

## Ma ogtahay in:

Hurdada ay u baahanyihiin carruurta dhigata dugsiyada xanaanada carruurta waa 12–13 saacadood. Carruurta ay da'doodu u dhaxeeyso 6–9 sanno hurdada ay u baahanyihiin waa 11 saacadood/habeen kasat, 10–15 sannona waa 10 saacadood /habeen kasta. Horumarka iyo koriinku wuxuu u baahanyahay in wax badan laga soo kabto. Carruurta iyo dhalinyaradu waxaa ay u baahanyihiin caawimaada dadka waaweyn in ay heleen wakhti go'an oo ay seexdaan si ay u helaan hurdo ku filan.



## Waa maxey sababta ay hurdadu aad muhiim ugu tahay?

Hurdadu lagama maar-maan bey u athay caafimaadka iyo koritaanka caruurat. Ilmo si fiican u nastey aad buu wax ugu fiirsadaa, ugu dhugtaa isla markaana aad buu u degenyahay. Ilmuhu hawl fiican buu qabtaa, guudahaanaa caafimaadkiisu wuu wanaagsanyahay. Maskaxdu aad bey u kobocdaa, taas oo ka dhigeysa nasashada mid aad muhiim ah isla markaana baahida hurdada ee carruurta ay ka weyntahay marka la bar-bar dhigo baahida dadka waaweyn.



Daraasada IDEFICS waxaa lagu soo bandhigayaa shan buug oo yar-yar oo gacan ka geysanaya caafimaadka carruurta:

Biyuhu waa sheyga ugu fiican ee lagu damiyo haraadka/oonka!

Caadooyinka fiican ee hurdadu – muhiim bey u yihiin carruurtaada!

Ku raaxeysta wakhtiga aad wada joogtiin - daawshada TV-ga iyo shaashadaha waxaa haboon in la sugo!

Wey macaantahay khudrada iyo khudaarta cagaaran!

Ciyaarta iyo dhaq-dhaqaaqa – wey u fiican yihiin carruurta iyo dadka waaweyn labadaba!

Buugaagta yar-yar iyo macluumaad kale oo badan waxaa laga soo dajisan karaa [www.vregion.se/go/aanka](http://www.vregion.se/go/aanka) baruurta ciwaanka Buugaagta yar-yar hoostiisa ([www.vregion.se/beslutstodfetma](http://www.vregion.se/beslutstodfetma) under rubriken Broschyrer/foldrar). Waxaa buugaagan yar-yar maal geliya guddiga caafimaadka dadweynaha ee galbeedka gobolka Göteland. Waxaa laga dalban karaa buugaagtan [adress.distributionscentrum@vregion.se](mailto:adress.distributionscentrum@vregion.se).

2008 © waxaa soo saarey Dr. Staffan Märlid, isbitaalka carruurta – iyo dhalinyada ee boqorada Silvia. Waxaa qoraalka af iswiidhishka ka sahqeeyey isla markaana wax ku darey Åse Victorin oo ah qoraa iyo dhakhtarka carruurta

## Cadooyinka



## fiican ee hurdada



## – muhiim u tahay ilmahaaga!



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Qaybta carruurta, guddiga caafimaadka daweynaha  
Västra Götalandsregionen

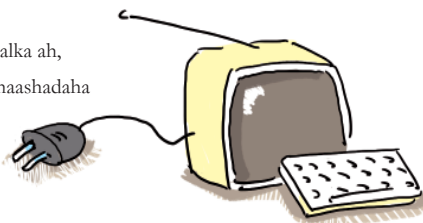


5 talo bixin oo ku  
saabsan sida aad u  
caawin karto ilamahaag  
si uu u heleo  
hurdo ku filan:



## Is deji woxoogaa ka hor wakhiga hurdada

Iska ilaali ciyaaraha dagaalka ah,  
daawashada TV-ga iyo shaashadaha  
kale saacadaha u  
danbeeya wakhtiga  
hurdada ka hor.



Taa badelkeedu isku dey in aad ka  
faa'iideyto wakhtiga aad la qaadaneyso  
ilmahaaga in aad kale sheekeysato ilmahaaga  
sida ay xaaladu maanta. Muddo yar oo xasiloon  
oo sheeko loo akhriyo wey fiicanatahay.



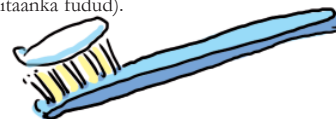
## Isku dey in aad yeelato caadooyin joogta oo go'an oo aad habeenkii sameyso

Si aad u hesho laxan fiican hurdada ka hor waxaa haboon in wakhti go'an  
oo la seexdo, taas oo ku saleysan baahida loo qabo hurdada iyo da'da.  
Waxaa uu ilmahaagu dareemayaa xasilooni haddii uu jiro caado joogto  
ah oo la sameeyo habeenkii habeen kasta. Waxaa haboon in aad ku soo  
af jarto in aad u akhrido sheeko gaaban inta aanad nabadgelyeynin isla  
markaana aanad ka soo bixin qolka.



## Iska ilaali wakhti cunto oo weyn ka hor wakhiga hurdada

In cunto yar la cuno habeenkii wey fiicanayahay laakiin isku dey inaad iska  
ilaaliso wakhtiyo cunto oo waaweyn ama cabitaan badan ka hor wakhtiga  
hurdada. Isku dey in aad iska ilaaliso waxyaabaha ka kooban kofa'iinta  
(tusaale ahaan shukulaatada, cabitaanka fudud).



## Waxaa haboon in la abuur goob xasiloon oo la seexdo

Waxaa haboon in sariirta uu ilmuhu seexanayo ay ahaato goob  
la xidhiidha in la seexdo – goob la seex oo kaliya. Waxaa loo  
baahnayahay in qolku woxoogaa qabow ahaado, mugdi ahaado isla  
markaana degenaado. Ha ku haysan  
sariirta agteeda shaashad ama  
alaab kale oo lagu ciyaaro ee wax  
soo jiita, laakiin wey haboon  
tahay haddii  
aad leedahay  
xayaanada loogu  
talo galey in lagu  
ciyaaro oo aad  
jecshahey in  
aad sariirta ku  
haysato.



## Waxaa haboon in aad u ogolaato in uu ilmuhu u ciyaaro si fir-fircoon maalintiie dav

Ilmo sameeya  
fir-fircooni jidheed, guriga  
banaankiisa ku ciyaara,  
isla markaana isticmaala  
mala awaalkiisa marka uu  
ciyaarayo wuu ka hurdo  
fiicanayahay ilom aan waxba  
qaban. Laakiin hurdada ka  
hor waxaa fiican in hurdada loogu  
diyaar garoobo degenaansho.

