ܕܥܵܪܬܵܐ ܠܒܲܝܬܵܐ ܒܵܬ݇ܪ ܡܲܘܠܵܕܬܵܐ ܒܓܲܠܚܘܼܬܵܐ ܦܬܝܼ ܐܲܡܬܵܐ

ܒܗܵܕܬܵܐ ܒܵܬ݇ܪ ܡܲܘܠܵܕܬܵܐ ܒܓܲܠܚܘܼܬܵܐ ܦܬܝܼ ܐܲܡܬܵܐ ܝܠܵܗ̇ ܦܪܝܼܫܬܵܐ ܡܼܢ ܚܠܵܢܹ̈ܐ. ܐܝܼܬ ܡܸܢܹܐ ܢܝܼܫܵܢܹ̈ܐ ܕܦܵܝܫܝܼ ܡܼܢ ܚܙܝܼܬܝܼ:

- ܡܫܲܪܝܬܵܐ ܕܟܠܵܐ ܥܲܠ ܚܘܼܪܵܙܵܐ
- ܡܒܲܪܬܵܐ ܕܐ̱ܢܵܫܵܐ (ܟ݂ܐܒ݂ܵܐ)
- ܟ݂ܘܼܫܵܐ ܘܡܲܘܪܵܝܵܐ ܐܵܘ ܢܘܼܩܵܫܵܐ (exercise)
- ܦܓ݂ܠܬܵܐ ܕܡܢܝܼܬܵܐ ܢܘܼܩܵܫܵܝܬܵܐ
- ܦܢܝܼܬܵܐ ܕܓܲܠܚܘܼܬܵܐ ܦܬܝܼ ܐܲܡܬܵܐ ܩܲܘܡܵܐ ܕܗܘܵܝܵܐ ܡܲܚܫܵܒ݂ܘܼܬܵܐ (ܟܐܪ) ܥܲܠ ܚܲܠܝܼܘܼܬܵܐ ܘܡܲܒܪܵܐܝܼܬܵܐ ܕܓܲܠܒܵܐ

ܡܫܲܪܝܬܵܐ ܕܟܠܵܐ ܥܲܠ ܚܘܼܪܵܙܵܐ

ܐܵܢܝܼܩܘܼܬܵܐ ܝܠܵܗ̇ ܕܡܫܲܪܝܬܘܼܢ ܟܠܵܐ ܡܼܢ ܥܲܠ ܚܘܼܪܵܙܵܐ ܒܵܬ݇ܪ ܡܲܘܠܵܕܬܵܐ ܦܬܝܼ ܐܲܡܬܵܐ ܡܼܢ ܚܙܝܼܬܝܼ ܕܒܲܗܪܵܐ ܡܼܢ ܘܢܝܼܫܬܵܐ ܡܼܢ ܥܘܼܠܵܠܵܐ.

ܦܬܵܚܵܐ ܕܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ

ܒܵܬ݇ܪ ܡܲܘܠܵܕܬܘܼܢ ܦܬܝܼ ܐܲܡܬܵܐ، ܚܘܼܪܵܙܵܐ ܒܸܕ ܦܵܝܫܵܐ ܡܟܘܼܣܝܵܐ ܒܦܵܬܵܚ. ܗܵܝ ܕܦܵܝܫܵܐ ܡܟܘܼܣܝܵܬܵܐ ܡܼܢ 7 ܝܘܿܡܵܢܹ̈ܐ ܒܵܬ݇ܪ ܡܲܘܠܵܕܬܵܐ. ܡܼܢ ܢܲܦܩܬܵܐ ܕܚܘܼܪܵܙܵܐ، ܠܦܵܬܵܚ ܟܘܼܬܝܼܠ ܕܓܲܠܝܵܬܵܐ ܕܗܵܘܹܐ ܠܫܝܼܠܵܐ ܡܼܢ ܚܘܼܪܵܙܵܐ.

ܦܵܬܵܚ ܕܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܝܠܹܗ ܕܠܲܩܘܼܦܹܐ ܕܝܼܠܵܗ̇ ܘܕܐܲܥܒܵܪܬܵܐ ܡܫܲܚܠܦܵܐ ܥܲܠ ܠܝܼܒܝܼܫܵܐ ܠܗܵܘܢ ܒܗܵܘܢܵܐ. ܐܲܣܦܵܪܬܵܐ ܡܼܢ ܚܘܼܪܵܙܵܐ ܕܡܸܢܘܼܗܝ ܝܠܹܗ ܡܕܘܼܡܵܐ ܒܦܵܬܵܚ ܕܠܵܐ ܢܲܦܩܵܐ، ܘܗܵܕܵܟ݂ ܟܠܗ ܡܸܢܵܐ ܐܵܘ ܚܘܼܪܵܙܵܐ ܡܼܢ ܚܝܵܪܵܐ.

ܩܲܕܵܡ ܕܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܗܵܘܝܵܐ ܦܠܝܼܛܬܵܐ ܡܼܢ ܒܹܝܬ ܥܲܠܵܢܵܐ ܕܒܲܩܘܼܪܵܬܵܐ، ܝܢܵܐ ܡܼܢ ܚܙܝܼܬܵܐ ܗܵܝ ܚܬܝܼ ܡܼܢ ܢܘܼܟ݂ܪܵܝܵܐ ܠܝܼ ܦܲܠܝܼܛܵܐ ܡܼܢ ܒܹܝܬ ܥܲܠܵܢܵܐ.

