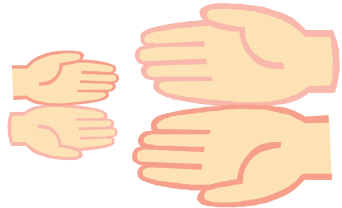


## Heesaha iyo ciyaaraha faraha ee dhalaanka

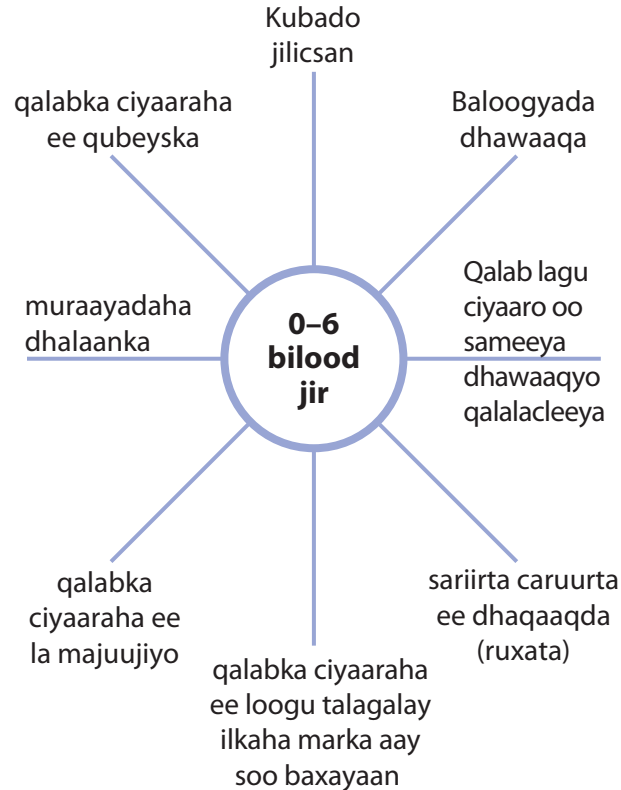
Kala fur, isku xir,  
Kala fur, isku xir,  
Kala fur, isku xir,  
Sacab yar u tun.  
Kala fur, isku xir,  
Kala fur, isku xir,  
Dhabtaada saar.  
Tartiib ugu dhaqaaji, tartiib ugu dhaqaaji,  
Dhinaca garkaaga.  
Afkaaga yar si balaaran u fur,  
Laakiin ha u ogolaan in aay galaan.



(Ka caawi ilmahaada in gacanta ku sameyso howlaha. Gacantaada waxay mareysaa caloosheeda ilaa garkeeda.)

Ku-wareegay oo ku wareegay beerta  
Butigii (Teddy bear) baa ku wareegay.  
Hal talaabo, laba talaabo  
Oo halkaas hoosteed ka kilaankileey!

(Wareeg ku samee ilmahaada gacantiisa ka dibna gacantaada kor u wad si aad u kilaankileeyso garkiisa ama kilaankiladiisa.)



## Maxaa Loo Ciyaaraa?

Ciyaarta waayoaragnimo waxbarasho ayeey u tahay caruurta. Koritaanka ilmo walba ciyaarta waxay u tahay hab lagama maarmaan ah oo caalami ah. Ciyaarta waa shaqada ilmaha. Waxay u ogolaataa in ilmaha uu sahmiyo adduunka uu ku nool yahay kuna korayo.

Barnaamijyada ciyaaraha waxay siiyaan caruurta iyo dadka waaweynba fursad aay ku wada ciyaaraan deegaan amaan ah oo maskaxda ka shaqeysiya. Marka aay si wadajir ah wax-u-qabtaan, caruurta iyo dadka waaweyn mid walba midka kale howlahiisa ayaa soo jiita waxayna bartaan in aay isgaarsiin yeeshaan. Ciyaarta waxay kobcisaa koritaanka iyo wax-wadaagidda.

