

????? ?? ????? ?????? ????? ?????? ?????? (https://www.momandme.nestle-mena.com)

????????? > ?? ?? ?????? ????? ??????? ?? ????????

Share this ??????????

X



?? ?? ?????? ?????? ?????????? ??? ??????????

????? ?????? ?????????? ????? ??????????

<https://www.momandme.nestle-mena.com/%D9%87%D9%84-%D9%85%D8%A7-%D8%AA%D8...> [1]

\_ [2] \_ [3] \_ [4]



?? ?? ?????? ?????? ?????????? ??? ??????????

????? ?????? ?????????? ????? ??????????



%D8%AA%D8%A3%D9%83%D9%84%D9%87-%D8%A7%D9%84%D8%A3%D9%85-  
%D9%8A%D9%8F%D8%AD%D8%AF%D9%91%D8%AF-%D8%AC%D9%86%D8%B3-  
%D8%AC%D9%86%D9%8A%D9%86%D9%87%D8%A7%D8%9F

?????

[1] <https://www.momandme.nestle-mena.com/%D9%87%D9%84-%D9%85%D8%A7-%D8%AA%D8%A3%D9%83%D9%84%D9%87-%D8%A7%D9%84%D8%A3%D9%85-%D9%8A%D9%8F%D8%AD%D8%AF%D9%91%D8%AF-%D8%AC%D9%86%D8%B3-%D8%AC%D9%86%D9%8A%D9%86%D9%87%D8%A7%D8%9F>

[2] [https://pinterest.com/pin/create/button/?url=https://www.momandme.nestle-mena.com/%D9%87%D9%84-%D9%85%D8%A7-%D8%AA%D8%A3%D9%83%D9%84%D9%87-%D8%A7%D9%84%D8%A3%D9%85-%D9%8A%D9%8F%D8%AD%D8%AF%D9%91%D8%AF-%D8%AC%D9%86%D8%B3-%D8%AC%D9%86%D9%8A%D9%86%D9%87%D8%A7%D8%9F&media=https://www.momandme.nestle-mena.com/sites/default/files/styles/thumbnail/public/field/image/shutterstock\\_130492919.jpg&description=?? ?? ?????? ?????? ??? ???????](https://pinterest.com/pin/create/button/?url=https://www.momandme.nestle-mena.com/%D9%87%D9%84-%D9%85%D8%A7-%D8%AA%D8%A3%D9%83%D9%84%D9%87-%D8%A7%D9%84%D8%A3%D9%85-%D9%8A%D9%8F%D8%AD%D8%AF%D9%91%D8%AF-%D8%AC%D9%86%D8%B3-%D8%AC%D9%86%D9%8A%D9%86%D9%87%D8%A7%D8%9F&media=https://www.momandme.nestle-mena.com/sites/default/files/styles/thumbnail/public/field/image/shutterstock_130492919.jpg&description=?? ?? ?????? ?????? ??? ???????)

[3] <https://twitter.com/share?text=%D9%87%D9%84%20%D9%85%D8%A7%20%D8%AA%D8%A3%D9%83%D9%84%D9%85%D8%A7-%D8%AA%D8%A3%D9%83%D9%84%D9%87-%D8%A7%D9%84%D8%A3%D9%85-%D9%8A%D9%8F%D8%AD%D8%AF%D9%91%D8%AF-%D8%AC%D9%86%D8%B3-%D8%AC%D9%86%D9%8A%D9%86%D9%87%D8%A7%D8%9F&url=https://www.momandme.nestle-mena.com/%25D9%2587%25D9%2584-%25D9%2585%25D8%25A7-%25D8%25AA%25D8%25A3%25D9%2583%25D9%2584%25D9%2587-%25D8%25A7%25D9%2584%25D8%25A3%25D9%2585-%25D9%258A%25D9%258F%25D8%25AD%25D8%25AF%25D9%2591%25D8%25AF-%25D8%25AC%25D9%2586%25D8%25B3-%25D8%25AC%25D9%2586%25D9%258A%25D9%2586%25D9%2587%25D8%25A7%25D8%259F>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.momandme.nestle-mena.com/%D9%87%D9%84-%D9%85%D8%A7-%D8%AA%D8%A3%D9%83%D9%84%D9%87-%D8%A7%D9%84%D8%A3%D9%85-%D9%8A%D9%8F%D8%AD%D8%AF%D9%91%D8%AF-%D8%AC%D9%86%D8%B3-%D8%AC%D9%86%D9%8A%D9%86%D9%87%D8%A7%D8%9F>

[5] <https://www.momandme.nestle-mena.com/printpdf/8991>

[6] <https://www.momandme.nestle-mena.com/node/8986>

[7] <https://www.momandme.nestle-mena.com/javascript%3A%3B>