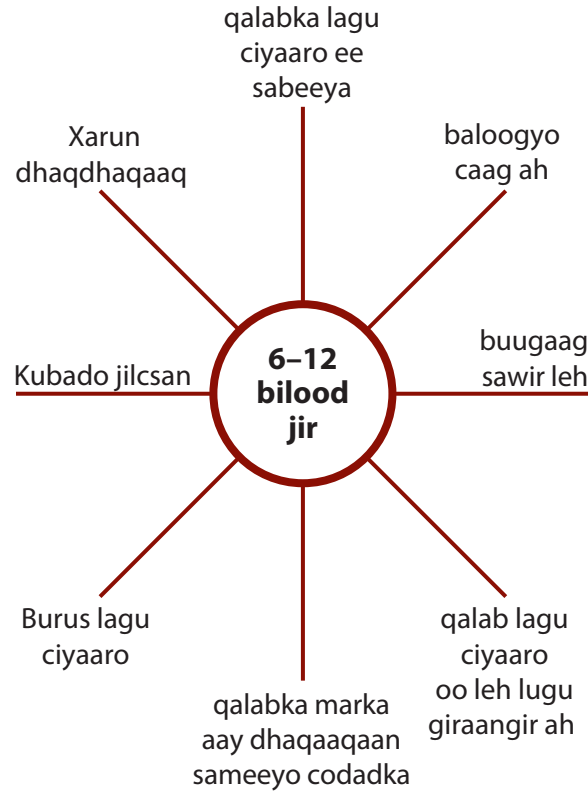


Deegaanka Ilmahaaga

Sii qalab lagu ciyaaro oo kala duwan ilmahaada si aad u hesho xiisahiisa. Qalabka ciyaaraha waxaad ka dhigi kartaa kuwo "cusub" adigoo bedelaya maalmo yar ka dibba. Ilmahaada dib ayuu uga heli doonaa qalabka lagu ciyaaro ee uusan arag muddo.



Da'dan, ilmahaada waxay bilaabi doontaa in aay dhaqaaqdo iyadoo is rog-rogeysa, xamaarasho iyo/ama garguurasho. Ilmaha qaar waxay bilaabaan in aay socdaan. Waxay u baahnaan doontaa meel lagu ciyaaro oo weyn oo aay amaan ku heleyso waqtiga aay sahmineyso deegaankeeda cusub.



Maxaa Loo Ciyaaraa?

Ciyaarta waayoaragnimo waxbarasho ayeey u tahay caruurta. Koritaanka ilmo walba ciyaarta waxay u tahay hab lagama maarmaan ah oo caalami ah. Ciyaarta waa shaqada ilmaha. Waxay u ogolaataa in ilmaha uu sahmiyo adduunka uu ku nool yahay kuna korayo.

Barnaamijyada ciyaaraha waxay siiyaan caruurta iyo dadka waaweynba fursad aay ku wada ciyaaraan deegaan amaan ah oo maskaxda ka shaqeysiiya. Marka aay si wadajir ah wax-u-qabtaan, caruurta iyo dadka waaweyn mid walba midka kale howlahiisa ayaa soo jiita waxayna bartaan in aay isgaarsiin yeeshaan. Ciyaarta waxay kobcisaa koritaanka iyo wax-wadaagidda.

Qalabka caruurta ku ciyaarto waa aaladaha caruurta aay ku wanaajiyaan ciyaartooda iyo waxbarashadooda. Ma jiro hal qalab oo aay caruurta ku ciyaarto oo "sax" ah. Caruurta waxay u baahan yihiin qalab iyo sheeyo lagu ciyaaro oo noocyo kala duwan ah oo ku jaan-go'an heerka koritaankooda, daneyntooda iyo awooddooda. Waxay u baahan yihiin qalab-ciyaareed oo loogu talagalay maalmaha roobka da'ayo, kuwo loogu talagalay ciyaaraha firfircoon ee iyaga saaxiib-dood ee dibadda ah, kuwo maalmaha la xanuunsan yahay iyo qalab-ciyaareed oo lagu dhiirigeliyo wax-wadaagidda iyo wada-shaqeynta. Ka fikir baahida iyo danaha gaarka ah ee ilmahaada marka aad dooraneyso qalabk(iisa/keeda) ciyaaraha.

