



Ila Akhri Boorsada Dhabarka

Waxaa kuu kenay Children's Dental Services

Waayo, carruurta oo da '3 iyo ka weyn

Wixii daryeelaha qofka weyn kitaabkan akhrintiisa:

Buuga Dr. Seuss wuxuu qeexayaa, noocyada kala duwan ee midabada ee ilkaha amaba loo isticmaalo, amaba ilka la'aanta .

Ka hor inta aadan akhrin buuga, furo jeldiga hore oo weydii ilmaha (carruurta):

- Waa maxay xajmiga iyo qaababka kala duwan ee ilkaha wax miyad arki?
- Maxaad u malaynaysaa in xoolaha u baahan yihiin ilko noocan oo kale ah?
- Wadajir, tiri noocyada ilkaha sawiran.

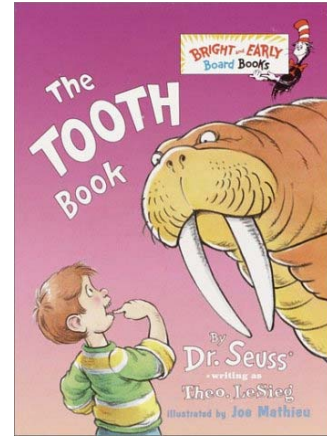
U sharax ilmaha (carruurta) maxaa u dhexeeya xayawaanka (sida dadkaba) u isticmaalaan ilkaha ujeedooyin kala duwan (cunidda, ilaalinta, dhismaha guryahooda, foodhi , hadalka, dhoolacadaynta)

Marka aad akhrineyso :

- Haki ka dibna mid ama laba ka mid ah xoolaha oo ay ka hadlaan wixii ay xayawaanku u isticmaali ilkahooda, ama nooca cuntada ay cunaan.
- Waydii ilmaha (carruurta) ama u sharax sababta xoolaha qaarkood aysan u haysan ilko.
- Adkee muhiimadda daryeelka ilkaha oo ha qaniinin waxyaabaha adag ama iyaga oo isticmaalaya aalad ahaan.

Ka dib markii aad dhameyso akhriska, waydii ilmaha (carruurta):

- Sidee bay u eegaan lahayd haddii aadan haysan ilkaha?
- Waa maxay cuntooyinka aanad awoodeen inaad cunto haddii aadan haysan ilkaha?
- Sideed u daryeeli lahayd ilkahaaga?



Hees Heesta:

“Hel dawadayda cadayga , Hel cadaygayga”
Gabya habayn ah Twinkle, Twinkle Little Star

Hel daawadayda cadayga, hel cadyga.

Anigu waxaan rabaa inaan dagdago, anigu waxaan rabaa inaan u ordo.

Inaan hubiyo in ilkahaygu ay nadiif yihiin.

Horo iyo qadaal iyo inta u dhaxaysa.

Markii aan cadayan in muddo ah,

Waxaan yeelan doonaa dhoolacadayn badan.

Tus muhiimadda ay leedahay in ilkaha laga hadlaahadan markale u hees ilmaha (carruurta) heestala yidhaa "ilko ma jiraan"ku dabool ilkaha dabnahooda.

Waxqabadka

Tijaabiya cuntooyin kala duwan si ay u arkaan sida aan u isticmaalno ilkaha. Ururi alaabta in ay isticmaalaan noocyada kala duwan ee ilkaha aadanahu u - qaniinaan, udiirtaan, u calaliyaan iyo sida cuntada jilicdasannama cabitaanka aan u baahnayan ilkaha. Dooro agabka aan cuntada aan ahayn

Waxaa kuu keenay: