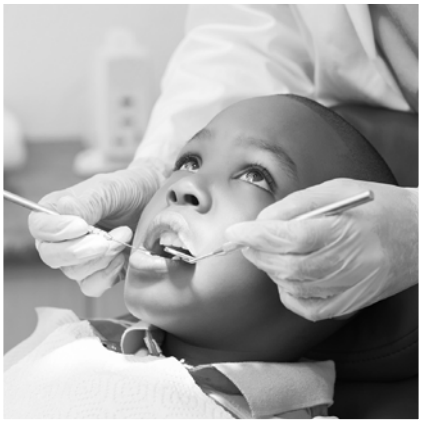
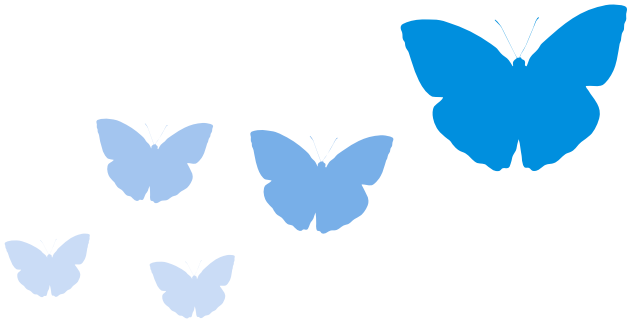


Sheekada Bulshada ee Ku saabsan Rugta Caafimaadka ee Ilkaha

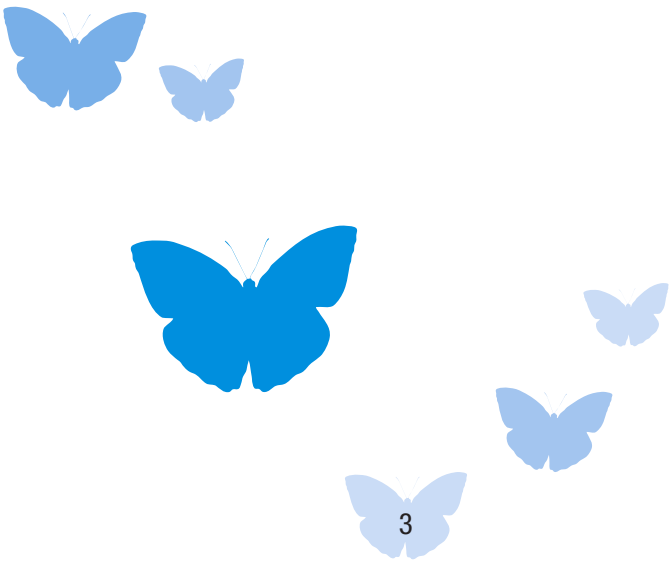
Dental Clinic Social Story (Somali)

NATIONWIDE CHILDREN'S®

When your child needs a hospital, everything matters.



Ku soo dhawaaw Nationwide Children's Hospital



Waxaan U socdaa Rugta
Caafimaadka Ilkaha ee
Nationwide Children's Hospital.

Waxaan tagi doonaa
dabaqa labaad halkaas oo aan
ku arki doono gidaarada casaanka ah!

Waxaan ku sugi doonaa qolka fadhiga ilaa inta magacayga laga wacaayo. Marka magacayga lagu dhawaaqo, waxaan dib ka raaci doonaa kaaliyaha dhakhtarka ilkaha.

Marka aan gaaro qolka, waxaan ku fadhiisan doonaa kursigan wanaagsan. Kursigu kor iyo hoos ayuu u dhaqaaqaa oo dib ayuuna u noqdaa. Waxay noqon doontaa sida in sariir lagu jiifo oo kale.

Daryeelaheyga wuxuu ku fadhiisan doonaa kursi kale.

Kooxda ah dhakhaatiirta ilkaha ayaa laga yaabaa ineey xirtaan gacmo-gashiyo, maaskaro, dharka dhakhaatiirta, iyo ookiyaalayaal. Arrintan waxaa loo sameenayaa sidii loo hubin lahaa in uu qof walbo ahaado mid nabdoon!

Kaaliyaha dhakhtarka ilkuhu ayaa markaas i weydiin doonaa xoogaa su'aalo ah wuxuuna eegi doonaa gudaha afkayga isagoo eegaya ilkaheyga. Laydh ayeey shidi doonaan si ay u xaqiijiyaan inay awoodaan iney arkaan gudaha afkayga.

Waxa laga yaabaa in aan u baahdo in aan xidho ookiyaale markaan kursiga dhabar dhabar ugu jiifo. Waxaan u baahan doonaa inaan afkayga kala hayo inta ay dhex eegayaan.

Waxaa jira laydh ku xiran dusha madaxeyga kaas oo ka sarreeya kursigayga iyo sidoo kale TV, haddii aan rabo inaan wax daawado.

