Australian
Breastfeeding
Association

Assyrian
Putting Your Baby to the Breast
2011

ܦܬܩܐ ܕܡܫܘܕܥܢܘܬܐ: ܡܥܠܝܬܐ ܕܝܠܘܕܟܝ ܠܬܕܝܐ

ܡܥܠܝܬܐ ܕܝܠܘܕܟܝ ܠܬܕܝܐ

ܗ̇ܝ ܐܘܪܚܐ ܒܘܫ ܛܒܐ ܗ̇ܝ ܕܝܡܐ ܘܝܠܘܕܐ ܢܠܦܝ ܠܡܢܩܐ ܒܟ̇ܠܗ̇ ܥܒܕܬܐ ܕܝܠܘܕܐ ܕܥܒܕ ܐܝܟ ܕܟܬܝܒܘܗܝ ܒܢܝܢܐ ܝܕܝܥܬܐ ܗܢܐ. ܐܢܐ ܟܐ ܩܪܝܐ ܗܕܝܟܐ "**ܐܘܪܚܐ ܕܝܠܘܕܐ ܗ̇ܝ ܡܥܠܝܢܐ ܠܬܕܝܐ**" ܘܡܦܝܢܐ ܕܦܘܫܐ ܠܥܒܕܬܐ ܚܕܪܝܬܐ ܡܢ ܟܠܕ ܡܘܠܕܐ ܐܘ ܒܟܠ ܝܠܕܬܐ ܕܗܘܝܐ ܡܢ ܟܠܕ ܗܘܕܐ.

- ܗܘܝ ܒܢܝܚܐܝܬ (ܒܫܝܢܐܝܬ)، ܚܒܝܒܬܐ ܡܠܒܠܒܐܝܬ ܠܬܕܝܐ، ܘܡܢܚܬ ܣܒܪܬܐ ܥܠ ܟܠ ܡܕܡ ܛܒܐ..
- ܫܩܘܠ ܡܫܘܚܬܐ ܐܝܟ ܕܝܠܘܕܟܝ ܕܟܒܪܐ ܝܠܗ ܘܡܠܝܐ، ܘܡܢܚܬ ܠܗܘܢ ܠܓܘܫܡܘܬܐ (ܡܘܠܟܠܘܬܐ)، ܚܫܘܒ ܡܢ ܡܥܒܕܢܘܬܐ ܕܚܠܒܐ (ܬܕܝܐ). ܡܠܦܫ ܠܗ ܓܢܣܐ ܘܡܘܫܐ ܝܠܢܐ ܕܠܒܘܫܟܝ. ܡܨܝܐ ܕܠܒܫܬ ܥܠ ܡܕܡ ܕܪܝܐ ܥܠ ܕܪܥܢܘܟܝ ܗ̇ܝ ܓܘܡܘܬܐ ܘ\ܐܘ ܗ̇ܝ ܡܟܣܝܬܐ ܕܥܘܠܫܘܬܐ.
- ܡܩܪܒܝ ܠܗ ܝܠܘܕܟܝ ܓܠܕܐ ܠܓܠܕܐ ܥܠ ܨܕܪܟܝ. ܬܡܘܢܝ ܓܢܣܗ، ܘܣܘܪܝ ܠܟܠܗ ܓܢܣܘܬܐ ܘܡܘܫܐ ܟܕ ܐܢܬܝ ܒܢܝܚܐܝܬ ܘܒܫܝܢܐܝܬ.
- ܗܡܙܡܝ ܠܗ ܝܠܘܕܟܝ ܒܢܝܚܐܝܬ ܡܢ ܠܬܚܬ ܕܪܥܢܘܬܐ ܘܠܥܠ ܠܓܢܗ، ܐܝܟܐ ܕܚܫܒܝ ܠܗ ܕܓܘܫܡ ܒܝܬܘܬܐ ܒܟܠ ܐܝܟ ܕܟܝܠ. ܝܠܕܐ ܕܝܕܥ ܡܩܝܡܝ ܠܗ ܪܝܫܗ ܥܠ ܨܕܪܟܝ ܘܒܩܘܪܒܐ ܓܘܝܐ ܠܬܘܪܐ (ܠܓܘܒܐ) ܕܚܕ ܡܢ ܬܕܝܐ.
- ܝܠܕܐ ܕܪܝܫ ܠܗ ܬܕܝܐ ܒܡܬܝܐ ܐܝܟ ܕܥܠܘܗ̇ (ܕܡܥܙܗ) ܩܪܝܒܐ ܒܬܕܝܐ. ܟܕ ܡܠܝܐ. ܚܫܘܒ ܠܗ ܝܠܘܕܟܝ ܕܪܝܫ ܠܗ ܬܕܝܐ ܐܝܟ ܕܗܘ ܒܥܐ. ܡܩܡܚܬ ܒܝܠܘܕܟܝ!

