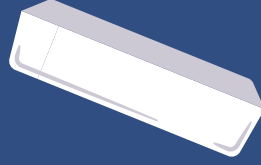


Tababarka sida loo sticmaalo qalabka baaritaanka mindhicirka

Waxa aad u baahan doonta....

Wax aad xaarkaaga ku soo qaado, sida weel gaboobey oo nadiif ah

Qalabka baaritaanka (oo halkan ku lifaaqan)



ama toylet beebar (toilet paper)

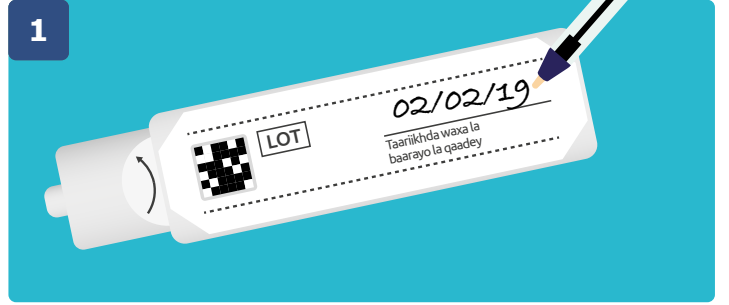
Qalin



Aad bay muhiim u tahay

In aad taariikhda aad waxa la baarayo qaadey aalada ku dul qorto haddii kale waxaa dhici karta inaan baari kari weyno.

1

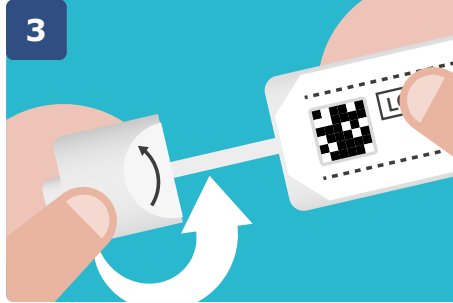


2



Weel ama toylet beebar dhex dhig musqusha si uu xaarka ugu dul dhaco.

3



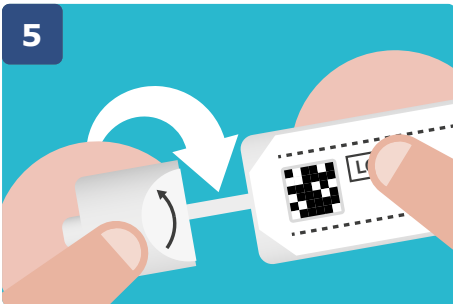
Fur daboolka tubada ku xiran oo usha ka soo saar.

4



Afka dambe ee usha dhex geli xaarka la baarayo. Buuxi oo keliyah labo qaadmo oo yar yar oo afka dambe ee usha ah (eeg sida xagga sare wax loogu muujiyey).

5



Usha geli tubada gudaheeda. Tubada xir adiga oo daboolka ku dhuujinaya.

6



Xusuusnow inaad gacmahaaga iska dhaqdo.

7



Marka aad dhameystirtid, qalabka baaritaanka ku dhex rid bakhshada midabka basaliga ah (purple) leh ee lagu siiyey oo sida ugu dhaqsiiyaha badan ee suurtoogalka ah boostaha ugu soo dir.

