

# Soco oo Hadal

Kaadhadhkan isticmaal si ay kaaga caawiyaan inaad cunugaaga/nuunuugaaga yar ama ilmahaaga la hadasho markaad dibadda joogto. Waxay tani ka caawin doontaa awoodooda hadalka iyo wada xidhiidhka.



Iyadoo lala kaashanaayo

Better  
Health

Start  
for Life

*Fiiri, dhegayso oo la sheekeeyso!*

# Fiiri, dhegayso oo la sheekeeyso!

Wadahadalada aad ilmahaaga la leedahay ayaa saameyn ku yeelan kara mustaqbalkooda.



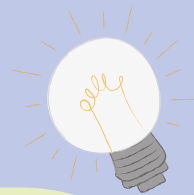
## Miyaad ogtay?

In lala hadlo cunugaaga ka hor inta aanu wax eray ah odhan karin ayaa ka caawinaysa inay hadalka bartaan.

Isku day inaad iyaga la sameyso wadahadal 'hadaaq' iyadoo aad koobi gareynayso dhawaaqyada ay sameeyaan!



# Waa maxay



Fiiri

Sheekeeyso

Shanta sano ee ugu horeysa nolosha ilmaha ayaa saameyn weyn ku leh. Horumarka dhaca ayaa ka caawiya wanaajinta waxbarashadooda mustaqbalka, farxada iyo fayoaqabka.

Dhegayso

Waxaad horumarkan ka caawin kartaa adigoo helaaya fursado aad kula hadasho oo aad ku dhageysato inta ugu badan ee aad awoodo, oo aad waxyaalo cusub barto.



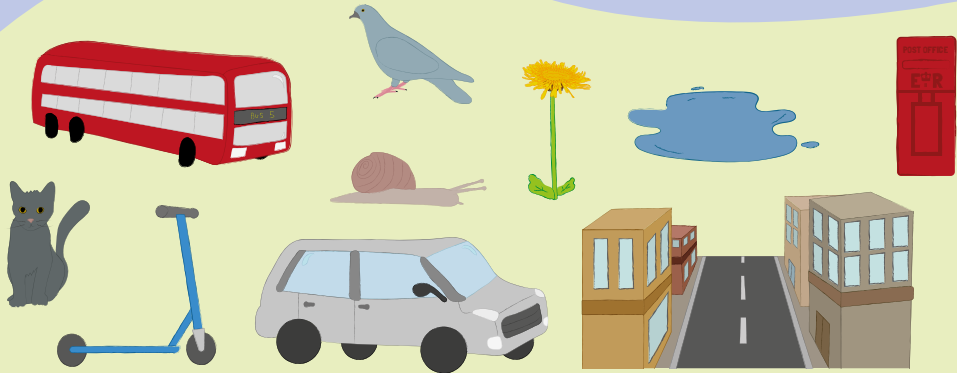
# Sidee?

- Akhri kaadhka si aad u hesho fikrado, oo sii qaado.
- Raac tilmaamaha hagitaanka ee ilmahaaga (u fiirso waxa ay xiisaynayaan).
- Wadahadal kasta oo aad ilmahaaga la yeelato ayaa isbedel samayn doona.



# Waxaa laga yaabaa inaad dareento oo aad ka hadasho...

Waxyaabaha nool, ee dhaqdhaqaaqa, ee aad maqli karto ama urin karto, cimilada, xarfaha iyo lambarada, siyaabaha kala duwan ee aad u dhaqdhaqaaqi karto, nashqada, farta/qaababka, iyo waxyaabo badan.

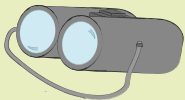


# Waxaad sameyn kartaa:

Tiri

1234

Ciyaar | Spy



Dareenadaada istijmaali



U firso waxyaalaha yar yar



Biyaha sarmaya meesha godan ee ay biyuhu ku ur'ur'ur'ay



Siyaabo kala duwan u dhagbad



Hees ama heesaha xanaanada ugu hee



Sheeko ama hees samee




**Raac tilmaamaha  
hagitaanka ee ilmahaaga.  
Ka hadal waxyaalaha  
ay samaynayaan ee ay  
dareemeen.**



**Miyaad ogtay?**

Inaad ilmahaaga u muujiso inaad xiisaynayso waxyaalaha ay sameeyaan iyo waxyaalaha ay dhahaan ayaa kalsoonidooda kor u qaadaa.





