

KA TAXADAR



ILKAHAAGA

MAGACA: _____

Xusuusin ku socota Waalidiinta iyo Masuuliyiinta

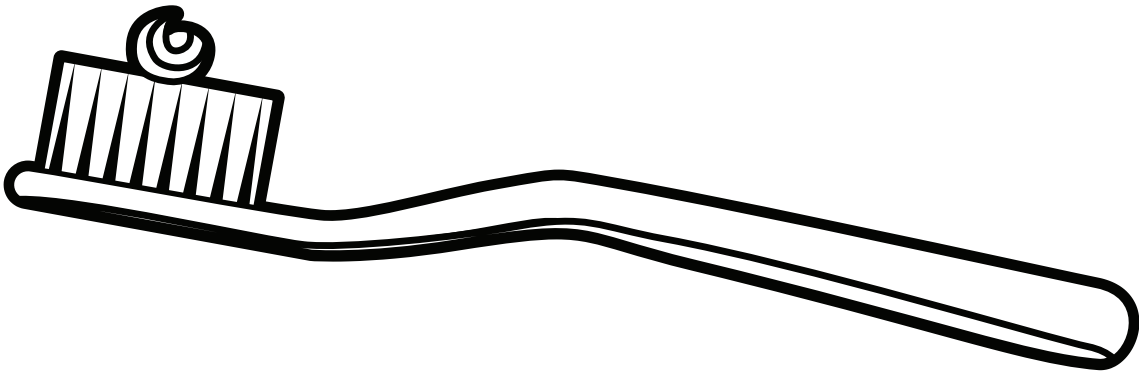
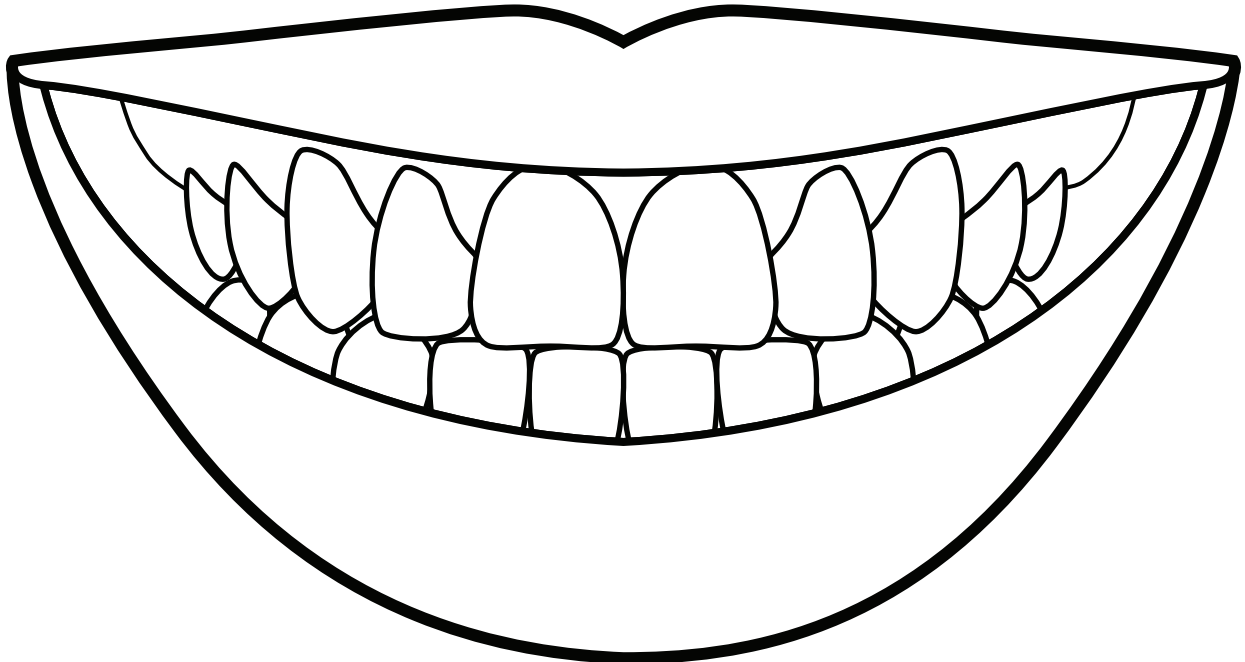
Xarumaha Xakamaynta iyo Kahortagga Cudurku waxay u abuureen buuggan waxqabadka inuu waalidiinta siiyo qaab soo jiidasho leh oo ay carruurta ugala hadlaan qaababka ay u daryeelayaan ilkahooga. Dhaqamada caafimaadka afka ee caadiga ah, sida cadayashadda ilkahaaga, ku findhicilashada dunta, iyo booqashooyinka joogtada ah ee dhakhtarka ilkuhu waxay gacan ka gaysan karaan kahortagga daloolada ilkaha ku samaysma. Buuggan waxqabadka waxa loogu talagalay carruurta da'doodu u dhaxayso 3–8 jir.



