

Dhisida Caadooyin Firqircoon

Hadii aan waalidiin nahay, waxan barnaa carrurta caadooyin caafimaad-qab keena inta ay yaryihiin, caadooyinkaas waxa ka mid ah inay cadaydaan, suunka baabuurka u xidhan lahayeen iyo inay doortaan cunno caafimaadka u fiican. Mida kale ee aan rabno in uu ilmuhu caadaysto in uu si joogto ah u sameeyo jimicsi oo hadii aanu sameyna uu dareemyo in wax ka maqanyihiin. Hadii carrurtaadu u qaataan dibad ku-soo-ciyaarida mecnaheedu in ay tahay in ay qaataan ciyaarta-fidiyooga ee jeebka, waxaa laga yaabaa inay tahay waqtigaad dib uga fiirsanlahayd caadooyinka ay baranayaan.

Dhaq-dhaqaaq fil

Waxyaabaha aad ka rajeyneysid waxay u noqdaan carrurta tusaale weyn. Soo-dhawee dhaqdhaqaaqa carrurta sameeyaan, ogeysiina in aad ka fileysid in ay jimicsi sameeyaan, ha ahaadaan 2 jir ama 16 jir, gabdho ama wiilal, ha u lahaadaan ciyaaraha karti-dabiici ah ama yaanu u lahaan.

Xurmee qof nimada

Qof kasta uma suurawdo in uu yeesho xirfad heer sare ah. Qof kastaana ma jecelaado in uu ka tirsanaado koox. Laakiin qof kastiba wuu heli-karaa jimicsi uu ka helo oo uu si joogta ah u ciyaaro. Carrurta naafada ihi way ka qeyb-qaadan karaan. Kula dadaal carrurtaadu siday u ogaan lahaayeen ciyaaraha ku haboon awoodooda ee ay jecelyihiin.

Tus inaad raali ka tahay

Carrurta way jecelyihiin in wax fiican laga sheego waxa ay sameeyaan, aad u dhiirigali si ay dhaqdhaqaaqa u joogteeyaan. Ka caawi in ay yaqiinsadaan sida fiican ee ay dareemaan marka ay jidhkooda dhaq-dhaqaaqiyaan. Daruuri maaha in ay kuwa ugu orod dheer ama tuurimo dheer ay noqdaan; waxaad se xooga saartaa dadaalka iyo horumarka ay sameeyaan. Dulqaad u yeelo buuqa iyo dhaqaaqa badan ka yimaada jimicsiga. Hadii aanad ogolayn in ay ku ciyaaraan guriga, hubi inay carruurta helaan fursad ay ku ordaan dibadda ama rugta jimicsiga gudaheeda.

Ka-Qaybgal

Ka qaybqaada-shadooda dhaqdhaqaaqa waxay siinaysaa carruurta waqti fiican. La ciyaar dhumaalaysiga ilmahaaga socod baradka ah , adiga iyo ilmahaaga da'da dugsiga ka yari wada ciyaara kubada , eeyga lugeysiya adiga iyo ilmahaaga siddeed jirka ihi. La ciyaar kubada kolayga ilmahaaga 13-19 sanno jirka ah. Waxa laga yaabaa inaad doorataan qoys-ahaan inaad ka qayb qaadataan ciyaaro ay ka mid yihiin (Bowling ama Karate). Ama waxaad qorshaysan-kartaan inaad fasax aadaan oo aad buuro fuushaan ama aad dabaalataan. Waqtiga fiican ee aad carrurta la wadaagtid wuxuu muujinayaa ahmiyada aad u heysid dhaqdhaqaaqa isla markaana taasi waxay xoojisaa xidhiidhka qoyska.

Fududee in la firqircoonaado

Daruuri maaha in aad koorso wax barasho qortid ilmahaaga toddobaad-kasta si aad ugu dhiiri-gelisid inuu ka qayb galo ciyaarah. Sida dhabta ah marka la eego dhinaca carrurta yar yar, ciyaarta ay u madax-banaanyihiin ayaa waafaqda heerka korsiiintooda waxayna inta badan doortaan in ay u ciyaaraan.

Hase-yeeshee, kuma talo geli karti inuu ilmahaagu ciyaar ku filan uu helo dugsiga inta uu joogo, gaar ahaan hadii ay baska raacaan ama baabuur lagu qaado. Kuwani waa dariiqooyin aad ku caawin kartid ilmahaaga si uu u dhiso caadooyin firqircooni leh.

- **U diyaari meel haboon** – uga samee guriga meel aamaan ah oo ay ilmuhu ku ciyaaraan. Inta badan tag jardiinada, xerada barafka lagu ciyaaro iyo berkadda dabaasha.
- **U samee waqti** – u samee waqti banaan oo ilmuhu xor u yihiin in ay sida ay rabaan u ciyaaraan. Xadid xiliyada la daawado (telefishiinka, kumbyuutarka, ciyaaraha fiidiyowga). Hadii aanad u heli-karin jimicsiga muddo dheer, is ku day in aad u sameeysid dhawr jeer oo min toban daqiiqo ah maalin kasta.

