji ire, na i□mụta i□nụ mmiri na ilo ya n'ụzọ ahaziri ahazi iji nyefee mmiri ara ehi, ọ bughị ihe dị mma imebata keakamere ara, Winter na-ekwu. Ọ na-ekwu, si: "Ọ na-esi ike igaghari ma na-agaghari mgbe nwatakiri ka na-amụ i□mụ ara, n'ihi na ọ bụrụ na nne amalite inye nri karama ma laghachi n'ime ara, nwa ahụ nwere ike ijide onwe ya wee nọrọ naanị ebe ahụ na-eche ka ike ndọda mee," ka ọ na-ekwu. "O nwere ike i□dị ka nwa ọhụrụ na-enye nri mana ihe na-eme n'ezie bụ ihe anyị na-akpọ nri na-adighi edozi ahụ na enweghi nnyefe mmiri ara ehi. Ma ọ bụrụ na nwa ọhụrụ ahụ nwere ike ijide ya ma eleghị anya na-a□ụ ntakiri, i□ nwere ike ọ gaghi achọpụta oke mmiri ara ehi dị ala."

Mgbe izu ole na ole gachara, ọtụtụ ụmụ ọhụrụ na-aga azụ ma na-aga na-eji nka dị iche iche nke inye ara na inye karama nri. Winter aro ka ndị nne na-agbalị inye nwa ara naanị ogologo oge o kwere mee.

Ọ bụrụ na mama na-eme atumatu i□ga ọrụ ma ọ bụ kwuputa mmiri ara ara maka ihe ndị ọzọ, ọ dị mkpa i□kuziri nwa ka esi a□ụ mmanya na karama. Gwa onye ọtù ọlulụ gi, onye i□ hụrụ n'anya ma ọ bụ onye nlekota n'odinihu ka ọ nye nwa ọhụrụ karama mbụ na mpaghara dị iche na ebe i□ emekari fiidi nwa. Ọ bụrụ na i□gaghị nke ọma, nwaa karama na ara dị iche iche ruo mgbe nwa ọhụrụ na-anabata karama ahụ. N'oge na-adighi anya, nwa gi ga-amuta i□karama ma nara mmiri ara ehi n'ara.

## Echiche Ugha # 5: Inye nwa ara na-ebelata mmetuta nke ara na ọ ga-emebi ọdidi ha.

**Eziokwu:** Afọ, ike ndọda na oke ibu na-emetuta ngbanwe ọdidi ara ụmụ nwanji kariya inye nri ma ọ bụ imeputa mmiri ara. Ọtụtụ ụmụ nwanji na-enye nwa ara na-achoputa nke ahụara ha na-alaghachi n'ogo na ọdidi ha tupu ime ime, ma ọ bụ opekempe nso ya, mgbe nwa ara gachara.

## Echiche Ugha #6: ! nweghi ike ituru ime mgbe i na-enye nwa ara.

**Eziokwu:** Inye nwa ara na-egbochi ovulation na ufodu umu nwanyi, mana a naghị ele ya anya di ka usoro nchikwa omumu a puru idabere na ya mgbe onwa isii mbu gasiri, o burugodi na o bu naani inye nwa ara. Maka udi nchikwa omumu anabatara, gwa onye nlekota ahuike gi okwu.

## Echiche Ugha #7: Mee ka onu ara gi sie ike tupu a muo nwa gi iji kwado maka inye ara.

**Eziokwu:** Ihe okike ga-akwadebe ara gi maka inye ara. Usoro ndi di otu ahụ nwere ike igbochi imu nwa nkiti, n'hi ya o dighi mkpa "ikwado" onu onu ara. "Akpukpo anu onu ara bu otu n'ime akuku ahụ kacha di girigiri ma buru nke na-adighi ike maka mbuze na mmebi," Winter na-ekwu. "Mgbe a na-ekechi nwa ohuru n'ime ara n'uzo kasi di ire, a na-echebe onu onu ara n'ezie; oru niile nke imu nwa na-adi na ara na areola, na-adighi emetukwa onu ara.

