

Daryeelka ilkaha iyo cirridka canugaaga

Kayar 18 bilood

Haddii canugaagu uusan jecleyn in ilkaha loo cadayo, waxaad isku dayi kartaa inaad ilko cadeysashada aad madadaalo ooga dhigto adigoo heeso u qaadayo ama u oggolaanayo canugaaga inuu kuciyaaro alaabo-alaabeyda boombalada ee carruurta ku ciyaarto. Xitaa iskudayga cadeysashada boobsiiska ah ayaa ka wanaagsan cadeysasho la'aanta, marka canugaagu waxa uu bilaabayaa inuu ogaado in ilka cadeysashadu ayba qeyb katahay hawlo-maalmeedkiisa caadiga ah.

Goor hore bilaabidda dhaqanka ilka cadeysashada waxay siineysaa dhallaankaaga fursada ugu fiican ee ilko caafimaad qabo.

Goorma ayaan bilaabayaa daryeelka ilkaha canugeyga?



Isla marka uu iliga u horreeyo usoo baxo canugaaga, si tartiib ah ugu caday adigoo isticmaalaya buraashka ilkaha ee yar, oo jilicsan. Ama waxaad taa badalkeeda ku tirtiri kartaa istaraasho yar oo qoyan, oo nadiif ah.

Ugu caday ama ugu tirtir ilkaha biyo ilaa canugu jirsado 18 bilood.



Xitaa kahor inta aysan ilkaha usoo bixin, waxaad ugu tirtiri kartaa cirridka canugaaga adigoo isticmaalaya istaraasho oo qoyan, oo nadiif ah. Tani waxay ka caawin kartaa canugaaga inuu u diyaargarowbo ilko cadeysashada.

Goorma ayaan bilaabayaa isticmaalka daawada cadeyga?



Marka uu dhallaankaagu jiro 18 bilood ugu caday daawada cadeyga carruurta ee leh maadada foloraydka yar.

Imisa jeer ayaan u cadayaa ilkaha canugeyga?



U cadey subixi iyo habeenki kahor jifka.





U cadey subixi iyo habeenki kahor jiiifka.
U isticmaal buraashka ilkaha oo jilicsan qadar la'eg digirta ee daawada ilkaha carruurta oo leh maadada foloraydhka oo yar.



U cadey dusha sare ee ilkaha adigoo si dabacsan ugu war-wareejinayo.



Marka xigta, u cadey ilkaha gudahooda adigoo si dabacsan ugu war-wareejinayo.



Isticmaal dhaqdhaqaaqa horay iyo gadaal u marinta cadeyga ee meelaha wax lagu ruugo dushooda, kor iyo hoos.



U sheeg canugaaga inuu iska tufo daawada cadeyga iyo inuusan biyo ku luqluqanin.
Inaanan laga luqluqan maadada foloraydhka ee kujirta daawada cadeyga waxay gacan kageysataa ilaalinta ilkaha.

Sida loogu cadeeyo ilkaha canugaaga

18 bilood
ilaa 6 sano

Talooyin:

- xulo boos aad ka arki karto ilkaha canugaaga. Isku day boosas kala duwan ee kuhabboon adiga iyo canugaaga.
- Isagoo canugaagu usii madax bannaanaanayo u fasax inuu ilkihiisa cadeysto. U dhammeystir adigoo u cadeeynaayo.
- Carruurta waxay ubaahan yihiin in laga caawiyo ilko cadeysashada ilaa ugu yaraan ay kagaaraan da'da 8 sano.

