Baro sida

Bishinta kor loogu qaado

Loolana dagaalamo cudurada ilkaha

Caruurtatan waxay u egyihiin wax caafimaad qaba
Laakiin waxaa laga yaabaa in ilkuhu jiran yihiin.

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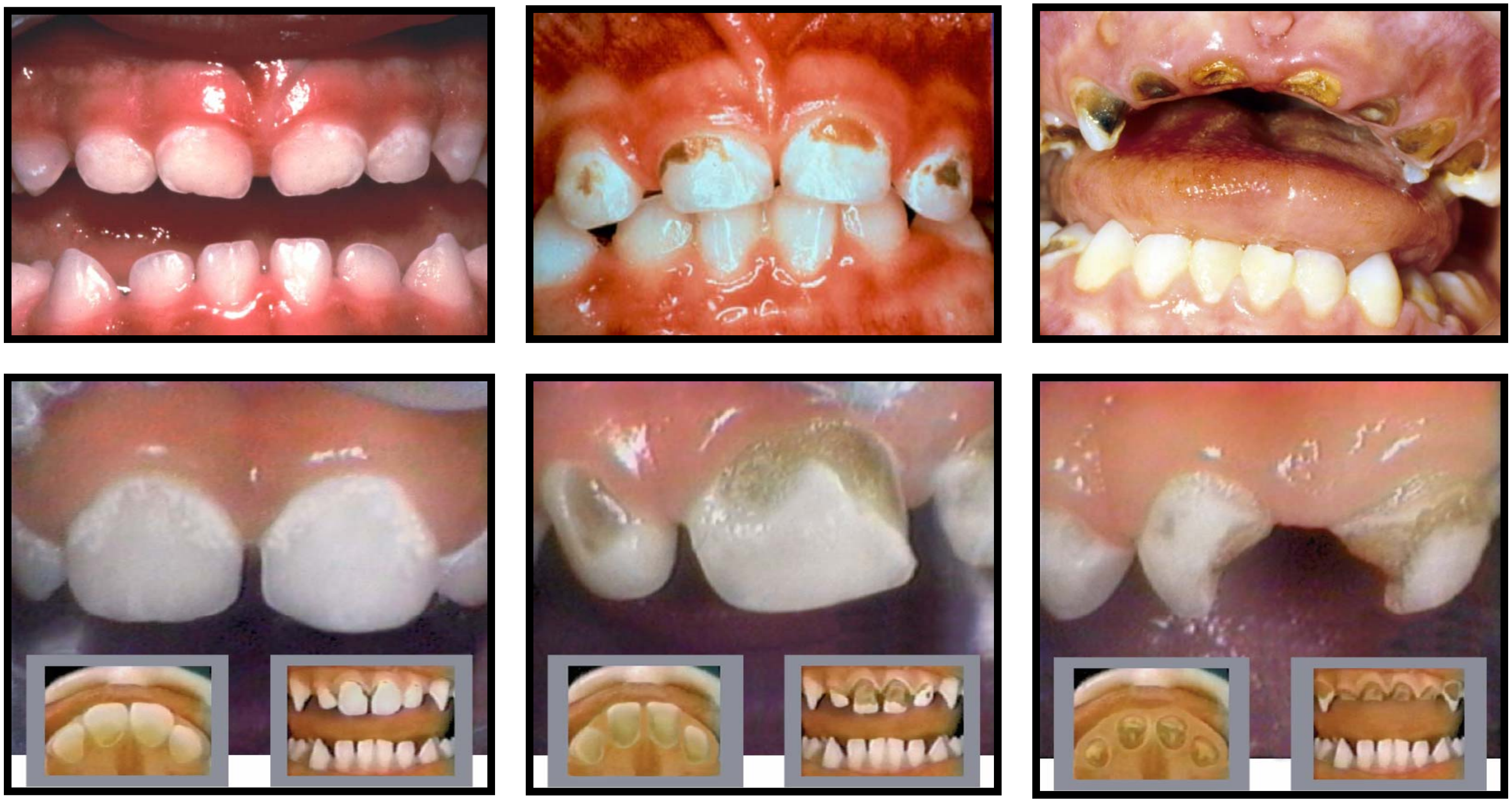
Ilkaha Caruurtu waa muhiim

- Waxay caruurta ka caawiyaan cunta cunida si ay u koraan.
- Waxay caruurta ka caawiyaan in uu si fiican u hadal barto.
- Ilkaha runta ah oo si fiican oo toosan u soo baxa.
- Waxay caana nuuga ilmaha ku jirayaan 6 ilaa 12 sano.
- Canugaagu waxuu lahaan doonaa qosol caafimaad qaba.

