

Ha Sugin oo ha eegin

Markay noqoto koritaanka ilmaha

18 Bilood markuu gaadho, ilmahaagu wuxuu awood u yeelan doonaa:

- Marka la weydiiyo, in uu Farta ku fiiqo ugu yaraan saddex qaybood oo xubnaha jidhka (jirka) ka mid ah
- Inuu xiiseeyo in wax loo akhriyo iyo in uu garto sawirada ku yaala buuga
- Ku dhawaaqo labatan kelmadood iyo in kabadan
- Muujin karo in uu ku ciyaarayo alaabta caruurta ku ciyaarto
- Adeegsado dhaq dhaqaaqyo caadi ah sidda gacan haadis, ama in uu gacanta kor u taago si uu wax u soo qabsado
- Iskiis u socdo
- Ku eego adiga markaad la hadlayso ama la ciyaarayso
- Qabsado, qaniino oo uu calaashado/ruugo cutanda sidda buskudka
- Korka iska saari karo saddex lakab/blocks ama in ka badan

Dhowrka sano ee ugu horeeya nolosha ilmaha waxay saamayn wayn ku leeday kartidiisa waxbarasha iskuulka. Waydii dhakhtarka ama kalkaalisada baaritaanka loogu talagalay ilmaha 18ka bilood jira.

Haddii aad qabto su'aalo ku saabsan koritaanka ilmahaaga guud ahaan soo wac:

- Toronto Public Health 416-338-7600
- CITYKIDS 416-920-6543
- Toronto Preschool Speech and Language Services (0-5 years of age) 416-338-8255



aboutkidshealth.ca
Trusted answers from The Hospital for Sick Children



TORONTO
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