WAXQABADKA MIDABAYNTA

Xasuusnaw inaad ku cadaydo ilkahaaga cajiinka faloraaydh leh laba jeer maallintii muddo laba daqiiqo ah markiiba.

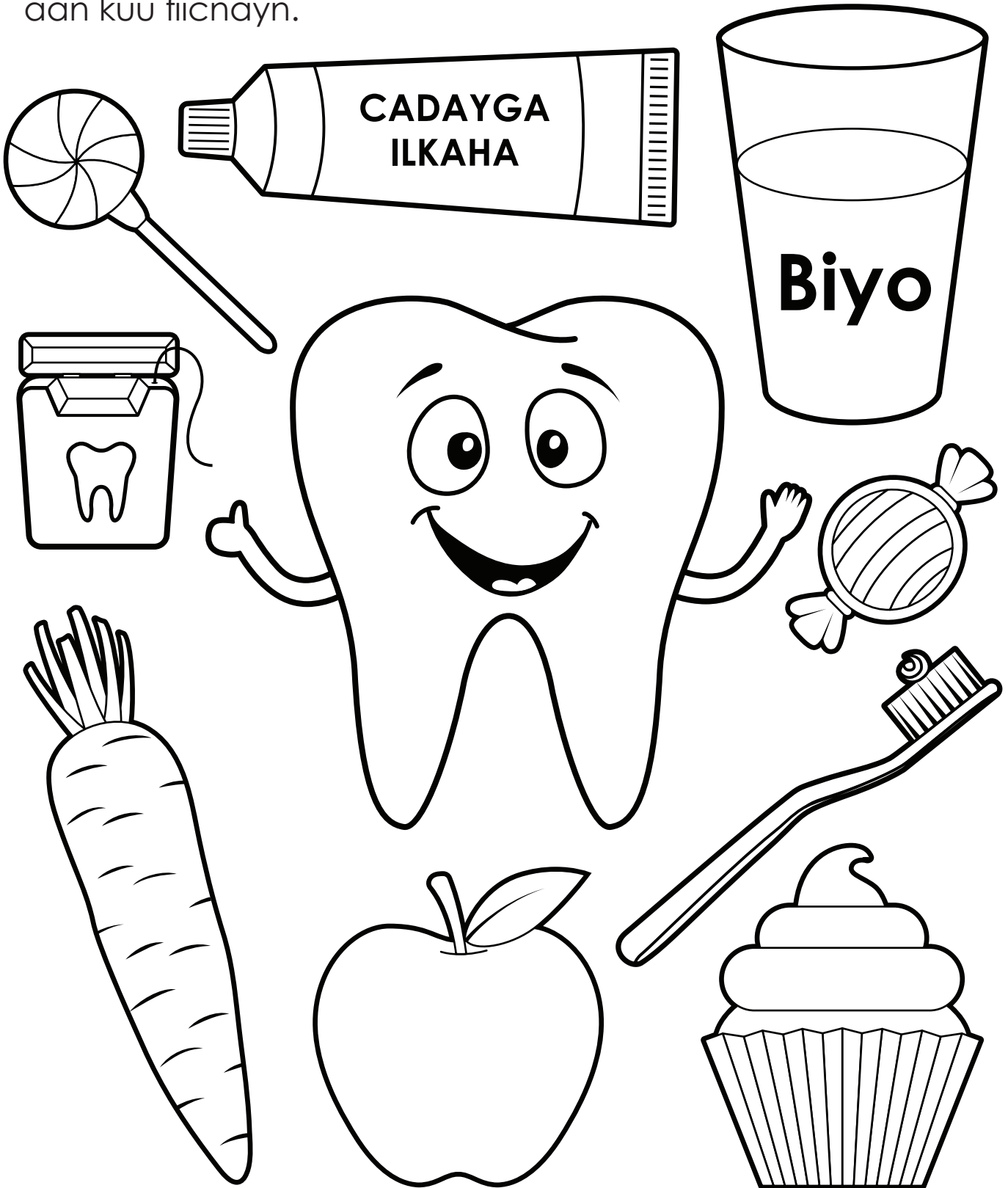
Ku ranjiyee ilkaha hoose midabka aad ka hesho!



