ܡܒܒܠܘܬܐ
ܕܡܡܝܐ

ܟܠ ܩܘܪܒܐ ܒܝܕ ܝ̣ ܡܡܝܐ ܠܐ ܝܠܗ ܡܢܝܢ
ܕܝܘܡܐ ܝܗܦܟܬܐ ܝܘܡܐ ܩܘܡܐ. ܡܢܝܢ ܒܠ ܝܡܕܝ
ܕܣܒܝܢܐ ܝܠܗ ܠܒܒܟܬܐ، ܟܒܢܐ ܟܠܗ ܡܘܠܡܕܬܐ.

Australian Breastfeeding Association
ABN: 64 005 081 523 RTO: 21659

ܦܪ̈ܫܐ ܒܝܕ ܚܘܝܕܐ ܕܡܡܝܐ ܐܘܣܛܪܠܝܬܐ.
www.breastfeeding.asn.au

ܡܫܘܢܝܐ ܘܡܫܘܕܥܢܘܬܐ ܡܥܘܠܝܬܐ

4 ܠܡܘܕܝ ܡܦܩܕܢܝ؟

5 ܡܘܕܝ ܓܘ ܡܣܝܪܬܐ ܡܝܢܩܬܐ

7 ܒܡܐ ܟܘܢܐ ܟܕܪܟ ܐܢܐ ܡܝܢܩܝܢ ܠܝܠܘܦܐ؟

9 ܕܐܝܢ ܠܡܫܡܘܝܐ ܡܦܠܓܝ ܗܿܝ ܡܝܢܩܬܐ؟

11 ܕܐܝܢ ܐܢܐ ܢܕܥܝܢ ܐܝܬܠܝ ܚܠܒܐ ܡܠܝܐ؟

12 ܡܫܡܫܬܐ ܕܬܠܐ ܠܓܢܒܬ

15 ܡܘܕܝ ܝܠܗ ܡܕܝܕܢܐ ܕܡܦܩܬܐ؟

16 ܐܝܟܡܐ ܒܘܨܪܐ ܝܢ ܐܒܬܐ ܐܝܬ ܠܓܒܝ ܓܘܪܐ ܐܢ ܚܠܡܝܢܝܬܐ (ܕܝܢܐ) ܡܕܠܝܬܐ

18 ܚܠܒܬܐ ܘܚܡܝܬܐ

20 ܦܠܛܬܐ ܠܓܢܒܪ

22 ܚܘܡܪܐ ܕܦܦܠܓܬ

23 ܐܡܬܐ ܡܬܟܢܝܬܐ ܒܘܟ ܙܘܕܐ ܒܘܗ ܡܝܢܩܬܐ

24 ܦܠܛܝܐ ܘܝܠܡܝܬܐ

26 ܗܿܝ ܡܢܝ ܝܡܕܢܐ ܗܿܝ ܗܢܕܬܐ ܒܢܝ ܡܝܢܩܬܐ

28 ܡܥܘܠܝܐ ܕܝܢܐ ܕܡܫܘܕܥܢܘܬܐ ܕܡܝܢܩܬܐ

30 ܒܘܗ ܫܘܬܦܘܬܐ ܕܡܝܢܩܬܐ ܐܘܣܬܪܠܝܬܐ (ABA)

31 ܦܬܫܐ ܕܦܘܪܫܢܘܬܐ

ܡܫܘܕܥܢܘܬܐ ܗܿܝ ܕܐܝܬܐ ܒܟܬܒܘܢܐ ܦܫܝܛܐ ܗ̇ܘܐ ܡܘܡܛܝܐ ܡܢ ܕܪܫܐ ܡܥܘܠܝܐ:

ܡܫܘܕܥܢܘܬܐ ܘܒܘܪܫܐ ܕܡܝܢܩܬܐ

ܡܘܕܢܝܬܐ ܕܡܝܢܩܬܐ ܕܐܝܦܠܐ (2012) ܕܡܫܡܛܐ ܐܡܕܢܝܐ ܕܚܘܠܡܢܐ ܘܒܘܪܫܐ ܐܢܫܝܐ

ܚܘܫܒܢܐ ܕܡܝܢܩܬܐ ܕܐܝܦܠܐ ܐܡܕܢܝܐ ܐܘܣܬܪܠܝܐ 2010

ܫܘܬܦܘܬܐ ܕܡܝܢܩܬܐ ܐܘܣܬܪܠܝܬܐ

ܚܘܫܒܢܐ ܡܠܘܐܝܐ ܕܫܘܬܦܘܬܐ ܕܡܝܢܩܬܐ ܐܘܣܬܪܠܝܬܐ

Cover — Photo courtesy Rebecca McPherson

ܒܫܠܡܐ! ܐܢܐ ܚܕܐ ܝܡܐ ܐܝܬܝܐ ܒܘܝܢ ܗܿܝ ܓܫܝܡܬܐ ܕܒܘܡܪܘܗ 9 ܒܢܘܢܝܐ ܒܠܗ ܘܐܢܐ ܗܘܠܝ ܝܠܝ ܒܘܝܢ ܗܡܘܝܐ ܒܡܐ ܚܘܫܒ ܒܘܣܝܦܬܐ ܒܠܘ ܠܗ ܐܝܢ 2 ܒܢܝܐ ܐܚܪܢܐ. ܐܢܐ ܗܘܝܢܐ ܟܠܗܘܢܐ ܒܘܝܢ ܗܿܝ ܡܘܕܝ ܐܢܐ ܒܘܝܢ ܗ̇ܘܐ ܗܘܕܐ ܒܠܝܠܬܐ ܒܢܝ ܚܠܕܐ ܐܝܡܐ ܕܘܝ ܡܢ "ܒܪܕ" ܕܐܢܐ ܗܝܡܢܬܐ ܒܘܝܢ ܠܘܝܕܬܐ ܒܝܘܗ! ܐܝܟ ܕܟܠܝܢ ܒܬܠܬܐ، ܐܡܘܬܐ، ܚܠܠܬܐ، ܘܒܢܬܐ ܕܒܫܠܘܬܐ ܘܒܠܢܝܬ ܡܕܪܝܢ ܠܒܝܬܘܬܐ ܝܗ ܗܘܢܐ ܕܒܝܬܐ. ܒܠܝܘܝ ܐܢܐ ܝܡܕܢܝܐ ܓܠܐܫܐ ܒܢܐ ܠܝܠܦܝܢ ܕܝܕܪܐ ܕܕܝܢ، ܐܝܟܢ ܕܒܪܡܘ ܝܠܗ ܕܡܓܒܬܐ!

ܡܢ ܒܪܕ ܕܦܝܫܠܝ ܒܒܕܪܢܐ ܚܡܝܠ ܠܓܢܒܪ ܕܓܝܡܬܐ، ܦܢܝܡܝ ܠܗ ܓܝܡܬܐ ܒܠܘ ܒܕܪܢܐ ܐܝܟ ܒܘܣܠܦܐ ܠܘܕܐ ܒܠܝܗ ܘܕܒܐ ܒܒܬܢܐ. ܐܦܐ ܘܒܘܝܠܬܐ ܒܠܘ ܟܡ ܐܬܬܐ ܒܒܝܫܬܐ ܘܗܘܒܢܐ ܟܠܗܘܢܐ ܝܢ ܐܢܐ ܝܒܠܓܕܐ ܒܘܝܢ ܠܕܐܘܐ ܠܕܘܗܝܬ. ܐܡܚܝ ܐܝܡܐ ܕܐܢܐ ܡܫܡܘܝܐ ܒܘܝܢ ܕܐܢܐ ܡܘܝܓܬܐ ܒܘܝܢ ܠܝܡܕܢܝܐ ܠܗ ܐܝܟ ܠܓܒܫܐ ܘܕܐܢܐ ܡܝܢܝܢ ܒܚܕܝܢ ܒܠ ܠܓܘܠܝܬܘܗܝ، ܗܘ ܒܚܠܘܦܐ ܒܠܘ.

ܝܡܕܢܝܐ ܝܗܘܢܐ ܒܢܐ ܒܘܟ ܗܘܢܠܝ. ܐܡܚܝ ܗܘܡܬܐ ܡܝܢܩܬܐ ܦܠܛܬܐ ܠܓܢܒܪ ܡܢ ܓܝܡܬܐ ܘܡܦܩܬܐ ܒܝܦܬܐ ܐܝܕܝܐ ܐܝܕܝܐ ܕܒܝܬܐ ܒܠܘ. ܗܿܝ ܟܕܪܬܐ ܕܝܡܢܝ ܗܘܠ ܗܘܝܢܐ - ܝܠܝ ܒܠܘ ܘܒܝܢ ܐܝܟ ܕܡܦܩܕܬܘ ܒܘܝ ܗܘܐ! ܐܢܐ ܘܒܝܢ ܝܠܝ ܚܘܝܢ ܗܘܐ ܝܘܠܝܦܬܐ ܒܡܐ ܒܚܝܫܬܐ ܐܢܐ ܝܗ ܐܟܠܢ ܗܘܐ ܐܢ ܕܐܢܐ ܝܗ ܒܦܝܢ ܗܘܐ ܠܗ ܝܓܢܐ ܕܟܠܐ ܘܒܝܢ ܡܓܒ. ܐܢܐ ܐܦ ܠܝܬ ܗܘܐ ܠܝ ܚܘܒܬܐ ܕܒܡܐ ܚܕܝܬܐ ܐܢܐ ܝܗ ܐܟܠܢܝ ܗܘܐ ܒܗܘܡܬܐ ܕܒܕܐܝ ܡܦܩܕܬܐ ܝܠܟܢܐ ܓܠ ܝܕܕܝ، ܐܝܡܐ ܕܘܒܝ ܝܡܕܝ ܐܝܕܐܢܐ ܠܗ ܕܘܡܝܐ ܐܝܬ ܝܠܗ ܠܒܡܐ.

ܐܢܐ ܓܘ ܢܕܥܝܢ ܕܝܡܬܐ ܐܝܕܝܐ ܗܡܬܐ ܓܘ ܡܚܠܝ ܕܬܐ ܡܢ ܢܫܝܘܬܐ ܒܘܗ ܡܘܕܝ ܝܠܟܢܕܪ، ܐܝܢܐ ܐܢܐ ܐܡܚܝ ܒܠܝܢ ܗ̇ܘܐ ܡܘܝܕܢ ܗ̇ܘܐ ܕܐܝܬ ܡܫܘܕܥܢܘܬܐ ܘܗܘܕܪܬܐ ܡܠܝܬܐ ܒܘܗ ܡܘܕܬܐ ܠܟܠ ܒܕܬܐ ܕܐܝܬ ܝܠܗ ܐܡܘܪܐ ܒܝܦܠܐ ܡܢ ܕܡܓܒܬܐ ܗܘܠ ܡܝܢܩܬܐ. ܐܡܚܝ ܒܝܕܐ!

ܝܡܫܬܘܒܝ، ܗܘܢܐ ܦܐܝܫܬܐ

ܠܡܘܕܝ ܡܫܩܝܢ؟

- ܡܫܩܝܬܐ، ܐܝܟ ܕܝܠܗ ܛܒܝܥܝܬܐ، ܐܝܢܐ ܗܘܠܡ ܝܠܗ ܚܕ ܓܘܪܐ ܡܠܝܦܐ، ܘܗ ܒܘܩ ܟܝܘܕܐ ܗܐ ܝܫܐ. ܐܝܟܢܐ ܣܘܠܦܢܝܐ ܡܠܝܦܐ

- ܚܕܟܡܐ ܛܒܝܥܐܝܬ ܝܠܗ ܐܡܝܢܐ ܡܘܕܝ ܝܠܕܘܬܐ ܝܢ ܐܡܝ ܦܝܫܝ ܡܘܟܝܟܐ ܝܠܟܘܢ، ܐܝܟ ܟܠ ܦܝܫܐ ܕܝܘܩܢܘܗܝ ܚܕ ܢܝܫܐ ܡܢ ܟܠܐ ܒܫܪܬܐ. ܚܕܟܡܐ ܝܘܡܢܐ ܝܠܗ ܡܫܩܝܢ ܒܩܕܡܝܘܬܐ ܡܢ ܐܘܡܐ ܚܕܟܡܐ ܘܡܢ ܝܠܗ ܗܘܝܐ ܠܗܘܢ ܐܫܡܘܬܐ، ܐܝܬܐ ܕܟܐ ܝܠܗ ܐܠܨܝ ܒܡܘܕܪܝܟܐ ܒܚܕܟܡܐ ܟܘܦܝܢܐ ܠܗ ܐܘܕܥܐ.

- ܡܢ ܟܠܐ ܡܠܝܕܘܬܐ، ܚܕܐ ܝܫܐ ܝܠܗ ܗܘܢܐ ܕܟܐ ܟܘܝܐ ܒܓܝܣܬܐ ܐܢ ܗܝܡܢܬܐ ܠܕܘܟܬܐ ܘܝܬܘܬܢܬܐ ܡܢ ܡܘܣܟܦܐ ܕܘܦܘܠܡܦܝܐ. ܗܝ ܝܠܐ ܡܠܝܘ ܗܘܟܢܐ ܐܝܟ ܕܐܡܝ ܝܚܟܝܐ ܡܝܚܠܬܝܐ ܕܐܝܬܝܗܝ ܐܝܬ ܗܘܐ ܠܓܒܝ ܠܗ ܐܝܓܝ ܕܚܕܐ ܝܫܐ ܡܫܩܝܐ ܠܝܠܦܠܗ!

- ܠܐ ܡܣܝܒܪܬܝ ܝܢ ܡܫܩܝܬܐ ܝܠܐ ܡܠܝܘ ܐܝܟ ܕܐܝܬܝܗܝ ܒܩܦܕܐ ܡܘܬ ܗܘܐ ܡܢ ܡܕܡܝܬܐ. ܐܝܟ ܚܠ ܚܕ ܡܝܒܕ ܐܡܕܢܐ ܝܠܟܘܢ، ܗܝܡܢܬܐ ܡܠܝܘ ܠܟܘܢܢܐ ܡܟܘܢܢܐ!

- ܗܕ ܐܝܟ ܕܡܫܩܝܬܐ ܝܠܗ ܚܕ ܓܘܪܐ ܦܪܡܛܝܣܢܐ، ܗܝ ܝܗܒ ܗܝܕܐ ܝܠܟܘܢ ܐܡܘܪܐ ܐܟܡ ܝܫܢܐ ܐܝܬܝܐ ܐܝܟ ܕܡܫܩܝܐ ܡܢܐ.

