

Ciyaar Firfircooni Leh Maalin Walba

Looguna talagalo 0- illaa 2-sano-jirayaasha gudaha Seattle

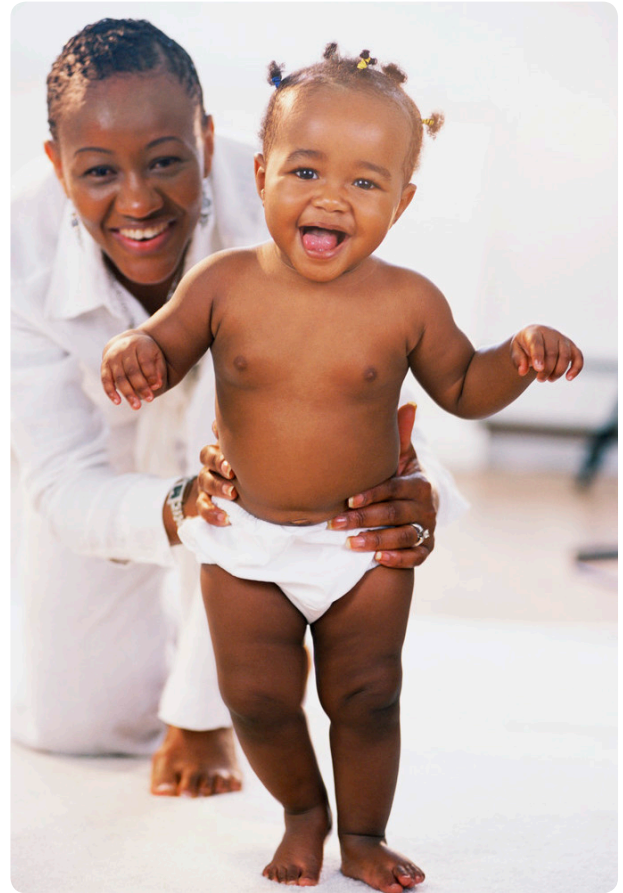
Maxay ciyaarta firfircoonida lehi muhiimka u tahay?

Ciyaarta firfircoonida leh ayaa ka caawisa dhallaanka iyo socod-baradku inay xoog yeeshaan, caqli bataan oo ay caafimaad qab ahaadaan. Dhallaanka iyo socod-baradka ayay xirfadaha dhaqdhaqaaqu ugu dhimaan oo ay adduunka waxa ku saabsan ku bartaan ciyaarta. Sida markaad wax u akhriyesyo ilmahaaga, ayay ciyaarta firfircoonida lehi ay ka caawisa maskaxdu inay korto. Ciyaarta firfircoonida leh ayaa ah wakhti qoys fiican oo la wad qaadan karaan. Waa hadiyadaha ugu muhiimsan ee aad ilmahaaga siin karto.

Sideen uga caawin karaa ilmahayaga ama socod-baradkayagu inuu si firfircoon u ciyaaro maalin kasta?

Guriga marka la joogo:

- Ilmahaaga marar badan oo “wakhtiga bogga” ah sii maalinta oo idil. Taasi waxay ka caawin doontaa inay muruqyadu u xoogeystaan kor u fariisadka iyo guurguuradka.*
- U soo hel boonbalooyinka ka caawiya ilmahaaga ama socod-baradkaaga inuu ciyaaro, sida muraayadaha dhulka, darinta ciyaarta, meelo hoose oo la koro, boonbalooyinka riixa iyo jiidka, xaywaanka shaagagga leh, fadhi xunboobyada (bean bags), miisaska wax qabadka, daba-jiid gaari, tot tunnels (dhumaha aya carruurta ka dhex baxaan), kubbado caag oo weyn oo culeys fudud leh.*
- Dhallaanka iyo socod-baradka ayaa u baahan wakhtiyay ku jimicsadaan, is rogrogan, guurguurtaan, sare u fariistaan iyo ay istaagaan maalin kasta. Xaddid wakhtiga aaladaha aan u oggolayn firfircoonaanta (sida suunka baabuurka, kuraasta rabbaaska, leexooyinka iyo istroolarka (gaariga ilmaha lagu riixo).



- Wakhtiga dibad u bixinta ayaa ah hab aad ugu wanaagsan inay dhaqdhaqaaqaan.
- Wakhtiga bilaa shaashadda, sida TV-ga, kombiyuutarrada, ciyaaraha fiidiyaha, taabletyada (sida iPad-ka) ama taleefannada caqli badan (sida iPhone).

