

# Taageero Lacag la'aan ah iyo dhimista kharashka tamarta aad isticmaasho (nalka iyo gaaska aad shidato)

Haddii aad iska leedahay ama aad kiraysatay guriga aad ku jirto, isla markaa aad qaadato ama qof aad la nooshahay uu qaato deeqaha lagu kabo dakhliga (caydha), waxaad xaq u yeelanaysa taageero lacag la'aan ah.

## Maxaa ka mid ah taageerada lacag la'aanta ah?

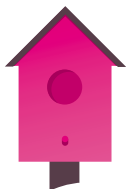
- In gidaarada dexdooda iyo siilinka dushiisa laguu cufeeyo
- in lagaa bedelo kululeeyaha kuriga diiriya
- in albaabada iyo daaqadaha lagaa gufeeyo meelaha dabaysha ama laydha yalka ka soo gasho
- in lagu rakibo guriga qalabka tamarta aan dabar go'in (sida tamarta ay dhaliyaan quwada qoraxda iyo dabaysha)
- in laguu fidiyo talooyin iyo tilmaamo lagaa siiyo sidii aad ku kaydsan lahayd tamarta.
- in lagula eego deeqaha aad xaq u leedahay

Iminka Wac! Taleefankan lacag la'aanta ah

**0808 808 2244**

si aad ku ogaato inaad xaq u leedahay ka faa'iidaysiga mashruuca Nest ee hagaajinta guryaha ee aan lacag kugu joogin.

[Nestwales.org.uk](http://Nestwales.org.uk)



**Nyth  
Nest**

Gwneud  
Cymru'n  
Glyd  
Making  
Wales  
Cosy

**Nest  
Wales ka  
dhig dugsi**

Somali

