

Xarumaha Camoolaha - Arag Hooseeya
Barnaamijka Dhexgalka Hore

Barnaamijka Camoolaha – Arag Hooseeya ee Dhexgalka Hore ee Ontario waxay adeegyadooda soo mariyaan xafiisyada gobolka ee ku kala yaalla kuwa soo socda:

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Adeegyada loogu
talagalay carruurta
indhoolaha ah ama
qaba arag hooseeya

Barnaamijka Camoolaha – Arag Hooseeya ee Dhexgalka Hore ee Ontario waxaa loogu talagalay in carruurta indhoolanimada ama arag hooseeya ku dhashay ay siiyaan nolol bilow ah ee ugu wanaagsan. Adeegyada gaar ah oo qoyska loogu talagalay ayaa ah mid waalidinta lagu bartilmaameedsanayo ayaa waxaa maalgeliyay gobolka oo waxaana loogu talagalay oo heli kara carruurta laga bilaabo marka ay dhashafan ilaa iyo ilaa ay ka gaaraan Fasalka 1.

Barnaamijka waxaa loogu talagalay in waalidinta uu siiyo taageero iyo waxbarasho si markaa carruurtooda ay u dhiirgeliyaan korniin ladan. Waalidiintu waxay baranayaan in carruurtooda ay ka caawiyaan in ay la yimaadaan xirfaddaha ay u baahan yihiin ee howlo maalmeedkooda ee dhanka guriga iyo gun-dhigga daryeelka iyo waxbarashada hore.

Taageero gaar ah oo waqti hore ah in la helo mooyee, dhallaanka indhoolaha ah ama leh arag hooseeya ayaa wixii dhici karta in waxbarashadu dhibaato kala kulmo hadalka, sahminta iyo in isaga ama iyadu ay saaxiibo samaysto goorta uu ama ay iskuulka bilaabayso. Ubadka camoolaha ah ama leh arag hooseeya waxuu halis wayn ugu jiraa in ay ku adkaato dhammaan meelaha sida korniinka, oo ay ku jiraan:

- hadal iyo luqadda
- xirfadaha Dhaqdhaqaaqa Maskaxda iyo dhaqdhaqaaajinta
- hanaanka fahamka iyo fekirka
- xirfaddaha bulsho
- kobcinta shucuurta
- waxtarka nafta

Dhexgal ku haboon oo ay siiyaan xirfadleyaal aqoon u leh, waalidiintu waxay baranayaan si ay u dhiirgeliyaan in carruurtooda ay u hesho la'haayeen korniin ladan, oo ayna ka caawiyaan sida ay u baran la'haayeen xirfaddaha ay u baahnaan doonaan si iskuulka ay guul uga gaaraan.

Adeegyada barnaamijka

Goorta carruurta laga dhiraandhiriyo ama la ogaado in ay camoole yihiin ama aragooda hooseeyo, waxaa loo gudbinayaa xarunta maxalinga ee Camooliga – Barnaamijka Araga Hooseeya ee takhtarka, dawweyaha indhaha, dhakhtar indhaha, waalidka ama daryeel bixiyaha. Fiiri qaybta dambe ee buug yarahan si aad uga hesho barnaamijka adiga kuugu soo sokeeya.

Barnaamijka Camoolaha – Arag Hooseeya waxuu bixiyaa seddex nooc oo adeegyo ah oo kala ah:

1. Taageeridda qoska
2. Adeegyada dhexgelitaanka hore
3. Adeegyada la tashiga

Kobcintan muhiimka ah ayaa waxay muujinayan qaar ka mid ah muhiimmada hore ee tilmaamaysa kobcinta iyo horumarka aragga ee carruurta dhalinta yar inta ay soo kororyaan. La soco haddii ay jiraan calaamado kasta oo aad isleedahay in ubadkaaga ma gaarin halka laga doonayay oo takhtarkaaga isla markiiba kala hadal haddii aad qabto wax welwel ah.

Haddii aad qabto wax welwel ah oo ku saabsan aragga ubadkaaga, ha suggin. Dhibaataada in waqti hore la ogaado ayaa waxay sahlinnaysaa in ubadkaaga uu helo kaalmada uu isaga ama iyada ay ubaahan tahay si u hesho ama u helo fursadda ugu wanaagsan ee korniin caafimaadeysan.

Korsiimo muhiim ah

6 todobaad jirsado

- goorta soo jeedo dhinacyadiisa ku dhaygaago
- si kooban u fiiriya walxaha/nalka ifaya
- indho-birqiya nalka
- madaxa iyo indhaha oo isla dhaqaaqa

3 bilood jirsado

- indhaha u jalleeco ama dayo walxo midba mid kale
- indhaha raaciyo walxaha/qof dhaqaaqaya
- ku dhaygaago wajiga daryeel bixiyaha
- bilaaba inuu fiiriyo gacmaha iyo cuntada

