



# Xidhid xoog lagu yesho



## ***Xidhdid iyo jidhka laysu dhoweeyo***

Carurtu waxay uu bahanyihin in ay jidhkooda ay isku dhawodan walidka ama qof kale oo ehel ah.

- Ilmahaga wuxu uu bahan yahay in uu ka helo dirimad jidhka kaga ka socda iyo dareen kaga in uu helo.
- Ilmahagu wuxu jecel yahay in uu maqlo codkaga in uu dawado wejigaga in helo dirimadka jidhkiisa la dowesanaya ilmaga wuxu kaga bahan yahayay in ad qado Ilamaha weji weji uu eeg wu jecel yahay in sa lo eego qado isaga ku tusayo marka uu ka dergo dirimadka iyo in dareenka jidhka marka isaga ka jeesano ama wuxu bilabaya in uu hamansado wejigisa ka jeediyo.
- Baburka ad ku qado ilmahaga wa inad ku qada ilmahaga isago ku arkay weji weji ama dhanka ad ka aragto ilmaha yar wuxu marwalba raba in uu weji gaga arko.



## ***Dugsi iyo isku haleen***

Carurta yar waxay doonayan isku haleen waxay doonaya qof ay isku haleen karan.

- Nunugaga wu kula „hadlaya“ : codkiisa bu isticmalaya wejigiisa ayu wax ku mujinaya mar mar wu oyaya calamadahas wa inad ka war haysa.
- Isku day in ad fahanto waxa ilmahagu oo donayo calamadaha uu ku tusayo Waxa ay yihin. Markad tix geliso ilmaha waxa uu donayo in ad fahanto ilmahas wuxu noqonaya ilmo dugson oo jaceel bu daremaya.
- Gacmo jecel uu wado marku ka helo wuxu donayo ilmahu waxa uu fudud noqonayo dunidan cusub uu so dex galay.



## **Uso jeesmada ilmaha iyo wada hadalka aad la yelanayso ilmaha**

Ilmaha yar wuxu u bahan yahay in loso jeesto si daba joog ah walidkisa intas bu ka sugaya.

- Adigo wata noloshada malimeeka isku day in ad ilmaga uu jogtid markasta.
- Ilmahaga la hadal oo uu sheeg waxa uu eegayo waxa ay yihin, uu sheeg waxa aad markas qaba nayso.
- Ilmahagu isago nunu ah ayu haddana ku degasanaya wejigaga intu eego ayu isku dayaya in uu ka daba hadlo marka ad ku aragto in uu isku dayayo in uu hadlo ka qaad hadalkas oo kadaba hadal sida bu hadal baranaya.



## **Sida aad qalbiga ilmaha uu dejin karto**

Carurta yar waxay uu bahan yahin qof ay garanayan marka ay qaban cabsi ama ay is hubin ama ay oyayan.

- Laga bilabo bisha 8. ayay nunuga kala gartan qof qhaladka ah ama qofka gacalka.
- Marka waxa laga yaba ilmaga in uu ka qalado dadka uu garaneen xatta wuxu ka qaloon kara qof ka tirsan gacalka.
- Ilmahaga dareenkiisa war ka hay waqti unan ka qalonin dadka lasug. Ilmaga si waqti unan qalo yeelan, marka qof cusub uu la kulmo. Waxa lakin muhim ah in markasta dul tagan tahay marku cusub baranayo.



## **Aqonso ilamahaga dabecadisa**

Carurta yar midba wuxu uu bahda waq tigisa uu ku so bar bari laha.

- Ilmaha midba waqti bu qata sidu uu so kori laha nunu walba dabecad gar ah bu yeesha. Uu aqonso waqtigisa uu ku bar barayo weligana ilma kale ha ku qiyasin. Ilmahaga uu ogolow in uu isagu iqiyartis ku koro, haddi ay xata adiga ay dhibato kula tahay.
- Wahad uu firsata waxa uu ilmahaga si ficin uu karo, ku farax waxa uu bartay.



## **Karti uu ku yelen laha aqontisa ilmahu**

Ilmaha yar wuxu jecel yahay in iskiis wax uu barto, wuxu uu bahan yahay dareenka ah in uu iskiis uu wax cusub gartay.

- Ilmaha yar wuxu jecel yahay in uu so fatasho meesha uu ku nol yahay ama garoonka ciyarta, uu ogolow in uu guriga so fatasho lakin marka haro wa inad so eegta in aysan wax qatar ah oo wax yeli kara ilmaha.
- Ilmahu wuxu uu bahan yahay in iqartiis wax uu barta tasu waxay dhisaysa kartidisi.
- Marka ilmahagu damco in uu darkiisa xido, uu da si uu aqon uu yeesho ku si da bal in uu ku gulesto.



## **Ilmaha jawi fican ha ku jiro**

Carurta yar waxay uu bahan yihin meel lixadadisa uu ku baran karo aga garkiisa una kula ciyari karo carur kale.

- Ilmahaga uu ogolow in uu ku iyaro wax an aheen qatar sida dusuda waraqa ama karton halka wax badan bu ku baran kara Cawska uu sar halkas bu ku baran wax cusub.
- Carurta yar waxay uu bahan yihin meel ay ku ciyarikan sida dibeda garonka carurtu ku ciyaran waxay uu bahan yihin meel ay dhag dhaqaqi karan. Waxa ficnan laha adigo malinkasta dibeda hal sacad uu sara. Tasuna waxay muhim uu tahay koritankiisa xaga maskaxda iyo jidh kaba.
- Ilmahaga uu radi carur uu la ciyari karo marba sida uu kari karto.



