

### ECHO Show

#### "Dental Care for Children": SOMALI "Caafimaadka Ilkaha Carruurta"

##### -1- Shots of infants and parents.

Ilka-caanoodka ama ilkaha carruurta u soo baxa inta aysan socodka baran waa ilko muhiim ah. Badanaa carruurta ilkhooda ugu horreeya waa kuwa caafimaad qaba. Ilkuhu door weyn ayey ka qaataan caafimaadka iyo koboca carruurta yaryar. Haddaba waxaa jira waxyaabo muhiim ah oo ay waalidiintu sameyn karaan si ay carruurtoodu ugu waaraan ilko caafimaad wanaagsan ka dib marka ay ilkuhu u dhacaan. Carruurta marka la baro in ay ku dedaalaan nadaafadda iyo caafimaadka ilkhooda, waxay u badan tahay in ay sidaas caadeysan doonaan marka ay dad waaweyn noqdaan.

Waalidiinta oo dhan waa in ay carruurtooda tusaan sida ugu wanaagsan ee ay ku caadeysan karaan in ay hagaajiyaan nadaafadda iyo caafimaadka ilkhooda. Maalin walba waa in ilkaha la cadeydo. Waa in la cuno raashin u wanaagsan caafimaadka oo la iska yareeyo sokorta. Waa in si joogto ah loola xiriir dhakhtarka ilkaha. Haddii aad u baahan tahay in aad hesho dhakhtarka ilkaha iyo haddii aadan haysan kaarka caafimaadka ee caymiska, mar walba waad heli kartaa dhakhtarka ilkaha iyo in aad daryeesho ilkahaaga.

##### -2- Shots of a parent showing a child how to brush, encouraging them to spit, etc. Shots of an adult flossing, then showing a child how to floss.

In ilkaha la cadeydo iyo in dun lagu findhicisho labaduba waxay u wanaagsan yihiin caafimaadka ilkaha, sidaas awgeed dad badan oo Mareykan ah ayaa sidaas sameeya maalin walba. Laakiin burushka lagu cadeydo waa in si wanaagsan loo isticmaalo. Waxaa jira dhaqammo kale oo ilkhooda u nadiifiya siyaabo kala duwan. Balse in si wanaagsan loo cadeydo waxay u wanaagsan tahay waa caafimaadka ilkaha. Dhakhtarka ilkaha ayaa kuu sheegi kara sida wanaagsan ee loogu cadayo carruurta iyo marka ugu fiican ee aad carruurta ku bilaabi karto daawada ilkaha nooca ay ku jirto maaddada la yiraahdo foloraaydh. Foloraaydh waxay ilkaha ka difaacdaa suuska.

Carruurta nuunnayaasha ah ka hor inta aysan ilkuhu u soo bixin waa in cirridka loogu masaxo maro jilicsan ama faashad iyo biyo. Carruurta waa in lagu caawiyo in ay si khafiif ah burushka ugu cadeydaan, iyagoo si isku wareeg ah ilkaha u dul marinaya. Ku dhiirrigeli carruurta in ay ilkaha cadeydaan ilaa laba daqiiqadood mar kasta iyo in ay cadeydaan ilkaha oo dhan. Marka uu ilmuhu wax tufi karo ha isticmaalo daawo badan oo burushka oo dhan ku fidsan.

Carruurta waa in loo cadayo iyo in dun loogu findhicilo ilaa ay iyagu isku filnaadaan kolka ay gaaraan 10 sano. Sida habboon ee dunta loogu findhicilan karo waa iyada oo faraha suulasha ku xiga dunta lagu laabo oo dabadeedna duntii ilkaha dhexdooda lagu nadiifiyo. Si khafiif ah dunta ugu jiidjiid labada dhinac ee ilig kasta iyo goys kasta oo gaarsii salka ilkaha ilaa iyo cirridka hoose.

Waa in ilkaha oo dhan si wanaagsan loo nadiifiyo ugu yaraan maalintiiba hal mar. Wakhtiga ugu muhiimsan ee ilkaha la nadiifiyo waa habeenkii marka la seexanayo.

### -3- Shots of unhealthy foods versus healthy foods. Shot of a child making a good choice.

Suuska ilkaha gala waa infakshan ka yimaada bakteeriyo afka ku jirta oo sokorta u baddesha aashito ama aaysidh. Aaysidhku ilkaha ayuu waxyeello gaarsiiyaa. Haddaba si looga hortago suuska ilkaha waa in la iska yareeyo cuntooyinka iyo cabitaannada macmacaan. Marna ha u oggolaan in ay carruur yaryar ku seexdaan masaasadda oo ay sariirta ku dul cabbaan caano, juus ama cabitaan macaan. Carruurta waa in lagu caawiyo in ay cunaan macmacaanka u wanaagsan caafimaadkooda, sida khudaarta miramiraha ah oo daray ah, khudaarta cagaaran oo cayriinka ah, raashinka qamadiga ka sameysan, cuntooyinka caanaha laga sameeyo, hilib iyo lows.

### -4- Shot of a parent/child entering a dentist's office. Shots of a dental exam for a child.

Carruurta waa in loo geeyo dhakhtarka ilkaha sannad walba hal mar ama in ka badan haddii uu dhakhtarku ku taliyo. Dhakhtarka ilkaha markuu imtixaamayo ilkaha wuxuu eegaa sida ay ilkaha carruurta u soo baxayaan iyo dhibaatooyinka ilkaha ku imaan kara. Dhakhtarka ilkaha wuxuu waalidka u sheegaa haddii ay carruurta u baahan yihiin in ilkaha laga nadiifiyo, in lagu daaweeyo folooraaydh, iyo haddii loo baahan yahay in sawir raajo ah laga qaado. Carruurta yaryar ballan uga qabo dhakhtarka ilkaha marka ay ilkuhu u soo baxaan ama marka la gaaro dhalashadiisa koowaad.

**-5- Shots of a parent standing at the reception desk talking with the staff.**

Qofkii aan haysan kaarka caafimaadka ee caymiska ilkihiisa wuxuu u heli karaa daryeel wanaagsan. Sida badan waxaa jira meelo aad bixineyso lacag yar oo aad awoodi karto, dabadeedna waxaad heli kartaa in ilkahaaga lagu daryeelo.

Xusuusnow: in ay ilkaha carruurta caafimaad ku waaraan waxay ka bilaabataa masuuliyadda ay waalidku isa saaraan. Waxaa jira meelo badan oo ay waalidiintu ka heli karaan in lacag ay awoodi karaan looga shaqeeyo ilkaha carruurtooda. Si joogto ah ula xiriir dhakhtarka ilkaha. Haddii aad u baahan tahay in aad hesho dhakhtarka ilkaha iyo haddii aadan haysan kaarka caafimaadka ee caymiska, mar walba waad heli kartaa dhakhtarka ilkaha iyo in aad daryeesho ilkahaaga.