

Ilmaha baabuurta lagu qaado

Waa qasab in la ilaaliyo amniga ilmaha baabuurta lagu qaado. Ilmaha dhirirkooda 135 sm ka hooseeyo, waa in mar kasta ay isticmaalaan kursiga baabuurta ee ilmaha loogu talagalay, kaasoo ansaxsan oona ku habboon miisaanka iyo dhirirka ilmaha. Kursiga baabuurta ee ilmaha loogu talagalay waa in gadaal-gadaal loo jeediya taasoo u sabab ah in culays qoorta laga ilaaliyo⁸. Muddada ilmaha ay ku fadhiisan karaan kursiga baabuurta ee ilmaha loogu talagalay, waa hadba da`da cunugga iyo dabeecadiisa. Ilmaha dhallanka ah waxay u baahan yihiin nasasho aad u badan, waxayna goor dambe muujin doonaan in ay u baahan yihiin in ay nuux-nuuxsadaan.

Tixraacyada:

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Sannadka ugu horeeyo ee noolasha ilmaha

Wadashaqayn

Horumarka ilmaha wuxuu ku salaysan yahay is dhexgalka ka dhexeeya agagaarkooda, sidaas darteed maadaama aad tahay xilhaayeha xannaanadda/waalidka kaalinta ugu muhimsan ayaa horumarka ubadkaaga ka geysan kartaa. Waa in ubadkaaga aad siiso fursad u kugu barto. Wadahadal ubadkaaga la yeelo, ugu sheekeey waxa aad sameeynaysa waxaana siisa fursad u kaaga jawaabo. Qaabkaas ayaa wadajir ku carbin kartaan is-gaarsiinta ugu horeeyso, taasoo abuurto doonto dareenka amniga iyo filashada ubadkaaga, taasoo si tartiib tartiib ah ku fududaanaysa inaad fahanto calaamadaha ubadkaaga.



Kartida dhallanka ee is-xakamaynta ma ahan mid si buuxda u horumarsan, sidaas darteed cunugga wuxuu u baahan yahay xasilooni iyo biririf u ku wajaho dareenadiisa. Waa qodob lagamamaarmaan ah in laga warqabo isticmaalka dhawaaqyada, shaashada iyo telefishanka ee bay`adda cunugga ku sugan yahay, waayo saamayn wayn ayay ku yeelan karaan buuqa badan, siiba bilooyinka ugu horeeyo ee noolasha ilmaha¹. Ururka Caafimaadka Aduunka wuxuu talo ahaan soo jeediyay in ilmaha aan weli 2 sano buuxsan laga fogeeyo wixii shaasho xiriir la leh, waayo shaashada waxay ka fogeeynaysa dhaqdhaqaaq kale oo ilmaha ku habboon². Sidoo kale waa inaad maskaxda ku hayso qaabka adiga ugu isticmaasho qalabyada shaashada leh markii ubadkaaga u agagaarkaada ku sugan yahay.

Ilmaha waxay ku dhashaan karti ay horumar ku sameeyaan. Xilka adiga ku saaran waxaa weeyaan inaad u fududeyso sahmentiisa, iyo inaad u noqoto qof u ku tiirsado oo u ka helo taageero iyo nasteexo ³. Haddii ilmaha dareenadiisa loo muujiyo markii u is-dhexgalka ugu horeeyo la yeelanayo qof wayn, wuxuu helayaa bilow wanaagsan dhanka amniga iyo wanaagsanaanta Horumarka ³.



Horumarka kartida dhaqdhaqaaqa

Cunug kasta wuxuu leeyahay karti u gaar ah uu horumar ku sameeyo. Horumarka waxaa saamayn ku yeesho ilmaha laf ahaantooda, dhaqdhaqaaqooda iyo bay`adda agagaarkooda. Ilmaha waxay wax ku bartaan sahmin iyo khibrad, waxayna gacanta ku hayaan kartida dhaqdhaqaaqista hadba da`dooda. Ubadkaaga fursad sii uu horumar ku sameeyo adigoo siiyo fursad u sagxadda ku gurguurto! Ilmaha uma baahna in wax ku carbiyaan, waayo iyaga ayaa isku filan haddii aad siiso fursad u dhaqdhaqaaq ku sameeyo. Sida in la siiyo fursad u laf ahaantiisa sagxadda ku fadhiisto, taasoo laf ahaantooda ogaan karaan ⁵.