ܡܘܕܝ ܝܠܗ ܡܣܪܬܐ ܡܫܩܝܬܐ

ܝܠܘܕܐ

- ܚܠܒܐ ܕܝܡܐ ܝܠܗ ܡܫܩܝܢ ܠܟܠܘܗ ܡܢܝܘܬܐ ܕܟܬܒܬܐ ܕܚܕ ܝܠܘܕܐ ܗܝܡܢܐ ܡܠܝܗ ܚܠܒܘܗܝ ܗܐ ܡܘܕܟܐ ܠ 6 ܝܪܚܐ ܩܕܡܝܐ ܕܚܝܘ.

- ܚܠܒܐ ܕܝܡܐ ܝܠܗ ܡܫܩܝܢ ܐܠܡܘܢܝܢܘܬܐ ܗܐ ܡܢܝܢܐ ܒܢܝܕ ܠܘܡܝܢܐ ܗܡܘܢܟܝܐ ܘܡܢܕܒܝܢܐ ܐܝܢܝܐ ܕܝܢܐ ܦܠܚܝ ܟܡ ܣܘܦܝܐ.

- ܝܠܘܕܐ ܐܡܝ ܕܟܠܐ ܦܫܝ ܡܘܡܝܢܐ ܝܠܗ ܗܘܝܐ ܠܗܘܢ ܝܡܬܐ ܘܡܕܢܐ ܗܐ:
  - ~ ܡܪܥܐ ܒܢܝܢܝܐ ܡܢܐܝܟ ܐܝܠܕܘܗܐ (ܟܡܘܪܐ)، ܣܘܟܪܐ ܕܝܬܡܬܐ ܘܕܝܢܬܐ
  - ~ SIDS
  - ~ ܐܡܪܢܬܐ ܘܩܝܪܐ
  - ~ IQ ܐܣܛܢܐ

"ܐܢܐ ܝܣܟܝܢܐ ܡܢ ܗܘܐ ܕܡܫܩܝܬܐ ܝܠܗ ܐܬܝܐ ܛܒܝܥܐܝܬ. ܝܠܦܠܝ ܘܐܢܐ ܗܕ ܗܘܐ ܠܝ ܚܕܟܡܐ ܐܫܡܘܢܝܐ ܟܡ ܐܦܢܬܐ. ܡܘܝܬ ܠܗ ܚܕ ܝܡܫܐ ܗܐ ܕܝܒ ܝܠܕܐܢܐ ܒܪܘܬܐ ܘܒܚܝܕܘܬܐ ܚܕܐ ܟܘܝܐ ܐܝܢܬܐ."

ܝܘܿܡܵܐ

- ܡܡܨܝܐ ܝܠܗ ܡܗܢܝܐ ܠܣܘܠܩܢܐ ܕܝܘܡܐ. ܝܘܡܢܐ ܐܡܪܝܢ ܕܟܠܐ ܬܪܬܐ ܡܘܡܝܐ ܝܠܗ ܗܘܝܐ ܠܗܘܢ ܡܥܢܝܐ ܘܪܒܬܐ ܗܘ ܡܕܥܢܝܬܐ ܕܝܕܥܬܐ ܘܕܡܫܒܚܢܬܐ.
- ܡܡܨܝܐ ܝܠܗ ܗܘܝܐ ܠܡܕܒܪܢܐ ܠܦܠܚܬܐ ܠܬܘܦܘܗ ܕܡܢ ܩܕܡ ܒܠܝܠܝܐ ܘܝܠܗ ܗܘܝܐ ܠܡܠܟܘܬܐ ܕܫܘܡܪܐ.
- ܡܡܨܝܐ ܒܢܝܪܝܗ ܝܠܗ ܓܪܝܫܠܗ ܠܕܥܬܐ ܕܝܦܘܬܐ.
- ܡܡܨܝܐ ܕܡܠܘܢܐ ܡܝܢܐ ܗܘܝܐ ܐܡܝ ܚܕܐ ܡܫܠܡܢܘܬܐ ܕܒܠܝܠܝܐ.

ܪܲܡܫܵܐ

- ܡܡܨܝܐ ܝܠܗ ܡܗܢܝܐ ܠܡܫܘܝܐ ܕܡܝܬܘܠܬܐ، ܢܡܪܬܐ ܘܗܘܡܦܐ.
- ܦܫܛܐ ܠܐ ܡܘܡܝܐ ܝܠܗ ܡܫܬܝܐ ܡܫܬܬܝܐ ܒܘܬ ܩܘܪܐ ܩܐ ܝܠܡܕܬܐ ܕܢܝܚܘܬܐ ܣܘܠܩܢܝܬܐ.
- ܡܡܨܝܐ ܝܘܢܝܬܐ ܬܠܬܐ ܘܡܛܠ، ܐܡܟܐ ܕܡܘܫܚܬܐ (ܦܘܪܡܘܠܐ) ܘܡܘܦܬܐ ܕܡܡܨܝܐ ܠܒܨܝܬܐ ܬܪܬܐ.
- ܡܡܨܝܐ ܒܢܝܬܐ ܬܠܬܐ ܡܫܕܘܪܐܝܗ (ܕܟܠܐ ܓܘܡܘܬܐ، ܘܕܟܠܐ ܒܡܫܬܝܐ).
- ܝܘܡܢܐ ܐܡܪܝܢ ܕܟܠܐ ܡܡܨܝܐ ܝܠܗ ܗܘܝܐ ܠܗܘܢ ܒܦܫܛܐ ܘܪܒܬܐ ܕܢܝܚܘܬܐ ܣܘܠܩܢܝܬܐ ܠܗ ܝܡܫܐ ܢܕܝܕܐ.
- ܝܘܡܢܐ ܕܦܫܛܐ ܠܐ ܡܫܬܝܐ ܕܬܪܬܐ ܠܗܘܐ ܠܟܠܗ ܬܡܠܝܢ ܒܘܬ ܘܪܒܐ ܒܟܪܬܐ ܡܢ ܒܘܬܠܐ ܗܘ ܕܡܫܡܥ ܬܠܬܐ ܒܠܠܝܗ.

ܟܡܵܐ ܓܵܘܵܐ ܟܕܸܪ ܐܵܢܵܐ ܡܨܝܼܢܵܐ ܠܫܲܦܠܵܒ؟

- ܡܡܨܝܐ ܕܫܦܠܒ ܒܠ ܐܢܫ ܕܗܘ ܒܝܬܐ ܒܓܘ ܡܕܝܢܬܐ ܗܘ ܒܪܡܐ ܕܚܕܐ ܡܘܪܕܐ ܦܘܪܣ ܕܒܠܬܐ ܘܡܫܠܚܐ ܕܪܒܐ ܒܫܘܢܝܐ. ܐܢܐ ܡܢܝܢܘ ܠܘ ܡܫܪܝܐ ܕܝܘܪܒ ܗܘ ܫܦܠܒ ܒܠ ܐܢܫ ܕܗܘ ܡܫܘܚ ܒܒܢܝܬܐ ܕܝܦܬܐ ܒܝܗܫܐ ܕܢܘܡܐ ܘܕܟܠܝܬܐ. ܗܘ ܐܦ ܡܢܝܢܘ ܬܠܬܐ ܥܒܕܝܗ ܠܡܘܡܝܐ ܚܕܐ ܡܡܨܝܐ ܒܒܪܬܐ ܕܟܠܗ ܘܥܒܕܝܗ ܠܝܘܡܐ ܡܢ ܟܠܗ.
- ܫܦܠܐ ܦܪܝܫܐ ܬܪܬܐ ܒܗܒܡܘܢܝܬܐ ܕܡܢܝܐܬܗ. ܐܝܟ ܡܘܡܝܢ ܕܫܢܝܐ ܠܡܡܨܝܐ ܐܡܝ ܒܒܠ 10 ܗܘܠ 15 ܟܘܝܐ ܒܝ ܐܡܝ ܒܪܬܐ ܒܒܠ 6 ܗܘܠ 8 ܟܘܝܐ ܟܠ 24 ܫܥܝܐ. ܒܪܬܐ ܝܠܗ ܡܣܝܒ ܒܡܘܪܕܐ، ܒܪܬܐ ܝܠܗ ܡܣܝܒ ܒܒܢܝܗ. ܒܪܬܐ ܒܡܘܦܩܐ ܒܕ ܡܢܝܢܝܬܐ ܒܒܠܗ ܘܒܪܬܐ ܝܠܗ ܡܒܝܒ ܐܡܝ ܕܝܢ ܒܡܢܝܬܐ ܬܝܐ "ܒܠܗ ܒܪܬܐ"!
- ܐܬܝܢ ܠܐ ܡܝܢܝܗ ܡܐܒܠܝܗ ܘܪܐ ܠܒܢ ܫܦܠܐ ܡܣܢܢܐ. ܫܦܠܐ ܝܠܗ ܦܬܒ ܓܕܝܐ ܒܕ ܒܢܘܬܐ ܕܬܪܒܠܬܐ ܐܢܫ ܐܝܟ ܐܝܟ ܡܒܝܐ ܬܪܬܐ ܡܠܢܝܬܐ ܘܐܘܐ ܝܠܗ ܠܣܡܐ ܒܕ ܗܒܡܘܢܝܬܐ ܕܦܓܪܗ.
- ܒܡܝܬܐ ܕܡܡܨܝܐ ܝܠܗ ܓܣܝܒ. ܥܒܘܕ ܠܫܦܠܒ ܕܡܘܗܒ ܟܒܝ.
- ܡܒܝܐ ܒܪܦܐܪܘܬܐ ܒܕ ܗܒܡܘܬܐ!

ܗܪ ܡܢ ܩܕܡ ܕܟܝܡܣܗ ܗܘܝܐ ܗܘܐ 6 ܫܒܘܥܝܬܐ، ܐܝܗ ܗܘܐ ܢܘܡܬܐ 3 ܐܡܟܐ ܕܐܢܐ ܪܝܝܝ ܠܒ ܡܢܝܢ ܕܐܢܐ ܡܡܘܝܐ ܡܘܒܣ ܗܘܐ ܒܠܗ ܒܪܬܐ. ܐܢܐ ܡܝܒ ܠܒ ܕܐܢܐ ܘܡܝ ܝܠܐ ܦܪܫܝܢ ܡܘܦܗ، ܘܐܫܪܬܐ ܝܡܝܠܬܝܐ ܐܢܐ ܐܝܗ ܗܘܐ ܠܒ ܒܪ ܫܦܠܐ ܕܟܐ ܪܒܢܐ ܡܘܪܐ ܠܗ ܝܒܫܒܐ ܝܡܝܬܐ ܢܪܒܝܐ ܒܠܒܝܐ _ ܡܦܕܝ ܡܘܗܒܬܐ ܗܘܐ!!

ܟܹܐ ܝܵܗܒ݂ܝܼ ܕܲܥܬܵܐ ܠܝܲܠܘܼܕܵܐ ܕܡܲܠܝܵܐ-ܗ̇ܵܐ-ܡܲܠܝܵܐ ܥܲܠ ܕܘܼܕܵܐ ܘܟܹܐ ܝܵܗܒ݂ܝܼ ܠܹܗ ܫܲܝܢܵܐ ܒܠܸܒܹܗ ܒܒܝܼܬ ܐܲܚܵܬܵܐ ܕܚܲܢܘܼܢܘܼܬܹܗ، ܗܘܼ ܚܲܢܘܼܢܵܐ ܝܠܹܗ ܡܲܢ ܐܵܝܢ.

ܪܵܒ݂ ܠܡܲܚܘܼܕܵܐ ܕܝܲܠܘܼܕܵܐ ܗ̇ܵܐ ܡܣܵܦܩܬܵܐ؟

- ܐܝܼܢ ܕܝܲܠܘܼܕܘܼܟ݂ ܝܲܡܢܵܝܵܐ ܝܠܹܗ، ܗܘܼ ܒܵܕܹܐ ܪܵܚܸܫ ܒܪܘܼܚܵܬܵܐ ܘܟܠܵܐ ܗܵܘܹܐ ܒܝܢܵܢܵܐ. ܡܸܢܬܵܐ ܒܢܵܝܵܬܐ ܒܢܵܚܬܵܐ ܝܠܹܗ ܕܝܲܠܘܼܕܵܐ ܠܹܐ ܝܠܹܗ ܥܲܠ ܒܢܵܐ ܕܦܸܠܝܼܬܵܐ.
- ܐܝܼܢ ܕܝܲܠܘܼܕܘܼܟ݂ ܥܲܠ ܒܪܵܐ ܝܠܹܗ ܒܪܘܼܚܵܐ ܗܕܝܵܐܬܵܐ:
  - ~ ܗܘܼ ܠܹܐ ܪܵܚܸܫ ܒܡܸܢܬܵܐ
  - ~ ܝܲܠܘܼܕܘܼܟ݂ ܐܝܼܬ ܠܹܗ ܚܲܕ ܦܘܼܡܵܐ ܡܠܝܵܐ ܡܢ ܒܪܵܐ
  - ~ ܫܲܦܝܼܪܵܐ ܕܝܲܠܘܼܕܘܼܟ݂ ܚܲܕܵܐ ܒܚܝܼܠܵܐ ܥܲܠ ܠܲܚܡܵܐ
  - ~ ܦܢܵܐ ܕܝܲܠܘܼܕܘܼܟ݂ ܪܲܦܝܼ ܝܠܹܗ ܪܲܡܘܼܫܵܐ ܕܒܪܵܐ
  - ~ ܨܪܵܐ ܕܝܲܠܘܼܟ݂ܘܼܟ݂ ܪܲܡܘܼܫܵܐ ܝܠܹܗ ܕܨܪܵܪܵܐ
  - ~ ܢܵܩܹܐ ܡܘܼܡܵܝܹܐ ܕܬܲܡܢܵܝܵܐ ܠܝܲܠܘܼܕܘܼܟ݂ ܒܩܲܠܵܠܵܐ
  - ~ ܠܸܫܵܢܵܐ ܕܝܲܠܘܼܕܘܼܟ݂ ܪܲܦܝܼ ܠܡܲܕܥܵܐ ܝܠܹܗ ܥܲܠ ܕܘܼܕܵܐ ܚܘܼܬܵܢܵܐ ܘܦܘܼܡܵܐ ܠܒܪܵܐ.

