

WUXUU KAA CAAWINAYAA SIDA ILKAHA ILMAHAAGU U BADBAADI LAHAAYEEN



The  
**Tooth  
BOOK**

Buuga Daryeelka Ilkaha  
DAABACAADA BUUGAN WAXAA MAAL GELIYEEY:

 **DELTA DENTAL®**

DELTA DENTAL OF MINNESOTA



*Ku soo dhowoow Buuga Daryeelka Ilkaha!*

*Ma ogtahay in hadba sida aad uga taxadartid ilkaha ilmahaaga ay ku xiran tahay inuu ilmuhu si wanaagsan u koro waxna u fahmo? Si ilmahaagu u helo mustaqbalka ilko qurxoon waxaa haboon in qoysku uu ku dadaalo caafimaadka ilkaha.*

**Fadlan isticmaal buugan sidii aad u ogaan lahayd caafimaadka guud ee afka, ciridka iyo ilkaha. Buugani wuxuu kaa caawinayaa sidii aad u heli lahayd ilko caafimaad qaba – sidii aad u badbaadin lahayd ilkaha ilmahaaga yar marka uu dhasho ilaa uu gaaro xilliga iskoolka iyo wixii ka danbeeyaba.**

## Dhalasho ilaa 18 bilood?

Waxaad baranaysaa:

- Ilmaha yar afkiisa iyo ciridkiisa
- Marka ay ilkuhu soo baxayaan
- Ilko Caanood
- Ilko Bolol
- Dhakhtarka ilkaha



## 18 bilood ilaa 3 sano jir?

Waxaad baranaysaa:

- Cunada nuxurka leh
- Cunada Macaanka badan leh
- Cadayasho



Ilmaha da'doodu tahay laga bilaabo .



## 3 sano ilaa 5 sano jir?

Waxaad baranaysaa:

- Sida loo badbaadiyo ilkaha ilmaha yar marka uusan waalidku daryelin
- Mujuraca ama Kadaabada (Pacifier) iyo Suul jaqida
- Mas'uuliyada waalidka

## 5 sano jir ilaa 18 sano jir?

Waxaad baranaysaa:

- Tusaale fiican u noqo ilmahaaga
- Dhakhtarka ilkaha
- Marka ilkuhu soo baxayaan

# Ilhama yar-Nuune (Dhalasho ilaa 18 bilood)

## Daryeelka ilmaha yar Afkiisa iyo Ciridkiisa

*Jeermisku si fudud buu ugu sameysmi karaa ilmaha yar afkiisa (xataa ka hor inta aysan ilkuhu u soo bixin).*

1. Nadiifi afka ilmaha yar maalmo ka dib marka uu dhasho.
2. Ku tirtir ciridka ilmaha yar maro yar oo qoyan marka aad wax siisid ka dib.

## Dayreelka ilkaha u soo baxa Nuunahaaga

*Waxaa laga yaabaa in lixda bilood ee hore uu Nuunahaagu ciridka adkaado oo uu xanuuno.*

1. Si tartiib ah ilmahaaga ciridkiisa farahaaga u marmari ama qaado yar oo qaboow dabadeed ama calal yar oo nadiif ah marmari.
2. Sii Nuunahaaga caag yar oo uu calaashado si cuncunka iyo xanuunka ilkaha ka ahaya uu u daayo.

## Daryeelka ilka caanoodka nuunahaaga (Ilkaha u horeeya)

*Inta badan ilkaha hore ayaa ilmaha u soo hor baxa. Waxayna inta badan ilmaha ugu soo baxaan ilaa lix bilood marka uu jiro. Sida ay carruurta u badan yihiin waxay leeyihiin ilaa 20 ilko caanood ah marka ay jiraan 3 sano.*

1. Ugu caday ilkaha nuunahaaga (xataa haddii uu leeyahay hal ilig oo keliya!) burush ama caday jilicsan laba jeer maalintii.
2. Ugu caday Nuunahaaga si jilicsan oo aan wax yeeleyn adigoo horey iyo gadaalba nadiifinaya.



