



U diyaarinta booqashada u horaysa ee dhakhtarka

- Hore u bilow tirtirida afka ilmahaaga ka dib quudin kasta, adoo ku nadiifinay marao yar oo jilicsan sida kuwa lagu qubaysto.
- Ku biilaw isticmaalka cadayga ilmaha marka ilkuhu ay bilaabaan inay ka soo baxaan.
- Kala hadal ku saabsan booqashada soo socota ee khathtarka ilkaha ama la ciyaar caruusada. Akhri buugaagta ku saabsan dhakhtarka ilkaha. Xataa haddii uu ilmahaaga aan weli hadlaya, way maqli karaan ereyada aad sheegeysid iyo dareenkaaga aad dareemaysibda. Ka fogow erayada sida “xanuun ama kuwa waxyeelladayda.”
- Qor su’aalo ama walaac laga yaabaa in aad leedahay. Waa caadi in ilmaha ka xanaaqo xafiiska dhakhtarka ilkaha. Liiskaaga su’aalaha ahiwuxuu kaa caawin doonaa inaad xasuusato, marka, aad umurugaysantahay ilmahaaga.



Confirmed in Compliance with National Standards
for U.S. Community Foundations

An Equal Opportunity Provider and Employer

LOCAL PARTNER NAME

Jodi Maertens
Program Officer
15 3rd Avenue NW
Hutchinson, MN 55350
(800) 594-9480
jodim@swifoundation.org

Michelle Randt
ECDN-SW Co-Coordinator
micheller70@live.com

Jennifer Neal
ECDN-SW Co-Coordinator
Neal.Jennifer@odhc.org



**SOUTHWEST INITIATIVE
FOUNDATION**

15 3rd Avenue NW
Hutchinson, MN 55350
800-594-9480 or 320-587-4848
info@swifoundation.org
www.swifoundation.org



3 Sababaha Wanaagsan 2 Eeg Ilkaha ah Sanad 1



1 Hel ama raadi dhakhtarka ilkaha ee aad adiga ilmahaaguba jeceshihiin

- Weydii dhakhtarkaaga ilkaha haddii ay arkaan carruurta yaryar ama haddii aad keeni kartaa ilmahaaga si ay u sameysa booqashadaada ku xigta.
- Haddii dhakhtarka ilkaha aanu ahayn mid arka caruurta yay yar, weydii kii qaadan lahaa ama la hadali lahaa khathtarka ilmahaaga.
- Xafiiska dhakhtarka ilkaha eed doorataa waa inuu ahaado:
 - Ku saaxiibti nimo kuu muujiya adiga iyo ilmahaagaba.
 - Oo aqoon u leh carruurta yar yar iyo horumarkooda.
 - U naxariistaha dhinaca ilmahaaga , xataa haddii uu iska yuusayo ilmuhu.
 - U fur in ay ka jawaabaan su'aalahaaga.



2 Qabo ama ka hor tagwaxyeelada ilkaha inta aanay noqon dhibaato

Booqashada u horaysa ee cunugaagu booqdo dhakhtarka ilkuhu waa inuu eegaa:

- Sidee ay ilkuhu u korayaan
- Dhibaatooyinka ilkaha
- Sidee daamankiisa sare iyo kuwa hoose isugu yimaadaan (qaniinyada)
- Caafimaadka ciridka iyo dhabannada
- Arrimaha saamayn ama halista godadka sameeya

Booqashada koowaad sidoo kale waa muhiim inaad fahamto doorka caafimaadka ilkaha ilmahaaga joogo . Tani waxaa ka mid ah daryeelka caafimaadka ilkaha ee u dhaxeeya booqashada , isticmaalka daawada floorayka iyo cuntada ilmahaagu doorto.

Ilkaha cunuga yari waxay u baahanyihiin daryeel, sidoo kale!

3 Ilaali dhoola cadaynta ilmahaaga abidkii

Ilkaha cunuga waxay muhiim u yihiin horumarka ilmahaaga.

Haddii aanad daryeelin, xanuunka iyo khasaaro daadashada ilkahilmahu dagdag bay xanuun u keeni kartaa noloshooda oo dhan, kuwaasoo ay ka mid yihiin dhibaato hadalka oo ku xidhma, soo bixida ilkaha jooqta ah u koraan, iyo xataa muuqaalka wajiga ilmahaaga.

Noolaanshaha xanuun ilkaha daawo waayaa wuxuu keeni kara waxqabadka dugsiga oo liita, iyo dhibaatooyinka dabeecadda.

Waan ognahay in aad rabto in ilmahaagu ku koraan farxad iyo caafimaad leh.

Oo haddana ma aha in uu dhoola u qalantaa?

