SOUTHWEST INITIATIVE FOUNDATION

MINNESOTA EARLY CHILDHOOD INITIATIVE
a campaign for our youngest children

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One Connection. Unlimited Possibilities.

Waqtiga schoolka lagu noqonaayo waaxa fiican in dhaamaan qoysku is xasuusiyaan ooy booqdaan dhakhtarka ilkaha!

Carruurta ilko caafimaad qaba ayaa diyaar u bartaan!

Ilkaha caafimaad qabaa waxay tilmaamayaa waxbarsho cusub:

- Si joogto ahilmahaaga ugu caday oo ugu luqluq amaba dunta ilka dhexdooda ku nadiifi
  - ☑ Isticmaal caday yar oo jilicsan, adoo marinaya in yar oo dawada cadayga ah, u caday ihmahaaga markuu cuntada cuno ka dib waliba ka hor intaanu seexan. Had dii aanad caday heli karin, biyo ugu luqluq afka ilmahaaga.
- Ilaali cadayashada
  - ☑ U fiirso imahaada markay ilkaha cadaydaan si la hubiyo ina ilmahaaga si fiican uu sameeyey iyo in la isticmaalayo in yar oo daawada cadayga.
- Dhiirigeli ilmahaaga inuu cuno cunto caafimaad leh iyo cunto fudud iyo si aad u hesho hurdo fiican
  - ☑ Afku waa furitaanka dhamaan jidhka iyo wax oogalaaban wuxuu saamayn ku yeelanayaa dhamaan qaybaha uu jidhku ka koobanyahay. Waxyaalaha sonkorta leh iyo dhegdheg, sida jalaatada iyo nacnaca ee qiimo u lahayn nafta waxay keeni karaan in ilkuhu jajabaan ama dalooshamaan. Cuntooyin nafaqo leh iyo hurdo fiican waxay caawimaad iyo koritaan fiican aa adagn u diyaariyaan in ilmuhu wax barto!
- La hadal dhakhtarka ilkaha, dhakhtarka kale ama hay'adaha ka shaqeeya daryeelka caafimaad una sharax arimaha ku saabsan caafimaadka afka ee ilmahaaga.
  - ☑ Waa muhiim in ilmaha si joogto uu u oo arko dhakhtarka ilkaha intaanay muskiladi ku iman. Haddii dhakhtarka ilkaha aan la heli karin, ku dhiiri ilmahaaga in hayaaha bixiya daryeelka caafimaadku inay eegan si uu u eego inta aanay ku dhicindhibaato hor lihi. Dhakhtarka ilkaha ama bixiyaha daryeelka caafimaadka ayaa sidoo kale kuu qori karaa isticmaalka dheeri ah sida fluoride .

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