Assyrian
Safe sleeping recommendations

health.nsw.gov.au

ܡܫܬܬܐ ܕܕܡܟܐ ܒܛܢܐ (ܡܢܟܦܐ)

ܡܢܝܡܬܐ ܡܟܝ ܕܝܬܝܗ ܒܝܩܐ ܡܢܐ ܕܝ ܟܝ ܗܒܝܕܝܗ ܠܘ ܒܝ ܡܕ ܟܬܒ ܟܝ ܡܒܟܢܐ ܕܝ ܐܒ ܕܡܒܚ ܡܢ ܒܝܢܐ.

ܡܝܢܐ ܕܡܡܝܕܝܗ ܠܝ ܡܝܢܐ ܡܢ ܒܢܩܒ ܒܗܬܟܐ ܠܒܝܐ ܡܫܬܬܐ ܕܕܡܟܐ ܒܛܢܐ ܒܗܠ ܝܚܝܕܝܬ ܡܟܝ ܡܢ ܒܢܩܒ:

- ܡܕܡܝܚܐ ܠܝ ܒܢܩܒ ܒܟܠ ܫܝ.
- ܐܢܢܩܐ ܡܟܝ ܕܒܢܩܒ ܗܘܬ ܠܝ ܕܕܠܚܬܐ ܕܟܝܠܝܬ ܕܝܬܟܐ ܡܟܝ ܠܚܘܟ ܕܒܫܘܐ ܕܢܦܗܕܟܬ ܡܕܢܗܟܝ ܡܟܝ ܟܬܒܗ ܡܕ ܕܝ ܕܕܠܚܬܐ.
- ܡܕܡܝܚܐ ܠܝ ܒܢܩܒ ܟܝ ܢܦܟܝܢ ܕܕܡܟܐ ܕܟܝܠܝܬ ܕܟܬܒ ܡܢ ܐܒ 6 ܡܕ 12 ܒܫܝܢ ܡܕܡܟܬܐ ܕܒܝܬܐ.
- ܟܝ ܬܚܦܗ ܕܒܢܩܒ ܕܝܚ ܒܟܠ ܩܢܩܐ ܒ ܒܟܠ ܚܘܕܗܬ ܡܝܬܬܐ، ܩܕܒܬܗ ܒܟ ܒܕ ܩܝܦܐ ܬܝܕܐ.
- ܡܕܡܝܚܐ ܒܗܒܗܐ ܕܕܬܐ ܕܒܢܩܒ ܠܝ ܡܝܢ ܚܚܘܗܬ ܕܒ ܡ ܕܚܒܬܐ ܡܝܢ ܡܕܬܐ ܕܟܝ ܫܝܡ ܒ ܕܬܚܘܢܝܗ ܟܝ ܕܡܕ. ܟܝ ܡܕܝܚܗ ܠܚܡܐ، ܚܟܐ ܕܕܠܚܬܐ، ܩܕܒܗܐ ܕܡܫܟܗܐ ܕܗܬܒܗ، ܠܝܟܐ ܕܝܕܐ ܡܟܝ ܬܚܦܗ ܚܡܬܐ ܕܒܬܐ ܠܘ ܕܕܠܚܬܐ.
- ܡܕܡܝܚܐ ܠܝ ܒܢܩܒ ܕܡܐ ܒܫܒܬ ܚܕܡܗܐ ܒܬܒ ܕܟܝ ܡܐ ܒܚܒܩ ܡܕܬܐ ܕܒܬܐ ܕܢܦܗܕܟ ܟܝ ܕܡܕ.
- ܡܕܡܝܚܐ ܠܝ ܒܢܩܒ ܡܢ ܐܒ ܝܬܟܐ ܒܕܝ ܡܕܬܐ ܒܚܝܬ ܡܕܡܝܬܐ ܡܟܝ.
- ܟܝ ܡܝܝܚܐ ܕܒ ܚܒܬܐ ܡܕܡ ܒ ܡ ܟܐ ܡܕܟܐ ܕܒܬܐ ܕܒܬܐ ܡܟܝ ܡܕܝ ܒܝܬ ܡܕܬܐ ܕܒܢܩܒ.
- ܡܕܡܝܚܐ ܒܗܒܗܐ ܕܚܝ ܩܝܦܐ ܡܕܡ ܡܕܡܝܚܐ ܡܟܝ ܒܝܢ ܡܫܬܬܐ ܕܕܡܟܐ ܒܛܢܐ.

ܒܝܢ ܟܬܒܐ ܡܡܝܚܝܢ ܕܕܡܟܐ ܒܛܢܐ ܩܒܝ ܡܢ ܡܒܠܝ ܡܡܠܝܢ ܡ
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