

# Ciyaar Firfircooni Leh Maalin Walba

## Looguna talagalo 3- illaa 5-sano-jirayaasha gudaha Seattle

### Maxay ciyaarta firfircoonida lehi muhiimka u tahay?

Ciyaarta firfircoonida leh ayaa ka caawisa carruurta dugsiga-barbaarinta ku jiraa inay waxa bartaan, kobcaan oo ay sii fiican u seexdaan. Carruurta dugsiga-barbaarinta ku jirta ayay xirfadaha dhaqdhaqaaqu ugu dhismaan oo ay adduunka waxa ku saabsan ku bartaan ciyaarta. Ciyaarta firfircoonida leh ayaa ah wakhti qoys fiican oo la wad qaadan karaan. Waa hadiyadaha ugu muhiimsan ee aad ilmahaaga siin karto.

### Intee in le'eg oo ciyaar firfircoon ah ayuu ilmahayga dugsiga barbaarinta ku u baahn yahay?

Dugsi barbaarin ku jirayaasha ayaa u baahan wakhti aad badan oo ciyaar firfircoon ah. Da'dan markay yihiin, yoolku waa ugu yaraan 3 saacadood (180 saacadood) oo ciyaar firfircoon ah maalin walba. Ilmahaaga dugsi-barbaarinta ku jira ayaa ha inuu ciyaaro saacad kasta maalinta oo idil qiyaastii 15 daqiiqo markiiba.

### Sideen u caawin karaa ilmahayga dugsi-barbaarinta ku jira inuu si firfircoon u ciyaaro maalin kasta?

#### Guriga marka la joogo:

- Isku daya oradka, boodka, daaniska, laadka kubbadda, tuuritaanka, gaardiyeynta, is rogrogga, meel fuulitaanka, sibibixada, dheellitirka, maroojinta iyo sahaminta.\*
- Ciyaara sxantada, dhuumaalaysiga iyo “u soco sida xayawaanka” ciyaaraha ay ka mid yihiin.
- U keen boobilooyinka ka caawiya ilmahaagu inuu dhaqaaqo, baaskiil saddex shaaglaha (baaskiillada aan beedaalka lahayn), dabjiidyada, kubbadaha cagta, iyo kubbaddaha caagga ah.\*



- Maalin kasta dibadda ku ciyaara, hadday suurtagal tahay. Roobka iyo barafka oo lagu ciyaaro ayaa aad u farxad badan illaa intaa gashan tihii dharka ku habboon hawada qabow.
- Ugu talagal in ka yar 2 saacadood wakhtiga shaashadda, hadday jirtaba. Wakhtiga shaashadda waxa ka mid ah TV-ga, kombiyuutarrada, ciyaaraha fiidiyaha, taabletyada (sida iPad-ka) ama taleefannada caqli badan (sida iPhone).

#### Marka la joogo xannaanada iyo dugsiga barbaarinta:

- Xusuusi goobta xannaanadaada ama dugsiga barbaarinta ilmaha inay wakhti ugu talagalaan ciyaarta firfircoon, gaar ahaan dibaddaba. U soo gali ilmahaaga dharka ku habboon cimilo maalmeedka awgeed si ay dibadda ugu soo baxaan maalin kasta.

**Goobta ciyaarta ee ku taal agagaarahaaga:**

- Kula ciyaar ilmahaaga goob dibad ah oo kuugu dhow ee carruurtuna ku ciyaarto. Aad ayay u fiican tahay in loo lugeyo halkaas haddii aad karto!
- Markay xagaaga tahay, waxaad waliba booqan kartaa goobta biyaha fadhiya 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”) degelka ah <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 ujro yar booqashadii kasta.
- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangalinta iyo deeqaha waxbarasho. Booqo [www.seattle.gov/parks/centers.aspx](http://www.seattle.gov/parks/centers.aspx) wax dheeraad ah aad uga barato.

**Markay tahay YMCA-da agagaarahaaga ku yaal:**

- YMCA-yadu waxay leeyihiin jiimamka ciyaarta ee gudaha ah, sida daniska iyo t-ball. YMCAyo badan ayaa leh goobo lagu dabbaasho. Barnaamijyadooda ayaa u baahn lacag bixin xubinnimo, laakiin waxa la heli karaa deeqo-waxbarasho.
- Si aad u hesho YMCAda kuugu dhow adiga oo ka hel macluumaadka ku saabsan xubinnimada, ajuurada barnaamij, isdiiwaangalinta iyo deeqaha waxbarasho, booqo [www.seattleymca.org](http://www.seattleymca.org).

**Markay tahay buulka agagaarahaaga ku yaal:**

- Soo hel xarunta beesha ee Xadiiqadaha iyo Madaddaalada Seattle ee adiga kuugu dhow.

- Waxay leeyihiin fasallo dabbaalasho loogu talagalay 3- illaa 5-sano-jirayaasha iyo wakhtiyada dabbaasha qoyska. Markuu ilmahaagu yaahay da’da 4, ka fikir inaad ilmahaaga geysa casharrada dabbaasha.
- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangalinta iyo deeqaha waxbarasho. Si wax dheeraad ah aad uga barato, booqo [www.seattle.gov/parks/pools.asp](http://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](http://www.lets-go.org)) iyo Akadaamiyadda Maraykanka ee Caafimaad Qabka Carruurta ([www.healthychildren.org](http://www.healthychildren.org)).

*WA-PLAY (Firfircoonaanta Jirka ee loogu talagalay Dhallinta) ayaa ah Dadaalka Noloshu Ffirfircoonaanta 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](http://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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