

# 5210 MAALINKASTA IN LA CAADAYSTO CAAFIMAADQAB



Yoolka aad dhigatit maalinkasta waxaad ku gaaraysaa in aad heshid dhibic! Waxaa dhici karta in aad heshid afar 4 dhibcood maalin kasta. Markaad heshid boqol 100 dhibcood waa in aad u dabaaldagto horumarka aad sameyesay, oodna noo soo dirtid shaxda taariikheedkaaga, si aad uga qayb qaadato in aad nasiibkaaga tijaabiso oo aad ku guuleyesato hadiyad!

## Qiimayn iskusamee ama Isqiimayn

**Isku day in aad maalinkasta qabsatid Yoolka caafimadkaaga la xiriira:**

**5** Miraha (Fruits) iyo/ ama khudaarta

**2** Saacado ama in kayar oo la isticmaalo, waxa looyaqaanao (screen time) oo ah inta aad wax daawan kartid sida

**1** Ugu yaraan hal saac oo jimicsi ah, in aad sameyesid

**0** Cabitaanada sonkorta lagu macaaneeyay

5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0
5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0
5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0
5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0	5 2 1 0

Magaca: \_\_\_\_\_

Maalinta dhalashadaada: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Tirade dhibcaha aad haysatid: \_\_\_\_\_

MC2468SO (06/2020)

**Marka aad heshid boqol 100 dhibcood, sawir ka soo qaad shax taariikheedkaaga, kadibna (email) noogu soo-dir:**  
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