

# ODHAAH CAAFIMAAD BILOWGA KOOWAAD EE QOYSKA





# ILKAHA ILMAHA WAA MUHIIM!

## Ilkaha Cunugga:

- ✓ Ku caawi ilmahaaga in u cuno cunto caafimaad qabta.
- ✓ Meesha u hay ilko joogta ah.



## Ilkaha Cunugga:

- ✓ Ka gacan sii ilmahaaga si u si cad u hadlo.
- ✓ Ka gacan sii ilmahaaga in u si kalsooni ku jirto u qoslo.

# **ILKAHA ILMAHA WAA MUHIIM!**

**Daryeelka ilkaha ilmahaaga markuu yaraa waxay caawin doontaa in ilkaha joogtada ah ee ilmahaaga iyaguna kuwa caafimaad qaba ahaan doonaan!**

**Ilkaha Cunugga:**

- ✓ **Ka caawi ilmahaaga in u calaliyo cunto caafimaad leh.**
- ✓ **Meesha u hay ilko joogta ah.**
- ✓ **Ka gacan sii ilmahaaga si u si cad u hadlo.**
- ✓ **Ka gacan sii ilmahaaga si u si kalsoni ku jirto u u qoslo am u u ilka cadeeyo.**

# MAXAY YIHIIN DALOOLADU?

**Jeermis**



+

**Sonkor**



=

**Acid**



- ✓ 4tiiba mid baa bilowga yeesha daloolo.
- ✓ Waad ka joojin kartaa daloolada in ay bilaabmaan ama in ay sii xumaadaan!



# MAXAY YIHIIN DALOOLADU?

- ✓ Jeermiska afkeena wuxuu u isticmaala sonkorta aynu cuno in u ka sameeyo acid.
- ✓ Acidkuna wuxuu cunayaa enamelka - qolofa sare ee ikuhu ku dahaadhan yihiin- waxaanu sameeyaa god ama dalool.

**Warka wanaagsani waxa weeyaan in godka ama daloolka in la ilaalin karo in aanu samaysmin!**

# ILKAHA ILMAHA YAR WAY DALOOSHAMI KARAAN



Baraha cad way ka cad yihiin iliga intiisa kale.



Baraha cad godad ayey isku rogi karaan.

# ILKAHA ILMAHA YAR WAY DALOOSHAMI KARAAN

## **Baraha Cad:**

- ✓ Waxa laga yaabaa in ay caddaan ugu muuqdaan iliga intiisa kale waxaana badiyaaba laga helaa ciridada ilmaha agtooda.
- ✓ Waa calaamada ugu horeeya in laga yaabo in ay godadku ka bilaabmaan in ay ku samaysmaan iliga korkiisa.
- ✓ Ilmahaaga u qaad dhakhtarka ilkaha haddii aad ku aragto calaamado cad ilmahaaga ilkahiisa korkooda – ku daaweynta fluoride ayaa laga yaaba in ay ka joojiso in ay ku samaysmaan godad!
- ✓ Waxa laga yaabaa in ay noqdaan godad aan daaweyn lahayn.



# KOR U QAAD DABINTA



Hubi ilmahaaga ilkihiisa  
bishiiba mar si aad ugu baadho  
calaamadaha ama baraha cad.



# KOR U QAAD DABINTA

- ✓ Kor u qaad dibnaha ilmahaaga oo ka **FIIRI** Calaamado ama baro cad bishiiba mar.
- ✓ U qaad ilmahaaga dhakhtarka ilkaha haddii aad ku aragto calaamado ama baro cad.

**CUDUR**



# CUDUR

Si aad uga dhigto ilmahaaga mid caafimaad qaba, hubi in ilmahaagu helo baadhitaan caafimaad **IYO** mid ilkaba oo joogta ah. Godadku waa **CUDUR** waxaana loo baahan yahay in la daweeyo. Caruurta waxa laga yaabaa in ay kuu sheegto marka afkoodu dhaawacmo ama u xanuuno. Haddii u godadka dhakhtarka ilkuhu daweyn waayo, marmarka qaarkood waxay sabab u noqon karaan fiditaan cudur oo ba'an.



