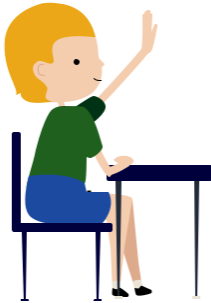


Qiimaynta iyo Adeegyada Magdhawga ee Dib loo Dhigay ama la Diiday



MACLUUMAADKA LOOGU TALAGALAY QOYSASKA:

MAXAY YIHIIN ADEEGYADA MAGDHAWGA?



Adeegyada magdhawga waxa loo isticmaalaa in lagu caawiyo ardayda inay u buuxiso **horumarkii ama xirfadihii ay lumiyeen markii aan la bixin adeegyadooda waxbarashada gaarka ah**. Tan waxa ku jira xaalado marka ilmuhu aanu helin adeegyada waxbarashada gaarka ah sababtoo ah isaga ama iyada oo loo diiday qiimayntii hore ee wakhtiga ku haboonayd, laakiin markii dambe la ogaaday inuu xaq u leeyahay.

Haddii qiimayntii hore la diiday markii ay ahayd in aan la samaynin, waxaa laga yaabaa in loo baahdo adeegyo magdhow ah si loo kabo daahitaanka ilmahaaga ee helitaanka adeegyada waxbarashada gaarka ah.

YAA GO'AAMINAYA IN ADEEGYADA MAGDHAWGA LOO BAAHAN YAHAY?



Guddiyada Diwaan gelinta, Dib u Eegista, iyo Diidida (ARD) ayaa go'aamiya haddii adeegyada magdhowga loo baahan yahay iyo waxa ay noqon doonaan adeegyadaas. Waalidiinta iyo dadka ardayda masuulka ka ah waa xubnaha guddiga ARD. **Ka qaybqaadashadaadu aad bay muhiim u tahay.**

Go'aannada ku saabsan adeegyada magdhowga waa in loo sameeyaa ilmahaaga shakhsi ahaan. Guddiga ARD ayaa ka wadahadli doona tirada iyo nooca adeegyada waxbarashada gaarka ah ee aanu ilmahaagu helin iyo wixii taageerooyin, adeegyo ah ama waxqabadyo aan khaas ahayn oo la bixiyay.

Qiimaynta iyo Adeegyada Magdhawga ee Dib loo Dhigay ama la Diiday

SIDEE UGU DALBI KARAA ADEEGYADA MAGDHAWGA CUNUGAYGA?



Haddii aad aaminsan tahay in cunugaagu u baahan yahay adeegyo magdhow ah markaas waa inaad codsatid kulanka guddiga ARD. **Waalidiintu waxay codsan karaan Kulanka Guddiga ARD wakhti kasta.** Way fiicantahay inaad codsigaaga qoraal ugu gudbiso maamulaha. Dugsiga ilmahaagu waa inuu ka soo jawaabaa codsigaaga oo ku ogeysiiyaa haddii uu ogolaado ama uu diido inuu kula kulmo.meet.

SIDEE ILMAHAAGA U SAAMAYSAY HELITAAN LA'AANTA ADEEGYADA WAXBARASHADA GAAR AH?



Ka fikir taageerada, adeegyada, ama wax ka qabadka uu ilmahaagu helay kahor inta aanay u qalmin waxbarashada gaarka ah iyo sida wanaagsan ee ay u shaqeeyeen.

- » Cunugaagu miyuu soo fiicnaaday?
- » Daldalooda xirfadeed ee ilmahaagu masii weynaayeen mise way yaraadeen?
- » U diyaar garow inaad ka hadasho wixii qabsoomay iyo waxa aan qabsoomin iyo horumarka aad aragtay.

WAA MAXAY ADEEGYADA AAD UMALAYNAYSO IN ILMAHAAGA U BAAHAN YAHAY?



Haddii adeegyada magdhowga loo baahan yahay, **si taxadar leh uga fikir sida iyo Wwaqtiga adeegyadaas la bixin karo.** Aad bay muhiim u tahay inaad wax badan ka rajayso waxbarashada ccunugaaga laakiin isla markaana aad ka taxadirto inaad culaysin cunugaaga adigoo ku daraya wax badan hal mar dhibaatoona ku abuuraya meel kale.

Bixinta adeegyada magdhowga macnaheedu maaha in daqiiqad kasta oo adeeg ah oo aan la bixin loo baahan yahay in lasoo magdhabo. Isku day inaad wax badan ka fikirto sidii aad u yarayn lahayd saamaynta ka imaatay waaiyaanka adeegyadaas iyo siyaabaha horumarka cunugaaga loo dardargelin lahaa intii aad si fudud u samayn lahayd daqiiqado adeeg oo aan la bixin.