Waraaqaha taxanaha ah ee "Maxaa Loo Ciyaaraa" waxay talo ka bixinayaan dhaqdhaqaaqyada ciyaareed ee loogu talagalay caruurta kooxaha da'eed ee soo socda:

0-6 bilood	2-3 sanno
6-12 bilood	3-4 sanno
1-2 sanno	4-5 sanno

Sicirada dalabyada jumlada waraaqahan (pamphlets), iyo daabacaadaha kale oo dhan, waxaa laga heli karaa FRP Canada



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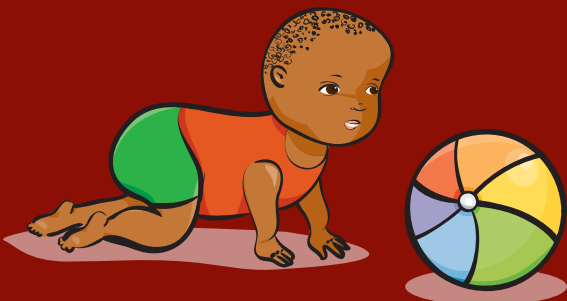
Maxaa Loo Ciyaaraa?

6-12 Bilood



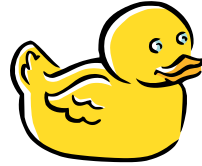
Ciyaarta Waa...

- helitaanka
- sahmintaa
- wax-la-qabsiga, badanaa dadka waaweyn
- dhaqaaqidda
- dhibaato xalinta
- wax-qabashada

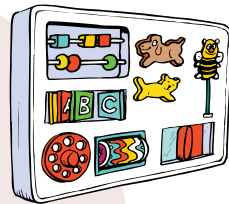


Qalabka-ciyaarta si taxadar ah u dooro, adigoo maskaxda ku haya heerka koritaanka ilmahaada.

Ilmahaada sii qalabka lagu ciyaaro oo sameeya dhawaaq jabaq ah marka la tuujiyo. Tan waxay ku dhiirigelineysaa in aay dhawaaq sameyso oo aay maqasho codkeeda.



“sanduuq mashquul ah” ama xarun dhaqdhaqaaq leh ayuu ilmahaada ka heli karaa waxyaabo fara badan oo la riixo lana dhaqaaqjiyo si uu u maqlo codka.

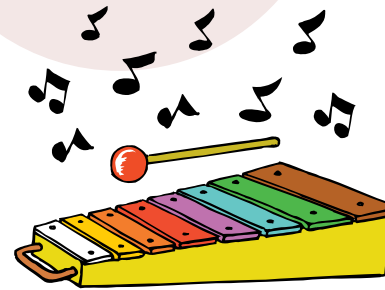


Ilmahaada sii baloogyo lagu ciyaaro si uu u taabto una riix-riixo. Ku dhiirigeli inuu gacanba mar u gudbiyo.



Marka ilmahaada yar aay bilowdo in aay gurguurato, waxay ku raaxeysan doontaa in aay eryato qalabka lagu ciyaaro ee leh lugo giraangir ah ama kubad lagu taraarixiyey dhulka aqalka.

Marka aad qalab muusig oo fudud la ciyaarto ilmahaada waxay ka caawini doontaa in aay kala garato codadka kala duwan.



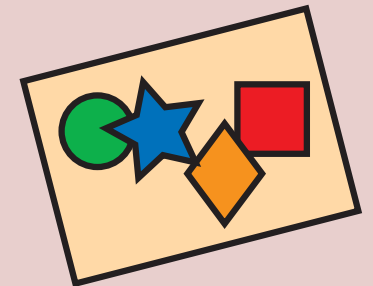
La ciyaar “peek a boo” (wajigaaga oo aad gacmaha ku qariso marna ka qaado) iyo in aad tusto ilmahaada qalabka lagu ciyaaro ee inta aay soo boodaan noqda si aad uga caawisid in xusuustiisa aay korto.



U aqri buug fudud oo sawir leh ilmahaada. Tilmaan oo magacow sheeyada, sida ilmo-yar, koob, gaari, eey iyo bisad.

Fikradaha Howlaha Dhaqdhaqaaqyada Ilmaha

Shaxano kala duwan sheeyo kala duwan, tusaale duf, warqadda wax lagu sofoeeyo (sandbaber) iyo xariir. Ku xabagee baako adag si aaysan uga soo fuqin. Ilmahaada gacantiisa taabsii dusha sheeyga oo u tilmaan: wax-aan-sineyn, wax-siman, wax-jilcsan, iwm.



tubo caag ah ama baaldi ka buuxi 15cm (6 inji) oo biyo ah. Biyaha dhex dhig qalabka lagu ciyaaro ee biyaha dhex sabeeya sida doomo, weelal caag ah, boolo-boolo caag ah iyo caag biyaha lagu qaado. Ilmahaada wuu ku raaxeysan doonaa garaacidda biyaha. Ciyaaraha biyaha waxay noqon karaan kuwo lagu raaxeysto.

Ilmahaada saar dhabtaada oo kor iyo hoos u boot-booti si degan adigoo laxankan soo noq-noqonaya u qaadaya: Faras fuulka waa sidan, clippity, cloppoty, clippity, clop.