ܬܘܼܦܢܘܼܬܵܐ: ܐܝܼܬ ܪܵܒܵܐ ܬܘܼܦܢܹܐ ܦܪܝܼܫܹܐ ܗ̇ܵܐ ܡܣܵܦܩܬܵܐ ܠܗܘܿܢ. ܠܝܼܬ ܚܲܕ ܬܘܼܦܵܐ ܚܘܼܦܵܝܵܐ . ܟܹܐ ܗܵܝ ܦܠܵܓ݂ܵܐ ܗ̇ܵܐ ܕܒܝܼܬܵܐ، ܟܠ ܝܲܠܘܼܕܵܐ ܝܲܡܢܵܝܵܐ ܝܠܹܗ ܚܲܠܒܵܐ ܘܒܝܠܹܗ ܕܟܠܵܐ ܡܸܢܬܵܐ - ܗܘܼ ܪܲܚܡܵܐ ܠܡܲܕܥܵܐ!

ܚܲܕܬܵܐ: ܝܲܠܘܼܕܘܼܟ݂ ܒܵܕܹܐ ܗܵܘܹܐ ܠܹܗ ܚܲܕ ܦܘܼܡܵܐ ܡܠܝܵܐ ܪܲܦܝܼ ܕܒܪܵܐ ܒܬܘܼܩܢܘܼܬܵܐ. ܦܘܼܡܹܗ ܒܵܕܹܐ ܗܵܘܹܐ ܦܬܝܼܚܵܐ ܒܪܘܼܚܵܢܘܼܬܵܐ، ܫܲܦܝܼܪܹܗ ܒܵܕܹܐ ܗܵܘܹܐ ܦܬܝܼܚܵܐ ܗ̇ܵܐ ܒܪܵܐ (ܐܲܢ ܫܲܦܝܼܪܵܐ) ܘܗܘܼ ܝܲܢܩܵܐ ܒܝܵܕܘܿܥܬܵܐ.

”ܡܲܚܘܼܝܵܐ ܟܹܐ ܕܐܵܡܪܝ ܝܼ ܠܘܼܟ݂ ܒܟ݂ܵܢܵܐ ܗ̄ܘܵܐ ܕܡܝܲܕܥܵܢ ܡܸܢܝܵܐ ܗ̄ܘܵܐ ܐܵܢ ܐܵܡܪܝ ܕܐܵܢܵܐ ܦܪܝܼܫ ܗ̄ܘܵܐ ܠܝܼ. ܐܵܢܵܐ ܡܪܝܼ ܠܝܼ ܚܲܕ ܒܲܪܢܵܫܵܐ ܐܵܡܪܝ ܕܦܘܼܝܵܫ ܠܹܗ ܕܠܘܼܟ݂ ܓܵܘ ܗܵܘܵܐ ܟܹܐ ܒܪܵܢܵܝܵܐ ܩܲܒܝܼܠܵܐ ܡܢ ܒܪܵܢܵܐ ܠܒܪܵܢܵܐ، ܘܕܗ̄ܝ ܡܘܼܡܟܸܢ ܕܚܲܠܒ݂ܵܐ ܒܘܼܬ ܙܘܲܕܵܐ ܡܫܲܢܝܵܐ. ܡܢ ܒܵܬ݂ܲܪ ܐܝܼܢܵܐ ܝܲܘܡܵܐ ܢܘܼܩܝܵܐ ܗ̄ܝ ܕܝܵܕ݂ܥ ܟܹܐ ܠܒܪܵܢܵܝܵܐ“.

ܕܵܐܟ݂ ܐܵܢܵܐ ܝܵܕ݂ܥܵܢ ܐܝܼܬ݂ܠܹܗ ܚܲܠܒ݂ܵܐ ܡܲܠܝܵܢܵܐ؟

ܪ̈ܵܒܵܐ ܝܡܵܗܵܬ݂ܵܐ ܓܵܘ ܦܫܝܼܫܝܼ ܒܘܼܗ ܗܵܕܵܐ ܚܲܠܒ݂ܵܐ ܕܦܠܲܚܘܿܗ̇ ܝܡܲܢܝܵܐ ܝܠܹܗ. ܗܘܼܕܵܥܵܐ ܒܘܼܩܵܐ ܕܚܲܠܒ݂ܵܐ ܫܲܦܝܵܐ ܙܘܲܕܵܐ ܕܟܲܕܘܼܪܵܐ ܓܵܘ ܫܵܘܵܐ ܝܲܠܕܵܬܵܐ ܕܦܲܪ̈ܣܹܐ ܝܘܼܓܠܵܬܵܐ ܒܵܢܹܐ ܝܫܲܦܝܵܐ ܐܵܝܟ݂ ܕܡܘܼܒܲܠܝܵܐ ܡܵܢܵܐ ܠܡܫܲܒܚܵܬܵܐ. ܐܝܢܵܐ ܪ̈ܵܒܵܐ ܦܘܼܪ̈ܵܢܹܐ ܡܲܠܝܵܐ ܗ̄ܝ ܕܝܫܲܦܝܵܐ ܟܠ ܗܘܼܝ ܡܫܝܢܵܐ ܠܦܘܼܠܛܵܢܵܐ ܚܲܠܒ݂ܵܐ ܡܲܠܝܵܢܵܐ. ܐܸܣܟܹܐ ܚܲܕ ܝܘܼܠܦܵܢܵܐ ܘܡܵܢܵܐ ܕܝܫܲܦܝܵܐ ܠܹܐ ܡܵܝܬ݂ ܡܫܝܼܚܵܐ ܗ̄ܝ ܫܲܦܝܵܐ ܦܘܼܕܵܢܵܝܵܐ.

ܚܲܕܟ݂ܡܵܐ ܒܘܼܕܩܵܢܵܐ ܗ̄ܝ ܚܘܼܫܵܒܵܐ ܠܲܗܘܵܐ ܚܘܼܒܵܬ݂ܵܐ ܕܝܲܠܘܼܕܘܼܟ݂ ܝܘܼܡܵܐ ܝܠܹܗ ܚܲܠܒ݂ܵܐ ܡܲܠܝܵܢܵܐ:

- ܐܚܵܢܵܐ ܝܠܹܗ ܝܲܠܘܼܕܘܼܟ݂ ܘܝܵܕ݂ܥܵܐ ܫܲܦܝܵܐ ܙܘܲܕܵܐ ܕܟܲܕܘܼܪܵܐ؟
- ܓܵܘ ܫܒܝܼܩ ܝܲܠܘܼܕܘܼܟ݂ ܐܵܢܝ ܗܵܕܵܐ ܟܘܼܬܵܐ ܕܗܘܼ ܟܠܵܢܵܐ ܘܟܠ ܦܘܼܪܬܵܐ ܡܢ 6 ܟܘܼܬܵܐ ܠܵܐ ܢܘܼܫܵܐ؟
- ܐܝܼܬ݂ ܠܹܗ ܝܲܠܘܼܕܘܼܟ݂ ܟܠ ܦܘܼܪܬܵܐ ܡܢ 6 ܕܘܼܡܲܫܟܹܐ ܕܛܲܘܦܵܐ ܙܕܝܼܩܵܐ ܘܡܲܚܪܵܝܵܐ ܡܲܠܒܲܫܬܵܐ ܝܢ 5 ܕܘܼܡܲܫܟܹܐ ܢܘܼܦܵܐ ܒܡܲܠܒܲܫܬܵܐ ܡܫܲܢܝܵܢܹܐ ܠܵܐ ܢܘܼܫܵܐ؟
- ܐܝܼܬ݂ ܠܹܗ ܝܲܠܘܼܕܘܼܟ݂ ܦܵܠܛܵܢܝܵܬ݂ܵܐ ܕܗܲܠܟ݂ܬ݂ܵܐ ܪܵܡܝܵܐ ܒܒܪܵܢܵܝܵܐ؟ ܝܲܠܘܼܕܹܐ ܗܵܢܵܐ 6 ܫܲܒܬ݂ܵܐ ܕܚܘܼܫܒܵܐ ܒܒܪܵܢܵܝܵܐ ܓܵܘ ܗܘܼܝ ܠܗܘܿܢ، ܟܠ ܦܘܼܪܬܵܐ ܡܢ 3 ܗܲܠ 4 ܦܵܠܛܵܢܝܵܬ݂ܵܐ ܕܗܲܠܟ݂ܬ݂ܵܐ ܠܵܐ ܚܲܕ ܝܘܼܡܵܐ ܕ 24 ܫܵܥܹܐ. ܝܲܠܘܼܕܹܐ ܒܘܼܬ ܠܘܼܩܵܐ ܡܢ ܕܐܘܼܪܵܐ ܡܘܼܡܟܸܢ ܗܘܼܝ ܠܗܘܿܢ، ܒܘܼܬ ܦܘܼܪܬܵܐ ܦܵܠܛܵܢܝܵܬ݂ܵܐ.
- ܝܡܵܢܵܐ ܝܠܹܗ ܝܲܠܘܼܕܘܼܟ݂ ܡܘܼܡܟܸܢ ܘܡܫܲܘܝܵܐ ܝܘܼܡܵܢܵܐ ܠܓܘܼܦܹܗ؟

ܓܵܘ ܗܘܼܝ ܗܵܕܵܐ ܚܲܕܟ݂ܡܵܐ ܒܒܪܵܢܵܝܵܐ ܐܝܼܬ݂ ܕܝܲܠܘܼܕܘܼܟ݂ ܡܲܚܵܝܸܢ ܒܘܼܬ ܪܵܗܛܵܐ ܘܟܠܵܝܵܐ ܫܒܝܼܩ ܒܘܼܬ ܙܘܲܕܵܐ ܟܘܼܬܵܐ ܡܢ ܒܒܪܵܢܵܝܵܐ. ܐܵܢܹܐ ܡܘܼܡܟܸܢ ܗܘܼܝܵܐ ܝܡܵܗܵܬ݂ܵܐ ܐܵܢܵܐ ܒܒܪܵܢܵܝܵܐ ܦܝܵܫܵܐ ܡܘܼܕܝܼܥܵܐ ܐܵܢܝ ”ܝܘܼܡܵܬ݂ܵܐ ܕܟܘܼܪܗܵܢܵܐ“ ܝܢ ”ܡܘܼܢܝܵܢܹܐ ܕܝܲܠܘܼܕܘܼ“. ܐܵܢܹܐ ܡܘܼܡܟܸܢ ܕܗܘܼܝܵܐ ܬܲܫܟ݂ܝܼܚ ܟܹܐ ܡܕܝܼܢ ܚܲܕ ”ܬܲܫܒܘܼܚܵܐ ܕܝܘܼܡܵܢܵܐ“. ܗܘܼܝܵܐ ܦܝܵܫܵܐ ܝܠܹܗ ܡܝܲܠܦܵܐ، ܕܡܢ ܒܵܬ݂ܲܪ ܝܘܼܡܵܐ ܕܦܵܪܵܫܵܐ ܚܕܵܐ، ܝܲܠܘܼܕܹܐ ܠܵܐ ܫܒܝܼܩ ܠܡܫܘܼܚܵܬ݂ܵܐ ܙܘܲܕܹܐ ܕܚܲܠܒ݂ܵܐ ܐܵܢܝ ܕܐܵܢܝ ܟܘܼܪܗܵܢܵܐ ܝܲܘܡܵܐ ܙܘܲܕܵܐ. ܢܘܼܦܠܵܬ݂ܵܐ ܕܚܲܕ ܦܘܼܪܬܵܐ ܠܵܐ ܝܠܹܗ ܡܲܪܥܵܐ ܒܕܘܼܪܵܐ ܒܪܵܢܵܐ. ܐܵܗܵܐ ܡܘܼܡܟܸܢ ܕܡܲܪܡܸܪܵܐ ܒܪܵܢܵܐ ܚܕܵܐ ܡܫܘܼܚܬܵܐ ܝܢ ܡܘܼܬ݂ܪܵܐ ܕܚܲܠܒ݂ܵܐ، ܒܝܲܠܕܵܐ ܕܝܲܠܘܼܕܘܼܟ݂ ܓܵܘ ܢܵܩܸܦ ܦܘܼܪܬܵܐ ܡܢ ܝܘܼܡܵܐ ܘܐܵܗܵܐ ܡܲܚܵܝܸܢ ܡܲܚܝܼܕܵܐ ܠܡܘܼܬ݂ܪܵܐ ܕܚܲܠܒ݂ܵܐ. ܗ̄ܝ ܐܘܼܪܚܵܐ ܒܘܼܬ ܝܲܩܝܼܪ ܒܟ݂ܹܐ ܠܡܲܦܠܵܚܘܼܬ݂ܵܐ ܕܡܘܼܬ݂ܪܵܐ ܕܝܲܠܘܼܕܘܼܟ݂ ܘܡܲܠܚܲܡܬ݂ܵܐ ܕܚܲܕܟ݂ܡܵܐ ܡܫܲܢܝܵܢܹܐ ܙܘܲܕܹܐ ܗ̄ܝ ܚܲܕ ܗܘܵܝܢ ܢܘܼܦܵܐ ܘܝܲܠܘܼܕܘܼܟ݂ ܐܒܵܗܵܐ ܓܵܘ ܒܵܬ݂ܪܵܐ ܡܝܲܕܥܵܢ.

ܡܫܩܝܬܐ ܕܬܕܐ ܠܝܠܘܕܐ

ܪ̈ܟܐ ܝܡܩܝܐ (ܘܟܟܘܢܐ) ܐܝܬ ܠܗܘܢ ܝܩܘܪܐ ܚܠܝܬܐ ܒܝܫܡܐ ܕܡܫܪܝܬܐ ܥܒܘܪܐ ܡܪܩܝܐ ܡܢ ܡܪܝܪܐ ܡܢ ܟܠ ܚܕ ܡܠܝܕܘܬܐ. ܐܦ ܐܝܟ ܕܘܕܝܩܐ ܥܡܘܢ ܝܩܦܝܢ، ܐܢܬܘܢ ܡܘܡܟܝܢ ܕܪܒܝܬܘܢ ܕܡܒܕܬܐ ܡܢ ܒܫܡܐ، ܠܣܘܪܝܘܬܐ ܘܘܪܡܘܝܐ ܒܣܕܪܐ ܠܗ ܦܝܕܪܐ. ܐܢܫܢܬܐ ܥܠܗ ܠܝܡܘܩܐ ܟܠ ܚܕ ܝܠܘܕܐ ܒܝܫܡܐ ܕܬܕܐ ܚܠܒܐ. ܡܪܫܡܬܐ ܢܫܝܘܬܐ ܦܝܫܝܐ ܡܢܐ:

- ܐܝܟ ܕܡܫܡܫܝܢ ܥܘܗܝ، ܦܝܕܪܐ ܒܐ ܡܩܝܠܣ ܡܝܠܕܘܬܐ ܒܘܥ ܡܘܬܕܪܐ ܐܝܢܐ ܐܢܬܘܢ ܡܘܡܟܝܢ ܕܪܒܝܬܘܢ ܒܘܥ ܡܩܝܡܬܐ ܡܢ ܡܢܕܪܐ. ܠܝܬ ܗܝܡܘܬܐ ܠܡܐܠܘܠܢܝܬܐ ܕܝܠܢܝܐ. ܦܪܘܥ ܠܣܪܐ ܦܪܝܥܘܬܐ ܕܡܐܠܘܠܢܝܬܐ ܣܘܠܩܢܝܐ ܡܢ ܫܡܥܐ ܠܘܡܩܐ ܕܬܝܐ ܕܡܝܠܕܘܬܐ.