# SII ILMAHAAGA BILOW CAAFIMAAD LEH

- ✓ U tag dhakhtarka ilkaha marka aad uurka leedahay.
- ✓ Baadhitaanka ilkaha iyo buuxintuba waxay ugu badbaado badan tahay mudada uurka.
- ✓ Cadayo oo nadiifi maalin walba.



# **SII ILMAHAAGA BILOW CAAFIMAAD LEH**

Dumarka uurka leh ee haysta dhakhtarka ilkaha waa in ay wadaan jadwalkooda joogtada ah ee ku saabsan daryeelka joogtada ah. Kuwa kale oo dhan waa in ay arkaan dhakhtarka ilkaha iyagoo aan ka dib dhacaynin sedex biloodka labaad si ay u hubiyaan in aanay lahayn godad u horseeda cudur.

Isbedelada jidhkaaga marka aad uur leedahay waxay xanuun ku ridayaan ciridada, barar, iyo casaan haddii aanad cadayan oo aanad nadiifin maalin walba.

- ✓ Isbedelada jidhkaaga marka aad uur leedahay waxay xanuun ku ridayaan ciridada, barar, iyo casaan haddii aanad cadayan oo aanad nadiifin maalin walba.
- ✓ Haddii aad xunqaacdo, afkaaga ku luqluq biyo.

# ILMAHAAGU MARKA U DHASHO KA DIB



Adoo afkaaga nadaafadiisa ilaalinaya helayana daryeel ilko, waxaad ka yareyn doontaa jeermiga afkaaga dhexdiisa.



# **ILMAHAAGU MARKA U DHASHO KA DIB**

**Adoo afkaaga nadaafadiisa ilaalinaya helayana daryeel ilko, waxaad ka yareyn doontaa jeermiga afkaaga dhexdiisa. Joogtee oo sii wad arkidda dhakhtarka ilkaha si aad u hesho daryeel ilko oo joogta ah.**

# ILKAHAAGA CAAFIMAADKOODA WAD



Ilmahaagu wuxuu dooni doonaa  
in u kaa fiirsado oo u cadaydana !

- ✓ Maalintii ku cadayo burush  
jilicsan laba jeer.

# **ILKAHAAGA CAAFIMAADKOODA WAD**

**Caruurtu waxay bartaan iyagoo daawanaya ama eegaya dadka waaweyn ama waayeelka ah ee xaafadooda ah waxaanay minguuriyaan waxa aad samaynayso.**

**Si aad cafimaadkaaga iyo ka ilmahaagaba u ilaaliso, dadka waaweyni waa in ay:**

- ✓ Ku cadaydaan burush jilicsan maalitii laba jeer.**
- ✓ Nadiifiyaan maalin walba.**



# ILAALI SAXADA ILKAHA ILMAHA.

- ✓ Bilow in aad cadaydo mar alla marka iliga ugu horeeya soo muuqdo ama soo baxo.
- ✓ Istaag ama fadhiiso ilmahaaga gadaashiisa.



# **ILAALI SAXADA ILKAHA ILMAHA.**

- ✓ **Bilow in aad cadaydo mar alla marka iliga ugu horeeya soo muuqdo ama soo baxo.**
- ✓ **Istaag ama fadhiiso ilmahaaga gadaashiisa oo ilkaha caday muddo laba daqiiqadood ah, maalintii laba jeer. Waxaad isticmaashaa maaweelin ama u hees si aad ugu dhigto cadayashada mid wanaagsan oo xiiso dheeraad ah leh!**

# KA GARGAAR ILMAHA CADAYGA

- ✓ U caday ilmahaaga ilaa u gaadhayo 8 jir.

