

Ciyaar Firfircooni Leh Maalin Walba

Looguna talagalo 3- illaa 5-sano-jirayaasha

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 shaagla



(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 tihiin 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).

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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.

Markay tahay xarunta beesha agagaarkaaga:

- Xarumo badan oo beesha ayaa leh Jiim gudaha lagu ciyaaro oo la iska keeni karo carruurta kuguna dallacaya u jiro yar booqashadii kasta oo qaarkood badani waxay leeyihiin fasallada dhaansiga iyo t-ball.
- Ka war doon xarunta beeshaada si aad u ogaato ajuurada fasalka, isdiiwaangelinta iyo deeqaha waxbarasho.

Markay tahay YMCA-da agagaarahaaga ku yaal:

- YMCA-yadu waxay leeyihiin jiiimamka ciyaarta ee gudaha ah, sida daaniska 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, isdiiwaangelinta iyo deeqaha waxbarasho, booqo <http://ymca.net>.

Markay tahay buulka agagaarahaaga ku yaal:

- Buulal badan ayaa leh fasallo dabbaalasho oo 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, isdiiwaangelinta iyo deeqaha waxbarasho.

Halkay qoyskaagu u tagi doonaan ciyaarta firfircoonaanta?

Goobta-ciyaarta: _____

Xarunta beesha: _____

YMCA: _____

Buulka: _____

* Laga soo xigtay *Let's Go* (www.letsgo.org) iyo *Akadaamiyadda Maraykanka ee Caafimaad Qabka Carruurta* (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
- 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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