Qalabka caruurta ku ciyaarto waa aaladaha caruurta aay ku wanaajiyaan ciyaartooda iyo waxbarashadooda. Ma jiro hal qalab oo aay caruurta ku ciyaarto oo "sax" ah. Caruurta waxay u baahan yihiin qalab iyo sheeyo lagu ciyaaro oo noocyo kala duwan ah oo ku jaan-go'an heerka koritaankooda, daneyntooda iyo awooddooda. Waxay u baahan yihiin qalab-ciyaareed oo loogu talagalay maalmaha roobka da'ayo, kuwo loogu talagalay ciyaaraha firfircoon ee iyaga saaxiibadood ee dibadda ah, kuwo maalmaha la xanuunsan yahay iyo qalab-ciyaareed oo lagu dhiirigeliyo wax-wadaagidda iyo wada-shaqeynta. Ka fikir baahida iyo danaha gaarka ah ee ilmahaada marka aad dooraneyso qalab(iisa/keeda) ciyaaraha.

Waraaqaha taxanaha ah ee "Maxaa Loo Ciyaaraa" waxay talo ka bixinayaan dhaqdhaqaaqyada ciyaareed ee loogu talagalay caruurta kooxaha da'eed ee soo socda:

0-6 bilood	2-3 sanno
6-12 bilood	3-4 sanno
1-2 sanno	4-5 sanno

Sicirada dalabyada jumlada waraaqahan (pamphlets), iyo daabacaadaha kale oo dhan, waxaa laga heli karaa FRP Canada



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(613) 237-8515 www.bienvenuechezvous.ca

Somali/Somalien

# Maxaa Loo Ciyaaraa?

0-6  
Bilood



## Ciyaarta Waa...

- helitaanka
- sahminta
- wax-la-qabsiga, badanaa dadka waaweyn
- dhaqaaqidda
- dhibaato xalinta
- wax-qabashada



Qalabka-ciyaarta si taxadar ah u dooro, adigoo maskaxda ku haya heerka koritaanka ilmahaada.

## Talooyinka aad ku caawineyso ilmahaada in aay ogaato adduunka ku wareegsan.

Marka ilmahaada aay bilowdo in aay soo jeesato marka aay maqasho dhawaaq, qalabka lagu ciyaaro ee sanduuqa muusiga ah u dhig dhulka meel u dhow oo u shid.



Marka ilmahaada uu bilaabo inuu wax qabsado, sii kubbado jilicsan, giraangaro caag ah iyo qalabka lagu ciyaaro oo leh meelo la qabsado.

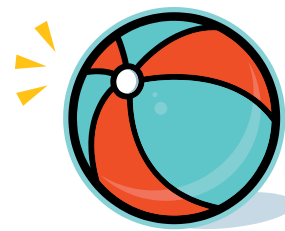


Marka ilmahaada uu bilaabo in uu wax garaaco ama ruxo, sii caag dhawaaq sameeya marka la dhaqaajiyo oo la ruxo.

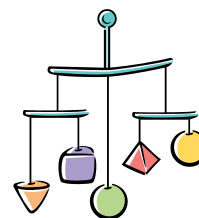


Marka ilmahaada uu barto in uu mad-axiisa kor u hayo, caloosha u seexi muraayadda horteeda oo kala hadal waxa uu arko.

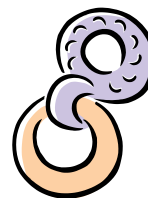
Marka uu ilmahaada bilaabo inuu laaco oo qabsado waxyaalaha, kubadda xeebta lagu ciyaaro oo weyn u tuur dhinaceeda.



Ka laalaadi qalabka muusigga ama dhaq-dhaqaaqa oo midabo iftiimaya leh sariirta ilmahaada dusheeda. Codadka iyo muuqaalka isbedelaya ayaa soo jiidanaya maskaxdiisa.



Ilmahaada sii waxyaabo ammaan ah in aay geliso afkeeda. Sidaas ayeey dhalaanka adduunkooda ku sahmiyaan.



Caruurtaada sii buugaag laga sameeyey maro jilicsan ama caag oo sawiro fudud leh. Wuxuu ku raaxeyan doonaa inuu helo waxa aay ka sameysan tahay, badanaa afkiisa isagoo isticmaalaya!



Ilmahaada waxaa soo jiidan doona wajiyada. Sawir waji dhoola-cadeynaya dhig meel u dhow halka looga bedelo daaybarka.



**Da'dan, ADIGAA ah qalabka ugu wanaagsan ee dhalaanka!**