- ܡܩܝܠܣ ܠܡܫܝܬܐ ܐܝܟ ܣܪܐ ܚܕܢܐ ܕܡܬܢܣܬܐ ܒܢܕ ܡܫܝܬܐ ܥܪܒܬܐ ܦܥܝܠܬܐ ܒܠ ܐܝܟ ܕܡܘܡܟܝܢ ܢܠܗ.

- ܐܝܟ ܕܝܗܒܝܢ ܝܠܟܢܐ ܥܠܝܗ، ܥܡܘܠ ܣܪܐ ܝܥܬܐ ܒܝܠܘܕܐ ܒܠ ܐܝܟ ܕܡܘܡܟܝܢ ܢܠܗ.

- ܒܓܘܪ ܐܣܓܝ ܠܗܘ ܥܘܟܠܐ ܕܓܡܬܐ ܒܘܥ ܐܘܫܢܢܐ.

- ܩܒܠ ܠܒܠܗܘܢ ܡܫܪܒܢܝܐ ܕܦܢܕܬܐ!

- ܟܕܪ ܠܕܫܡܐ ܡܢ ܣܘܡܬܐ ܕܬܕܐ ܡܣܝܕܝܐ ܝܢ ܐܢܬܘܢ ܡܥܩܒܝܬܘܢ ܠܐܘܪܐ ܡܒܩܫܢܐ. ܟܠܘܥ ܡܢܝܬܘܢ ܕܢܘܒ ܟܒܝ ܣܪܐ ܥܩܡܬܐ ܢܡ ܦܢܕܬܒܝ ܒܢܕ ܥܘܟܠܐ ܡܢܝܝ ܢܒܠܠܬܐ ܢܡ ܥܩܣܬܐ ܕܓܘܟܐ.

- ܦܠܘܛ ܠܟܪܪ ܡܢ ܓܡܬܐ ܘܥܡܘܠ ܡܕܓܐ ܗܘܐ ܦܝܘܓܐ.

- ܥܡܘܠ ܡܕܓܐ ܚܕܢܐ ܦܐ ܝܠܘܕܐ ܠܣܘܪܝܬܐ.

- ܒܢܕ ܡܫܩܝܬܐ ܕܬܕܐ ܢܠ ܝܠܘܕܐ ܐܢܬܘܢ ܡܫܘܡܝܐ ܥܘܗܝ ܬܕܐ ܢܠ ܝܦܠܒܐ.

- ܒܗ ܗܘܢܐ ܡܘܡܟܝܢ ܒܪܒܕܬܝܗ ܠܗܦܟܐ ܒܢܕ ܝܪ̈ܚܐ ܐ̄ܫܬܝܐ ܕܒܠܒܕܐ ܥܢܐ ܗܘ ܠܗ ܕܐܚܒ ܝܫܢܐ ܕܐܢܬܘܢ ܒܠܒܕܐ ܥܘܗܝ ܠܗܡܘܢ.

ܡܘܕܝ ܝܠܗ ܡܢܝܩܘܬܐ ܕܡܚܡܐ؟

- ܡܢܝܩܘܬܐ ܕܡܚܡܐ ܗܝ ܗܘܝܟܘܬܐ ܝܠܗ ܒܢܝܢܐ ܐܣܝܐ ܕܟܐ ܩܘܡ ܟܠ ܡܡܝܬܐ ܘܟܐ ܥܒܕ ܠܗܘܦܟܐ ܕܥܡܠ ܠܟܠܗ ܫܠܝܐ ܕܗܘ ܗܢܝܐ ܝܠܗ ܟܠܗ.

- ܡܢܝܩܘܬܐ ܕܡܚܡܐ ܒܝ ܓܘܫܡܐ ܕܫܠܝܐ ܟܐ ܥܒܕ ܠܫܠܝܐ ܕܓܪܓܐ - ܒܝ ܗܘܟܘܬܢܗ ܕܥܝܦܐ - ܩܐ ܓܡܝܐ ܕܪܥܐ ܕܟܘܐ.

- ܩܐ ܒܪܘܡܐ ܝܡܬܐ ܡܚܡܐ ܣܓܐ ܟܠܝܬܐ ܡܢܝܬܐ ܫܠܝܬܐ ܝܠܗ. ܟܠܐ ܝܡܬܐ ܠܐ ܟܠܝܒ ܒܓܘܐ، ܐܝܢܐ ܐܘܐ ܠܐ ܝܠܗ ܡܟܠܝܘܗ ܕܡܚܡܐ ܠܐ ܝܠܗ ܦܟܫܐ. ܫܠܝܐ ܡܘܡܝܢ ܕܢܚܝܦ ܡܢ ܗܘ ܓܘܒܐ ܐܝܕܐ.

- ܗܝ ܒܝܢܬܐ ܢܦܫ ܒܝܠܗ ܕܝܗܠܝܒ ܡܢܝܐ ܝܠܗ ܒܗܝ ܗܘܘ ܘܐܢܬܘܢ ܡܢܝܢܘܢ ܟܡܝܢܘܢ ܠܗ ܓܟܟܢܐ.

- ܩܐ ܫܦܝܠܬܐ ܕܡܚܡܝܗܝ، ܟܐ ܗܝܕܐ ܠܓܘܢܐ ܡܘܫܚܬܐ ܘܕܘܗ.

- ܐܣܘܗ ܡܢ ܣܘܬܝܐ ܘܫܝܠܝ ܟܠ ܝܗܠܝܒ. ܐܢܬܘܢ ܐܦ ܡܘܡܝܢ ܕܡܬܢܝܬܘܢ ܕܟܠܒܪܬܐ ܕܟܕܢܐ ܐܣܝܒ ܥܡܠܬܐ ܕܝܗܠܝܒ ܓܒܢܐ ܡܘܡܝܢ ܕܡܝܒܒ ܠܣܓܐ ܡܚܡܐ!

ܡܢܝܩܘܬܐ ܕܡܚܡܐ ܗܝ ܗܘܝܟܘܬܐ ܝܠܗ ܒܢܝܢܐ ܐܣܝܐ ܕܟܐ ܩܘܡ ܟܠ ܡܡܝܬܐ ܘܐܢܫܐ ܝܠܗ ܠܗ ܫܠܝܘܬܐ ܕܝܗܠܝܒ ܓܥܡܠܐ ܝܠܗ ܠܟܠܗ ܫܠܝܐ ܕܗܢܝܐ ܝܠܗ ܟܠܗ.

Photo courtesy Dez Rock

ܚܕܪܡܬܐ ܢܦܫܝܬܐ ܐܢ ܐܢܬܝ ܐܝܬ
ܠܟܝ ܥܘܩܐ ܕ ܚܠܡܢܝܬܐ ܡܕܪܟܝܐ

- ܐܓܪ ܬܘܦܩܬܐ ܦܬܝܚܬܐ ܕܡܫܝܚܬܐ.
- ܡܢ ܬܪܬܝܢ ܡܫܝܚܬܐ، ܡܚܒܫܐܝܬ ܣܠܘܒܝ ܐܢܝ ܚܣܪܐ ܕܡܫܝܚܬܐ ܡܠܟܐ ܡܢ ܬܘܦܐ ܕܡܕܪܟܢܐ ܬܠܝܗ.
- ܡܢ ܬܪܬܝܢ ܡܫܝܚܬܐ، ܣܠܘܒܝ ܚܕܪܐ ܚܠܟܐ ܥܠ ܣܠܡܬܐ ܘܣܘܟܠܘܗ ܕܡܒܕܝ ܠܗ ܗܘܐ.
- ܐܢ ܚܕ ܐܢܘܬܐ ܕܒܝܬܐ ܬܠܝܗ، ܦܪܫܐ ܡܚܒܫܐ ܡܢ ܣܒܘܥܢܐ ܗܘ ܐܓܪܬܐ ܕܣܠܡܬܐ ܩܪܐ ܗܝܕ.
- ܡܢܟܒ ܒܪܡܘܒܢܝܐ ܡܒܝܕܐ ܡܢ ܬܪܬܝܢ ܡܫܝܚܬܐ ܐܢ ܐܢܐ ܗܝܕܐ ܠܟܝ ܕܪܟܬܗ ܒܘܡ ܒܪܘܬܐ.

ܝܒܢܢܐ ܕܣܠܡܢܝܐ (ܦܬܐ ܕܝܘܡܐ) — ܒܘܡ ܘܗܕܐ ܒܐ ܡܘܬ ܠܗ ܢܘܡܝܬܐ ܡܕܡܝܬܐ ܕܡܫܝܚܬܐ. ܐܢܐ ܒܢܢܕܐܝܬ ܒܐ ܐܬܢܐ ܡܢ ܦܩܬܐ ܡܣܒܠܬܐ ܕܦܩܠܒܝ ܥܠ ܐܓܪܐ (ܦܩܬܐ ܒܪܒܪܬܐ ܐܡܒܝܢܬܐ ܡܝܢܐ ܗܝܕܐ ܠܬܘܡܝܐ ܣܪܐ ܣܠܡܬܐ ܡܕܪܟܬܐ).

ܐܒܘܬܐ ܕܒܝܬܐ — ܡܘܡܟܝ ܗܘܐ ܚܕ ܒܘܬܠܐ ܝܘܡܢܐ ܘܡܡܕܪܟܢܢܐ ܠܗ ܐܓܪܐ؛ ܒܘܬܠܐ ܡܘܡܟܝ ܕܡܒܝܢ ܗܡܝܢܬܐ ܘܪܟܬܝܗ ܐܒܒܬܐ ܘܐܢܬܝ ܡܘܡܟܝ ܕܗܘܝ ܠܟܝ ܚܡܫܡܬܐ (ܦܪܫܐ ܡܚܒܫܐ، ܦܪܝܫܐܝܬ ܠܗ ܣܢܩܐ ܘܐܒܝܡ ܡܡܘܝܐ، ܠܝܬܟܬܐ ܕܣܠܡܬܐ ܩܪܝ ܗܝܕܝ ܠܝܕܥܗ).

ܩܗܠܝܐ — ܥܘܠܗܒܐ ܕܝܘܡܐ ܐܡܒܝ ܕܡܘܡܟܝ ܐܝܐ ܡܢ ܬܪܬܝܢ ܚܕ ܐܒܘܬܐ ܕܚܠܟܐ ܕܒܝܬܐ ܐܢ ܡܟܢܬܐ ܕܝܘܡܐ. ܗܘ ܡܘܡܐ ܥܘܠܝܒܐ ܕܝܘܡܐ ܒܗ ܦܝܫ ܗܡܝܢܬܐ، ܡܣܒܢܐ ܘܡܡܕܪܟܢܢܐ. ܐܢܬܝ ܡܘܡܟܝ ܕܗܘܝܐ ܠܟܝ ܥܣܘܥܬܐ ܘܣܪܐ ܪܟܥܬܐ ܡܢܝܢ ܦܠܘ. ܦܠܠܘܒ ܢܦܫܘܗ ܐܢܫܬܐ ܐܢܝ ܚܣܪܐ ܕܐܓܠܝܐ ܡܘܡܟܝ ܡܠܗ.

ܡܪܟܬܐ ܐܡܒܝܢܬܐ ܐܝܠ ܬܠܝܗ ܒܢܢܢܐ ܐܒܝܡ ܕܡܡܘܝܐ ܬܘܬܝ. ܐܢ ܐܢܬܝ ܒܪܟܬܐ ܬܘܬܝ ܒܡܪܟܬܐ، ܡܪܝ ܠܡܠܘܟܐ ܕܡܫܝܚܬܐ ܕܦܩܝܕܒܝ ܥܠ ܠܗܘܪܬܐ ܕܘܝܪܬܐ ܕܡܫܝܚܬܐ 1800 mum 2 mum (1800 686 268) ܗܘ ܘܗܕܐ ܢܦܫܝܐ.

ܣܚܒܬܐ ܘܚܦܛܬܐ ܠܚܠܒܐ ܕܒܙܐ

ܐܘܪܚܬܐ ܢܨܝܚܬܐ ܩܐ ܣܚܒܬܐ ܕܚܠܒܐ ܕܒܙܐ:

- ܗܘܝ ܚܬܝܬܬܐ ܕܚܠܝܡܘܬܐ ܘܕܟܝܘܬܐ ܕܐܝܕܬܘܟܝ ܡܫܘܓܠܗܝܢ ܩܕܡ ܟܠ ܚܕ ܡܫܘܓܐ ܐܝܕܝܟܝ ܘܕܐܢܕܐܟܝ ܩܕܡ ܟܠ ܚܠܝܒܐ ܐܝܕܝܟܝ.
- ܡܚܠܝܟܝ ܟܠ ܐܢܝܐ ܕܡܚܝܬܐ ܕܚܠܝܒܘܬܐ ܘܕܡܥܝܢܢܘܬܐ. ܡܫܝܓ ܒܡܝܐ ܫܚܝܢܐ ܘܣܒܘܢ ܐܦ ܒܬܪ ܦܠܚܐ ܩܐ ܓܘ ܚܠܝܒܐ ܒܥܘܗ ܩܐ ܡܢܕܦܝܬ ܒܚܘܒ ܒܬܪ ܡܚܠܝܐ ܕܡܕܒܪܢܘܬܐ ܕܡܚܦܛܬܐ.
- ܡܚܝܒ ܚܕܐ ܡܚܓܒܬܐ ܒܕܪܘܬܐ ܘܗܘܝܐ ܥܠ ܒܡܬܐ ܕܡܘܡܚܝ ܡܘܥܝܢܬܐ.

