

Hadda meel halisa ayay maraysaa – Go'aamadaadu waa muhiim

Golayaasha guud ee deegaanka cusub ee Kalmar

- Ka fogoow in aad joogto meelaha gudaha ee ay dadku isugu yimaadaan, sida tusaale ahaan dukaamada, suuqyada ganacsiga, meelaha matxafyada, rugta buuggaagta, meelaha dabaasha iyo meelaha jimicsiyada (gym). Waxa ka reeban booqashooyinka lagama maarmaanka ah sida dukaamada cuntada iyo farmashiiyaasha.



- Ka fogoow in aad ka qayb qaadato tusaale ahaan shirarka, xafladaha muusiga ama riwaayadaha, muxaadaroooyinka, tababarka isboortiga, ciyaaraha iyo tartamada. Kuma jiraan tababarada carruurta dhalatay 2005 ama wixii ka dambeeyey.



- Ka taxaddar taabashada dadka aan ahayn kuwa aad la nooshahay. Ha qabanqaabi hana ka qaybgalin sida xafladaha tusaale ahaan.