# Ilhama yar-Nuune (Dhalasho ilaa 18 bilood)

## **Ka foojignow ilka Bololka ay keento Masaasadu**

*Cabitaanka macaan waxaa ku jira sokor ku ururta ilkaha hoostooda marka ilmuhu seexdo. Macaanka uu ku seexanayo ilmuhu uma wanaagsana waayo Sokorta ku jirta cabitaanka iyo Jeermiska ayaa isugu tagaya afka ilmaha oo sababaya ilko bolol. Haddii Macaankaas iyo jeermisku ay muddo dheer isku sii qasmaana waxaa sameysmaya aashito godod ka sameynasa ilkaha ilmahaaga yar. Hadaba:*

1. Ha u ogolaan in ilmahaagu uu seexdo isagoo dhuuqaya ama jaqaya masaasada oo ay ku jiraan caanaha naaska, caana booraha ama cabitaan macaan ama sokor leh.
2. Si aad Nuunahaaga u seexisid isku day inaad u heestid ama aad muusiko fiican u daartid.
3. Mujuraca ama Kadaabada ha ku dhex ridin cunto macaan ama malab leh kadibna uu ilmahaagu dhuuqo iyada oo macmacaankii leh.
4. Haddii aad ilmahaaga siinaysid cunto aan ahayn caanaha naaska iyo caana booraha, wax badan ha ka siinin cuntada leh sokorta ama cuntada macaan.



# Ilhama yar-Nuune (Dhalasho ilaa 18 bilood)

## Ilmahaaga u kexee dhakhtarka ilkaha

*Waa in aad ilmahaaga u kexeysaa dhakhtarka marka uu gaaro hal sano.*

1. Bar ilmahaaga oo uga sheekee sheekooyin ku saabsan dhakhtarka ilkaha ama u keen buugaag sawirro leh oo ka sheekeynasa ilkaha si uusan uga baqin marka aad aadaan dhakhtarka.
2. Isku day inaad cunugaaga u soo kaxaysid dhakhtarka ilkaha marka ay walaaladii aadaan dhakhtarka si uu u daawado oo uu hadhow uga baqin dhakhtarka.

*Waa Sanadguuradii 1-aad ee ka soo wareegtay Dhalashada ilmahaaga!*



# Carruurta da'doodu tahay (18 bilood ilaa 3 sano)

## Sidii cunto caafimaadka u wanaagsan aad ilmahaaga u bari lahayd

Aad bay muhiim u tahay inaad ku tarbiyeysid ilmahaaga marka uu yar yahay inuu cuno cunto dheeli tiran.

1. Sii ilmahaaga cuntada caadiga ah cuntada iyo cuntada fudud (Cuwaafu) ee ay ku jirto shanta nooc ee kala ah qudaar, miro ama faakiho (fruits), hilib, cunto qamadi ku jirto, caanaha iyo waxyaabaha caanaha laga sameeyey.
2. Sii ilmahaaga cunto fudud (cuwaafu) oo nuxur ama nafaqa leh maalin walba.
3. Ha siinin ilmahaaga cuntada sokortu ku badan tahay wax ka badan laba jeer maalintii. Waxaa dhibaata ah inta jeer ee aad ilmahaaga siisid cuntada sokorta leh ee dhibaataadu maaha inta ay le'egtahay sokorta ku jirta cuntada.
4. Haddii aadan ka maarmayn in aad siisid ilmahaaga cunto macaan oo sokortu ku badan tahay, sii xilliyada saddexda jeer ah ee reerku wax wada cunayo. Laakiin ha u siinin cuntadaa macaan cuwaafu ahaan (snacks) oo u dhexeysa xilliyada cuntada.
5. Ku dhiiri geli in ilmahaagu cabo biyo badan. Waayo biyaha kuma jiraan sokor, haraadkana way biiyaan.
6. Ilmahaaga u noqo tusaale fiican oo ay ku daydaan—qoyskaagana u sheeg in ay iyaguna carruurtooda u noqdaan ku dayasho wanaagsan.

