

# Ma ku fadhiyaa ubadkaaga kursiga saxda ah?

Is your child in the right car seat?



## Kursiga gadaal u jeeda

- Kursiga gadaal u jeeda wuxu siyaa difaaca ugu wanaagsan ubadkaaga madaxiisa, qoortiisa iyo laf-dhabarta marka si lama filaan ah gaariga u istaago ama shil uu dhaco.
- Goorta ubadkaaga uu ka waynaado kursiga caruurta, isticmaal kursiga weyn oo gadaal u jeeda.
- Ubadkaaga wuxuu badbaadada ugu fiican helaa marka uu ku fadhiyo kursiga gadaal u jeeda ilaa uu ka gaarayo 2, 3 ama xitaa 4 sano.
- Ubadkaaga gadaal u sii geedi ilaa isaga ama iyada inta wali Jinkooda u yahay kursiga weyn ee gadaal u jeeda.

## Kursiga horey u jeeda

- Kursiga horay u jeeda wuxuu difaaca ubadka ka waynaada korsigiisa ama kursigeeda weyn ee gadaal u jeeda.
- Ubadkaaga ku hay suunka 5-dhibic ilaa isaga ama iyada miisaankooda ka garaayo ugu yaraan 18 kilo ama ay si sax ah u fariisan karaan. Tani waxay noqon kartaa marka ay gaaraan 4, 5 ama xitaa 6 sano.
- Haddii ubadkaaga ka waynaado kursigan, ka hor inta isaga ama iyada diyaar u ahayn, waxaad u baahan doontaa kursi oo 5-dhibic ah oo celiya ubadka dheer, ee culus.

## Kursiga xoojiyaha

- Kursiga xoojiyaha, ubadka ayuu kor u qaadaa si suunka kursiga qofka waaweyn uu la jaanqaado lafaha ugu xoogga badan.
- Miisaanka ubadkaaga waa inuu noqdaa ugu yaraan 18 kilo si uu u isticmaalo kursiga xoojiyaha.
- Ubadkaaga waa inuu awood uleeyahay inuu fariisan karo si toosan iyo dheer ah isaga oo aan dhaqdhaqaaqayn ama suunka iska furin.
- Istimaal kursiga xoojiyaha ilaa ubadkaaga dhirirkiisa ugu yaraan gaaro 145 sentimitar iyo si sax ah suunka gaariga loo gu xiro.

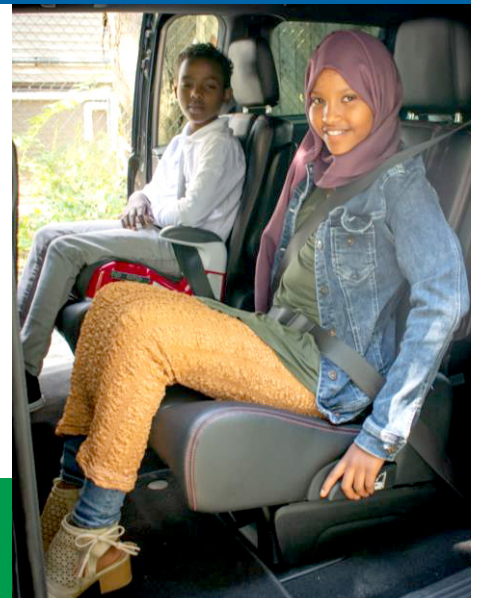
## Had iyo jeer raac tilmaamaha ku qoran kursigaaga.

### Miyuu si badbaado leh ubadkaaga u isticmaali karaa suunka kursiga?

- Ma yahay dhirirka ubadkaaga ugu yaraan 145 sentimitar?
- Ma u laabmaan jilbaha ubadkaaga si raaxo leh qarka kursiga goorta isaga ama iyada markay kursiga ilaa gadaal u fadhiyaan?
- Ma joogaa suunka dhabta meel hooseeye iyo si adag ma ugu xirmaa dusha lafaha sinta oo dhan?
- Miyuu suunka garabka ka gudbaa laabta iyo joogaa inta u dhaxayso ubadkaaga qoortiisa iyo garabkiisa?
- Ma u fadhin karaa ubadkaaga sidaas inta safarka oo dhan lagu jiro isagoon isqalqalocin?

Ilaa ubadkaaga fuliyaa dhamaan shanta talaabo, kursiga xoojiyaha sii isticmaal meel kasta oo aad tagaysaan.

Ubadka da'dooda ka yar 13 waxay ugu badbaado badan yihiin kursiga dambe.



### For more information:

- Visit [ahs.ca/carseats](https://ahs.ca/carseats)
- Call Health Link at 811
- Visit [healthyparentshealthychildren.ca](https://healthyparentshealthychildren.ca) and search for "car seats"