## Echiche Ugha #8: Obere ara anaghi amiputa mmiri ara ehi ka di ka ndi buru ibu.

**Eziokwu:** Onu nha nke ara nwanyi enweghi ihe jikoro ya na oke mmeputa mmiri ara ehi. Di ka Winter si kwuo," Ara nonwe ya nwere ikike nchekwa ufodu: N'agbanyeghi nha, ole mmiri ara ehi nwere ike ijide di iche na nwanyi gaa na nwanyi. Nwa nke nwere nne nke nwere obere ara nwere ike na-enye nri ugboro ugboro karia nwa nne nke nwere ike buru ara. Mgbe i gbakwunyere mmiri ara ehi niile nwa o bu la riri, na njedebe nke awa 24 zuru ezu o ga-atunyere. Na njedebe nke ubochi ahụ, olu e mere bu otu ihe ahụ; o bu ugboro ole nwa ohuru kwesiri inye nri iji nweta uda olu ahụ di nnoo iche."

## Echiche Ugha #9: Ekwesiri ipupu umu ohuru niile ara tupu ubochi omumu mbu ha.

**Eziokwu:** Ulo akwukwo **American Academy of Pediatrics** na-atu aro ka i na-enye nwa ara di ka naani isi iyi nri maka nwa gi maka ihe di ka onwa isii. Mgbe i gbakwunyere nri siri ike na nri nwa gi, nogide na-enye nwa ara ruo mgbe nwa gi ruru opekata mpe onwa 12. Mkpebi ikwusi inye nwa bu nke onwe, mana enwere otutu uru na-aga n'ihu na-enye nwa ara, maka ma mama ma nwa.

“Anyị maara ugbu a na enwere uru na-aga n’ihu maka nwa mana nke kachasi mkpa maka nne metụtara ọrịa shuga na ọrịa obi, yabụ nke ahụ bụ mgbakwunye, ” Winter na-ekwu. "Anyị anaghị akwado ihapụ ara aputa otu ochicho ma kwado na-enye nwa ara ruo afọ abụọ ma ọ bụ karịa.

*Feldman-Winter na-eje ozi dị ka onye ọkachamara ngalaba na National Action Partnership to Promote Safe Sleep Improvement and Innovation Network (NAPPSS-IIN), nke Health Resources and Services Administration Maternal and Child Health Bureau kwadoro. NAPPSS-IIN na-achọ ime ka nwa ọhụrụ na-ehi ụra nke ọma na inye nwa ara ka ọ bụrụ ụkpụrụ mba site n’ikwado ndị na-eme ihe jiji nwalee ngwugwu nchekwa n’otụtụ nlekọta nlekọta jiji meziwanye ohere na ndị na-elekọta ụmụaka na ezinụlọ na-enweta na-agbanwe agbanwe, ntuziaka dabeere na-egosi banyere ụra nchekwa na izu nwa. Tinyere NAPPSS-IIN, Feldman-Winter bụ onye ndu dibia maka obodo na ụlọ ọgwụ na-aga n’ihu na-arụ ọrụ jümü nwa (CHAMPS), n’okpuru Center for Health Equity, Education and Research (CHEER) nke Boston Medical Center, na Onye isi oche nke American Ụlọ akwụkwọ Academy of Pediatrics (AAP) ngalaba na-enye ara ara, na onye bụbu onye otu AAP Task Force na SIDS. Ọ bụ Profesọ nke Pediatrics na Cooper Medical School nke Rowan University na Pediatrics / Adolescent Medicine ọkachamara na Cooper University Health. Echiche ndị e gosipụtara ebe a bụ naanị echiche nke Dr. Feldman-Winter na ọ bughị nke nzukọ ọ bụla ma ọ bụ ụlọ ọrụ nlekọta ahụike.*

### **Akụrụngwa:**

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