Cudurada ilkaha waxaa keena jeermis ku jira caruurta afkooda.
Ma ogtahay qof in walba afkiisu jeermis leeyahay?
Sidaa darteed, xitaa caruurtu afkeeda waa in la cadayaa maalin kasta.



Cudurada ilkuhu duleeliyowaxay ku dag-dag ah ayay ku fidi karaan.

Cudurada ilkaha waa la iska ilaalin karaa

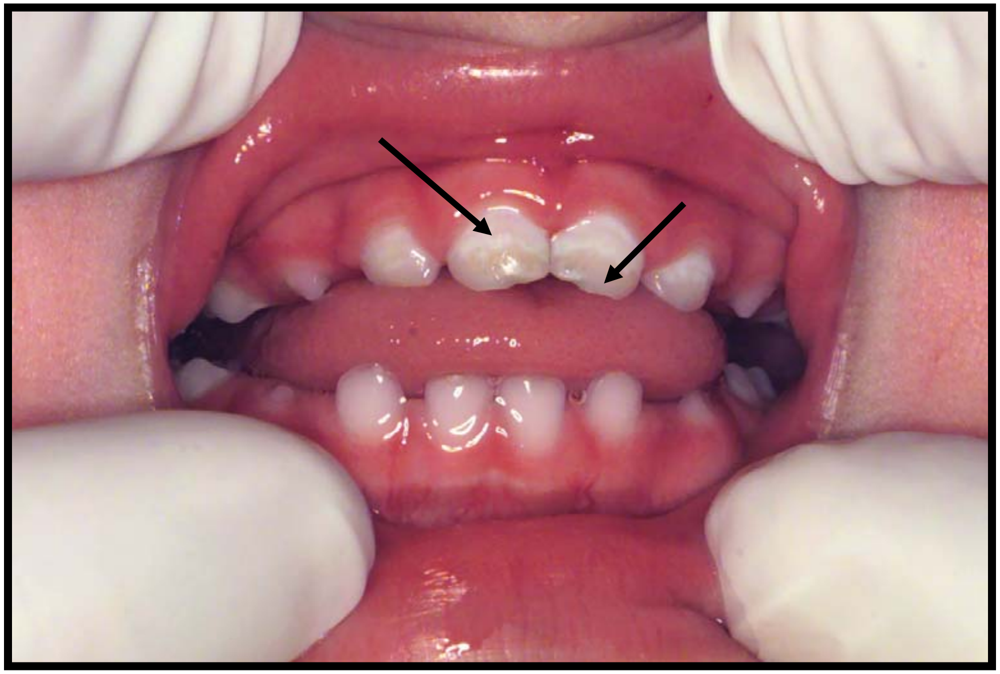
- Nadiifi/Caday markay u soo baxaan ilkaha adiga oo isticmaalayo caday jililcsan.
- Marna ha u ogalaan canugaaga in uu ku seexdo dhalo caano ama biyo qasan ku jiraan.
- Ha u ogalaan canugaaga yar inuu manta oo dhan cuno cuntada sida crackers, cereal iyo biyaha qasan.
- Caado fiican weeyo in canuga loo cadayo markasto oo uu wax cuno.
- Cunuga si dhaqso leh ayuu wax ooga bartaa qoyskiisa marka ooga dhig raaxo.

Baro sida bishinta kor looku qaado

- Canuga u dhig maro dhulka hadii aad kaligaa tahay.
- Dhabta canugaaga ku seexi hadii qof ku caawima aad haysato.
- Si dabacsan canuga bishintiisa kor ugu qaad oo fiiri ilkaha oo dhan.
- Wax mad-madow ama wax cad-cad ma ku aragtaa.