ܐܢܬ ܗܕܝܡ ܐܘܪܚܬܐ ܕܡܚܝܐ ܐܢܐ:

- ܐܝܕܐ: ܐܬܐ ܐܝܟ ܓܘܒܐ ܡܠܝܗ ܩܐ ܬܟܠܬܐ، ܡܚܒܝܒܐ، ܠܚܒܫܐ ܡܢܝܢ ܘܠܚܝܫܐ.
- ܦܡܦܐ: ܟܠ ܦܝܫ ܒܪܒܝܥܐ ܐܢܬܝ ܡܘܡܚܝ ܕܡܘܢܝܬ ܡܘܦܠܚܬܐ ܐܝܟ ܦܡܦܐ ܟܪܣܢܐ ܕܒܙܐ. ܐܢ ܐܢܬܝ ܗܝܡܢܬܐ ܬܘܗܝ ܠܐܝܟ ܟܠ ܡܢܬܐ ܐܝܬ ܚܕܐ ܒܡܚܘܒܝܐ ܕܦܡܦܐ ܡܫܢܝܐ، ܡܘܦܠܝܚܐ ܒܐܝܕܐ ܝܢ ܒܟܪܣܢܐ، ܕܐܢܬܝ ܡܚܝܬܝ ܙܒܢܬܝ.

ܬܘܕܝܬܐ: ܐܢܬܝ ܡܚܝܬܝ ܙܒܢܬܝ ܒܟܪܝܐ ܠܐܝܟ ܡܢ ܦܡܦܐ ܟܪܣܢܐ ܠܘܬܐ ܕܒܙܐ. ܬܘܬܦܬܐ ܕܡܣܝܒܬܐ ܐܘܣܛܪܠܝܬܐ ܓܘ ܡܨܝܪܐ ܐܝܟ ܡܚܝܠܐ ܕܡܟܝܪܬܐ ܥܠ ܦܡܦܐ ܕܒܙܐ ܒܟܪܝ ܩܐ ܡܪܡܢܝܐ.

ܢܨܝܚܬܐ ܩܐ ܚܦܛܬܐ ܕܚܠܒܐ ܕܒܙܐ

- ܐܝܡܐ ܕܡܚܠܒܘܬܐ ܬܘܗܝ ܠܚܠܒܐ ܕܒܙܐ، ܒܟܬܘܒ ܐܘܪܚܐ ܫܘܦܐ ܒܟܠܝܠ ܕܡܐܢܐ (ܗܘ ܓܐ ܦܪܫ ܐܝܟ ܕܗܘ ܡܚܠܒܘܬܐ ܡܠܝܗ).
- ܡܚܠܒܠܝ ܠܡܫܘܢܝܐ ܘܚܘܪܐ ܠܟܪܣܐ ܡܢ ܡܕܝܢܬܐ، ܩܐ ܠܘܦܫܐ 50 ܡܠܝܠܝܬܪ.
- ܩܐ ܒܪܫܬܐ ܕܡܓܠܕܬܐ ܕܚܠܒܐ، ܐܢ ܡܚܝܒ ܠܗ ܟܠ ܡܩܪܪܬܐ ܒܠܝܠܐ، ܐܢ ܡܚܝܒ ܠܗ ܟܠ ܐܝܟ ܡܐܢܐ ܕܡܝܐ ܩܪܝܪܐ (ܟܠ ܓܠܝܕܐ) ܘܒܡܚܒܘܬܐ ܡܚܦܛ ܠܗܘ.
- ܐܢ ܚܠܒܐ ܕܒܙܐ ܦܐܫ ܒܒܠܥܐ ܒܬܘܦܗ، ܝܬܝܪ ܓܗ ܦܪܫ ܘܐܝܟܠܗ ܩܐ ܝܠܘܕ. ܒܡܚܒܘܬܐ ܦܪܫ ܠܗ ܩܐ ܕܢܝܚ.

ܚܦܛܬܐ ܕܚܠܒܐ ܕܒܙܐ ܩܐ ܡܦܠܚܬܐ ܠܗ ܒܬܪܐ

ܐܘܪܚ ܕܚܠܒܐ ܕܒܙܐ	ܕܪܓܐ ܕܚܡܝܡܘܬܐ ܕܒܝܬܐ (26 ܕܪܓܐ ܝܡܝܢܐ ܝܢ ܒܨܝܪܐ)	ܡܩܪܪܢܝܬܐ (5 ܕܪܓܐ ܝܡܝܢܐ ܝܢ ܒܨܝܪܐ)	ܡܓܠܕܢܝܬܐ
ܚܠܝܒܐ ܚܕܬܐܝܬ ܠܓܘ ܡܐܢܐ	6-8 ܫܥܬܐ ܐܢ ܡܩܪܪܢܝܬܐ ܡܣܬܒܪܢܝܬܐ ܠܝܬ، ܚܡܝܡ ܠܚܠܒܐ ܬܐܡܐ	ܥܕ ܙܘܕܐ ܡܢ 72 ܫܥܬܐ ܚܡܝܡ ܓܘ ܦܪܡܬܐ، ܐܝܟܐ ܕܒܠܗ ܒܘܥܐ ܡܕܝܢܬܐ	2 ܫܒܘܥܐ ܓܘ ܦܠܓܝܬܐ ܓܘ ܕܡܓܠܕܬܐ (15- ܕܪܓܐ ܝܡܝܢܐ) 3 ܝܪܚܐ ܓܘ ܡܘܡܐ ܡܓܠܕܢܐ ܕܡܩܪܪܬܐ ܥܡ ܬܪܥܐ ܦܪܝܫܐ (18- ܕܪܓܐ ܝܡܝܢܐ) 6-12 ܝܪܚܐ ܓܘ ܡܓܠܕܬܐ ܥܡܝܩܬܐ (20- * ܕܪܓܐ ܝܡܝܢܐ)
ܡܘܬܒܠܐ ܒܩܪܝܪܐ - ܡܘܦܫܪܐ ܓܘ ܡܩܪܪܢܝܬܐ ܐܝܢܐ ܟܠܐ ܡܘܚܡܝܢܐ	4 ܫܥܬܐ ܝܢ ܒܨܝܪܐ - ܗܝ ܝܠܗ، ܩܐ ܕܡܫܝܬܐ ܐܚܪܬܐ	24 ܫܥܬܐ	ܠܐ ܡܬܝܠܗ ܠܡܓܠܕܬܐ
ܡܘܦܫܪܐ ܠܒܪܐ ܡܢ ܡܩܪܪܢܝܬܐ ܓܘ ܡܝܐ ܚܡܝܡܐ	ܩܐ ܡܫܠܡܬܐ ܕܡܫܝܬܐ	4 ܫܥܬܐ ܝܢ ܩܐ ܕܡܫܝܬܐ ܐܚܪܬܐ	ܠܐ ܡܬܝܠܗ ܠܡܓܠܕܬܐ
ܝܠܘܕܐ ܫܘܪܐ ܠܗ ܠܡܫܝܐ	ܐܣܝܪ ܩܐ ܡܫܠܡܬܐ ܕܡܫܝܬܐ	ܪܡܝ	ܪܡܝ

* ܡܓܠܕܢܝܬܐ ܥܡܘܩܬܐ ܕܡܦܬܚܬܐ ܒܪܝܫܐ ܚܠܒܬܐ ܝܢ ܨܒܘܬܐ ܐܝܟ ܕܓܐ ܦܬܚܐ ܐܘܪܚܬܐ ܟܘܐ ܘܓܐ ܚܡܝܢܐ ܠܕܪܓܐ ܕܚܡܝܡܘܬܐ ܠܘܦܫܢܝܬܐ.

ܦܪܫܬܐ ܒܝܕ ܦܫܛܐ ܡܢ ܡܘܬܒܐ ܐܡܬܢܝܐ ܕܒܘܪܩܐ ܕܚܘܠܡܢܐ ܘܐܩܠܝܡܐ 2012، ܡܘܕܥܢܐ ܕܡܫܝܬܐ ܕܝܠܘܕܐ. NHMRC، ܦܐܬܐ ܕ 59.

ܦܠܛܬܐ ܠܒܪܐ

ܡܡܨܝܬܐ ܕܝܢܩܐ ܨܦܝܐ ܝܠܗ ܡܚܝܢܘܬܐ ܕܢܡܘܣܐ ܦܕܪܠܝܐ ܓܘ ܐܘܣܛܪܠܝܐ. ܟܢܫܘܬܐ ܟܘܠܗ ܦܬܝܚܐ ܝܠܗ ܠܡܡܨܝܬܐ ܠܒܪܐ ܟܢܝܢ ܘܥܕܐ ܟܪܣܐ ܟܝܠܬܐ ܕܝܢܩܐ ܐܝܟ ܚܕܐ ܡܠܬܐ ܡܫܘܚܬܐ ܘܡܩܒܠܬܐ ܕܡܨܝܬܐ ܣܢܝܩܐ ܝܠܗ ܚܠܬܐ ܠܐܡܐ ܕܝܠܗ!

ܐܢ ܣܒܪܐ ܝܘܬ ܐܝܟܐ ܐܢܬܝ ܡܨܝܐ ܕܒܥܝܐ ܚܕܐ ܠܡܘܒܠܬܐ ܘܐܢܫܘܬܐ ܝܠܗ ܠܡܡܨܝܬܐ ܠܒܪܐ ܚܕܬܐ ܡܘܫܦܬܐ ܐܢܫܝ ܥܠ ܝܢܩܐ. ܡܠܦܢܐ ܕܐܟܝ ܠܝܢܩܐ ܘܡܫܘܝܐ ܠܡܠܟܐ ܕܝܢܩܐ ܡܫܝܚܐ ܥܠ ܥܒܕܐ ܠܡܡܨܝܬܐ ܣܒܪܐ ܡܫܝܢܬܐ.

ܡܡܨܝܬܐ ܕܝܢܩܐ ܨܦܝܐ ܝܠܗ ܡܚܝܢܘܬܐ ܕܢܡܘܣܐ ܦܕܪܠܝܐ ܓܘ ܐܘܣܛܪܠܝܐ.

ܡܡܨܝܬܐ ܘܦܠܚܢܐ

ܐܝܬ ܣܒܪܐ ܒܡܫܘܬܐ ܕܠܘܚܝܐ ܦܬܝܚܐ ܥܠ ܣܒܪܐ ܝܘܬ ܦܠܚܬܐ ܝܣܒܪܐ:

- ܝܣܒܪܐ ܠܗ ܒܘܪܟܐ ܘܡܫܘܝܐ ܝܢܩܐ ܡܠܟܐ ܚܠܒܐ ܕܝܘܡܐ
- ܡܫܒܚܬܐ ܕܝܢܩܐ ܠܗ ܡܫܘܚܬܐ ܡܘܕܥܐ ܡܢ ܦܠܚܬܐ ܡܢ ܒܝܬܐ
- ܢܘܒܠܬܐ ܕܫܘܬܦ ܕܡܡܨܝܬܐ ܐܝܟ ܕܗܘ ܝܠܗ ܡܨܝܢܐ ܗܘܢܐ ܘܡܒܪܬܐ ܘܡܡܨܝܬܐ ܥܠ ܡܘܫܐ ܦܬܝܢܐ ܕܟܪܝܢܐ.

ܐܚܐ ܐܢܝܐ ܒܐ ܒܫܠܒ ܡܘܕܥܢܐ ܡܢ ܣܒܪܐ ܝܘܬ ܕܡܣܒܪܐ ܡܡܨܝܬܐ ܘܦܠܚܢܐ:

- ܝܢܩܐ ܒܐ ܡܕܝܢܐ ܟܘܬ ܫܘܪܐ
- ܝܘܬ ܗܠܟ ܡܨܝܢܐ ܡܫܢܝܐ ܠܐܬܘܪܐ ܡܫܘܢܝܐ ܥܡ ܝܢܩܐ ܘܡܫܢܝܐ ܠܡܘܕܥܐ ܣܘܠܩܢܐ ܕܡܫܚܐ ܢܕܒܐ
- ܕܘܟܬܐ ܕܦܠܚܢܐ ܐܦ ܒܐ ܒܫܠܒ ܡܘܕܥܢܐ ܟܝܠܬܐ ܕܝܢܩܐ ܡܘܡܝܢܐ ܡܚܝܢܘܬܐ ܠܗ ܫܘܪܐ ܥܡܠܬܐ ܕܟܪܝܢܐ ܡܢ ܒܘܪܟܐ ܥܠ ܐܒܝܐ، ܫܘܪܐ ܦܬܝܐ ܠܒܝܬܐ، ܫܘܪܐ ܐܦܩܬܐ ܕܟܘܢܪܐ ܘܡܢܝ ܡܘܕܥܐ ܕܟܢܫܘܬܐ ܡܫܝܚܬܐ.

ܥܠ ܡܘܕܥܢܘܬܐ ܐܚܪܢܝܬܐ ܒܘܗ ܕܘܟܝܐ ܕܦܠܚܢܐ ܒܢܝܢܐ ܕܡܡܨܝܬܐ ܘܕܪܟܐ ܠܟܒܪܐ ܠܐܢܫܐ ܡܣܒܪܐ ܥܠ ܦܠܚܢܐ ܡܘܕܥܐ ܡܢ ܚܘܣܢܘܬܐ، ܚܙܘܝ ܒܘܒ_ܣܝܛ: breastfeedingfriendly.com.au

Photo courtesy Susan D’Arcy

ܚܘܼܡܪܵܐ ܕܫܸܦܠܵܒܹ̈ܐ

ܚܲܕܟܡܵܐ ܝܵܘܡܵܬ̈ܐ ܒܬ ܡܪܲܓܫܝ ܕܫܦܠܒ̈ܘܟܝ ܒܕ ܗܵܘܝܼ ܓܪܝܼܫ̈ܐ ܐܝܼܟ ܕܐܝܼܬ ܒܗܵܕܵܐ ܚܲܘܝܵܐ، ܗ̇ܝ ܡܘܼܪܕܝܼܬܵܐ ܡܢ ܫܦܠܵܐ ܓܫܬܵܝܐ ܕܐܝܼܬ ܗܘܵܐ ܠܟܝ. ܡܠܲܟ̈ܘܗܝ ܫܦܠܵܐ ܦܩܝܼܕܵܐ ܝܠܹܗ. ܝܘܼܡܵܬ̈ܐ ܕܚܘܼܡܪܵܐ ܘܚܘܼܪܵܒܵܐ ܡܘܼܦܩܵܝܹܐ ܒܝܼܕ ܚܝܼܘܦܬܵܐ ܦܫܝܼܛܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܫܦܠܒ̈ܟܝ ܒܗ ܡܘܼܡܪܒܝ ܚܲܕ ܡܘܼܢܝܵܢܵܐ ܩܵܐ ܩܲܒܵܠܬܵܐ ܡܠܝܼܢܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܫܦܠܒ̈ܟܝ.