ܝܠܕܐ ܕܝܕܥܬܐ ܦܪܝܫܬܐ ܕܥܒܕ ܒܟܝܢܐ ܡܠܦܝ ܓܒ ܚܕܐ ܐܘܪܚܐ ܒܘܫ ܡܬܘܟܠܬܐ ܕܡܥܠܝܬܐ ܕܝܠܘܕܐ ܠܬܕܝܐ. ܡܨܝܐ ܕܡܫܬܡܫ ܟܕ ܐܢܐ ܐܘܪܚܐ ܡܢ ܟܠܕ ܐܘܪܚܐ ܕܝܠܘܕܐ ܗ̇ܝ ܡܥܠܝܢܐ ܠܬܕܝܐ.

- ܡܬܟܣܝ ܥܠ ܓܘܦܐ ܪܫܐ ܗ̇ܝ ܡܗܢܝܬܐ ܐܘ ܡܟܝܢܬܐ ܐܘ ܥܠ ܒܘܪܣܝܐ، ܐܦ ܥܢܝܣ ܣܒܪܐ ܥܠ ܟܠ ܡܕܡ ܛܒܐ،
- ܕܫܡܝ ܠܗ ܝܠܘܕܟܝ ܗܘܪܐ ܠܦܓܪܟܝ، ܐܦ ܦܓܪܗ ܟܡܠܐ ܠܓܒܟܝ. ܐܡܬܝܐ ܗܟܘ ܕܬܪܥܢܘܬܐ ܘܚܕܪܗ ܩܠܝܠ ܣܡܝܟܐ، ܐܝܟܐ ܕܫܡܝ ܕܪܝܫܗ ܗܘܐ ܝܬܝܪܐ ܕܠܝܠ ܡܠܒܠܒܐܝܬ ܠܬܕܝܐ.
- ܗܝܐ ܗܟܘ ܕܪܓܠܐ ܡܬܚܬܐ ܕܝܠܘܕܟܝ ܟܕ ܗܘܐ ܐܝܟ ܐܘܪܚܐ، ܐܝܟܐ ܕܫܡܝ ܠܗ ܕܗܘܐ ܡܣܬܡܟܐ ܕܡܫܬܡܫܐ (ܡܬܡܟܝ) ܐܦ ܡܢܘܚܐ ܒܓܘܦܗ. ܐܡܬܝܐ ܗܟܘ ܕܦܓܪܗ ܗܘܐ ܡܢܝܚܐ ܣܡܝܟܐ ܕܦܓܪܟܝ، ܐܦ ܪܓܠܗ ܘܬܟܘܦܝܬܐ ܕܚܝܢܐ ܗܘܕܝܐ، ܘܫܬܗ ܡܠܒܠܒܐܝܬ ܗܘܬܝܢܐ. ܐܡܬܝܐ ܗܟܘ ܕܝܠܘܕܐ ܗܘܐ ܒܬܡܢܘܬܐ ܐܦ ܓܒܟܝ.
- ܒܝܠܕܐ ܕܡܥܠܝܬܐ ܕܝܠܘܕܐ ܠܬܕܝܐ، ܡܬܠܝܢ ܟܕ ܒܩܘܒܠ (ܓܘܒܐ ܚܘܪܐ ܕܬܕܝܐ) ܠܥܠ ܓܝܢܐ ܕܫܟܢܬܐ (ܪܝܫܐ ܕܬܕܝܐ) ܘܓܘܢܩܬܐ ܠܗ ܓܝܢܐ ܐܝܕܢܐ، ܠܡܬܡܟܝܢ ܥܠ ܫܟܢܬܐ ܠܓܝܢܐ ܕܦܘܡܐ ܕܝܠܘܕܐ، ܗܘܕܐ ܕܪܒܝܬܐ ܕܪܒܘܬܐ ܕܬܕܝܐ ܗܘܝܐ ܒܘܫ ܗܘܢܐ.