## **Hageenta**

Ciyalka yar waxay uu bahan yahin qof dariqa saxa ah tuso.

- Waxa fican in waqti lo sameyo malin walba watigisa la siyo cunto, hurdo, ciyar. Ilmahu waxad barta in reerku hal mar cuntada la wada cunayo. Malinkasta wa inad ku wada barnamij sidas isna markas wu la qabsana waqtiyada lo sameeyay.
- Laga bilabo marku gadho imahaga labo sano wuxu bahan yahay barnamij lagu wado: Ilmahu wa in ad barta wixi mamnuc in usan taban. Haddi aad uu macneso sabata an lo ogoleen in tabto waxas wu fahmi kara: Adna samar yelo waqhti bay qada naysa inta uu baranayo wixi mamnuc ah iyo waxa lo ogal yahay. Marka bu ilmahuna ku fahmi dona.
- Adiga ah qofka ilmahu uu wax ka baranyo loma bahno in boqolkiba boqol in wixi keento. Sidan lagu tilmamay un ku soco gul bad keeni.



## ***Luqada barasha deeda***

Carurta yar iyo nunuga waxay uu bahan yahin in lala hadlo laga bilabo waqtiga uu dhasay laga bilabo.

- Ilmahaga uu hees wu jecel yahay heesaha la hadal uu sheeg waxa qaba naysid sheko xarir uu aqri buug sa.
- Walidka waxa ficin in ay ilmahiisa kula hadlan afkakooda hoyo. Afka walidku ay ku hadlan marka uu barto ilmahu af cusub na oo labad wu la qabsan.
- Haddi walidka ay ku hadlan laba af oo kala jaad ah, markas qofba wa inu afkiisa kula hadla ilmaha.



## ***Ka ilali qalab yada casriga ah sida telefishanka ama konbuterka ilmahaga***

Carurta yar waxay uu bahan yihin in lo so jeesto walidkuna uu daryelo.

- Waxad eegta in laga nasto telefishanka iyo mobilka iyo kombyutarka markas ilamahaguna waqti bu ka heli doona.
- Ilmo ka yar sadex sano ha uu shidin waxas haddi kale jah wareer bu ka qadi.
- Ilmaha yar waxba ma yeelaso haddi adan uu shidin qalabyadas waxa ka ficin in ay ka maqnadan marka waqhti uu wax ku barta bu helaya.



## ***Samer ween ba lo bahan yahay***

Carurta yar waxay uu bahan yahin dulqad iyo samar. Waxay uu bahanyahin walid garanaya waqti isfasax la gadhay.

- Mar mar ba jira walidka ilamaha qayladiisu ay dhibayso uu garan waxu qaban laha.
- Walidka qarba ka kabaqa in ay gaacan ula tagan ama ay rux raxan. Weliga ilmahaga ha rux ruxin ama diliis ha ku sameen Haddi aad garto heer adan ilmaha qeeladisa adan uu dulqada kareen, cabar naso oo ku hubso meel aman ah isku day in ad ku digto.
- Adiguna isku day inad isi so dejiso Haddi ad aragto in uu ilmaha kugu cusladay - Wa inad ragsata qof ku awiya.

**Macawiye iyo talasiis walidka:  
Tilifonka oo ah (24 h) afar iyo labantan sacad  
Halkas baad ka helaysa qof ku cawiyo  
0848 35 45 55.**



## ***Qofka ilmahu uu yaqano ee mar mar haya***

Carurta yar waxay u bahan yahin in dad kale bartan oo masul ah matalen ehel kale iyo kuwa joog xananada.

- Ilmahaga wu bahan yahay in ehelka iyo qof wacan oo mar mar haya in ay isbartan. Lakin hubso in dowr qof isku haleen le in ay ku hayan ka ilali is bedel badan.
- Qofka hay naya ilamaga si tartib ah ha isu bartan muddo bay qadanay intu la qabsanayo qofkas.
- Waxad markas waydisa dadka ku hayo ilamaha sidu xal aqbar weedi.



## ***Xidhid xoog lagu yesho***

Ilmaha marku dhasho ka dib wuxu bahan yahay kal gacel walidkiisa iyo qofka hayo mar war uu garanayo. Ilmahu haddi jecel la siyo isaguna marka ilmo fican bu noqan karti wacan bu yelen.

Ilmaha karti disan wuxu yaleen marku arko in jecel lola daqmayo.

„daqan iyo jecel lo hayo bu adkaan ilmihau“ waxay uu ku mari laha dunida Waxad halkas ka arkeesa waxa uu sanada hore ubahan yahay ilamahaga. Mark lo bilabo wanag iyo jecel laga bilabo waqtiga uu dhashay.

„daqan iyo jecel lo hayo bu ku adkaan ilmihau“ lakin ma aha in ay walidku iska dayan xidhidka dadka kale ay la leyahin. Walidku marka asxabtoda xidhid la yeeshan oo malinba ama mar mar layeshan kulano way uu ficanay-, halka bay ka helayan neffis oo ay haddana ilmahoda ay uu shaqeen karan.

## **Halkan hose bad ka helaya ciwano intarnetka oo sabsan Carurta:**

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