ܐܸܢܫܹ̈ܐ ܐܝܼܢܵܐ ܕܟܠܐ ܗܘܵܝܬܵܐ ܕܪܹܫܵܐ ܒܫܡ ܝ݂ ܚܲܕ ܫܦܠܵܐ ܩܝܵܐ ܚܲܪܒܵܐ ܚܘܼܡܪܵܐ ܚܲܕ ܢܵܩܘܿܫܵܐ ܡܘܼܪܕܝܼܬܵܐ ܡܢ ܚܲܕ ܢܵܩܘܿܫܵܐ ܐܚܹܪܹܢܵܐ. ܪ̈ܒܐ ܢܩܘܿܫܵܢ̈ܐ ܐܚܹܪܹ̈ܢܹܐ ܚܘܼܪܒܵܐ ܝܢܵܐ ܠܗ ܡܣܲܟܠܵܐ ܕܡܸܢܝܵܢܵܐ ܕܚܘܼܡܪܵܐ، ܓܫܵܡܬܵܐ ܡܪܥܵܐ، ܚܲܦܝܼܫܵܐ ܕܫܦܠܵܐ ܓܠܵܠܵܐ ܝܠܹܗ، ܝ݂ ܡܬܵܐܘܬܵܐ ܚܕ ܗ̇ܘ ܚܲܕܟܵܐ ܘܡܲܕܥܵܢܘܼܬܵܐ ܡܦܝܼܫܘܼܬܵܐ ܕܫܦܠܒ̈ܐ.

ܫܦܠܐ ܡܘܼܡܪܥܵܐ ܩܵܝܹܡ ܗܘܿܝ ܠܗܘܿܢ ܝܘܡܬ̈ܐ ܦܩܝܼܕܵܐ ܕܡܸܢܝܵܢܵܐ ܕܚܘܼܡܪܵܐ ܡܢ ܫܦܠܐ ܡܘܼܡܪܥܵܐ ܒܫܘܼܠܵܡܵܐ. ܕܓܵܘܵܐ ܕܡܸܢܝܵܢܵܐ ܕܚܘܼܡܪܵܐ ܐܸܫܬܵܐ ܚܲܕ ܡܢ ܝܵܪܘܼܥ̈ܝܹܐ ܝܠܹܗ ܦܣܵܩܵܐ ܡܘܼܦܠܵܚܵܐ ܩܵܐ ܡܫܲܠܡܵܢܘܼܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܫܦܠܵܐ (ܚܙܝ ܠܗܘܿܢ ܢܘܼܦܩܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܫܦܠܒ̈ܟܝ ܝ݂ ܐܝܼܬܠܘܟܝ ܐܝܼܬ ܠܟܘܢ ܣܘܼܟܵܠܹܐ ܐܚܹܪܵܢܹܐ).

”ܐܝܼܟܘ ܕܡܨܵܘܝܼܐ ܚܵܐܪܝ ܠܚܘܼܡܪܵܐ ܕܫܦܠܒ̈ܟܝ، ܐܢܵܐ ܗܝܡܢܬܵܐ ܚܵܐܪܝ ܠܡܨܘܝܬܐ ܟܠ ܡܠܟ̈ܘܗܝ ܐܚܪܢܐ. ܗܘܝܬܐ ܐܝܠܗ ܡܪܓܠܬܐ، ܡܦܪܩ ܗܘܝܢܐ ܐܝܠܗ ܝܘܡܬܐ ܕܚܘܡܪܗ ܡܢ ܡܠܝܘܬܐ ܘܡܦܪܩ ܒܘܗ ܝܘܡܢܝܬܐ ܐܚܪܢܐ، ܡܐܝܟ ܚܘܪܒܐ؟ ܐܢܐ ܐܢܐ ܗܝܡܢܬܐ ܚܵܐܪܝ ܠܡܫܘܝܐ ܒܘܗ ܡܫܒܚܬܐ ܕܚܘܬܡܝ ܘܡܘܡܬܝ ܐܢܐ ܗ̇ܝ ܕܚܠܒܐ ܕܫܦܠܒ̈ܐ.“

ܡܥܕܪܬܐ ܒܘܬ ܪܘܒܐ ܒܘܗ ܡܫܝܚܬܐ

ܫܘܼܬܵܦܘܼܬܵܐ ܕܡܫܝܚܬܵܐ ܐܘܣܛܪܵܠܝܼܬܵܐ (ABA) ܐܝܬ ܠܗ ܚܕܐ ܕܘܟܬܐ ܡܢ ܡܥܕܪܢܘܬܐ ܩܐ ܗܢܕܝܐ ܒܝܕ ܡܫܝܚܬܐ. ܐܗܐ ܝܣܓܝܐ ܝܠܗ ܡܥܕܪܢܘܬܐ ܩܐ ܝܘܡܬܐ ܟܠ ܗܢܡܘܢܝܐ ܕܒܠܝܢܐ، ܡܐܝܟ ܡܫܝܚܬܐ ܕܚܕ ܫܦܠܐ ܕܐܝܬ ܠܗ ܝܡܫܝܬܐ ܝܠܦܐ ܗ̇ ܡܫܝܚܬܐ ܕܗܠܟܬܐ ܫܦܠܐ! ܚܕܟܡܐ ܡܥܘܕܢܐ ܡܗܝܡܢܐ ܝܢܐ ܒܠܝܢܐ ܐܚܪܢܐ.

ABA ܚܕܐ ܡܗܝܡܢܬܐ ܝܠܗ ܟܠ ܐܝܡܬܢܢܝܬܐ ܡܘܬܒܬܐ ܠܗ 1964 (ܐܝܟ ܫܘܬܦܘܬܐ ܕܝܘܡܬܐ ܡܫܝܚܢܝܬܐ) ܩܐ ܚܦܛܬܐ ܘܗܢܕܬܐ ܕܝܘܡܬܐ ܐܝܟ ܕܟܠ ܡܫܝܚ ܠܫܦܠܒ̈ܘܗܝ، ܒܗܝ ܟܬܒܐ ܕܒܪܐ ܝܠܗ ܠܗ ܫܘܬܦܘܬܐ ܚܕܐ ܝܥܡܪܘܬܐ ܒܘܗ ܐܢܫܘܬܐ ܕܚܠܒܐ ܕܒܢ̈ܝܐ.

ܚܘܡܐ ܪܘܒܐ ܕܦܠܚܝ ܒܗ ܩܝܪ ܠܒܒܐ ܒܝܕ ܡܠܦܢܐ ܡܠܘܝܐ ܘܡܥܢܝܢܐ ܡܢ ܟܠ ܫܠܝܚܘܗܝ، ܟܠ ܪܡܘܙܐ ܘܠܗ ܫܘܬܦܘܬܐ. ABA ܐܦ ܦܝܫܬܐ ܝܠܗ ܗܢܕܬܐ ܒܝܕ ܦܣܩܘܢܝܐ ܚܘܠܡܢܝܐ ܘܐܘܡܢܝܐ ܠܗ ܚܘܠܡܢܐ ܘܐܪܫܘܬܐ ܕܫܦܠܐ ܡܒܕܪܐ. ܐܚܝ ܦܝܫܐ ܝܗܒ ܡܥܠܝܐ ܦܒܠܬܐ ܐܝܟ ܚܕ ܡܥܘܠܐ ܕܡܥܕܪܢܘܬܐ ܒܪܒܪܬܐ ܒܘܗ ܡܕܪܫܬܐ ܕܡܫܝܚܬܐ.

ܐܢܬܝ ܩܪܝܬܝ ܩܒܠܬܝ
ܠܟܬܒܐ ܡܫܝܚܬܐ ... ܒܟܝܢܐܝܬ
(Breastfeeding ... naturally)
ܡܠܐ (ܒܟܢܫܐܝܬ 34.95 ܕܠܪܐ)
ܐܝܟ ܕܐܢܬܝ ܦܝܫܬܝ ܚܕܐ
ܗܕܡܬܐ.

ܦܠܚܐ ܘܝܠܦܢܐ

ܫܘܬܦܘܬܐ ܕܡܝܢܩܬܐ ܐܘܣܬܪܠܝܬܐ ܝܠܗ ܡܫܘܕܥܬܐ ܚܕܐ ܚܫܘܚܬܐ ܡܢ ܝܠܦܢܐ ܩܐ ܦܘܠܚܢܐ، ܒܣܘܟܐ:

ܚܘܕܪܐ ܕܦܘܠܚܢܐ ܕܡܝܢܩܬܐ

ܚܘܕܪܐ ܕܦܘܠܚܢܐ ܕܡܝܢܩܬܐ ܕ24 ܫܥܬܐ 1800 mum 2 mum (1800 686 268) ܡܨܝܬ ܒܝܠܗ* ܘܡܫܬܡܫܐ ܡܢܗ ܩܐ ܟܠ ܚܕ. ܟܠܗܘܢ ܕܡܝܢܩܬܐ ܡܕܪܫܬܐ ܕܡܗܝܡܢܐ ܝܢܐ ܒܚܘܪܒ ܠܡܥܢܝܐ ܥܠ ܚܕ ܬܫܥܝܬܐ ܡܕܪܢܝܬܐ.

* ܡܥܢܝܐ ܡܢ ܚܕ ܬܠܝܦܘܢ ܡܗܙܘܡܢܐ ܡܘܡܟܢ ܕܦܪܫ ܚܕ ܦܘܪܢܝܐ

ܦܪܫܘܬܐ

ܒܗܝ ܚܕܢܐ ܕܪܒܐ ܡܢ ܝܠܦܢܐ ܕ ABA ܡܫܬܡܫܐ ܬܢܐ ܡܢ ܕܟܐ ܗܘܝ، ܦܪܫܬܐ ܝܢܐ ܡܒܠܒ ܡܘܗܪܬܐ ܒܝܕ ܡܫܬܘܬܐ ܥܠ ܚܫܘܚܬܐ ܒܡܒܠܬܐ ܡܢ ܡܒܘܥܬܐ ܘܝܠܦܢܐ ܕ ABA ܡܢܝܢ ܚܕ ܒܗܬܐ ܕܡܝܢܩܬܐ، ܝܠܦܗ ܕܡܕܥܢܘܬܐ ܒܐܝܡܢ، ܡܠܝܠܬܐ ܗܕܡ ܢܕܫܬܐ، ܦܪܫܢܝܐ ܢܝܚܘܬܢܝܐ ܢܦܫܝܐ، ܡܒܢܩܢܝܐ ܥܘܦܢܝܐ ܘܕܒܫܬܐ ܕܝܕܥ ܠܦܡܩܐ ܕܝܘܪܐ ܘܡܫܬܒܚܬܐ ܟܠܐ ܡܗܘܝܢܬܐ ܠܗ ܓܘܡܩܐ ܦܢܝܬܐ.

ܓܘܡܩܐ ܦܢܝܬܐ ܕܗܢܝܐܬܐ

ܐܝܬ ܡܘܪܬܐ ܥܠ 230 ܓܘܡܩܐ ܦܢܝܬܐ ܕ ABA ܠܗ ܐܘܣܬܪܠܝܐ. ܢܫܐ ܡܢܝܗܝ ܐܡܝܗܝ ܘܡܬܒܝܗܝ ܚܒܪܘܬܐ ܚܕܬܐ، ܫܡܠܝܗܝ ܓܘܒܝܐ ܩܐ ܒܘܩܪܒ ܘܡܢܐܒܗܝ ܒܝܫܢܝܐ. ܒܠ ܚܕܐ ܡܢܗ ܡܘܝܠܬܐ ܒܒܝܬܐ.

ܫܘܦ_ܩܕܐ

ABA ܐܝܬ ܠܗ ܚܕܐ ܫܘܦ_ܩܕܐ ܡܫܬܟܠܬܐ ܥܠ ܡܘܕܥܘܬܐ ܕܡܝܢܩܬܐ، ܝܠܦܢܐ، ܡܕܥܢܘܬܐ ܒܐܝܡܢ ܘܚܕ ܒܣܡܐ ܐܡܪܐ ܕܐܡܗܬܐ ܡܢܝܗܝ ܦܣܝܩܝܗܝ ܥܠ ܡܢܝܢܐ ܐܚܪܢܐ. ܗܦܘܟ ܒܝܕ: www.breastfeeding.asn.au

ܦܪܣܘܡܐ

ABA ܝܢܐ ܦܪܣܐ ܟܬܒܐ ܡܘܕܥܢܘܬܐ ܒܘܗ ܡܝܢܩܬܐ ܒܣܓܝܐܐ ܡܫܘܓܐ ܥܠ ܓܪܓܐ ܕܟܠܢܝܐ ܡܢܝܢ ܡܘܢܝܬܐ ܕܡܘܣܦܬܐ ܕܝܠܟܝܗܝ، ܣܠܟܬܐ ܕܡܫܟܢܐ ܕܓܝܪܐ ܘܡܝܢܩܬܐ ܡܢ ܒܬܪ ܚܕܐ ܠܟܝܘܬܐ ܡܢܬܪܬܐ.

ܕܘܟܝܐ ܕܝܠܟܢܐ ܒܢܝܢܐ ܕܡܝܢܩܬܐ

ܚܘܪܐ ܕܕܘܟܝܐ ܕܝܠܟܢܐ ܒܢܝܢܐ ܕܡܝܢܩܬܐ ܕ ABA ܝܢܐ ܡܫܘܕܥ ܠܕܘܟܝܐ ܕܝܠܟܢܐ ܕܐܝܬ ܠܗܘܢ ܦܘܠܚܢܐ ܩܐ ܡܥܢܝܐ ܩܐ ܡܘܕܥܬܐ ܕܝܢܩܐ ܐܡܗܝ ܕܝܢܐ ܦܠܚܝ ܩܐ ܝܠܟܢܐ.

ܫܘܦ_ܩܕܐ ܕ: www.breastfeedingfriendly.com.au ܦܫ ܐܝܬ ܠܗ ܢܝܫܢܐ ܒܘܗ ܦܘܠܚܢܐ ܥܠ ܡܫܟܠܢܝܬܐ ܒܘܗ ܕܡܛܝܐ ܩܐ ܝܠܟܢܐ.

ܫܘܩܐ ܕܐܡܗܬܐ

ܝܡܟܐ ܫܩܠܢܝ (Mothers Direct) ܝܠܗ ܘܒܢܝܬܐ ܦܢܝܬܐ ܕ ABA ܡܢܝܢ ܡܘܕܒܢܐ ܠܡܘܕܥܢܘܬܐ ܡܘܗܕܢܐ ܘܡܠܟܝܐ ܩܐ ܐܡܗܘܬܐ ܡܝܢܩܬܐ ܘܡܣܒܪܬܐ. ܐܢܫܐ ܡܨܝܬܐ ܙܒܢܝܗܝ ܠܗ ܫܘܦܬܐ ܘܠܗ ܡܠܒܘܪܢ ܝܢ ܒܪܝܣܒܢ، ܝܢ ܥܠ ܐܝܡܝܠ 24 ܫܥܬܐ.