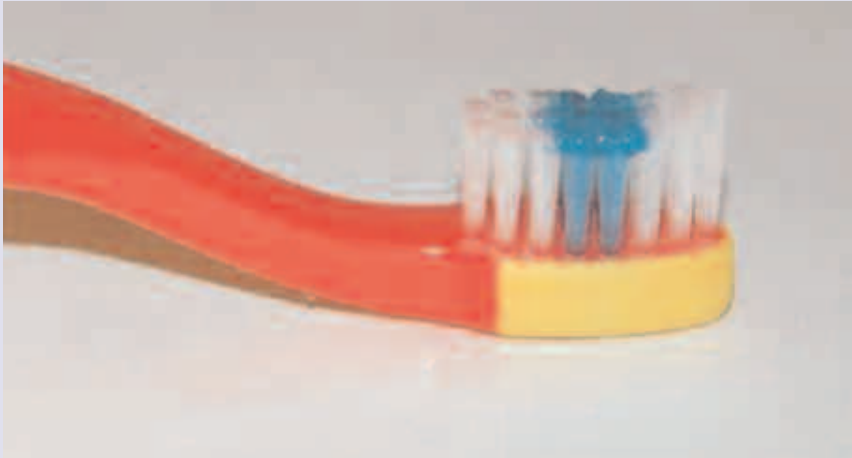




# **KA GARGAAR ILMAHA CADAYGA**

**Caruurta yaryari iskood si fiican uma cadayan karaan. U caday ilmahaaga ilkaha ilaa dadiisu gaadhayso 8 sano jir si aad uga kaxayso jeermiska iyo sonkorta ee keena ama sababta u ah godadka.**

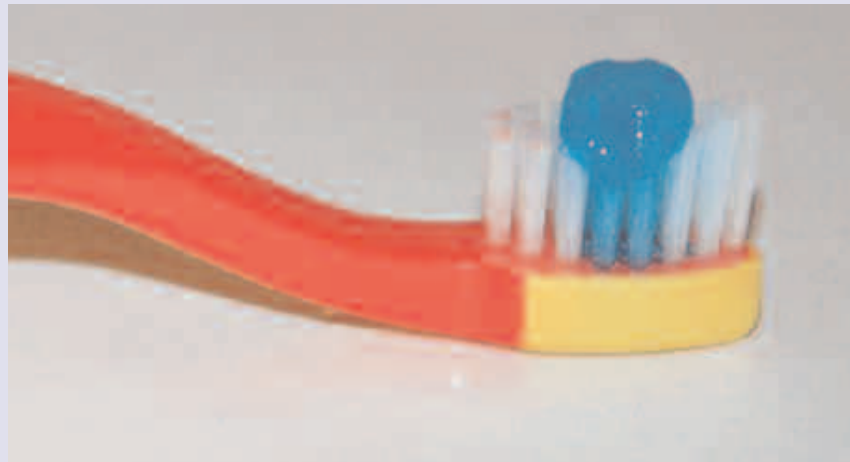
# CADAYEYNTA ILKAHA ILMAHAAGA



In yar u mari: Caruurta ka yar 2 jir

- ✓ Dawada ilkaha oo u fluoride ku jiro.
- ✓ Burush jilicsan oo khafiif ah.

***Iska Tuf – Ha luqluqin!***



Inyar qiyaasta-digirta: Caruurta ka weyn 2 jir

# CADAYEYNTA ILKAHA ILMAHAAGA

- ✓ Isticmaal caday burush ah oo **JILICSAN**.
- ✓ Fluoride wuxuu ka ilaaliyaa ilkaha godadka. Waxa laga heli karaa daawada ilkaha iyo biyaha qasabadda.
- ✓ Caruurta ka yar da'da 2 sano "u mari" dawada ilkaha fluoride.
- ✓ Caruurta ka weyn 2 sano jir "digir in le'eg" oo dawada ilkaha fluoride.
- ✓ Miyuu ilmahaagu wada TUFAY dawada ilkaha oo dhan, oo kumuu luqluqan biyo, waayo fluorideka ku jira dawada ilkaha wuu ka sii ilaalin doonaa ilkaha godadka.
- ✓ Dhakhtarka ilmahaaga ama dhakhtarka ilkaha ayaa waxa laga yaabaa in u kuu sheego ama ku qoro sida loo isticmaalayo fluorideka ama daweyn fluoride.
- ✓ Xasuusnow in aad ku haysid daawada ilkaha, fluorideka iyo dhamaan daawooyinka meel aanay caruurta ka gaadhin!