Ma tirin kartaa inta ilkood ee u baahan in la cadayo sawirkan? _____

KA ILAALI ILKAHAAGA DALOOLADA!

Midabee shayada u fiican ilkahaaga oo dhig X shayada aan kuu fiicnayn.

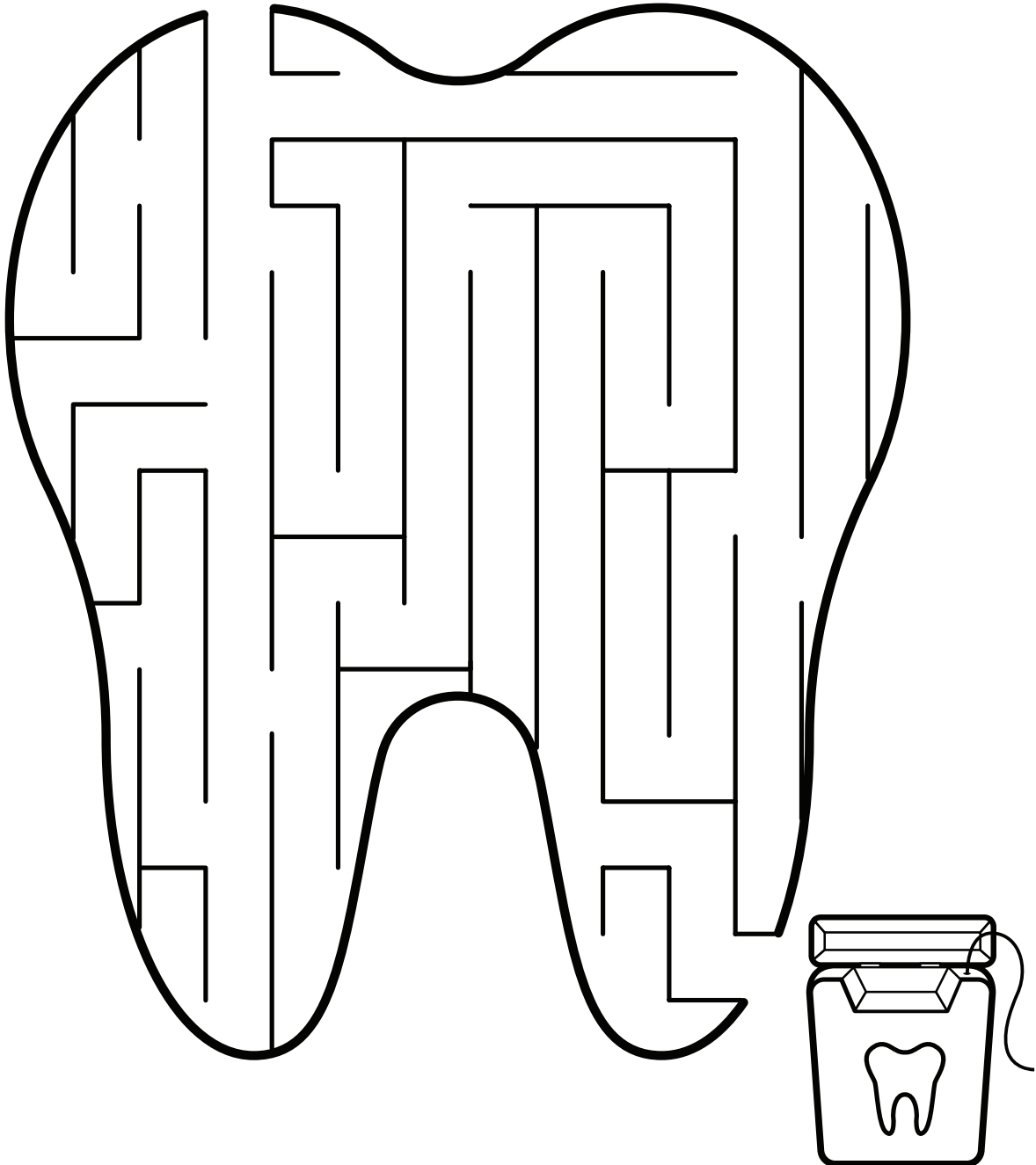


WAXQABADKA SHABAKADDA ILIGGA

Xasuusnaw inaad dun ku findhicisho ilkahaaga maalin kasta.