ܡܠܒܘܪܢ

1818-1822 Malvern Road, East Malvern

9 ܦܬܝܚܬܐ ܥܠ 5 ܒܥܪܘܒܬܐ ܡܫܚܠܦܢܬܐ ܥܠ ܫܒܬܐ، 11 ܩ. ܥܠ 3 ܕ. ܒܬܪ.

ܬܠܝܦܘܢ: 03 9805 5501

ܒܪܝܣܒܢ

2A/26 Eva Street, Coorparoo

9 ܦܬܝܚܬܐ ܥܠ 5 ܒܥܪܘܒܬܐ ܡܫܚܠܦܢܬܐ ܥܠ ܫܒܬܐ، 10 ܩ. ܥܠ 3:30 ܕ. ܒܬܪ.

ܬܠܝܦܘܢ: 07 3847 5187

ܫܘܩܐ ܕܐܝܢܛܪܢܝܛ: www.mothersdirect.com.au

ܝܠܦܢܐ ܕܬܠܦܘܢܐ / ܦܘܩܕܢܐ ܕܬܠܝܦܘܢ: 1800 032 926

ܗܘܼܕܵܥܵܐ ܕܝܵܢܩܘܼܬܵܐ ܕܡܲܡܝܼܬܵܐ

ܫܲܘܬܵܦܘܼܬܵܐ ܕܡܲܡܝܼܬܵܐ ܕܐܘܼܣܬܪܵܠܝܵܐ ܝܠܵܗ̇ ܡܣܲܦܩܵܐ ܠܚܲܕ ܗܘܼܕܵܥܵܐ ܕܝܵܢܩܘܼܬܵܐ ܕܡܲܡܝܼܬܵܐ ܕ 24 ܫܵܥܹ̈ܐ. ܝܲܗ̈ܒܝ ܡܲܥܠܘܼܡܵܝܵܬ݂ܐ ܡܢ ܟܠ ܕܘܼܟܵܬܵܐ ܠܗ ܐܘܼܣܬܪܵܠܝܵܐ.

ܡܲܠܦܵܢܘܼܬܵܐ ܕܡܲܡܝܼܬܵܐ ܕܝܲܗ̈ܒܝ ܝܘܼܬܪܵܢܹ̈ܐ ܒܡܲܦܩܘܼ ܡܘܿܕܲܥܬܵܐ ܗܵܠܵܘ ܠܥܲܡܵܠܹ̈ܐ ܕܚܲܡܪܘܼ ܘܡܫܲܘܚܠܵܠܬܵܐ ܗܵܠܵܘ ܠܚܲܕ ܡܕܲܥܣܵܐ ܕ IV ܠܗ ܕܘܼܟܵܬܵܐ ܕܡܫܘܼܠܡܵܢܵܐ ܕܡܲܡܝܼܬܵܐ. ܚܲܠܵܒܹ̈ܐ ܡܲܠܦܵܢܹ̈ܐ ܡܲܢܗܲܪܝܹ̈ܐ ܗܵܢܵܐ ܘܒܹܐ ܡܣܲܦܩܝܼ ܠܚܲܕܪܵܬܵܐ̈ܝܗܝ ܩܵܐ ܗܲܕܵܝܬܵܐ ܕܝܵܠܹ̈ܕܵܐ ܠܡܲܡܘܼܝܹ̈ܐ. ܝܵܢܩܘܼܬܵܐ ܡܲܥܵܒܪܵܐ ܠܗܿ ܡܢ ܠܗ ܚܲܒܪܘܼܬܵܐ ܕܠܘܼܡܲܕܹ̈ܐ ܩܢܝܹ̈ܐ ܒܝܲܕ ܡܲܪܕܘܼܬܵܐ ܒܫܘܼܡܠܵܠ ܡܢ ܟܠ ܟܘܼܠ-ܫܲܢܬܵܐ ܕ ABA.

ܩܵܐ ܡܲܪܫܵܐ ܒܚܲܕ ܗܘܼܕܵܥܵܐ ܕܝܵܢܩܘܼܬܵܐ ܕܡܲܡܝܼܬܵܐ ܕܐܘܼܣܬܪܵܠܝܵܐ ܡܲܚܒ ܠ:

Australian Breastfeeding Association

Breastfeeding Helpline

1800 mum 2 mum

1800 686 268

ܗܘܼܕܵܥܵܐ ܕܝܵܢܩܘܼܬܵܐ ܕܡܲܡܝܼܬܵܐ ܝܠܹܗ ܦܬܝܼܚܵܐ ܩܵܠܹܗ ܗܲܟ݂ܢܵܐ ܘܦܘܼܪܢܵܣܵܐ ܒܚܲܕ ܥܘܼܠܵܥܢܵܐ ܕܐܘܼܣܬܪܵܠܝܵܐ.

"ܐܸܢ ܚܲܕܵܐ ܝܘܼܡܵܐ ܝܵܗܒܵܐ ܐܲܢܵܐ ܒܹܐ ܕܵܟ݂ܪܵܢܹܐ ܐܸܢ ܕܝܼܠܝ ܐܝܼܬ ܝܵܕܵܐ ܝܘܼܪܵܒܵܐ ܕܵܟ݂ܵܐ ܕܐܲܢܵܐ ܠܐ ܢܕܲܥܢܝܼ. ܩܵܐ ܡܲܢܝܼ ܠܡܲܫܡܘܼܥ ܝܲܒܵܢܵܐ ܡܲܠܹܗ، ܡܲܢܝܼ ܡܲܕܲܢܚܝܼ ܐܲܢܵܐ ܠܚܲܕܵܝܵܐ؟ ܐܲܢܵܐ ܝܘܼܩܪܵܐ ܥܲܠܡܵܝܵܐ ܡܲܠܝܼ ܡܵܪܵܐ ܡܲܠܦܵܢܘܼܬܵܐ ܘܡܲܥܕܪܵܢܘܼܬܵܐ" .

Photo courtesy Vicky Leon

ܗܘܝܐ ܗܕܵܡܬܵܐ

ܗܘܵܝܬܵܐ ܗܕܵܡܬܵܐ ܕܚܘܼܬܵܦܘܼܬܵܐ ܕܡܲܝܢܩܵܢܘܼܬܵܐ ܐܘܣܬܪܵܠܝܼܬܵܐ (ABA) ܡܵܨܝܵܐ ܗܵܘܝܵܐ ܝܠܹܗ ܒܡܢܝܵܢܵܐ ܕܗܘܼܕܵܠܹܐ ܠܡܲܝܢܩܵܢܘܼܬܵܐ ܘܠܐܲܒܵܗܘܼܬܵܐ. ܐܝܢ ܐܲܢ̈ܬܘܿܢ ܡܲܡܛܝܵܐ ܝܬܘܿܢ ܠܡܲܝܢܩܵܢܘܼܬܵܐ، ܝܢ ܚܲܕ ܦܘܼܪܫܵܐ ܡܲܝܢܩܵܐ ܝܢ ܚܲܠܒܵܐ، ܐܲܢ̈ܬܘܿܢ ܡܵܨܝܬܘܿܢ ܬܡܲܛܝܬܘܿܢ ܗܘܼܕܵܠܹ̈ܐ ܡܢ ܒܐܝܼܢܘܼܬܵܐ ܒܡܲܠܵܟ݂ܵܐ ܕܡܲܒܪܵܢܹ̈ܐ ܘܕܡܲܠܡܕܵܢܹ̈ܐ ܕ ABA.

ܘܲܦܪܵܐ ܠܡܲܠܡܕܵܢܹ̈ܐ ܡܲܕܪ̈ܫܵܢܹ̈ܐ ܕܒܹܐ ܡܨܲܕܪܹܐ ܠܗܘܿܢ ABA، ܗܕܵܡܘܼܬܵܐ ܐܝܼܬ ܠܵܗ̇ ܕܲܒܵܐ ܗܘܼܕܵܠܹ̈ܐ ܘܲܦܪ̈ܐ:

ܟܬܵܒܵܐ. ܒܢܘܼܟ݂ܪܵܝܵܐ 34.95 ܕܘܿܠܵܪ̈ܐ، ܗܕܵܡ̈ܐ ܝܵܗܒܝܼ ܒܹܐ ܦܲܠܛܝ ܚܕܵܐ ܢܘܼܣܟ݂ܬܵܐ ܡܼܢ ܕܟܬܵܒܵܐ ܡܲܝܢܩܝܬܵܐ ... ܒܢܘܼܟ݂ܪܵܝܵܐ (Breastfeeding ... naturally) ܐܵܘܚܲܕ ܕܒܹܐ ܚܵܙܐ ܠܒܲܪܕܵܝܵܐ ܡܼܢ ܦܘܼܪܢܵܣܵܐ ܕܝ ܡܲܝܢܩܬܵܐ، ܗܲܠ ܥܕܵܢܵܐ ܕܡܲܚܣܘܼܢܝܵܐ ܘܡܲܪܕܘܼܬܵܐ ܠܥܲܣܩܘܼܢܝܵܬܵܐ ܡܥܲܡܠܚܝܵܢܹ̈ܐ ܕܦܵܓܥܝ ܒܪܘܼܚܵܢܵܐ.

ܡܟܬܵܒܵܐ ܕܗܘܼܠܦܵܢܵܐ ܕܡܲܝܢܩܬܵܐ. ܦܘܼܪܫܵܐ ܕܝ ܐܲܪܒܥܵܐ ܦܘܼܠܚܝܵܐ، ܐܝܼܬ ܡܟܬܵܒܵܐ ܕܝ ܗܕܵܡ̈ܐ ܐܲܣܝܼܒ ܦܝܫܵܐ ܬܪܹܢܵܐ ܡܘܼܡܠܝܵܐ ܒܓܵܘ ܡܲܠܦܵܢܵܐ ܝܢ ܡܲܠܦܵܢܝܵܬܵܐ ܡܲܟܘܝܼܬܵܐ ܒܡܲܝܢܩܬܵܐ. ܡܢܝܼ ܠܡܲܘܕܥܵܢܘܼܬܵܐ ܐܸܫܬܵܐܠܬܵܐ ܘܦܘܼܫܵܩܘܼܠܬܵܐ ܗܘܼܕܵܐ ܕܐܲܢ̈ܬܘܿܢ ܦܝܫܘܿܢ ܘܕܝܪܬܵܐ ܒܡܲܝܢܩܘܼܬܵܐ.

ܡܝܲܠܬܵܐ. ܒܛܵܠܒ ܠܗ ܝܵܡܵܐ ܕܝܵܡܵܐ ܐܸܡܝܼܬܵܐ ܘܡܢܝܼ ܠܡܲܘܕܥܵܢܘܼܬܵܐ ܐܸܫܬܵܐܠܬܵܐ ܒܗ̇ ܚܕܵܐ ܒܦܘܼܫܵܩܵܐ ܡܢ ܒܓܵܘܵܐ ܕܡܲܝܢܩܬܵܐ ܘܐܲܒܵܗܘܼܬܵܐ ܒܚܲܝܕܵܐ. ܐܲܢ̈ܬܘܿܢ ܕܡܝܲܠܬܵܐ ܕܐܘܿܣܹܢܣ (Essence) ܒܗ ܦܵܬܵܐ ܥܘܿܒܕܵܐ ܕܝ ܕܒܝܵܒܝ ܒܚܕ 2 ܝܲܪܚܹܐ.

ܡܲܕܥܢܘܼܬܵܐ ܒܐܲܒܝܼܫ. ܒܢܝܼܫܵܐ ܠܒܘܼܫܵܪܹܐ ܦܠܚܝ ܡܲܬܘܝܼܬܵܐ ܒܓܵܘ ܡܲܠܦܵܢܘܼܬܵܐ ܕܐܲܒܝܼܫ ܕܗܕܵܡ̈ܐ ܐܲܣܝܼܒ ܡܢ ܡܲܠܦܵܢ ܡܲܟܘܝܼܬܵܐ ܒܡܲܝܢܩܬܵܐ.

ܓܘܼܒܝܵܐ ܦܝܫܬܵܐ ܕܚܢܘܼܬܵܐ. ܐܲܢ̈ܬܘܿܢ ܒܹܐ ܡܲܦܠܚܝ ܠܗ ܕܝܵܘܵܐ ܒܢܘܼܓܒܵܐ! ܗܕܵܡܐ ܒܚܝܪ̈ܢܝܵܐ ܚܕܬܵܐ ܘܒܢܝܼܫܵܐ ܠܒܘܼܫܵܪܹܐ ܦܠܚܝ ܓܵܘܵܐ ܠܗ ܗܕܵܡܢܝܵܐ ܦܝܫܬܵܐ ܡܘܼܪܫܝܵܐ ܒܓܵܘ ܡܲܠܦܵܢܵܐ ܝܢ ܡܲܠܦܵܢܝܵܬܵܐ ܡܲܠܡܕܵܢܹ̈ܐ ܡܲܟܘܝܼܬܵܐ ܒܡܲܝܢܩܬܵܐ. ܗܕܵܡ̈ܐ ܒܹܐ ܦܠܚܝ ܡܲܬܘܝܼܬܵܐ ܠܹܐ ܡܲܬܘܝܚܬܵܐ ܕܝ ܓܘܼܒܝܵܐ ܒܚܕ ܕܘܼܟܵܐ ܠܗ ܐܘܣܬܪܵܠܝܼܵܐ.

ܦܘܼܪܫܵܢܹ̈ܐ ܕܡܲܘܕܥܵܢܘܼܬܵܐ. ܒܢܝܼܫܵܐ ܗܘܼܝܵܐ ܠܗܘܿܢ ܒܹܐܬ̈ܐ، ܡܲܘܕܥܵܢܘܼܬܵܐ ܘܡܲܒܪܵܢܘܼܬܵܐ ܕܐܲܒܵܗܘܼܬܵܐ ܕܡܲܝܢܩܬܵܐ ܐܘܣܬܪܵܠܝܼܬܵܐ ܦܝܫܬܵܐ ܥܘܿܒܕܵܐ ܕܝ ܕܒܝܵܒܝ ܥܲܡ ܒܪܵܫܵܐ.