Cuwaafu (caariyo)  
Caafimaadka u  
wanaagsan

Cuwaafu (caariyo)  
Sokortu ku badan  
tahay

Cabitaan Sokortu  
ku badan tahay

Khudaar  
Ciir aan dux lahayn  
(Low-Fat Yogurt)  
Miro ama Faakiho  
(Fruits)  
Farmaajo aan dux  
lahayn  
(Low-Fat Cheese)  
Loos shiidan  
(Peanut Butter)

Shukulaato  
Doolshe iyo Buskut  
Jalaato  
(Ice Cream)  
Macmacaan sida  
Xalwada  
Nacnaca macaan  
(Fruit Chews)

Soodhada macaan  
Casiirka  
(Fruit Drinks)  
Cabitaan kala  
duwan oo macaan  
(Juices)  
Cabitaan sokor  
badan leh  
(Kool Aid)

# Carruurta da'doodu tahay (18 bilood ilaa 3 sano)

## **Carruurta da'doodu tahay 18 bilood ilaa 3 sano jir**

*Ilmahaagu ha ku cadaydo daawada cadayga ee ay ku jirto Florayt (fluoride) waayo waxay ilkaha ka ilaalisaa in ay bololaan. Florayt (fluoride) waxay adkeysaa qaybaha sare ee ilkaha ee loo yaqaano enamel.*

1. Ilmahaagu ha cadaydo laba jeer maalintii, gaar ahaan inta uusan seexan ka hor.
2. Ilmahaagu ha isticmaalo caday yar oo uu qabsan karo oo leh bulbul jilicsan (soft bristles).

3. Marka uu ilmahaagu yahay 2 jir ku bilow in uu cadaydo adigoo wax aad u yar oo daawada cadayga ah isticmaalaya.
4. Bar in uu ilmahaagu uusan liqin daawada cadayga ee uu iska tufo.
5. Tus inuu ilmahaagu kugu daydo adigoo la cadayanaya.



# Carruurta da'doodu tahay (18 bilood ilaa 3 sano)

## **Bar ilmahaaga sida loo cadaydo**

*Bar ilmahaaga sida loo cadaydo adigoo u sheegaya inuu isticmaalo caday yar oo uu qabsan karo oo leh bulbul jilicsan (soft bristles). Usoo iibi ilmahaaga caday midabyo leh iyo daawada cadayga ee macaan si uu ugu xiiso inuu cadaydo.*

1. Tus ilmahaaga sida loo cadaydo adigoo horey, gadaal iyo dhinacyada ilkaha si dabacsan u nadiifinaya.
2. Ku dheh cunugaaga ereyo dhiirigelin ah sida “Shax shax”, “Baravo” ama “Alla ilkahaagu caddaa maanta” iwm.
3. Tus inuu ilmahaagu kugu daydo adigoo la cadayanaya.
4. Waa in aad ilmahaaga u cadaydaa ilaa inta uu ka weynaanayo oo uu isagu iskiis u cadayanayo. Mar haddii carruurta xariga kabaha xiran karaan, way cadayan karaan iyagoon cid kale u baahan.



# Carruurta da'doodu tahay (3 sano jir ilaa 5 jir)

## **Sidii aad ilmahaaga uga warhayn lahayd marka ay xanaanada joogaan**

*Ilkaha cunugaagu waxay qayb weyn ka qaataan wax cunida, hadalka iyo wax barashada. Waxaa muhiim ah in aad ka taxadarto ilkaha cunugaaga marka uusan guriga joogin ee uu xanaanada jiro adigoo su'aalo kala duwan weydiinaya qofka xanaaneynaya.*

1. Haddii uu ilmahaagu dhigto Head Start-ka ama meelaha kale ee ilmaha lagu xanaaneeyo, waa in aad ku dadaashaa sidii aad ku ogaan lahayd in ay carruurta ku dhiirrigeliyaan cadayga.

Weydii: Ilmahayga ma u cadayday ama ma cadayday intii uu kula joogay?

2. Ka warhay nooca ay tahay cuntada iyo cuwaafada laga siiyo ilmahaaga xanaanada inta uu joogo. Waa in aad ku dadaashaa in ilmahaaga laga siiyo xanaanada cunto caafimaadkiisa u fiican.

Weydii: Cunto nooc ee ah buu ilmahaagu cunaa?

Weydii: Imisa goor buu ilmahaagu cunaa cunto sokortu ku badan tahay?

