

Adeegyada Doula

Doula Services (Somali)

Swedish waxay ku faraxsanyihiin inay ku siiyaan heerka labaad ee taageerada shaqsigaa ee daryaalka hooyada iyadoo loo marayo barnaamijka Swedish doula.

Doorarka doula waa inuu bixiyo taageero dareen, jidh ahaaned iyo macluumaad ahaan si uu kaaga caawiyo inaad yeelato suurogalnimada ugu fiican ee uurka, dhalmada, iyo khibrada waalid oo hore. Doula waxa uu ka barbar shaqeeyaa kalkaalisoooyinkaaga, umulisooyinka iyo dhakhaatiirta si uu u bixiyo hubinta joogitaanka oo uu kaa caawiyo maamulidda nidaamkaaga dhalmada.

Inta lagu gudo jiro uurka, doula wuu kula kulmi doonaa si uu kaaga caawiyo u diyaargarawgaaga dhalmada. Doula wuxuu bixin karaa hagid ku saabsan alaabada lagu ridayo shandadaada dhalmada, waxa uu kaa caawinayaa inaad caddayso doorbididaada dhalmada iyo samamaynta “qorshahaaga dhalmada”, oo aad lugeyso inta aad ku jirto tababarashaada foosha. Doula haagu waxaad marka ku helaysaa telefoon ahaan ama iimayl ahaan wixii su’aalo laga yaabo inaad qabto ee ku saabsan diyaargarawga dhalmada.

Marka fooshu bilaabanto, doula waxa uu iman karaa gurigaaga si uu kuu siiyo habsasho oo uu kaaga caawiyo go’aaminta marka aad tagayso cusbitaalka iyadoo lagu salaynayo tallooyinka bixiyahaaga caafimaad.

Cusbitaalka, doula waxay galaan gal u leeyihiin joogista kuwaas oo kula joogi doona dhammaan foosha oo waxay kaa caawinayaana inay ku dejiyaan, iska nafisto oo aad ku kalsoonaato dhalidaada. Doula tababar gaar ah ayay u haystaan bixinta farsamooyinka raaxada sida neefsiga, u riix riixidda jidhka, neefiska, qaababka, xidhmooyin kulayl iyo qabaw ah, iyo isticmaalidda saxanka qubayska ama qubaysashada.

Marka aad guriga timaado, doula waxa uu samayn doonaa booqasho guri si aad uga hadasho wixii caqabo quudinta ah, arrimaha hurdada, iyo hagaajino guud. Doula mar labaad waxa lagu heli kartaa telefoon ahaan ama iimayl ahaan wixii su’aalo ah ee aad hayso ilaa ilmahaagu uu noqonayo hal bil jir.

Xidhmada Swedish Doula waxa ay ka kooban tahay:

- 1-2 kulan inta aad ku gudo jirto uurkaaga si aad uga hadasho doorbidaadaada dhalmada oo waxa uu kaa caawin doonaa u diyaargarawga dhalmada
- Taagyeero telefoon iyo iimayl inta lagu jiro uurkaaga si looga hadlo u diyaargarawga dhalmadaada
- Joogitaanka fooshaada iyo dhalmada, waxa ku jira taagyeero dareen, jidh ahaaneed, iyo macluumaad ahaan
- Booqasho guri kadib mark ilmahaagu dhasho si looga hadlo quudinta, arrimaha hurdad, iyo su'aalo kale
- Taagyeerada telefoonka ama iimaylka si loo xaliyo su'aalaha ilaa ilmahaagu uu noqonayo hal bil jir

Kharashka

Waxaad ikhtiyaar u leedahay inaad xulato midkood doula khibrad leh oo shahaado haysta ama tababartaha doula si uu kuu siiyo adeegyada doula.

Tababartaha Doula - \$500

Tababartaha Swedish doula waxa uu dhammaystay kooraska tababarka doula oo waxay ku shaqeeyaan dhamaystirka shuruudaha shahaadaada oo ay ku jiraan waxbarashada ilmo dhalidda, waxbarashada naas nuujinta, qiimaynta joogidda dhalmada, iyo imtixaan shahaadi ah. Waxa gacanta kagusoo xulay Swedish qalin jabiyayaasha kooraskooda tababarka ee doula, oo waxay ku dayasho ka heleen khuburada Swedish doula.

Khabiirka Doula - \$800-\$2000 oo ku salaysan khibradda

Khabiirada Swedish doula waxay xirfad u leeyihiin caawimada rajaynta iyo walidinta cusub inay helaan khibarada ugu fiican ee macquulka ah inta lagu jiro uurka, dhalmada, iyo toddobaadada ugu horeeya ee nololaha ilmahooda. Waxay dhammaysteen shuruudahaha shahaado siinta doula, oo ay ku jiraan kooraska tababarka doula, waxbarashada ilmo dhalidda, waxbarashada naas nuujinta, iyo imtixaanka shahaadiga ah, oo waxay ka hawlgalaan waxabarashada sii socota ee hada si ay u ilaaliyaan aqoonsigooda.

Dhammaan Swedish doula waxay bixiyaan waraysiyo shaqsi ah oo bilaash ah oo laguugu talagalay adiga si loo ogaado ku habboonaanta ugu fiican. Haddii aad jeclaan lahayd in lagu waraysto ama ay ku qaadato doula adigoo u maraya Banaamijka Swedish doula, fadlan la xidhiidh xafiiska barnaamijka adigoo isticmaalya macluumaadka lagala xidhiidhayo ee xagga hoose ku yaal.

Doula waxa uu bixiyaa adeegyada soo socda

- Taagyeero shaqsiyaysan inta lagu gudo jiro uurka, dhalmada iyo xiliga foosha
- Samaynta doorbidaada dhalmadaada (Qorshaha dhalmada aka)
- Joogitaanka inta lagu gudo jiro fooshaada iyo dhalmada
- Farsamooyinka maamulidda xanuunka si dabiici ah, oo ay ku jiraan neefashadda, u riixriixida jidhka ah, nafisinta, isticmaalida kulayl/qabaw, iwm.
- Taagyeerada naas nuujinta
- Caawinta hagaajinta waalidka cusub
- 24/7 wicitaan la heli karo iyadoo loo marayo telefoonka iyo iimaylka si loo bixiyo taagyeero bisha koowaad ee nolosha ilmaha

Samaynta Lacag-bixinta

Nagala xidhiidh

Adeegyada Doula

Telefoon 206-215-6106

Eeg dhamaanba

Haddii aad xulato doula haaga oo aad dhammaystirtay Heshiiska Adeegyada Loo-adeegaha, fadlan ku samee lacag bixintaada halkan:

[Samee Lacag-bixinta](#)

Haddii aanad wali xulan adeegyada doula, fadlan la xidhiidh xafiiska baraanijka Swedish doula.

Web text as of 4/6/16