**Taasi waa fikrad wanaagsan! In la qaado tillaabooyin yar-yar ayaa kaa caawinaysa inaad isku dheellitirto**

**Marka aad ka hadasho waxa aan samaynayo ayay taasi ereyo cusub i baraysaa**




**Iyadoo cunugaaga yar  
ama ilmahaaga siinaysa  
wakhti ay ku fikiraan oo ay  
uga jawaabaan markaad  
la hadasho.**



**Talooyinka ugu wanaagsan:**

Sug ugu yaraan 5-15 ilbiriqsi si ilmahaagu  
uga jawaabo markaad la hadasho.





**Waa ay i  
caawinaysaa haddii  
aad wakhti lagu  
fikiro aad i siiso**

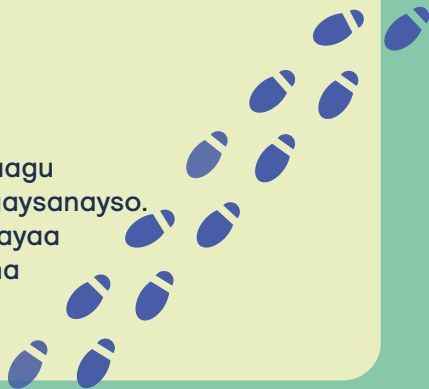
**Markaan sugo  
inay ii jawaabto,  
ayay jawaab ka  
wanaagsan i siisaa**

**Dib ugu soo celi  
dhawaaqyada iyo erayada  
uu ilmahaagu dareemeen,  
oo ku dar hal ama laba cod  
ama eray oo kale.**



**Miyaad ogtay?**

Markaad koobigareyso waxa uu ilmahaagu dhahaayo, waxay tusaysaa inaad dhegaysanayso. Ku darista kelmad ama laba dheeri ah ayaa baraysa ereyo cusub iyo sida weedhaha dhaadheer loo dhaho.



mukulaal/  
bisad

Haa, mukulaashaasi/  
bisaddaasi waxay  
leedahay dabo cuf  
weyn

da da da, haa,  
bisad

dadadada

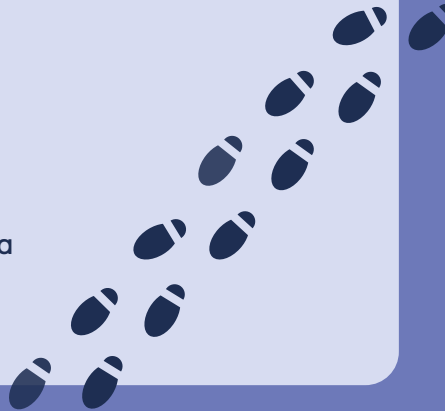



# Markaad wakhti haysato, qadar qaado. Qunyarso oo tus ilmahaaga inaad dhegaysanayso.



## Talooyinka ugu wanaagsan:

Ilmahaaga ka caawi inuu aad ugu  
fiirsado, si uu ugu ogaado waxyaabaha  
uu arki karo ama maqli karo.





**Inaan wajigaag arko  
markaynu wada  
hadlayno, ayaa iga  
caawisa inaan barto  
sida la iskula xidhiidho**

**Markaan u  
qunyariyo ee aan  
ahmiyadeyda  
buuxa siiyo, ayuu  
qof faraxsan u  
muuqdaa**

**Ka fikir nooca ay yihiin  
su'aalaha aad waydiiso.  
Su'aalaha ugu wanaagsani waa  
kuwa dhiirigeliya fikirka halkii  
ay ka ahaan lahaayeen hal  
kelmad oo lagu jawaabo.**

### **Miyaad ogtay?**



Waa ok haddii aanad ka wada jawaabin su'aalaha ilmahaaga. Maktabadda soo booqo ama isticmaal internetka si aad jawaabaha u wada raadisaan.

