

2 Waalidnimada Xilliga COVID-19 Dhawrista Niyad Wanaaga

Waa wax adag inaan niyad wanaagsanaano marka ilmaheena yaryar/ qaangaadhku ayna ku fooganayn waxaan ka filaynay. Waxaan la soo boodnaa "Hooy, jooji taas!" Hase ahaatee, waxa la arkaa in ubadku fuliyaan waxaan ka dalbano haddii aan siino tilmaamo toosan kuna amaano waxa ay hagaajiyaan.

U sheeg dhaqanka aad ka rabto inaad ku aragto

Adeegso erayo wanaagsan marka aad caruurtada farayso in ay fuliyaan;- sida 'Fadlan, dharka xeree' (halkii ay ahaan lahayd, 'ha isku dhex daadin meesha!)

Waxa ay ku xidhan tahayba waa sida aad u tidhaa

Canaantu iyaga iyo adigaba waxay idinku kordhin waa cadho iyo cidhiidhi. Ku soo jeedi ilmahaaga magaciisa/magaceeda. Ula hadal si degan.

Ku ammaan falka wanaagsan ee ay sameeyaan

Ku dedaal inaad ku ammaanto ilmahaaga/ cunuggaaga ama qaangaadhka waxa wanaagsan ee ay qabtaan. Waxaa laga yaabaa inayna muujin dareen, laakiin waxaad arki iyagoo ku celinaya falkii wanaagsanaa.. Waxay kale ee ay u caddaynaysaa inaad usoo jeedo oo aad danaynaysid.

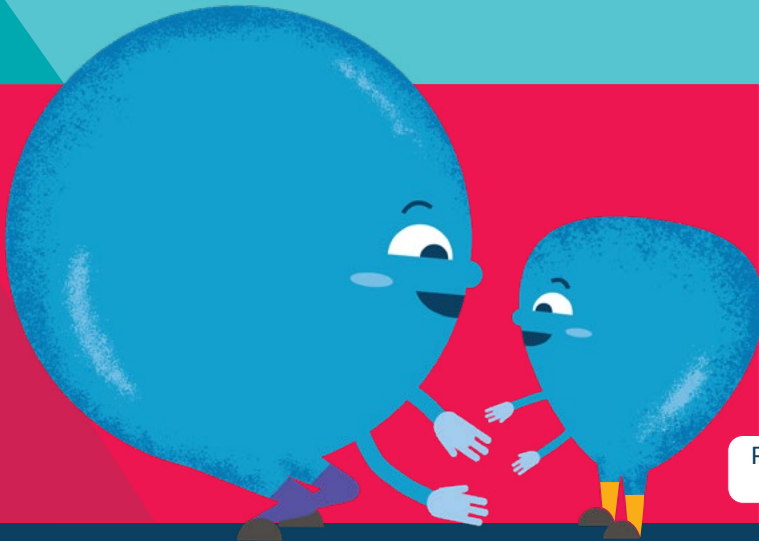


In ku haboon hadba da'da uu ilmahaagu jiro uun ka fil

Ilmahaagu si run ah ma u qaban karaa waxaad ka rabtid? Aad ayey ugu adag tahay ilmaha inuu aamusnaado maalin dhan laakiin waxaa laga yaabaa inuu aamusnaan karo 15ka daqiiqo ee aad telefoonka ku hadleysid.

Ka caawi qaangaadhka aad dhashay xidhiidhinta dadka kale

Qaangaadhku waxay si gaar ah ugu baahan yihiin inay la xidhiidhi karaan asxaabtooda. Ka caawi qaangaadhka sidii ay ugala xidhiidhi lahaayeen baraha bulshada iyo sidii kale ee u roon kala-duruga. Tanina waa wax aad wada qaban kartaan.



Riix halkan si aad u hesho talooyin waalid oo dheeraad ah:

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