3. Haddii ilmahaaga lagu qaadayo gaari yar ama bas, waa in ilmahaaga lagu ridaa kursiga lagu qaado ilmaha oo le'eg suunkana loo xiraa. Haddii aan sidaa la yeelin ilmahaaga waxaa dhaawac ka soo gaari karaa afka, wejiga iyo ilkaha.

Waydii: Markii cunugeygu uu bas ama gaari yar la raacayo dad kale, ilmahaaga ma lagu dhexridaa kursi le'eg oo uu ku badbaadi karo?



# Caruurta da'doodu tahay (3 sano jir ilaa 5 jir)

## Sidii aad ilmahaaga uga goyn lahayd kadaabada (Mujuruca)

1. Ha siinin ilmahaaga kadaabada (mujuruca) ama ha ku dhiiri gelinin suul jaqida waayo labadaasiba waxay sababaan in ilkaha aan dhicin ee ilmaha u soo baxa marka uu ilka dhacsado kadib ay si aan qurux badnayd ugu soo baxaan.
2. Keen fikrad kale oo uu ilmahaagu uga go'o ama isaga daayo jaqida kadaabada (mujuruca) ama suul jaqida.

## Ku dadaal in aad wada sameysid arrimahan soo socda

*Isticmaal liiskan soo socda si aad u ogaatid in aad daryeelay sid caafimaadka ilkaha ee ilmahaaga yar ee aan gaarin iskoolka.*

✓ Ma sameysaa...

- \_\_\_ In aad bedeshid cadayga ama burushka ilmuhu ku cadaydo marka ay ka soo wareegto 3 ilaa 4 bilood ama ma bedeshaa marka uu ilmuhu jirado?
- \_\_\_ In aad hubisid in ilmahaagu laba jeer maalintii cadaydo, gaar ahaan inta uusan seexan ka hor?
- \_\_\_ In aad hubisid in ilmahaagu ku cadaydo in yar (wax aad u yar) oo ah daawada cadayga ee Florayt (florite) ku jirto?
- \_\_\_ In aad hubisid in ilmahaagu uusan liqin daawada cadayga ee uu iska soo tufo marka uu ku cadayanayo?
- \_\_\_ In aad ilmahaaga geysid dhakhtarka ilkaha sanad walba ama inta jeer ee uu kugula taliyo dhakhtarku?
- \_\_\_ In aad weydiisid dhakhtarka ilkaha wixii su'aalo ah ee aad qabtid ee ku saabsan daryeelka caafimaadka ilkaha ee ilmahaaga?
- \_\_\_ In aad wacdid dhakhtarka ilkaha haddii ilig ka mid ah ilka caanoodka uu ka dhaco ilmahaaga?
- \_\_\_ In aadan ilmahaaga siinin cunto ama cabitaan ay ku jirto sokor badan in ka badan 1 ilaa 2 jeer maalintii?
- \_\_\_ In aad ku dadaashid sidii ilmahaaga aad uga joojin lahayd inuu suulka ama kadaabada (mujuruca) jaqo ama dhuuqo?



# Caruurta Iskoolka gaartay (5 sano jir ilaa 18 sano jir)



## **Ka caawi sidii uu ilmahaagu u daryeeli lahaa caafimaadka afkiisa**

*Waalidku waa qofka ugu muhiimsan ee qayb weyn ka qaata nolosha ilmaha yar, waana tusaalihii uu ilmuhu ku dayan lahaa. Sidaa daraadeed, waxaa waalidka looga baahan yahay in uu qoyska oo dhan uu ku dhiiri geliyo sidii ay ugu dadaali lahaayeen horumarinta caafimaadka afka si ilmaha yarina uu ugu daydo una arko in ay nolol maalmeedka qoyska ka mid tahay.*