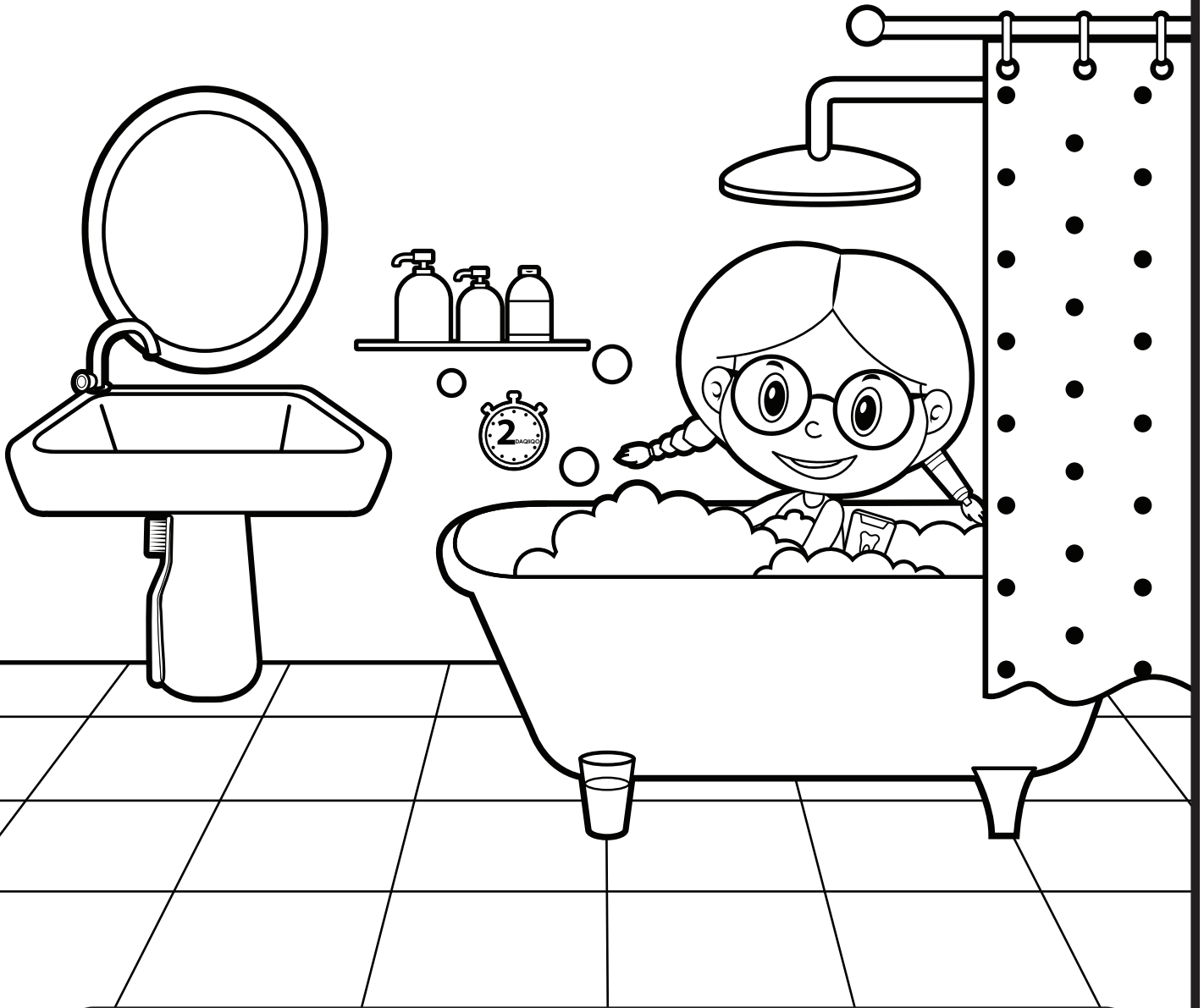
Gacan ma ka gaysan kartaa in aad hesho gaarsiinta dunta ilkaha oo dhan?

BILAW



RAADI OO HEL

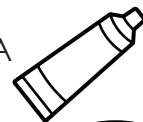
Ma ka heli kartaa shayadan qarsoon sawirkan?