Caloosha, dhabarka iyo dhinacyada ayaa faa`ido u leh noocyo kala duwan ee dhaqdhaqaaqa, in la doorbido fadhiyo gaaggaaban dhawr jeer maalintii ². Ururka Caafimaadka Aduunka wuxuu talo ahaan soo jeediyay u nugleynta meelaynta **soo jeedo** xaalad maadaama u nugleynta meelaynta kor u qaado horumarka dhaqdhaqaaqa wanaagsan kana hortagto isticmaalista dhinaca la doorbido ². **Markii ilmaha ay jiifaan waxaa waalidiinta lagula talinayaa in ay hubsadaan dhabarkiisa iyo firaashka is xigaan** sidaas looga hortaga dhimashada lamafilaanka ee dhallanka ².

Ilmaha dhallanka ah saacado badan ayay maalin kasta hurdan. Lafaha ilmaha dhallanka ah way jilicsan yihiin waxaaba qaabeeyo riixida madaxa ee jirka intiisa kale ⁴. Haddii ilmaha mar kasta u jiifo u madaxiisa

dhigo isku dhinac, wuxuu qaabkaas sababi karaa madax qalloocan iyo kala duwanaanshada dhinacyada. Taasoo wax looga beddeli kari iyadoo la qabsiin la adeegsado. (Aqriso buugga yar "[Skjevt hode og favorittside](#)" soo saare Norsk Fysioterapeut forbund ama talo siin darteed la xiriir rugta daryeel-caafimaadeedka.)

Da`da ilmaha ay ku bilaaban socod ku tiirsasho lahayn way kala duwan tahay. Caadi ahaan waxay bilaabaan markii da` dooda u dhaxayso 10 ilaa 18 bilood ⁶. Qaabka ay u socdaan waxba iska beddelo hadba da`dooda. Qaabka socodka ilmaha wuxuu hab buuxa u hormaray markii 7 sano ay buuxsadeen ⁷.

Ilmaha waxay u baahan yihiin kabo oo kaga badbaadaan waxyeellada jawga iyo walxaha fiiqan. Marka ugu horeeyso u ubadkaaga istaago ha u gelin kabaha. Lug kasta lugta kale ayay ka duwan tahay sidaasoo kale kabaha waxaa loo gashada loona isticmaala hab cunug kasta u gaar ah. Inta lagu guda jiro sannooyinka waxaa la hela talo-siin kala duwan oo kabaha layska dhaxlo ku saabsan. Wayahaan dambe waxaa caadi ahaan la soo jeediya talo ah in la kala dhaxli karo kabo inyar dug ah.



Qalabyada: Ilmaha caadi ahaan uma baahna qalabyo, laakin xannaanadeyaasha waxay ka faa`iidaysan karaan tusaale shaal/suun, kursiga rux-ruxsada iyo gaariga ilmaha. Haddii ilmaha kolba qaab lagu meeleeyo waxaa ka lummi kara khibrada dhaqdhaqaaqista ee muhimka ah, sidaas darteed kala duwanaansho waa muhiim. Bilowga waxaa fiican in ilmaha la dhigo sijaadada ciyaar-carruureedka/sijaadada carbinta kuwaasoo ku raaxaysan karaan. Ka feker walxaha ilmaha ku ciyaaraan in si fudud indhaha loogu dhufan karo (isbarbardhigga midabyada, walxaha ilmaha ku ciyaaraan oo leh indho oona dhoola caddaynayaan iwm) oona si fudud gacanta loogu qaban karo.