- ܡܢ ܓܝܒ ܬܚܬܝܐ ܕܫܟܢܬܟܝ ܠܩܘܡܗ، ܫܩܘܠ ܒܡܠܝܘܬܐ ܕܫܟܢܬܟܝ ܠܥܠ ܡܢ ܦܘܡܗ، ܠܓܝܢܐ ܕܦܘܡܗ. ܐܡܬܝܐ ܗܟܘ ܕܦܘܡܐ ܕܝܠܘܕܐ ܗܘܐ ܦܬܝܚܐ ܡܢ ܪܒܝܬܐ ܕܬܕܝܐ ܘܟܕ ܦܬܝܚ ܡܢ ܫܟܢܬܐ (ܪܝܫܐ ܕܬܕܝܐ).
- ܡܢܟܦܝ ܠܗ ܝܠܘܕܟܝ ܕܦܬܚ ܠܗ ܦܘܡܗ ܦܬܝܚܐܝܬ، ܒܟܢܫܐ ܕܦܘܡܗ ܡܫܬܚܬܐ ܒܬܕܝܐ ܘܟܕ ܦܬܚ ܒܫܟܢܬܐ.
- ܐܝܟ ܕܝܠܘܕܟܝ ܦܬܚ ܠܗ ܦܘܡܗ ܦܬܝܚܐܝܬ، ܡܩܪܒܝ ܠܗ ܠܬܕܝܐ. ܡܩܝܡܝ ܟܕ ܦܘܡܗ ܡܫܬܚܬܐ ܠܡܠܐ ܡܢ ܓܠܕܐ ܐܘܡܢܘܬܐ ܕܫܟܢܬܐ ܕܫܟܢܬܟܝ، ܒܗܘܢܐ ܡܣܝܡܘ ܝܠܘܕܐ، ܒܟܒܪܐ ܕܦܘܡܗ ܓܠܝܐ ܗܘܝܐ ܩܪܝܒܐ ܓܒ ܡܢ ܫܟܢܬܐ. ܐܝܟܐ ܕܪܒܝܬܐ ܕܬܕܝܐ ܫܦܝܪ ܒܦܘܡܐ ܘܟܕ ܒܠܥ (ܐܝܟܢܐ) ܦܘܡܐ. ܐܝܟ ܐܝܠܢܐ ܐܘܡܢܘܬܐ ܕܫܟܢܬܟܝ ܓܘܢܩܐ ܗܘܝܐ ܫܩܝܠܐ ܓܘ ܦܘܡܐ ܡܢ ܓܠܕܐ ܐܝܟܢܐ ܡܢ ܐܘܡܢܘܬܐ ܕܗܘܐ ܠܥܠ ܡܢ ܓܠܕܐ ܬܚܬܝܐ.
- ܢܟܘܠ ܕܓܠܘܦܘܗܝ (ܕܡܥܠܝܗ) ܕܝܠܘܕܐ ܕܒܥܐ ܗܟܘ ܒܬܕܝܐ. ܐܢܐ ܓܘ ܥܒܕܬܐ ܕܒܚܪܗ ܡܢ ܫܦܝܪܘܬܐ. ܐܝܟ ܟܕ ܗܟܘ ܗܘܕܐ، ܡܩܪܒܝ ܠܗ ܦܓܪܗ ܠܦܓܪܟܝ.
- ܦܘܡܐ ܕܝܠܘܕܟܝ ܗܘܕܐ ܓܘ ܗܘܐ ܦܬܝܚܐ ܦܬܝܚܐܝܬ، ܕܒܥܐ ܒܬܕܝܐ.
- ܓܘ ܢܘܦܠܐ ܕܝܠܘܕܐ ܪܒܐ ܛܒܐ ܕܡܙܝܘ ܗܘܝܐ ܠܬܕܝܐ ܐܝܟ ܕܡܨܝ ܪܡܢܐܝܬ ܘܟܝܬ ܓܠܐܢܐ ܗܘܢ ܡܫܬܚܘܢܐ.
- ܐܝܟ ܠܐ ܗܘܝܐ ܛܒܐ ܕܡܝܢܝܢ ܬܕܝܐ، ܐܦ ܬܕܝܐ ܗܟ ܡܙܥܘܢܐ ܗܘܝܐ ܡܢ ܟܠܕ ܗܘܕܐ ܠ 30 ܕܩܝܩܐ، ܡܩܪܒܝ ܠܗ ܡܢ ܬܕܝܐ ܒܡܫܚܬܐ ܕܣܒܐ ܨܒܥܐ ܕܝܕܐ ܒܝܢܝ ܒܦܘܡܗ (ܦܘܡܐ ܕܚܠܒܐ) ܘܒܢܝܚܐܝܬ ܓܪܘܫ ܠܗ ܕܫܒܩ ܡܢ ܬܕܝܐ.

