

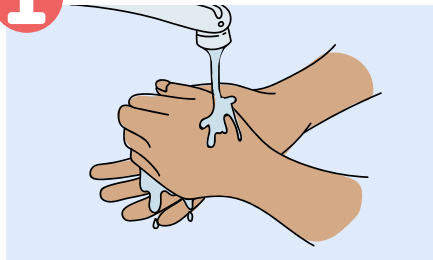
# SIDII LOO ISTICMAALI LAHAA DHAYMADA QOYAN

Markaan marinayo dhaymada qoyan, dusha koowaad waa qoyaana, dusha labaadna waa qaley, taas oo caawineysa in qoyaanka ay heyso. Dhaymada qoyan waa inaan la isticmaalin maalinta oo dhan maadaama tani ay qalajin karto maqaarka.

## Waxaad u baahan doontaa:

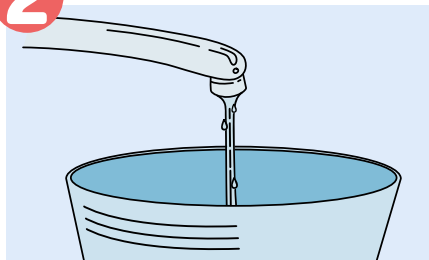
- Baaquli balaaran oo wax lagu qaso
- Biyo yara diiran
- Surwaal dheer oo suuf ah oo leh dul qoyan
- Surwaal dheer oo suuf ah oo leh dul qalalan (tusaale surwaal bijaame ah)
- Shaati gacmo Dheere ah oo suuf ah oo leh dul qoyan
- Shaati gacmo Dheere ah oo suuf ah oo leh dul qalalan
- Saliida qubeyska – 1 koob oo buuxa haddii lagu taliyo
- Nooca hormoonka haddii loo qoray
- Qooyee

1



Ka hor intaadan bilaabin, dhaq oo qalaji gacmahaaga.

2



Kala bar ka buuxi baquli wax lagu qasayo biyo yara diiran.

3



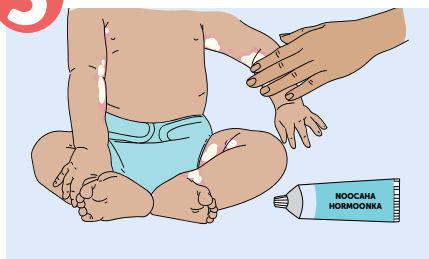
Haddii lagu taliyo, ku dar koob buuxa oo ah saliida qubeyska.

4



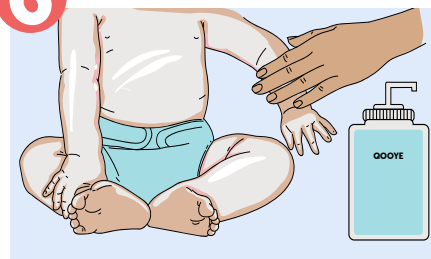
Ku dar 1 beer oo surwaal ah iyo 1 hal shaar oo gacma dheer ah baaquliga.

5



Haddii loo qoray, mari nooca hormoonka dhammaan goobaha cambaarta.

6



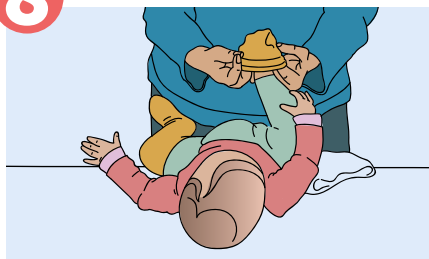
Waxaa sidoo kale lagugula talinayaa inaad mariso qoyso xagga hoose ee dhaymada qoyan hoostooda. Haddii tani ay ahaan lahayd, mari qooyaha ee jirkoo dhan iyo wejiga.

7



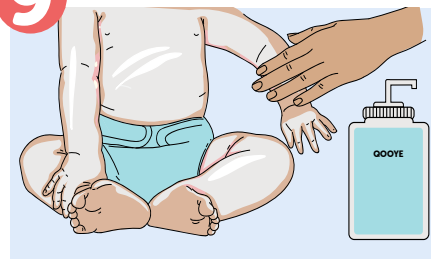
Saar ilmahaaga maro qoyan.

8



Dusha ka saar maro qoyan ilmahaaga.

9



Markaad ka saarta dhaymada mari qooyaha jirkoo dhan iyo wajiga.