  Hadaad ku aragto, balan ka qabso dhakhtarka ilkaha.

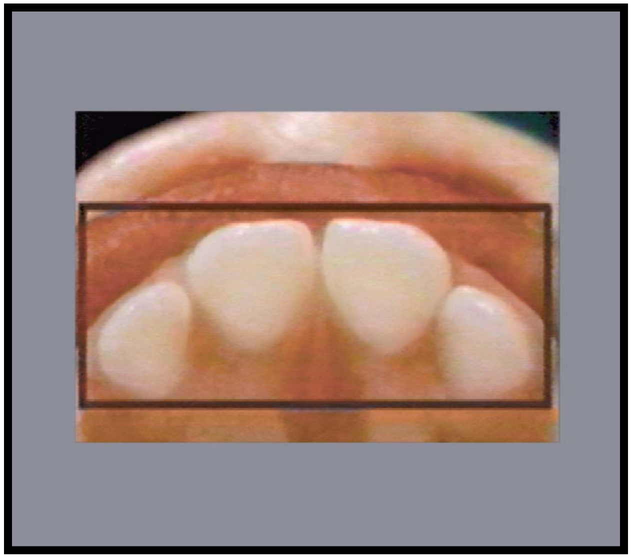
Bishinta kor u qaad si aad u canuga ilkaha uga fiiriso
Canugu waxuu ka caado yeelan in la fiirsho caafimaadka ilkaha.



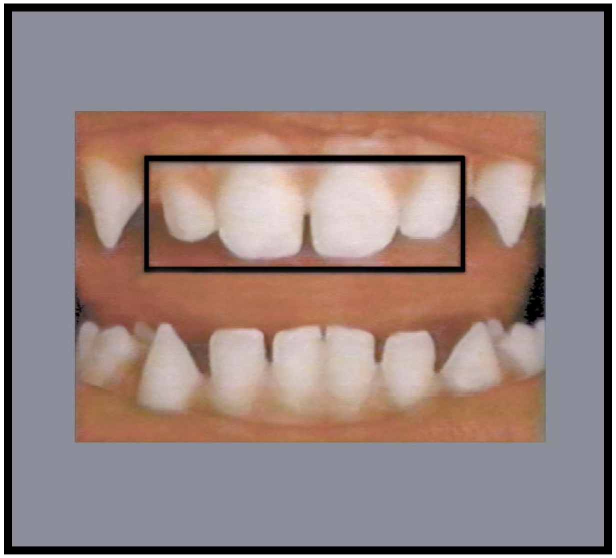
Wax madmadow ama wax cad-cad ma ku aragtaa
Hadaad ku aragto, balan ka qabso dhakhtarka ilkaha.

Isticmaal muraayadda
ilkaha si aad uga fiiriso
ilkaha horay iyo gadaalba.

Cudurada ilkuhu meelaha ay ka bilowdaan waa halkan.



Gadaal



Horay

Kor u qaad bishinta oo kahortag ilka hallaabida.

- Ku farax sanow oo Kahortaga ilko hallaabida.
- Ha ka xumaan hadii. canugaaga ku samays maan wax cad cad.
- Balan ka qabso dhaqtarka ilkaha.
- Anagana waan ku caawin karnaa.

Ilka halaabida markay cusubtahay waa la daaweyn karaa

- Dhaqtarka ilkaha uma baahno in uu qodo ama duro hadii horay loo daaweeyo ilikaha.
- Dhaqtarka ilkaha waxaa laga yaabaa in ku cadayo Fluoride varnish oo caawinayso in aysan ilkuhu halaabin amaba yaraynaysa halaabida.
- Marka ay ilkuhu aad u hallaabaan xanuunkooda aad buu ubadan yahay waxaa lagama mar maan ah in isbitaal la dhigo. Qofna ma rabo in uu arko canugiisa oo xanuun hayo.
- Hadii aad nadiifiso canugaaga ilkihiisa maalin kasta, oo aad kor u qaado bishinta canuga bil walba isla markaana aad xaddiddo cuntooyinka sonkorta leh, waxaa hubaal ah in canugaaga ilkihiisa si fiican u korayaan oo caafimaadna lahaanayaan.

Consent for photographs on file.