U diyaari qalab – fudud, qalab lacag jaban – kubado, xadhiga lagu bood-boodo, giraanta rabdhka ah ee la isku tuurtuuro iwm.- waxay dhiiri geliyaan firqircoonida ciyaarta. Dariiq adag, oo ku dhisan sanduuqyo, giraan-gir, iyo alwaaxa ayaa awoodsiin kara ilmaha in ay u dhaqaaqaan jihooyin kala duwan. Hubi inaad ugu keentid waxyaabaha la-gama-maarmaan ka ah ee ka celin kara in

- **Bar xirfada** – marka ay da'doodu yar tahay, waxaad siisa ilmahaaga fursado ay ku bartaan oy tijaabiyaan xirfadaha sida orodka, boodida, fuulida, tuurida, qabashada, baaskiil wadida, dabaasha, iyo ku ciyaarida barafka. Way ka xishoon-karaan in ay bartaan marka ay waynaadaan hadii qof wal oo kaliba uu garanayo.
- **Ilaali** – marka aanad la ciyaareyn ilmahaaga hubi in ay badbaadsan-yihiin. Isku taga adiga iyo walidiinta kale sidii mid-kiinba mar uu carruurta u ilaalin lahaa markay joogaan jirdiinka, ama aad u lugeysiisaan dugsiga.

Adiguna Firqircoonaw

Ficilkaaga ayaa bara ilmaha in ka badan waxaad u sheegtid. Tus siduu kuula weyn yahay jidh-dhisku adigoo raadsanaya fursado aad qof firqircoon kaaga dhiga: xagaad ka qaadan lahayd wiishka raac jaran-jarooyinka, baabuurka dhig meesha ugu dambaysa meesha baabuurta la dhigo markaana u soo lugee guriga, dhulka ku samee jimicsi goorta iidhehda TVgu socoto, ka kac kombuyuutar oo is kala-bixi. Waxay fahmidoonaan in ay dadka waweyni jecel-yihiin in ay dhaqdhaqaaq sameeyaan marka ay arkaan adiga oo la lugeynaya qof aad saaxiib tihiin, qaadanaya duruus yoga ah ama ballan u dhiganaya qoob-kaciyaar.

Istareex

Qofkasta way u fududahay in uu ku celceliyo waxa uu ka helo marka uu sameynayo. Hadii nooc dhaqdhaqaihi kuu shaqeyn-waayo, tijaabi mid kale ilaa aad heshid wax adiga iyo qoyskaba idin cajabiya. Waxaad dhisaysaa caadooyin dhaqdhaqaaq oo waara qofku intuu noolyahay oo dhan.

Qoreh Betsy Mann

Building Active Habits

As parents, we teach children healthy habits while they are young, habits like brushing their teeth, buckling up in the car and choosing healthy food. Daily physical activity is another habit that we want to become so automatic that children won't feel quite "right" unless they've done it. If your children think that going to play outdoors means taking their pocket video game out on the porch, it may be time to rethink the habits they're forming.

Expect activity

Your expectations send powerful messages. Welcome children's activity and let them know that you expect them to like to move, whether they are two or sixteen years old, girls or boys, talented at sports or not.

Honour individuality

Not everyone can develop a high level of skill. Not everyone wants to be part of a team. But everyone can find a physical activity they enjoy and can practise on a regular basis. That includes children with disabilities. Help your children discover activities that suit their abilities and interests.

Show your approval

Children thrive on positive feedback so give them lots of encouragement for being active. Help them notice how good they feel when they move their body. They don't have to run the fastest or throw the farthest; emphasize their effort and progress instead. Be accepting of the action and noise that comes with physical activity. If you can't allow it indoors, make sure that children get opportunities to run around outdoors or in a gym.

Get involved

Your involvement will make activities more fun for children. Play hide-and-seek with your toddler, throw the ball back and forth with your preschooler, walk the dog with your eight year old, shoot baskets with your teenager. You might decide to take up a sport, like bowling or karate, as a family. Or plan an active family vacation around hiking and swimming. By sharing these fun times with your children, you demonstrate the importance you put on activity at the same time that you strengthen family ties.

Make it easy to be active

You don't have to enroll your children in a course every day of the week to encourage activity. In fact, in the case of young children, free play is more in tune with

their stage of development and they will usually choose to move. However, you cannot count on your older children getting enough physical activity in school, especially if they take the bus or get a ride. Here are some ways you can help children build active habits:

- **Provide suitable space** - Make a safe space in your home where children can play actively. Go often to the park, local rink and swimming pool.
- **Make time** - Leave some time unscheduled so there's room for free, unstructured play. Limit screen time (television, computer, video games). If you can't find a long block of time for physical activity, look for a few ten-minute periods each day.
- **Provide equipment** - Simple, low-cost equipment—balls, skipping ropes, frisbees, etc.—will stimulate active play. An obstacle course, built with boxes, hoops and boards, can also get children moving in different ways. Make sure you supply the necessary protective gear (bike helmet, hockey pads, etc.) for whatever activity they are doing. If your budget is limited, choose a sport, like soccer, which requires minimal equipment.
- **Teach skills** - At a young age, give your children opportunities to learn and practise basic skills like running, jumping, climbing, throwing, catching, biking, swimming and skating. They might be too embarrassed to learn when they're older if everyone else already knows how.
- **Provide supervision** - When you're not doing the activity with your children, you want to be sure they are safe. Get together with other parents to see if you can take turns supervising at the park or walking to school.

Be active yourself

Your example speaks more loudly to children than your words. Show them your commitment to fitness by finding opportunities to be active: take the stairs instead of the elevator, park at the end of the parking lot and walk back, do floor exercises during TV commercials, get up and stretch at the computer. They'll understand that adults like to move too when they see you go for a walk with a friend, take a yoga class or make a date to go dancing.

Have fun

Everyone finds it easier to keep doing something when it's fun. If one activity doesn't work, try another till you find something that suits you and your family. You're building active habits that will last a lifetime.

by Betsy Mann