

HAGIDDA DA'DA ILMAHA KALIGOOD GURIGA LOOGA TAGI KARO



Mid ka mid ah siyaabaha ugu wanaagsan ee lagu ilaalin karo badbaadada carruurtaada waa in uu la joogo qof weyn ama daryeele kale. Waa in aad mar walba raacdaa tilmaamaha hoos ku xusan. Haddii aadan raacin xeerarkan, shaqaalaha Ilaalinta Carruurta ayaa laga yaabaa inay arrinta soo farageliyaan.

Tilmaamaha kormeerka:

Carruurta ka yar 8 sano jir

Waa in aan marnaba la cidlayn oo aan kaligood laga tagin.

Carruurta da'doodu tahay 8 illaa 10 sano

Waxaa laga tagi karaa kaligood muddo ka yar 3 saacadood.

Carruurta da'doodu tahay 11 ilaa 13 sano

Waxaa laga tagi karaa kaligood muddo ka yar 12 saacadood.

Carruurta da'doodu tahay 14 ilaa 15 sano

Waxaa laga tagi karaa kaligood muddo ka yar 24 saacadood.

Carruurta da'doodu tahay 16 ilaa 17 sano

Waxaa laga tagi karaa kaligood 24 saacadood ama ka badan haddii qorshaha xaaladaha degdega ah u degsan yahay.

Carruurta ka yar da'da 11 sano marnaba waa in aanay ilaalin carruur kale. Carruurta da'doodu tahay 11 sano iyo wixii ka weyn, xaddidaadaha waqtiga ee kor ku xusan ayaa ku dabbagmaha iyagana sidoo kale. Tusaale ahaan, ilmo 12 jir ah ma ilaalin karo ilmo 4 jir ah muddo ka badan 12 saacadood.

Talooyin badbaado:

- Mar walba meel ku quful hubka ama ka saar guriga.
- Ku qor lambar taleefan oo la wici karo haddii carruurtaadu ay xaalad degdeg ah galaan.
- U sheeg deriskaaga in carruurtaadu guriga kaligood joogaan.
- Wac ama farriin u dir ilmahaaga dhowr jeer inta aad maqantahay.
- Bar ilmahaaga sida albaabada iyo daaqadaha loo xiro.
- La samee ilmahaaga qorshe xaalad degdeg ah haddii ay u baahdaan inay ka baxaan guriga.
- U sheeg carruurtaada waxyaabaha ay ku ciyaari karaan iyo kuwa aysan ku ciyaari karin inta aad maqantahay (tusaale ahaan: foornada, mindiyaha jikada, iwm).

Arrimo kale oo saameeya goorta carruurta laga tagi karo kaligood waxaa ka mid ah da'da ilmaha, awoodda maskaxeed, heerka biseylka garaadka, helitaanka waalidka, mas'uulka, ama daryeelaha loo xilsaaray ilmaha iyada oo loo marayo telefoon iyo/ama qaab toos ah.

Wixii macluumaad dheeraad ah, booqo www.DakotaCounty.us (raadi "child supervision")

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ee Degmada Dakota
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DCPHD-HR-3369i (10/25)