# HA WADAAGINA CADAYADA!

**Ama walax kasta oo  
aad afka geliseen.**



# HA WADAAGINA CADAYADA!

Jeermiska dhaliyaa ama sababaa godadka wuxuu ku **fid**i karaa xubnaha qoyska dhexdooda. Si aad u yareyso siyaabaha aad jeermis kula wadaagi doonto dadka qoyskiina ka mid ah:

- ✓ Ha la wadaagin cadayga.
- ✓ Ha la wadaagin caruurtaada wax alla wixii aad afkaaga gelisay.

# **WAKHTIGA BURUSH (CADAY) CUSUB!**

**Gaska qalooca ama jabay.**





# **WAKHTIGA BURUSH (CADAY) CUSUB!**

**Cadayada burushka ah waa in la badelaa marka gasku ka madho ama u liico oo u qaloocsamo.**

# DHALOYINKA IYO KOOBABKA



- ✓ Qabo ama kor u hay ilmahaaga marka aad dhalada ama masaasadda jaqsiinayso adigoo ku isticmaalaya oo kaliya waxa caruurta loogu talagalay ama caano naas dhalada ku jira.

- ✓ Ku bilow isticmaalka koobka 6-9 bilood.



# DHALOYINKA IYO KOOBABKA

## **Dhalooyin**

- ✓ Hay ama qabo ilmahaaga marka aad dhalo wax ku jaqsiinaysid.
- ✓ Ku isticmaal waxa caruurta loogu talo gelay oo kaliya ama caanaha naaska dhalooyinka.
- ✓ Ha ku siin ilmahaaga dhalo sariirta.

## **Koobab**

- ✓ Ku bilow isticmaalka koobka 6-9 bilood.
- ✓ Ha u ogolaan ilmahaaga in u meelaha ku sito dhalo ama koob yar.
- ✓ Waxaad siisaa caano oo kaliya ama biyo inta u dhexaysa wakhtiyada cuntada.



# CUNTOOYINKA FUDUD

- ✓ Xad u yeel cuntooyinka iyo cabitaanada sonkorta leh.
- ✓ Ku eekaysii ilaa 4 waqiyadood (oz) juuska khudaarta wkhtiyada cuntada.

## **CAAFIMAAD LEH**

### Doorashooyinka Cuntooyinka Fudud

- ✓ Cheese
- ✓ Crackers
- ✓ Khudaar daray ah
- ✓ Khudaar cagaaran
- ✓ Plain cheerios
- ✓ Pretzels
- ✓ Cuntooyin fudud oo aan sonkor lahayn

# CUNTOOYINKA FUDUD

- ✓ Waxaad cuntaa saamayn ayuu kugu yeelanaya guud ahaan caafimaadkaaga ee ku yeelan maayo oo kaliya ilkaaga ciridkaaga.
- ✓ Cuntooyinka sonkorta leh iyo cabitaanaduba uma fiicna ilkaha waa in markaa laga cunaa wax yar marka wakhtiyada cuntada.
- ✓ Cunto isku dheggan sida macmacaanka ee u keega iyo shukulaatadu ka mid yihiin ama xataa khudaar la qalajiyey eek u dhegta ilkaha waxay ka dhigan tahay sonkor ayaa ku hadhaysa ilkaha ilmahaaga whakhti dheer.
- ✓ Cheese sii. Cheeseku wuxuu bilaabaa dareeridda candhuufta, kaasoo wax ka taraya ka maydhista ilkaha hadhaaga raashinka.
- ✓ Sii khudaar(fruits iyo vegetables). Caruurta yaryari gaar ahaan waxay jecelyihiin in loo yar yareeyo oo looga dhigo ino afgelin oo kale ah.
- ✓ Ku koob juuska khudaarta 4 waqtiyadood wakhtiyada cuntada.
- ✓ Ku dhiirigeli ilmahaaga in u cabo biyo lagu darey fluoride ama caano cad oo saafi ah inta u dhexeysa wakhtiyada cuntada.



# DAWO



**Mar alla markuu ilmahaagu dawo qaaato, hubi in u ilmahaagu cadayday am u ku luqluqday biyo ka dib.**



# DAWO

Daawada caruurta sonkor badan ayaa ku jirta si ay u dhadhan fiicnaato. Dawada qaarkeed waxay ka yareysaa candhuufta afka caruurta taasoo ka caawin lahayd ilaalinta ilkahooga. Mar alla marka u ilmahaagu dawo qaato, waa in u cadaydaa ama loo cadayaa ama u ku luqluqdaa biyo ka dib.