1. Sii ilmahaaga Caano, Biyo ama Casiir (juice) intii ay cabi lahaayeen cabitaan sokortu ku badan tahay ama Soodhada.
2. Ogow in waxa dhibaataada keenaya ee la doonayo in laga taxadaro ay tahay inta jeer ee uu ilmahaagu cabo cabitaan sokortu ku badan tahay.
3. Ilmahaagu ha cadaydo laba jeer maalintii iyo mar walba oo uu cuno ama cabo waxyaabo sokortu ku badan tahay.
4. Kula tali in ilmahaagu ilaa laba daqiiqo cadaydaan mar walba.
5. U caday ilmahaaga ilaa inta ay ka baranayaan sida loo cadaydo ama eeg ilkhooda marka ay cadaydaan ka dib si aad u hubisid in ay si fiican u cadaydeen iyo in kale.
6. Laba jeer usbuucii ilmahaagu ha findhiciisheen iyagoo isticmaalaya dunta daawada leh ee ilkaha la dhex gelinayo (floss).
7. Ku dadaal in ilmahaaga aad geysid dhakhtarka ilkaha sanad walba ama inta jeer ee uu kugula taliyo dhakhtarku.
8. Mar walba weydii wixii su'aal ah ee aad qabtid ee ku saabsan ilkaha ilmahaaga iyo guud ahaan daryeelka caafimaadka afka ee ilmahaaga.

# Carruurta Iskoolka gaartay (5 sano jir ilaa 18 sano jir)

## Dhakhtarka ilkaha

Marka uu ilmahaagu gaaro 5 sano waxaanu filaynaa in dhakhtarka ilkuhu uu ilmahaaga Florayt (fluoride) ilkhooda ugu nadiifiyey si ay ilkaha carruurta u yeeshaan awood iyo xoog oo aan si sabal ah u jabin. Dhakhtarka ilkuhu wuxuu ka qaadaa raajo ilkaha ilmahaaga wuxuuna ilkaha ku nadiifiyaa Florayt (fluoride) inta sanad dugsiyeedku uu socdo.

1. Ku dadaal in ilmahaaga aad geysid dhakhtarka ilkaha sanad walba ama inta jeer ee uu kugula taliyo dhakhtarku.
2. Ku dhaqan oo raac talooyinka dhakhtarka ilkuhu uu ku siiyo.

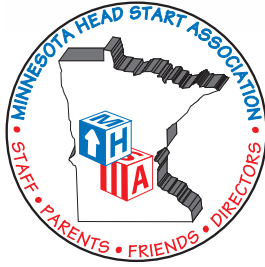
3. Mar walba weydii wixii su'aal ah ee aad qabtid ee ku saabsan ilkaha ilmahaaga iyo guud ahaan daryeelka caafimaadka afka ee ilmahaaga.

## Sida loo daryeelo haddii ilig aan soo baxayn uu ka dhaco ilmahaaga

Sidaad ogtahay, carruurta waa cayaar badan yihiin! Haddii uu ilmahaagu ilkaha ku dhufsto meel oo uu ilig aan ahayn ilka caanood (ilig aan soo bixi doonin) ka soo dhaco waxaad sameysaa waxyaabaha soo socda.

1. Iliga ku celi meeshii uu ka soo dhacay haddii uu qabsanayo ama
2. Iliga ka dhacay ilmaha afkaaga ku hay si uusan u dhiman oo uusan u qalalin ilaa aad guriga ama dhakhtarka ka tagtid ama
3. Ku rid iliga caano ama biyo cusbo leh si uusan u dhiman ama uusan infekshin u qaadin ama
4. Gee ilmahaaga dhakhtarka ilkaha sida ugu dhakhsaha badan.  
(Haddii ilka caanoodka ay soo dhacaan uma baahna in ilig kale meeshii lagu buuxiyo. Iliga soo dhacay meel dhig oo la tasho dhakhtarka ilkaha ee ilmahaaga.)





Buuga Ilkaha waxaa soo wada saaray the Minnesota Head Start Association (MHSA), Parents In Community Action, Inc. (PICA) iyo Delta Dental Plan of Minnesota.

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Mahadnaq: Buuga Ilkaha waxaa qaabeeyey oo soo saaray ABZORB Design Inc., waxaa daabacay Ambassador Press Inc., waxaana qoray oo qalad saxay Elizabeth Marie Dorn iyadoo la kaashanaysa the Oral Health Advisory Committee of MHSA, Children's Dental Services, iyo Christopher Okunseri, BDS, MSc. Buugan waxaa turjumay Kooxda Adeega Dhaqamada kala duwan ee PICA oo kala ah: Yusuf Abdurahman (Somali), KaYeng Vang (Hmong), iyo Reina Y. Ramirez (Spanish).