DUNTA
FINDHICILASHADA



AF DHOOLACADDAYNAYA



CAJIINKA ILKAHA



WAKHTI-QABTE 2
DAQIIQO AH



BURUSHKA ILKAHA



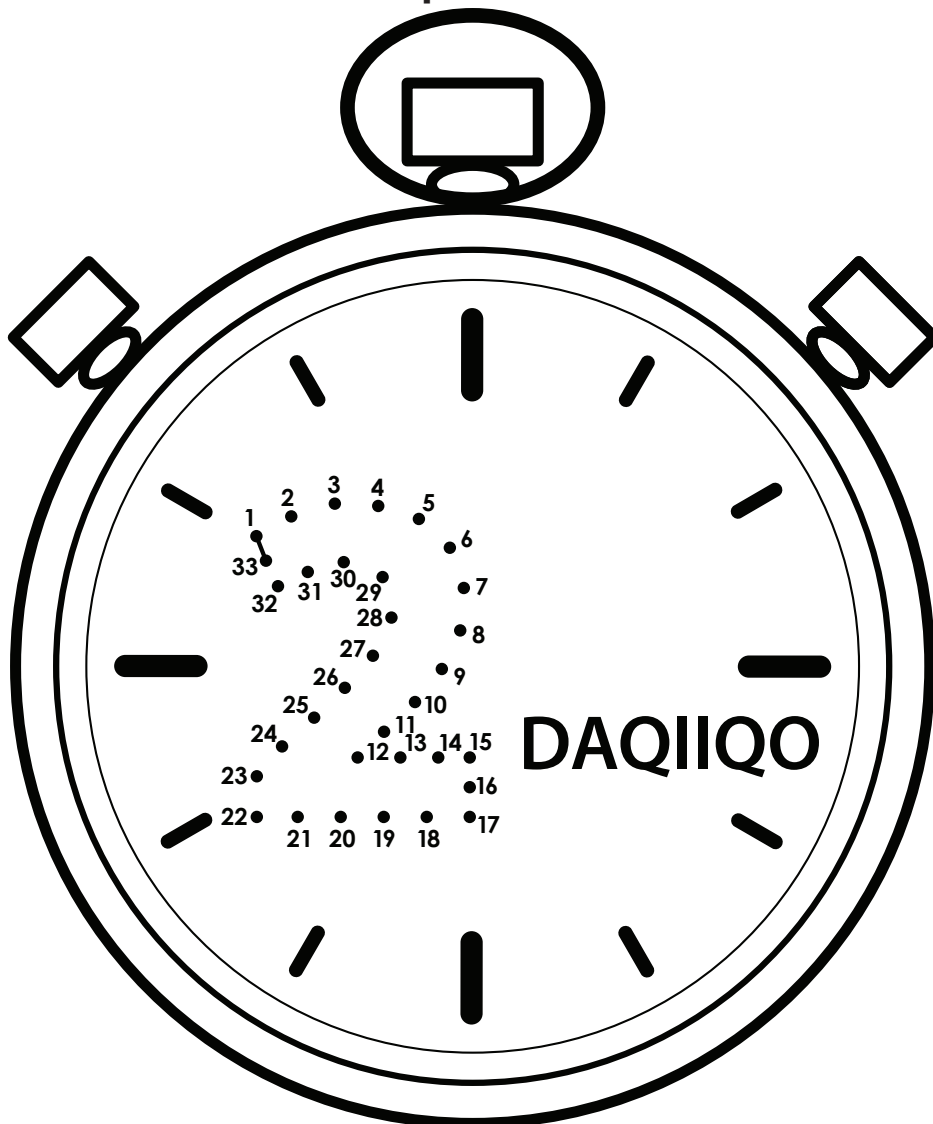
KOOBKA BIYAHA

ISKU XIR DHIBCAHA

Ma og tahay inay tahay inaad cadaydo ilkahaaga ugu yaraan laba daqiiqo subaxdii iyo intaadan seexan? Waxa ku caawin kara inaad dhagaysato labada daqiiqo hees aad ka hesho inta aad cadayeyso ilkahaaga.

Ku dhig heesta ama wakhti-qabtaha laba daqiiqo wakhti kasta ood cadayeyso ilkahaaga. Samaynta tani waxay gacan ka gaysan kartaa tirtiridda jeermiska ilkahaaga saarnaan kara oo dhan.

Noqo geesi caafimaadka afka ah! Isku xir dhibcaha si aad sidoo kale u hesho wakhti-qabasho ku caawisa sidoo kalel.



SHAQO WACAN!

(Magacaaga)

wuxuu ka bartay wax badan
caafimaadka afka!

**Si aad u noqoto geesi caafimaadka afka ah,
xasuusnaw inaad:**

- Cadaydo ilkahaaga laba jeer maalintii!
- Dun ku findhicil ilkahaaga maalin kasta!
- Cun khudaar halkii cuntooyinka sonkorta aad cuni lahayd!
- Cab biyaha qasabadda ee leh faloraaydh!
- Si joogto ah u booqo dhakhtarkaaga ilkaha!

**Halkan waxa ah dhawr
waxyaalood oo aan bartay:**

1 _____

2 _____

3 _____

