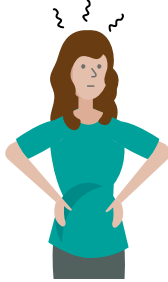








# Wargelinta bukaanka

## Qaabka wicitaanka waqtiga uurka

| Ha wicin (waa xaalad caadi ah)                                                                                                                                                                                                   |                                                         | Waa inaad soo wacdaa                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                  | <b>Ka dib 20 wiig uurka xanuunkan ama xanuuno badan</b> |  <ul style="list-style-type: none"><li>• madaxa xanuun</li><li>• biriqyo/ iftiin dhaqso ah</li><li>• matag</li><li>• dareen xanuun xajisan oo caloosha ku xiranama xanuun caloosha kore</li><li>• dhaqso qoyaan badan ceshanaayo jirka</li><li>• faraha oo gariira</li></ul>                                                                                           |
|  <p>Dhacaan buni ah. Arrintan kala hadal saacadaha qaabilaada.</p>                                                                               | <b>Dhiig bax</b>                                        |  <p>Dhiig bax.</p> <p><i>Talo: Meel dhig kastuumada ama suufka aad isticmaashay dhiig baxa.</i></p>                                                                                                                                                                                                                                                                    |
|  <p>Ilmaha inuu u dhaqaaqayo sida caadada kuu ah.</p>                                                                                          | <b>28 wiigka dib Dhaqdhaqaaqa ilmaha</b>                |  <ul style="list-style-type: none"><li>• dhaqaaqa aad dareemeyso oo yaraada, u seexo dhinaca bidixda</li><li>• 2 saac dhan oo dhinaca bidixda aad dareento 10 dhaqdhaqaaq dareento ama k shakido xooga. Dhaqaaqa, markaa nala soo xariir</li><li>• <i>haddii uurkaaga yahay 24-28 wiig? Oo maka shakinaeysaa dhaqdhaqaaqa xadkooda? Markaa nala xariir</i></li></ul> |
|  <ul style="list-style-type: none"><li>• kaadida oo kaa baxsato</li><li>• dhacaanka wuu badan karaa ama si ka qafiifsan sida caadiga</li></ul> | <b>Dhacaan bax badan</b>                                |  <ul style="list-style-type: none"><li>• kastuumada oo si joogto u qoyan</li><li>• mar walba xoogaa dhacaan soo baxa</li></ul>                                                                                                                                                                                                                                       |

## Fiiri bogga kale

# Wargelinta bukaanka

## Qaabka wicitaanka waqtiga uurka

### Ha wicin (waa xaalad caadi ah)



- caloosha oo adkaada marka jirkaaga shaqeeyo
- caloosha oo adkaada marka ilamaha dhaqaaqo
- caloosha adkaada, oo aan xanuun lahayn
- mid aan joogto ahayn

### Caloosha adkaada / xanuuno

### Waa inaad soo wacdaa



- xanuunka oo sii kordha
- waxaad si joogto u dareemaysaa caloosha oo adkaada/xanuuno. Tusaale 1 jeer 5 daqiiqo walba
- xanuun
- waad wel weleysaa ama murgeysaa: mar walba na soo wac

### Wel welka



- haddii aad wel welsan tahay mar walba na soo wac
- haddii warbixinta lagu siiyey aadan fahmin



### Waxaad wacdaa daryeel bixiyahaaga cisbitaalka:

Isniin ilaa/iyo jimcaha, inta u dhexeysa  
08:30 iyo 16:30 saac



- xarunta Alkmaar 072 - 548 2900
- xarunta Den Helder 0223 - 69 6536
- xarunta Den Helder 0223 - 69 6466

Fiidkii iyo habeenkii 16:30 saac iyo wiigendiga  
(sabtida iyo axada)



- xarunta Alkmaar 072 - 548 2925
- xarunta Den Helder 0223 - 69 6466