ܡܲܠܦܵܢܘܼܬܵܐ ܒܝܼܬܵܝܬܵܐ ܕܝܘܿܡܵܐ. ܚܡܝܼܫ ܠܓܘܼܒܵܐ ܚܕܵܐ ܒܠܐ ܡܐܲܝܣܝܢ ܕܐܲܢ̈ܬܘܿܢ ܬܲܠܝܼܒܵܐ ܡܲܠܦܵܢ ܕܝ 10 ܠܗ ܝܵܡܵܐ ܡܢ ܙܒܢܬܵܐ ܗܝܪܝܵܢ، ܝܵܡܵܐ ܦܬܝܼܚܵܐ.

ܡܲܚܲܒ̈ܪܵܢܹܐ ܕܫܘܼܘܵܐ ܢܘܼܦܵܩܵܐ. ܡܘܼܡܟܹܢ ܕܗܘܼܢܵܐ ܒܘܼܬܵܩܵܐ ܠܹܗ ܦܵܟ݂ܵܐ ܠܡܲܦܵܩܵܐ ܒܠܐ ܚܕܵܐ ܒܓܵܘܵܐ ܒܟܠܡܵܐ. ܒܠܐ ܚܘܼܕܪܝ ܕܡܲܦܵܩܵܢ (My Savings) ܐܲܢ̈ܬܘܿܢ ܡܵܨܝܬܘܿܢ ܡܲܒܝܢܝܬܘܿܢ ܐܸܡܵܐ ܕܦܵܬܹܐ ܫܘܼܡܟ݂ܬܵܐ ـ ܒܠܐ ܡܲܒܢܝܵܬܵܐ ܡܢܹܝܢ ܡܓܲܒܘܿܠܵܬܵܐ، ܒܦܲܪܩܵܐ ܘܡܘܼܡܟ݂ܝܵܢܵܐ (ܘܐܲܦ ܡܲܒܢܝܵܬܵܐ ܡܢܹܝܢ ܕܒܢ̈ܝܵܐ، ܚܘܼܡܵܢܵܐ ܘܦܓ݂ܪܵܐ ܕܚܲܒܝܼܫܬܵܐ).

ܕܒܪܵܡܬܵܐ ܒܝܕܒ ܠܡܲܦܵܩܵܐ ܕܝܘܵܐ ܦܲܠܓܵܐ ܕܡܲܝܢܩܵܐ. ܚܡܝܼܫ ܠ 50 ܠܗ ܝܵܡܵܐ ܒܠܐ ܒܝܕܒ ܕܡܲܦܵܩܵܐ ܕܝܘܵܐ ܘܡܢܝܼ ܠܚܘܼܕ ܕܲܒܵܐ ܡܢ ܣܠܵܒܬܵܐ ܒܓܵܘ ܡܲܒܠܵܢܬܵܐ ܕܦܘܼܢܕܵܬܵܐ ܡܢ ܚܕܵܐ ܐܲܚܪܬܵܐ ܕܒܝܕܒ ܕܡܲܦܵܩܵܐ ܕܝܘܵܐ ܡܲܟܘܝܼܕܬܵܐ.

ܡܲܬܚܵܐ ܗܘܼܬܵܪܵܬܵܐ ܕܝ ܚܘܼܦܵ-ܘܦܵܬܵܐ ܕ My ABA. ܡܢܹܝܢ ܠܡܲܬܚܵܐ ܕܝ ܚܒܝܫܬܵܐ ܘܦܪܝܫܬܵܐ ܘܡܲܠܘܝܵܬܵܐ ܕܗܕܵܡ̈ܐ ܐܲܣܝܼܒ ܒܓܵܘ ܚܲܕ ܦܘܼܪܫܵܐ ܡܲܬܢܝܵܐ ܒܓܵܘ ܐܲܕܪ̈ܢܹܐ ܕܚܘܼܦ-ܘܦܵܬܝ ܝܕܥܢܵܐ My ABA. ܐܲܢ̈ܬܘܿܢ ܐܲܦ ܒܗ ܡܵܨܝܬܘܿܢ ܡܲܬܚܝܬܘܿܢ ܠܡܢܝܵܢܵܐ ܕܒܲܚܕܵܝܵܐ ܕܡܝܲܠܬܝ ܗܕܵܡܬܵܐ Essence.

ܐܲܢ̈ܬܘܿܢ ܙܘܼܘܵܓܵܐ ܡܲܦܠܚܝ ܒܠܐ ܒܘܼܬܵܩܵܐ ܕ ABA! ܐܲܝܟ ܚܕܵܐ ܡܲܬܒܵܥܬܵܐ ܠܐ ܕܝ-ܡܢܝܵܢܵܐ، ܚܘܼܬܵܦܘܼܬܵܐ ܕܡܲܝܢܩܬܵܐ ܐܘܣܬܪܵܠܝܬܵܐ ܦܝܫܬܵܐ ܡܠܘܵܐ ܗܒܝܕܬܵܐ ܘܙܲܢܲܝܗ ܒܕܒܝܫܗ ܒܓܵܘ ܗܕܵܡܘܼܬܵܐ. ܗܕܵܡܘܼܬܵܐ ܒܚܲܒܪ ܒܠܘܼ ܝܡܲܡܢܝܵܬܵܐ ܕܝ ܐܲܢܬܵܐ ܠܡܲܕܡܲܢܵܐ ܒܝܠܡܵܐ ܠܗ ܗܢܕܬܵܐ ܘܡܲܠܦܬܵܐ ܕܐܲܒܵܗܵܐ، ܐܘܡܢܝܵܐ ܕܫܘܼܠܡܢܵܐ ܘܚܘܼܬܵܦܘܼܬܵܐ ܒܓܵܘ ܡܲܝܢܩܬܵܐ.

ܒܘܬ ܫܘܬܦܘܬܐ ܕܡܝܢܩܬܐ ܐܘܣܬܪܠܝܬܐ (ABA)

ABA ܝܠܗ ܚܕܐ ܡܢ ܡܫܬܘܫܝܢܝܬܐ ܕܝܡܝܬܐ ܕܠܐ-ܡܢܦܥܬܐ ܒܘܬ ܓܘܪܐ ܓܘ ܐܘܣܬܪܠܝܐ. ܐܝܬ ܡܘܪܟܐ ܕ 230 ܓܘܡܥܝܬܐ ܕ ABA ܐܬܪܢܝܬܐ ܘ 800 ܡܠܦܢܐ ܕܡܝܢܩܬܐ ܡܟܘܝܢܐ. ܝܠܗܘܢ ܡܢ 200000 ܐܘܣܬܪܠܝܐ ܗܘܝܐ ܡܢܐ ܦܪܨܘܦܐ ܕܫܘܬܦܘܬܐ ܒܚܕܐ ܚܕܢܐ ܡܢ ܬܪܝܗܘܢ.

ܟܠܝܗ ܝܠܗ ܠܚܝܪܬܐ ܘܢܘܩܠܬܐ ܕܓܘܪܢܬܐ ܩܐ ܝܡܗܬܐ ܐܢܫܐ ܕܒܟܠ ܕܡܝܢܩܝ ܠܝܠܕܘܗܝ ܘܠܡܪܘܡܐ ܠܝܕܥܬܘܬܐ ܕܫܘܬܦܘܬܐ ܒܘܬ ܐܢܫܘܬܐ ܕܡܝܢܩܬܐ ܘܕܡܠܟܐ ܐܚܪܢܐ ܩܐ ܣܘܠܩܢܐ ܕܝܠܕܐ ܘܕܝܡܘܬܐ.

ܒܘܬ ܡܝܢܩܬܐ ܓܘ ܐܘܣܬܪܠܝܐ

ܡܢ 1964، ܫܘܬܦܘܬܐ ܕܡܝܢܩܬܐ ܐܘܣܬܪܠܝܬܐ ܗܘܝܬܐ ܝܠܗ ܦܠܚܐ ܩܐ ܡܫܘܕܥܬܐ ܕܡܝܢܩܬܐ ܕܡܝܢܩܬܐ. ܩܠܡ ܐܝܬ ܚܕܐ ܐܘܪܚܐ ܓܪܫܬܐ!

ܓܘ ܐܘܣܬܪܠܝܐ، ܡܢܝܢܐ ܕܡܝܢܩܬܐ ܩܠܡ ܢܦܠܐ ܐܝܠܗ ܒܡܕܝܢܬܐ ܕܡܫܬܘܬܐ ܥܠܡܝܬܐ ܕܚܘܠܡܢܐ (WHO) ܩܐ ܡܝܢܩܬܐ ܒܘܚܕܢܝܬܐ ܩܐ 6 ܝܪܚܐ (ܐܝܟ ܠܐ ܡܝܐ ܐܚܪܢܬܐ ܝܢ ܡܐܟܘܠܬܐ ܡܢ ܝܠܕܐ ܕܝܘܐ) ܘܡܫܪܝܬܐ ܕܐܟܠܬܐ ܩܐ 2 ܫܢܐ ܘܒܬܪ ܗܕܐ، ܐܝܟ ܡܘܢܝܬܐ ܕܡܐܟܘܠܬܐ ܡܠܝܐ ܠܝܠܕܐ.

ܡܘܪܟܐ ܕ 96 ܡܐܘܬܐ ܕܝܠܕܐ ܓܘ ܐܘܣܬܪܠܝܐ ܓܘ ܫܪܝ ܡܝܢܩܝܐ، ܐܝܢܐ ܓܘ ܡܫܚܬܐ ܕ 6 ܝܪܚܐ ܡܢ ܚܘܡܪܐ ܐܢܫܐ ܡܕܡܐ ܝܘܡܐ ܡܢ ܦܠܓܗܘܢ ܡܚܘܝܐ ܡܢܐ ܠܡܠܟܐ ܕܝܘܐ ܝܢ ܩܝܡ. ܫܘܡܐ ܝܘܡܐ ܕܡܝܢܩܬܐ ܟܠܝ ܕܡܝܢܩܝ، ܐܝܢܐ ܪܒܐ ܓܘ ܟܠܝ ܒܡܠܠܬܐ ܕܡܥܕܪܢܘܬܐ ܕܫܪܟܬܐ ܘܗܘܢܝܬܐ ܩܝܡܝ. ܟܝܢܐ ܕ ABA ܝܠܗ ܠܡܥܕܪܢܐ ܠܗܕܐ ܫܪܟܬܐ ܩܐ ܕܝܡܩܬܐ ܩܐ ܡܝܢܩܝ ܐܢܫܐ ܟܡܐ ܕܒܥܝ ܟܠܝ.

Join us today!

Please send this form in an envelope with payment to:
Australian Breastfeeding Association
PO Box 4000, Glen Iris VIC 3146 or
join online at *www.breastfeeding.asn.au* or
phone 03 9885 0855 9 am-5 pm Monday to Friday.

Name: ____
(Title, First, Last)

Address: ____

Suburb: ____

Postcode: ________________State: __________________

Daytime phone: ______________________________________

Email address*: ______________________________________

☐ One-year membership .... $65.00^

☐ Concession (one year) .... $50.00^

(Health care card no. _______________________________)

☐ Two-year membership ....$100.00^

Please find enclosed my cheque/money order for $_________ made payable to the ‘Australian Breastfeeding Association’.

or charge my ❍ MasterCard ❍ Visa

Card number: ______ ______ ______ ______

Expiry date: ____ / ____ CVN: _____________________
Usually the last 3-4 digits in the signature area on the back of the card

Cardholder’s name: ___________________________________

Signature: ____

* By providing your email address you give permission for us to email you relevant news and information.

^ Prices are for a parent membership within Australia only. International and Professional membership prices are available on our website. Prices valid to 30/06/2014.

Australian Breastfeeding Association

Translation of this document funded by an ACT Government Grant
Translation provided by Polaron Language Services

ܡܕܘܟܬܐ ܟܒܝܪ:

ܫܘܬܦܘܬܐ ܐܘܣܬܪܠܝܝܐ ܕܝܢܩܐ

1818-1822 Malvern Road, East Malvern VIC 3145

PO Box 4000, Glen Iris VIC 3146

ܬܠܝܦܘܢ: 1800 686 268 (ܚܘܕܪܐ ܕܡܝܢܩܢܘܬܐ ܕܡܫܝܢܬܐ)

ܬܠܝܦܘܢ: 03 9885 0855 (ܥܒܕܢܘܬܐ ܡܕܒܪܢܝܬܐ/ܡܕܒܪܢܘܬܐ)

ܦܟܣ: 03 9885 0866

ܐܝܡܝܠ: info@breastfeeding.asn.au

ܕܘܟ_ܘܒܐ: www.breastfeeding.asn.au

ܐܪܙܘܬܐ ܐܢܫܝܬܐ ܥܠܗ ܗܝ ܕܝܢܩ

ܬܘܬܦܘܬܐ ܕܡܫܝܢܬܐ ܘܡܣܒܪܢܘܬܐ ܥܠ ܝܢܩܐ ܝܠܕܐ، ܡܫܘܚܬܐ ܘܡܘܕܥܢܘܬܐ ܕܟܘܪܗܢܐ ܠܡܝܢܩܐ ܕܡܫܪܝܬܐ ܕܝܠܕܬܐ ܕܬܘܬܦܘܬܐ. ܡܠܘܬܐ ܦܪܘܫܬܐ ܕܝܢܩ ܠܐ ܩܢܝܐ ܝܬܝܪܬܐ ܗܝ ܟܠ ܚܕ ܚܠܒܐ ܐܚܪܢܐ ܥܒܕܘܢ ܡܢ ܡܦܢܝܢܐ ܩܢܝܐ ܠܫܠܡܘܬܐ ܠܥܝܕܐ ܗܘܝܐ. ܥܘܢܝ ܐܪܙܘܬܐ ܡܢܝܢܐ ܩܢܝܐ ܣܘܓܐܐ ܐܝܟ:

www.breastfeeding.asn.au ܝܢ ܠܡܫܬܥܠܘ ܥܡܝ ܡܕܥܬܐ ܠܡܢܝܢܐ ܕ 03 9885 0855 ܥܡܡܫܐ ܕܫܢܬܐ ܕܦܠܚܢܐ. ܡܠܘܬܐ ܦܪܘܫܬܐ ܕܝܢܩ ܡܘܡܚܝ ܕܩܢܝܐ ܡܘܦܠܓܐ ܗܝ ܥܝܢܐ ܕܡܫܡܥܬܐ ܕܘܘܪܐ ܠܦܢܝܗ. ܝܢ ܐܢܝܗ ܦܪܘܫܐ ܥܡܗ ܕܟܠܐ ܡܥܠܝܗ ܠܐܢܐ ܡܠܘܟܐ، ܝܢ ܒܫܡܐ ܠܟܝܒ ܡܕܘܚ ܥܒܝܕ.

© Australian Breastfeeding Association November 2013