Ilmo sii-hayaha iyo goobta xannaanada:

- Ilmo sii-hayeyaasha iyo goobaha xannaanadu waa inay bixiyaan wakhtiga ciyaarta. Xusuusi ilmo sii-hayahaaga iyo goobta xannaanadaada arrimaha ku saabsan wakhti ugu talgalka ciyaarta firfircoon ee gudaha iyo dibaddaba maalin kasta.

Goobta ciyaarta ee ku taal agagaarahaaga:

- Kula ciyaar ilmahaaga goobta kuugu dhow ee carruurta ku ciyaarto. Aad ayay u fiican tahay in loo lugeyo halkaas haddii aad karto!
- Markay xagaaga tahay, waxaad waliba booqan kartaa goobta biyaha fadhiga ee la qaado (dibadda, buul gaaban) ee kugu dhow.
- Si aad macluumaad dheeraad ah aad u hesho, booqo qalabka raadinta Seattle. “My Neighborhood Map” (“Khariiddada Xaafaddayda”): <http://web5.seattle.gov/mnm>.

Markay tahay xarunta beesha agagaarkaaga:

- Soo hel xarunta beesha ee Xadiiqadaha iyo Madaddaalada Seattle ee adiga kuugu dhow.
- Waxay leeyihiin Jiim gudaha lagu ciyaaro oo la iska keeni karo kuguna dallacaya u jiro yar booqashadii kasta.
- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangalinta iyo deeqaha waxbarasho www.seattle.gov/parks/centers.asp.

Markay tahay YMCA-da agagaarahaaga ku yaal:

- YMCA-yadu waa jiiimam ciyaar gudaha ah (waxay u baahan yihiin lacag bixin xubinnimo).
- Si aad u hesho YMCA-da kuugu dhow adiga iyo macluumaadka ku saabsan xubinnimada, ajuurada barnaamij, isdiiwaangalinta iyo deeqaha waxbarasho, booqo www.seattleyymca.org.

Markay tahay buulka agagaarahaaga ku yaal:

- Soo hel xarunta beesha ee Xadiiqadaha iyo Madaddaalada Seattle ee adiga kuugu dhow.
- Waxay leeyihiin fasallo loogu talagalay dhallaanka iyo socod-baradka oo lagu barto

dhaqdhaqaaqa bihiyaha. Waxa kale oo leeyihiin dabbaalashada qoyska oo markaa aad la ciyaari karto ilmahaaga.

- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangalinta iyo deeqaha waxbarasho. Si aad macluumaad dheeraad ah u heshid, booqo www.seattle.gov/parks/pools.asp.

Muxuu qoyskaagu samayn doonaa ciyaarta firfircoonaanta?

1. _____
2. _____
3. _____

* Laga soo xigtay Let’s Go (www.lets-go.org) iyo Akadaamiyadda Maraykanka ee Caafimaad Qabka Carruurta (www.healthychildren.org).

WA-PLAY (Firfircoonaanta Jirka ee loogu talagalay Dhallinta) ayaa ah Dadaalka Noloshu Fiofircoonaanta Caafimaad-qabaka leh ee ay taageerto deeq laga helay Akadaamiyadda Maraykanka ee caafimaadka Caaruurta iyo Deeq gacan furan oo laga helay MetLife Foundation. WA-PLAY ayaa caawin u leh hurumarinta firfircoonaanta loogu talagalay 0- illaa 5-sano-jirayaasha ka soo jeeda beelaha kala duwan ee ku nool Seattle iyo King Kaawnti.

Ogow wax ka sii badan

- www.seattlechildrens.org
- Ilmahaaga Daryeel Bixiyayaashiisa

Seattle Children ayaa macluumaadkan ka dhigi doonta in lagu helo qaab kale marka la weydiisto. Uga wac Isgaarsiinta Suuqaynta taleefanka 206-987-5205 ama 206-987-2280 (TTY).

Xaashidan ayay dib u eegeen shaqaalaha rug caafimaadeedka Seattle Children. Hase yeeshe, baahida ilmahaaga ayaa mid gaar ah. Ka hor intaadan ku dhaqaaqin ama aadan isku hallayn macaluumaadkan, fadlan kala hadal daryeel-caafimaad bixiyaha ilmahaaga.

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