



Taxanaha fiidiyowga caafimaadka afka ee loogu talagalay waalidiinta/daryeelayaasha: Da'da 0-5

Da'da	Mawduuca	Qodobbada Muhiimka ah
Gogoldhig (Dhalmada Kahor)	Gogoldhiga maktabadda/muhii mada waalidka iyo bixiyaha caafimaadka afka	*Caafimaadka ilkaha ilmahaagu adiga ayuu kaa bilaabmaa *Hubi inaad daryeesho baahi ilko kasta oo aad u baahan karto *Aad uga taxaddar candhuufta iyo u gudbinta bakteeriyada ilmahaaga, oo hubi inaad u sheegto dhammaan dadka xidhiidhka la leh ilmahaaga sidoo kale
2 bilood	Muhiimadda ilkaha ilmaha	*Ilkaha ilmaha ayaa muhiim u ah sida ilkaha dadka waaweyn loo daryeelo *Ilkaha ilmaha oo bolala waxay si xun u saamayn karaan caafimaadka guud iyo sidoo kale caafimaadka ilkaha dadka waaweyn
4 bilood	Godadka ilka ee soo muuqanaya/qaababka quudinta	*Sameyso dhaqan wanaagsan oo lagu xaddidaya inta jeer ee ay la kulmayaan karbohaydraytyada *Kaliya qaado dhalooyinka caanaha wakhtiga cuntada, hana u dirin sariirta ilmahaaga asagoo wato dhalo caano ku jiraan
6 bilood	Daryeelka guriga xilliga hore ah	*Marna ma noqoto goor hore in la baro caadooyinka afka caafimaadka qaba ilmahaaga *Bilow cadayashada iyo raashin ka saarista ilkaha dhaxdooda maalin kasta iyada oo qayb ka ah nidaamka nadaafadda afka ee caafimaadka qaba *Carruurta waxay u baahan doonaan caawimo dhanka cadayashada iyo ka saarista raashinka ilkaha dhaxdooda si wax ku ool ah ilaa ay ka gaaraan da'da 7-8
9 bilood	Soo muuqashada godadka ilkaha / saamaynta cuntada	*Xaddidaadda inta jeer ay la kulmaan karbohaydraytyadu waxay yaraynaysaa khatarta bolalka *Ilaa karbohaydraytyada waxaa ka mid ah nacnac, keegag, buskudka, buskudka fudud, rootiga, iyo dareeraha macaan *Xulashada cuntooyinka fudud ee caafimaadka u leh ilkaha waxaa ka mid ah miraha cusub (marka laga reebo miraha liinta ee leh asiidhka aadka u sarreeya), khudaarta, jiis, jiis cariish ah, yoogada leh sonkorta yar, iyo subagga lawska
12 bilood	U diyaargarowga booqashooyinka ilkaha ee xilliga hore ah	*U diyaari ilmahaaga booqashooyinkooda ugu horreeya ee ilkaha adiga oo la wadaagaya dhammaan waxyaalaha madadaalada iyo xiisaha leh ee cusub oo ayna la kulmi doonaan *Niyad fiican yeelo markaad kala hadlayso ballamaha dhakhtarkooda ilkaha si ay ballanta u galaan rajooyin soo dhawayn leh, deegaan raaxo leh
15 bilood	Flooridha	*Flooridha waxa ay taageertaa ilko adag iyo ka hortagga daloolka ilkaha *Ka fiiri flooridhada ku jirta biyahaaga la cabbo oo kala hadal bixiyaha xanaanada caafimaadkaaga wixii ku saabsan kabidda haddii ay aad u yar tahay *Flooridhaga ay ku jirto alaabaha daryeelka guriga waa muhiim in la isticmaalo laakiin waa in si taxadar leh loo isticmaalo si loo hubiyo in carruurta yaryar aysan liqin.
18 bilood	Mujurucyada	*Isticmaalka mujurucyada dheer waxay sababi kartaa arrimo horumarinta wajiga *Qorshee in aad joojiso isticmaalka mujurucyada markaad gaarto da'da 2 *Taxaddar dheeraad ah samee si aad u hubiso in kala-guurka u yahay mid u wanaagsan ilmahaaga intii aad awoodid
24 bilood	Talooyinka nadaafadda afka ee socod baradka firfircoon	*Jadwalka nadaafadda afka ee joogtada ah waxay aad ugu dhib badnaan kartaa socod baradka firfircoon *Isticmaal farsamooyin hal abuurka leh si aad nadaafadda afka maalinlaha ah uga dhigto mid xiiso leh oo soo dhawaynaysa ilmahaaga *Iska ilaali diidmada iyo dhawaaqyada hanjabaada ah ee ka dhigi kara waayo-aragnimada mid aad u adag
30 bilood	Arrimaha ilkaha ee ku xiran neefsashada	*Neefsashada afka ee joogtada ah waxay si xun u saameyn kartaa caafimaadka ilmahaaga *Indha-indhee ilmahaaga si aad u go'aamiso inay ka neefsanayaan afkooda ama sankooda *Haddii ilmahaagu afka ka neefsanayo, ballan ka qabso bixiyaha caafimaadkaaga
36 bilood	Caafimaadka ciridka	*Huurada waa in si joogta ah loo saaraa si looga hortago in wasakhda ilkaha sii bataan *Wasakhda wuxuu u baahan yahay inuu saaro dhakhtarka ilkaha *Huurada iyo wasakhdu waxay gacan ka gaysan karaan cudurka ciridka *Cadayashada iyo ka saarista ilkaha raashinka waxtarka leh waxay xaddidi kartaa huurada iyo wasakhda



Taxanaha fiidiyowga caafimaadka afka ee loogu talagalay waalidiinta/daryeelayaasha: Da'da 0-5

48 bilood	Ogaanshaha godka xilli hore	<ul style="list-style-type: none">*Inkasta oo ka-hortagga godadka ay ku habboon tahay, mararka qaarkood godadka ayaa weli sii socda*Qabashada godadka ilkaha marxaladahooda goor hore waxay xaddidi kartaa qaddarka daaweynta loo baahan yahay*Waalid ahaan, fiirsashadaada maalinlaha ah ee ilkaha ilmaha ayaa aad waxtar u leh ogaanshaha godadka goor hore
60 bilood	Waxa la filayo in horey loo socda/ Ilkaha dadka waaweyn	<ul style="list-style-type: none">*Ilmahaagu waxa uu heli doona iligooda ugu horeeyay ee qaangaarka da'da 6*Cadayashada iyo ka saarista raashinka ilkaha joogtada ah ee wanaagsan waxay kaa caawinaysaa caafimaadka inay ka dhigto ilkahan qaangaarka kuwo caafimaad qaba*Ka caawi cunugaada inuu isbeddel ku sameeyo jadwalka caafimaadka afkooda si uu ula qabsado ilkaan cusub ugana taxadarto meelaha laga yaabo inay boog yihiin ilka cusub ee ka soo baxaya awgood*Baaritaanka ilkaha ee joogtada ah waa muhiim kooxda caafimaadka cunugaagana waxay sii ahaan kartaa kheyraad weyn inta uu ilmahaagu sii korayo