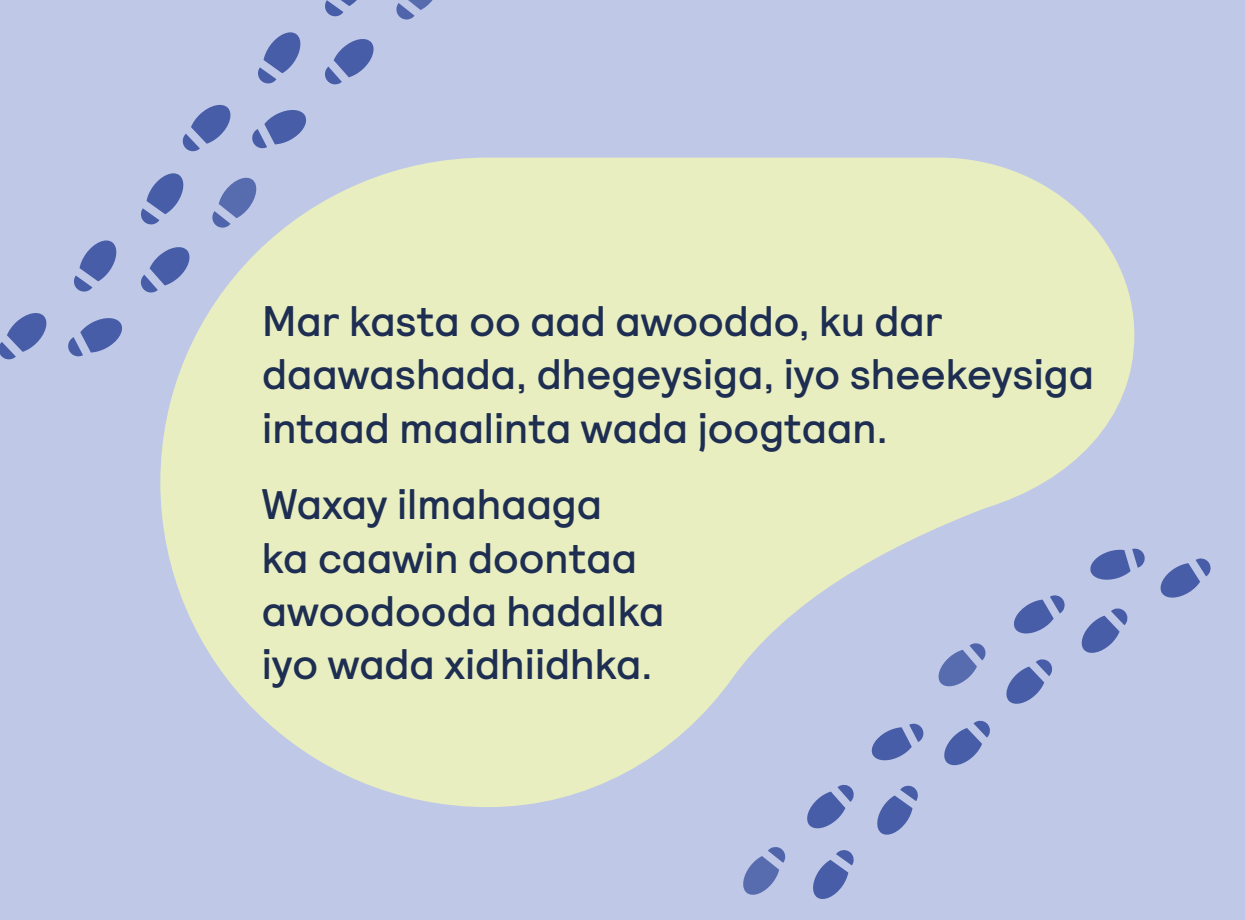


**Waxaan is  
weydiinayaa  
meesha ay caroog/  
alaalaxaydu u  
socoto?**

**Waxaan filayaa  
inay caroog/  
alaalaxaydu  
socoto...**

**?**





Mar kasta oo aad awooddo, ku dar  
daawashada, dhegeysiga, iyo sheekeysiga  
intaad maalinta wada joogtaan.

Waxay ilmahaaga  
ka caawin doontaa  
awoodooda hadalka  
iyo wada xidhiidhka.

**Haddii aad ka welwelsan  
tahay horumarka luqadda ee  
ilmahaaga fadlan la hadal soo  
booqdaha caafimaadka ee  
ku qaabilsan, Family Hub ama  
cidda daryeelka xanaanada  
carruurta bixisa.**

iyadoo lala kaashanaayo