



Tilmaamta isfurfuka murqaha

Waxaad jimicsiga fudud ee isfurfuka ah si joogto ah ugu sameen kartaa gurigaada si aad in badan oo badan isku furfurtid wakhti kadib. Wakhti kadib waxaad xitaa awood uyeelan doontaa in aad jimicsiga isfurfuka aad sameysid iyagoo dad kale ey cagtaada joogaan iyagoonan ku dareemin. Ku celcelisku wuxuu kaa dhigaa khabiir – saas daraadeed waa muhiim in aad isla haddeertan bilowdid!

Si fudud oo raaxo leh u fadhiiso. Haddii ey kuu fududahay, waxaad sidookale marka hore sameen kartaa inaad seexatid. Haddii aad rabtid, dabool indhahaada diiradana saar jirkaada: Dareen dhaqdhaqaaqa wadnahaaga iyo neeftaada. Neef qaado soona sii daa si siman.

Haddeertaan adkee **gacmahaada** adigoo ku dhajinaya tantooyinka oona ku tuujinaya si adag. Mala'awaal adigoo liin tuujinaya. Sidaa uqabo adkaanshahaas 7 ilbiriqsiyo kadibna sii daa. Dareen sida ey gacmahaadu dareemayaan haddeer. Ma dareemeysaa farqiga udhaxeeya adkaanshaha iyo istirreexa? Naso 30 ilbiriqsiyo. Kadibna ku celi jimicsiga.

Hadda adkee dhamaan qeybaha jirka midba mid todobo ilbiriqsi oona naso 30 ilbiriqsiyo:

- Adkeee **gacmahaada** adigoo murqahaada soo bandhigaya sida ciyaaryahan xoog leh ookale, kadibna udbabci markale.
- Marka xigta, adkee **garbahaada** iyo **dhabarkaada** adigoo gacmahaada kor utaagaya, adigoo isdheereynaya, is-fidinaya, oona markale is-furfuraya.
- Kadib **caloosha** adkeee. Xaqiiji iney adagtahay. Kadibna naso markale.
- Adkee **badhidaada** adigoo majiiraya badhidaada si adaga, kadibna naso.
- Marka xigta, fidi **lugahaada** adigoo si ballaaran u fidinaya. Kadibna naso markale.
- Marka ugu dambaysa adkee **cagahaada**. Si aad midan usamaysid, usoo jiid suulkaada dhanka lugahaada. Ugu dambeyn, naso markale daqiiqad badhkeed.