



# Ila Akhri Boorsada Dhabarka

Waxaa kuu kenay Children's Dental Services

Buugga waxa laguna talinayaa caruurta da'doodu tahay 1 iyo kor.

## Akhri buugga ku saabsan dadka waawayn ee wax xanaaneeyaa:

Buuggan madadalada wuxuu ka caawin doonaa ilmahaaga (carruurtaada) dhaqmaan damacyadii cadayga- kor iyo hoos, hore iyo gadaal, ilkaha hore iyo ilkaha danbeba iyo ilkoo dhanba. Ku dhamey "findhicilka" iyo baaritaanada ilkaha adiga kuu gaar ah. Buuggani waxa uu ku siinayaa tusaalooyin waawayn sida loobarto xisaabta oo ah: sare, hoose, dhinac, kor iyo hoos, gudaha iyo dibadda, iyo ilko tirinta.

Ka hor inta aadan akhriyin, sii ilma kasta caday cusub oo u gaara ama bar oo tus sida uu cadayga u qabsan lahaa.

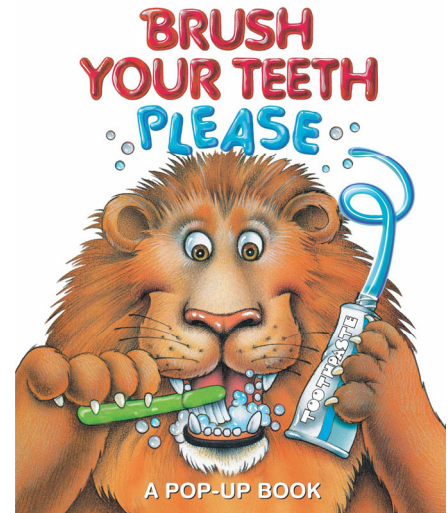
Fiiro gaar ah: Haddii aad isticmaasho cadayga dhabta ah, xusuusnow in aan lagula wadaagin cadayga dabadeedna ka qaad oo ka fogee marka ay hawshu dhamaato.

Sharaxa fikradaha: gudaha afka, ama afka dhexdiisa, ilkaha sare iyo ilkaha hoose, u tilmaamayna afkaaga ama boonbalaha yaree gacanta lagaliyo ugu sharax.

Marka aad akhridid, haki ama jooji ka dib bog kasta oo ku caawinaya ilmaha (carruurta) inay kudaydaan.

- Kor iyo hoos
- Gadaal iyo horo
- Caday ilkaha dambe
- Caday ilkaha hore
- Caday ilig kaste oo leh dhaqdhaqaaq yar oo wareeg ah

Bogga findhicilashada, ee uu ku sawiran yahay nibirigu, u tiri tiri wada jir ilkaha ilmaha (carruurta), ka dibna dhexdooda dun isaga nadiifi ilkaha u eeg sawirkaa nibiriga.



## Hees Heesta:

### "Caday"

Gabya habayn ah "Yankee Doodle"

Wax walba oo ku yaalla magaalada.

Caday waxaa muhiim ah.

Caday kor iyo hoos oo ku wareegsanaa oo dhan.

Oo ka fogow nacnac!

## Waxqabadka:

Qaado bogga ilig dahaaray bixiyo, ama soo jiidi ilig Rafea on warqad. Saydhaa goosin dilaacday yar oo warqad midab leh. Aad ilmaha (carruurta) u isticmaasho caday duug ah, burush rinji ah ama buraash kale in "burush" iliga oo nadiif ah oo dhan "cuntada." Icticmaalka marka la eego sida, "iliga sare," "hooseysa ee iligga," iyo "ku wareegsanaa oo dhan."

Waxaa kuu keenay:

