

# Ciyaar Firfircooni Leh Maalin Walba

Loogu talagalay 0- illaa 2-sano-jirayaasha gudaha Kent iyo Des Moines

## Maxay ciyaarta firfircoonida lehi muhiimka u tahay?

Ciyaarta firfircoonida leh ayaa ka caawisa dhal-laanka iyo socod-baradku inay xoog yeeshaan, caqli bataan oo ay caafimaad qab ahaadaan. Dhal-laanka iyo socod-baradka ayay xirfadaha dhaqdhaqaaqu ugu dhismaan oo ay adduunka waxa ku saabsan ku bartaan ciyaarta. Sida markaad wax u akhriyeyso 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 boonbilooyinka 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 (dhuumaha aya carruurta ka dhex baxaan), kubbado caag oo weyn oo culeys fudud leh.\*
- Dhallaanka iyo socod-baradka ayaa u baahan wakhtiy 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!

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- Markay xagaaga tahay, waxaad waliba booqan kartaa goobta biyaha fadhiya ee la qaado (dibadda, buul gaaban) ee kugu dhow.

### Markay tahay xarunta beesha agagaarkaaga:

#### Gudaha Kent

- Kent Commons ayaa laga helaa fasallada carruurta socod-baradka ah, sida jiiimnaastikada.
- Waxay leeyihiin hadiiqad dhisme gudahiis ah oo la keeni kari looguna talagalay 10 bilood illaa 4½-sano jirayaasha. Hadiiqadda dhismaha gudahiis ayaa ku dallacda ujro yar booqashadii kasta.
- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangelinta iyo deeqaha waxbarasho. Si wax dheeraad ah aad uga barato, booqo [www.ci.kent.wa.us/SportsLeagues](http://www.ci.kent.wa.us/SportsLeagues).

#### Gudaha Des Moines

- Xarunta Waxqabadka Des Moines ayaa leh fasallada carruurta socod-baraska ah, sida jimnaastikada.
- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangelinta iyo deeqaha waxbarasho. Booqo [www.desmoineswa.gov/index.aspx?NID=160](http://www.desmoineswa.gov/index.aspx?NID=160) si wax dheeraad ah aad uga barato.

### 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, isdiiwaangelinta iyo deeqaha waxbarasho, booqo: [www.seattleyymca.org](http://www.seattleyymca.org).

### Markay tahay buulka agagaarahaaga ku yaal:

#### Gudaha Kent

- Kent Meridian Pool ayaa leh wakhti dabbaalasho qoys oo markaa aad la ciyaari karto ilmahaaga.

- Ka war doon goobta dabbaasha si aad u ogaato ajuurada wakhtiga dabbaasha qoyska iyo deeqaha waxbarasho. Si wax dheeraad ah aad uga barato, booqo [www.kentmeridianpool.com](http://www.kentmeridianpool.com).

#### Gudaha Des Moines

- Mt. Rainier pool ayaa leh wakhti dabbaalasho qoys oo markaa aad la ciyaari karto ilmahaaga.
- Ka war doon xarunta beesha si aad u ogaato ajuurada fasalka, isdiiwaangelinta iyo deeqaha waxbarasho. Booqo [www.seattle.gov/parks/centers.aspx](http://www.seattle.gov/parks/centers.aspx) wax dheeraad ah aad uga barato.

### 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 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](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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