Kooxda dhakhaatiirta ilkaha ah ayaa laga yaabaa inay rabi doonaan inay sawirro ka qaadaan ilkaheyga. Waxaan u baahan doonaa inaan furo oo xidho afkayga marka ay ii sheegaan. Haddii afkaygu daalo, waxaa laga yaabaa inay i siiyaan wax aan ku nasiyo ilkaheyga si uu afkaygu u sii furnaado.

Takhtarka ilkuha ayaa soo geli doona oo eegi doona ilkaheyga si uu u xaqiijiyo ineey wax walba caadi yihiin. Waxay la hadli doonaan waalidkay ama daryeelaheyga ka dib markay dhammeeyaan eegida ilkaheyga.

Dhakhtarka ilkuhu wuxuu isticmaali doonaa muraayad yar iyo ilig xisaabiye si uu u eego ilkaheyga.

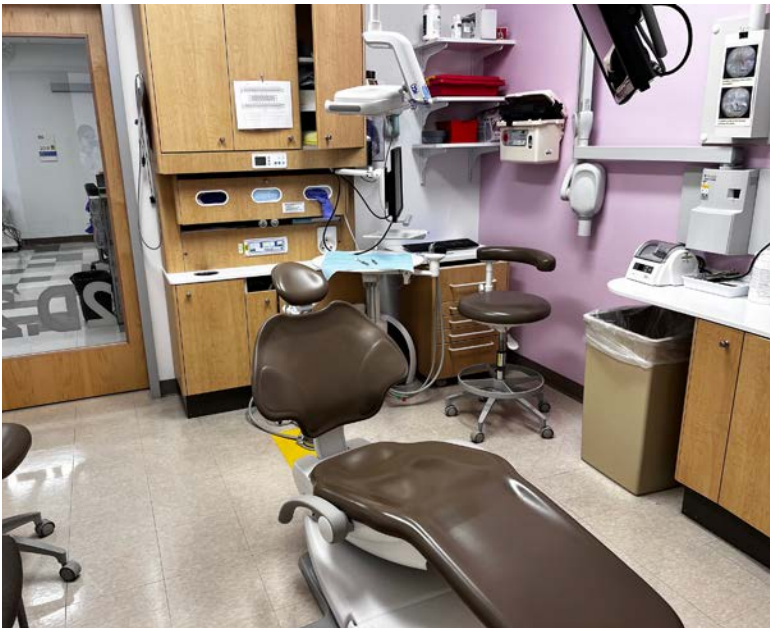
Waxay gelin doonaan muraayadda afkayga si ay u arkaan ilkaheyga, ciridkeyga, iyo carrabkeyga. Waxay u isticmaali doonaan ilig xisaabiyaha si ay ugu taabtaan Ilkaheyga oona ugu hubiyaan haddii ay xoog badan yihiin.

Dhakhtarka ilkaha ama kaaliyaha dhakhtarka ilkaha ayaa ku nadiifin doona ilkaheyga buraash cadey oo khaas ah kaas oo xanxanto ku keenaya ilkaheyga. Waxaa laga yaabaa inay i siiyaan kala doorashada dhadhanka daawada cadayga ee ay tahay in la isticmaalo. Waxaan sidoo kale guriga ka keensan karaa daawada cadayga ee aan ugu jeclahay haddii aan rabo!

Waa muhiim in buraashka cadayga ah ee khaaska ahi taabto oo uuna ku gariiro ilkaheyga korkooda. Waxaa laga yaabaa inaan dareemaan wax yaab leh markay ilkaheyga nadiifiyaan, laakiin waan fadhiisan karaa oo daawan karaa TV-ga inta ay nadiifinayaan!

Kaaliyaha ayaa ku shubi doonaa biyaha afkayga si uu u biyo raaciyo, ka dibna ku meeleeyn doona qalab nuugid oo yar afkayga (kaas oo u ekaan kara qalabka roogaga lagu nadiifiyo). Waxay gacan ka geysan doontaa in ay nuugto dhammaan biyaha iyo daawada cadayga.

Dhakhtarka ilkuhu wuxuu isticmaali doonaa gabal yar oo faashad ah (istaraasho) si uu u qallajiyo ilkaheyga. Dhakhtarka ilkuhu wuxuu markaa isticmaali doonaa buraashka rinjiyeeynta ee yar si uu ugu rinjiyeeyo ilkaheyga fitamiinada fluoride-ka. Kadibna waan xidhi doonaa afkeyga oona liqi doonaa.



Kursiga ilko hagaajinta ayaa dib u dhaqaaqi doona oona isku qaabeyn doona qaabka fadhiga.

Marka la ii dhammeeyo, waxaan heli doonaa istiikar ama abaalmarin. Waxaa laga yaabaa xitaa inaan helo caday cusub! Imaatinka dhakhtarka ilkuhu waa mid madadaalo leh.

QORAALLO

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