# BOOQO DHAKHTARKA ILKAHA DA'DA KOWAAD



Dhakhtar ilkaha ah ayaa kaa gacansiinaya daryeelka ilkaha ilmahaaga!

# **BOOQO DHAKHTARKA ILKAHA DA'DA KOWAAD**

- ✓ Waxa laga yaabaa in u dhakhtarku ku baadho ama eego booqashooyinka Ilmo-Fiican (Well-Baby), hase ahaatee ilmahaagu waa in u isna booqdaa dhakhtarka ilkaha – waa dalab bilow madaxii ah!
- ✓ Ilmahaagu ha arko dhakhtar ilkaha ah ka hor sanadguuradiisa koowaad ama sanadguuradeeda koowaad.
- ✓ Haddii aad u baahan tahay in lagaa gacansiyo helidda dhakhtarka ilkaha waydii borograamkaaga Madax Bilowga!



# ILKO FAYOQABA NOLOSHA OO IDIL.



- ✓ Bilow ilka cadayashada mar hore – mar alla marka aad ilko aragto! Ka caawi cadayashada ilmahaaga ilaa 8 jir noqonayo.
- ✓ Ka eeg calaamado cad ugu yaraan bishiiba mar.
- ✓ Isticmaal **inyar** oo dawada ilkaha oo fluoride ah. **TUF** dawada ilkaha oo dhan oo hana luqluqan.
- ✓ Cunto fudud oo caafimaad leh qaado: cuntada sonkorta leh ama macaan iyo cabitaanada xad u yeel. Kolba sidaad cunto sonkor leh aad u cunto ayey ku xidhnaan doontaa godadka samaysmaya.
- ✓ U balami ama u jadwalee baadhis ilko ilmahaaga sanadguuradiisa ama sanadguuradeeda koowaad ka hor ama inta aanay soo gelin.
- ✓ U samaynta hab-dhaqan wanaagsan inta u yar yahay waxay ka caawin kartaa ilmahaaga in u ilka caafimaad qaba lahaado waligiiba!



# AQOONSIYO

*Hagahan Caafimaad ee aan Qornayn waxa ku curiyey Iskutagga Madaxa Bilowga ee Massachusetts( Massachusetts Head Start Association) deeq u bixiyey Ururka DentaQuest isagoo la kaashanayaa Xafiiska Caafimaadka aan Qornayn Waaxda Caafimaadka Dadweynaha ( Office of Oral Health, Massachusetts Department of Public Health), iyo akaadamiyada mareykanka ee Ikaha Caruurta/Dhalaanka iyo Ururka Adeegga Ilkaha ee Washington.*

*Mahadnaq Gaar ah Waxa Iska leh Joanna Douglass BDS, DDS.*



MASSACHUSETTS  
HEAD START ASSOCIATION

DentaQuest  
FOUNDATION

Waxa Qaabeeyey: Infinite Blue Creative



# LEGAL/COPYRIGHT

*This Family Oral Health Guide is intended to provide the public with general information about dental care. It is intended only as a general summary and is not intended to provide specific medical or dental advice.*

*We encourage reproduction of the Guide for non-commercial personal or educational use. In the event of such use, all copyright and other notices and clear attribution to the Massachusetts Head Start Association must be maintained. All other uses, such as reprinting, republishing, reposting or any further redistribution including use of the text and images, require written permission from the Massachusetts Head Start Association. To download the Guide, contact the Massachusetts Head Start Association through our website at [info@massheadstart.org](mailto:info@massheadstart.org).*

*This Guide may appear on a variety of websites, including government agencies and other nonprofit organizations. The Massachusetts Head Start Association has not reviewed all of the web sites which might be linked to this Guide and is not responsible for the contents of any sites which might provide access to it. The inclusion of a link to this Guide does not constitute an endorsement or recommendation of the resources or information, products, or services contained on those sites.*

*The Massachusetts Head Start Association makes no warranties, express or implied, regarding errors or omissions and assumes no legal liability for loss or damage resulting from the use of the Guide.*