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ܟܕܘܡܐ ܐܢܬ ܣܠܡܬܐ (ܕܓܪܐ ܕܝܠܘܕܐ) ܡܢܗ ܦܘܫܘ ܐܝܟ ܕܝܕܥܝܬܘܢ ܚܘܝܐ ܕܡܘܕܥܢܘܬܐ ܚܠܝܐ

ܝܗܒܝ ܡܕܥܝܐ ܠܢܫܐ ܒܐ ܕܟܠܐ ܒܟܠܝܬܐ ܘܡܫܠܚܬܐ ܡܢܠܝܐ ܐܝܟ ܕܡܬܐ ܠܗ ܓܘܢܐ ܐܢܐ ܦܘܫܐ ܕܝܢܩܘܬܐ ܗܘ ܕܐܢܐ ܟܬܒܐ ܡܕܥܢܝܐ. ܐܝܟܢܐ ܓܘ ܢܠܦܐ ܡܢ ܝܫܘܥܐ، ܘܝܢܩܘܬܐ ܓܘ ܡܢܠܟ ܕܐܢܝ ܠܡܢܝܢܐ ܚܘܝܐ ܐܘܪܚܐ ܗܕܝܐܬܐ. ܢܝܫܐ (ܓܘܫܝܐ) ܓܘ ܡܣܘܦ ܟܕ ܕܐܢܝ ܠܡܥܡܠܘܝܗ ܢܠܘܕܐ ܠܝܠܘܕܐ. ܐܢ ܘܕܝܬ ܡܢ ܒܝܬܐ ܘܡܠܟܬܐ ܕܡܢܕܬܐ..

ܡܥܡܝܐ ܐܟܪܢ ܐܢ ܐܝܬ ܦܘܢܐ ܡܥܕܢܢܝܬܐ. ܐܢ ܡܥܕܘܕܢܝܬܐ ܒܟܠܗ ܡܥܡܝܐ، ܝܟܠܘܢ ܡܢܕܬܐ. ܡܥܡܠܐ ܕܟܠܐ ܠܡܢܝܬܐ ܕܝܢܩܘܬܐ ܒܝܬ ܚܘܩܐ ܠܣܒܪܐ ܒܝܕܬܐ ܕܡܥܡܝܐ ܒܢܘܦܩܐ ܡܕܥܝܬܐ ܒܟܠܗ ܗܘ ܐܘܪܚܐ ܒܘܟ ܕܟܝܐ ܗܘ ܕܫܡܐ ܡܢ ܡܕܟܪܐ ܘܡܢ ܡܥܠܝܐ ܕܘܢܝܐ ܣܠܡܢܝܐ (ܕܓܪܐ ܕܝܠܘܕܐ).

ܗܘ ܡܘܕܥܢܘܬܐ ܘܕܐ، ܡܡܘܫܒ ܐܝܬ ܝܥܒܕܘܢ ܕܣܘܠܡܢܐ ܕܝܥܠܐ ܒܝ ܐܝܬ ܥܡܠܦܘܬܐ ܕܡܥܡܝܐ ܕܐܘܣܬܪܠܝܐ (ABA).

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

ܣܘܟܐ ܡܠܒܘܫܢܝܐ ܕܡܘܢܝܐ ܕܡܥܡܝܐ ܕܥܡܠܦܘܬܐ ܕܡܥܡܝܐ ܕܐܘܣܬܪܠܝܐ ABA ܦܬܝܚܐ ܚܝܠܗ 7 ܝܘܡܬܐ ܒܫܒܘܥܐ ܘܦܬܝܚܐ ܚܝܠܗ ܡܘܕܝܥܢܐ ܒܝܬ ܡܠܦܢܐ ܡܡܘܠܡܕܐ ܕܡܥܡܝܐ ܕܝܒܝܬ ܐܢܬ.

ܐܢ ܡܥܒܡܠܟܬܐ ܠܝܬ ܦܬܓܡܢܐ ܒܡܠܒܘܫܐ، ܡܕܝ ܠܡܥܡܝܬܐ ܕܦܬܓܡܢܘܬܐ ܘܡܘܦܬܢܐ (TIS) ܥܠ ܡܢܝܢܐ 131 450.

ܦܣܝܕܐ ܠܐܬܪܐ www.breastfeeding.asn.au ܗܘ ܡܟܠܐ ܕܡܠܠܬܐ ܒܐܘܪܚܐ ܕܐܢܓܠܝܐ ܘܗܘ ܡܘܕܥܢܘܬܐ ܘܕܐ.

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