

Tallaabooyinka Guud ee Badbaado-nololeedka Xoolaha iyo Beeraha digaaga



Ku hay xoolaha meel ammaan ah oo xaddid soo gaaritaanka dadka.



Kala saar xoolaha buka iyo xoolaha caafimaadka qaba.



Hubi in dayrarka, xayndaabka iyo dhismayaashu ay si haboon u shaqaynayaan.



Samee xayndaab/khad kala qaybiya oo ku celi dadka soo booqda ugu yaraan “dhinaca nadiifta ah” ee xayndaabka.



Xakamee gaadiidka baabuurta ee beerta soo gelaya oo dhaq ama jeermiska ka dil baabuurta ka hor inta aysan gelin meelaha nadiifta ah.



Sii dadka soo booqanaya ee lagama maarmaanka ah dhar wada daboola oo la tuuri karo ama dhar gaar u ah xerada.



Sii dadka soo booqanaya ee lagama maarmaanka ah kabo la tuuri karo, dhaqaha kabaha ama kabo gaar u ah xerada.



Nadiifi oo jeermiska ka dil wixii qalab ama agab ah kahor inta aadan ka soo gudbinin khadkaaga kala qaybiyaha ah.



Had iyo jeer dhaq gacmahaaga oo isticmaal dhar iyo kabo gaar ah marka aad gasho “dhinaca nadiifta ah.”



Marka shaki kaaga jiro, jeermis dile adeegso.

