DHS-6555I-SOM 8-18

Child and Teen Checkups

Kaarka Dhalinyarada (Teen Card)

(15 - 17 Sanadood)

Waa wakhtigii aad ballan u qabsan lahayd Baaritaanka Carruurta iyo Dhalinyarada (Child and Teen Checkups).

Ka dhigo mid aad adigu leedahay:

Tani waa **wakhti a**ad kala hadli karto dhakhtarka ama kalkaalisada waxa kuugu muhiimsan, sida ...

Jirka isbedelaya, maskaxda sii koraysa:

- Isbeddellada "caadiga" ah iyo dabeecadaha
- Daryeelida jirkaaga
- Helitaanka macluumaad si aad u samayso xulasho caafimaad leh
- Iskuulka, shaqada iyo mustaqbalka

Caafimaadka shakhsi ahaaneed:

- Waxyaabaha aad xiisaynayso, ciyaaraha iyo waxqabadyada
- Maareynta waqtiga: hurdada, iskuulka iyo shaqada
- Cunidda cunto caafimaad leh, sii xoogeysiga iyo dhisnaanta
- Waqtiga shaashada-telefoonnada, internetka iyo telefishinka
- Maamulitaanka dareenada iyo walbahaarka

(sii socota dhanka kale)

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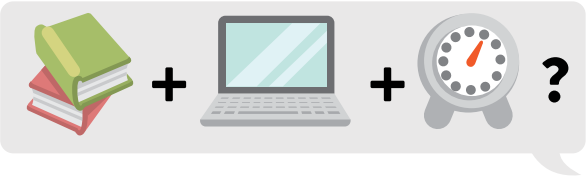
MINNESOTA



Xiriirada:

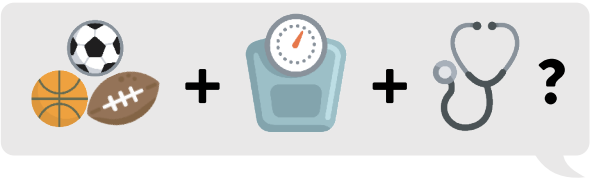
- La dhaqanka qoyska iyo asxaabta
- Xiriir caafimaad qaba oo badbaado leh
- Dhibaataynta (bullying) iyo cadaadiska asxaabta
- Qiimahaaga, xiriirka, iyo galmada

Badbaado-qabka:

- Fasax u helitaanka isboortiga, koleejka am kaambiga
- Ka hadalka galmada, daroogooyinka, tubaakada ama khamrada
- Inaad ku badbaado baabuurka iyo ciyaaraha
- Arrimo kale ee badbaadada ah - Qalabka ATVga, hubka, leexada lagu dhex bood-boodo (trampolines), qalabka jirka lagu madoobeeyo (tanning) iyo waxyaabo kale oo badan

Maxay tahay waxyaabo kale oo aad rabto inaad ka hadasho marka aad qaadanayso baaritaan kaaga?

Inta lagu jiro booqashadaada, waxaad heli doontaa wakhti aad kula hadasho **dhakhtarkaaga si dhowrsoon, oo fool-ka-fool a**h, Tani waa fursad wanaagsan oo aad ku bilowdo qaadashada mas'uuliyadda caafimaadkaaga! Weydii su'aalahaaga, ka hadal bartilmaameed kaaga/himiladaada caafimaadka, oo hel wixii aad u baahan tahay.



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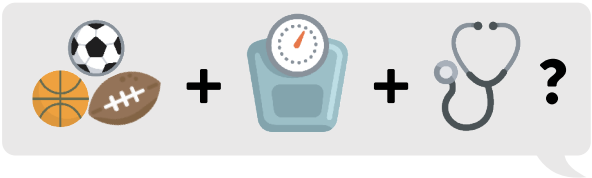

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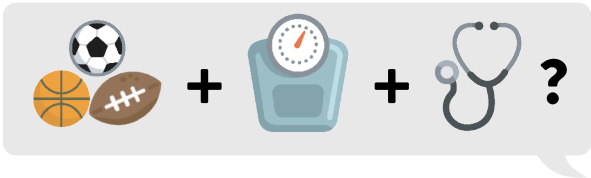
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