6 bilood jirsado

- indhaha dhaqaajiya si u eego walxaha ku wareegga
- eindhaha dhaqaajiya si u eego halka dhawaaqu uu ka imaanayo
- soo qabta ama walxaha gaara
- fiiriya walxo badan oo ka fog
- dhoolacaddeeya oo qosla goorta isaga ama iyadu ay ku aragto dhoolacaddayn iyo qosol

12 bilood jirsado

- indhaha gadaal u celinnaya marka walxo sanko loogu soo dhoweeyo
- muddo aad udheer daawada waxyaabaha agtiisa ka socda
- raadiya waxaha ka dhaca
- muuqaal ahaan walxaha iyo dadka raadiya
- u gurguurta walxaha uu jecelyahay inuu ku ciyaaro

2 sanno jirsado

- tilmaama oo soo qabta walxaha indhahiisa ay qabannayaan
- sawirro buug ku sawirran eega
- walxo ama dad far ku fiira
- sawirro buuggaagta ku sawirran eega oo farta ku fiira
- eega halka uu isaga ama iyadu u socoto goorta uu socdo iyo goorta uu meel fuulayo

Inta aragtiddooda ay soo kobcayaan, carruurta way ka helaan:

6 todobaad jirsado

- ku soo eegaya inta aad hayso
- eegaya boon-balada midabbada iftiinka leh
- iska eegaya walxaha la iska arko (sida muraayadaha) oo kale
- indhaha ku eegaya walxaha sida sahalka u dhaqaaqa ee leh qaab madow iyo caddaan
- daawada walxaha dhaqaaqa

3 bilood jirsado

- wejigaaga baranaya
- gees ilaa gees hore eega boon-balada la dhaqaajiya
- eega oo soo qabsada walxaha sariirta ka soo laa-laada
- boon-balada midabbada iftiinka leh iyo habdhacyada xiisaha leh
- qolkooda u isticmaala nalka habeenkii

6 bilood jirsado

- muuqooda doonaya in ay iska daawadaan
- horey iyo gadaal u eegga laba shay ee uu ugu jecelyahay
- hadba doonaya in dhaca kale si u eego (tusaale ahaan, korsi dheer, sagxadda, saabaan kale)
- boon-balada leh habdhacyo adag iyo boon-balada dhaqdhaqaaqa (tusaale ahaan, "boon-balo sanduuq ku dhexjira oo dhaqdhaqaaqa")
- ku ciyaaraya ciyaarta "la isoo qabto"

12 bilood jirsado

- boon-balada geliya oona ka soo saara weelal ama sanaadiiq (iyo sidoo kale afkooda)
- walxo la mid ah oo isku qaab ah ku ciyaara (tusaale ahaan, wareeg is-sasaara, koob isdul saara)
- eegga buugga farshaxan oo boggag adag ka samaysan iyo sawirro midabyo sahlan leh
- batoonnada riixa ama wareejiya si boon-balada ay u socoto
- daaqadda kala socda waxyaabaha dibadda ka dhacaya

2 sanno jirsado

- aqriya buuggaag ay sawirran yihin sawirro iska sahlan
- eegga masawirrada xubnaha qoyska iyo rabaayada
- ku ciyaara sawirka xujada oo sahlan
- isticmaala darbiyo lagu ciyaara oo isla markaana warlalis dhisa
- socod ku taga dukaanka, beeraha darjiinka, maktabadda si usoo daawado dadka iyo waxa ka socda

Waa in aad sii wadaa oo aad la socotaa korniinka ubadkaaga

Waxaa muhiim ah in aad ula socoto kobcinta aragga ee ubadkaaga, maadaama oggaansho hore oo ah in dhibaataada goor hore la ogganayo ay mar marka qaarkood baa'bin karto ama ay hoos u dhigi karto halista dhibaato caafimaad daro ee muddada dheer socon karta. Haddii ubadkaaga aad ku aragto inuu qabo mid ka mid kuwa soo socda markiiba takhtarkaaga kala hadal:

- isha baalkeda oo bararsan ama is-gala
- fuursan, xanuun ama isha baalkeda bararsan
- isha baalkeda hoos eegga
- isagoo seddex jir ah indhaha si toos ah aan kala socon karin
- ma daawado ama shay indhaha kalama socdo seddex bil jirsado
- isha dhexdeeda wax caddaan ama casaan ka muuqda
- si joogto ah indhaha u dhaqaajinaya il "jebinnaya," "dhinac ujeedinnaya," "dhaqdhaqaaqinaya laba indho inta udhaxaysa oo aan sinnayn (indhaha wareejinnaya ama isdhaafinnaya)
- dhadhaqaaqa isha oo aan isla socon
- hal il meel udhaqaaqaysa goorta walxo uu eegayo
- madaxa wareejinaya ama ujaanjeera goorta walxo uu eegayo
- isku toosnida indhaha ee aan sax ahayn, hal il daboolaya ama isku qabanaya goorta walxo uu eegayo
- in badan ilmo ka soo da'aya xitaa goorta uusan ooynayn
- in badan indhaha birqinnaya ama indhaha si aan sax ahan isku qabto
- in badan indhaha u ragga ama u taabanaya
- iftiinka iska ilaaliya ama u nugul ifiinka