ܒܵܬ݇ܪ ܥܸܣܪܵܐ ܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܡܸܢܵܗ̇ ܒܸܕ ܦܵܝܫܵܐ ܡܼܢ 7 ܝܘܿܡܵܢܹ̈ܐ، ܝܲܢ ܚܲܕ ܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܟܠܵܐ ܡܼܢ ܥܲܠ ܗܵܘܢܵܐ ܡܼܢ ܦܵܬܵܚ (GP).

ܒܵܬ݇ܪ ܥܘܼܠܵܠܵܐ ܕܥܲܠ ܩܸܫܪܵܐ ܕܡܸܢܘܼܗܝ ܝܠܹܗ ܕܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܕܓܲܠܝܵܐ ܝܠܹܗ. ܐܲܢ ܚܙܹܐ ܕܚܘܼܪܵܙܵܐ ܝܠܹܗ ܕܐܲܣܦܵܪܬܵܐ ܠܵܐ ܫܲܦܝܼܪܬܵܐ ܝܠܹܗ، ܗܵܘ ܕܫܵܩܠܵܐ ܡܼܢ ܫܲܦܝܼܪܘܼܬܵܐ ܡܼܢ ܦܵܬܵܚ ܘܗܵܘ ܚܲܠܦܵܐ ܡܸܢܵܗ̇ ܠܗܵܘܢܵܐ ܒܸܕ ܚܘܼܪܵܙܵܐ.

ܦܲܪܝܼܫܘܼܬܵܐ ܕܝܠܵܗ̇ ܒܗܵܘ ܕܡܵܢܝܼ ܕܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܡܼܢ ܦܵܬܵܚ ܒܵܬ݇ܪ ܐܲܣܦܵܪܬܵܐ ܕܚܘܼܪܵܙܵܐ ܠܵܐ ܫܲܦܝܼܪܬܵܐ، ܠܗܵܘ ܕܗܵܘܹܐ ܦܵܝܫܵܐ ܚܘܼܪܵܙܵܐ.

ܚܘܼܪܵܙܵܐ

ܒܩܘܼܫܵܝܬܵܐ ܕܚܘܼܪܵܙܵܐ ܡܼܢ ܩܲܕܡܵܝܵܐ ܒܚܵܕܵܐ. ܐܝܼܬ ܕܚܘܼܪܵܙܵܐ ܐܵܘ ܡܫܲܦܝܵܢܹ̈ܐ ܕܝܠܵܗ̇ ܩܲܕܡܵܝܵܐ، ܒܸܕ ܦܵܝܫܝܼ ܥܲܡܝܼܩܵܐ ܡܼܢ ܦܵܬܵܚ ܕܐܲܣܦܵܪܬܵܐ ܠܟܲܝܘܼܬܵܐ ܐܵܘ ܒܸܕ ܢܲܦܩܵܐ ܕܡܲܫܚܠܵܦܬܵܐ ܠܟܲܝܘܼܬܵܐ. ܐܵܗܵܐ ܚܲܕ ܕܐܲܝܟ ܡܼܢ ܗܵܘܢܵܐ ܥܲܠ 5 ܘ 10 ܝܘܿܡܵܢܹ̈ܐ ܒܵܬ݇ܪ ܡܲܘܠܵܕܬܵܐ.

ܦܵܬܵܚ ܟܘܼܫܵܝܵܐ، ܚܲܕ ܡܫܲܦܝܵܐ ܡܼܢ ܚܘܼܪܵܙܵܐ ܩܲܘܡܵܐ ܕܗܵܘܹܐ ܒܗܵܘܢܵܐ. ܐܵܗܵܐ ܠܵܐ ܝܠܵܗ̇ ܚܲܕ ܡܲܫܘܼܚܬܵܐ ܐܝܼܢ ܠܵܐ ܒܗܵܘܢܵܐ ܩܵܠܵܐ ܐܵܘ ܡܲܦܝܵܢܵܐ ܡܥܲܠܝܵܬܵܐ. ܩܲܘܡܵܐ ܕܓܲܒ݂ܵܐ ܕܚܲܝܹ̈ܐ ܒܫܲܪܵܝܬܵܐ ܒܚܲܕ ܕܘܼܟܵܐ ܒܚܲܕ ܚܲܝܹ̈ܐ ܕܒܗܵܘܢܵܐ ܐܵܘ ܫܲܒܵܬܵܐ ܚܲܕ ܒܩܘܼܛܵܠܬܵܐ ܕܚܘܼܪܵܙܵܐ ܠܒܘܼܩܵܪܵܐ ܕܚܘܼܪܵܙܵܐ ܚܲܠܝܵܐ ܝܠܹܗ. ܐܵܗܵܐ ܒܸܕ ܗܵܘܹܐ ܒܚܲܕ ܡܼܢ ܚܲܝܵܐ.

ܐܝܼܢ ܡܸܢܘܼܗܝ ܢܵܝܚܵܐ ܩܲܘܡܵܐ ܡܼܢ ܐܲܣܦܵܪܬܵܐ ܠܟܲܝܘܼܬܵܐ.

ܢܒܓܡܬܐ ܕܚܙܒܢܓ

ܢܒܓ ܠܚܙܒܢܓ ܐܚܒ ܘܚܙܒܬܐ

- ܦܐ ܢܒܓܡܬܐ ܕܚܙܒܢܓ
  - ܠܓܘܥ ܠܓܒܥܬܐ ܕܬܣܘܬܐ ܬܪܝܬ ܘܣܪܪܘܬܐ ܐܪܬܐ ܡܢ ܓܝܢܐ ܕܡܘܬܐ ܕܡܒܓܒܪ.
  - ܠܓܘܥ ܠܓܒܥܬܐ ܕܦܒܬܐ ܦܐ ܕܡܒܝܐ ܬܘܐ ܠܚܙܒܢܓ
  - ܡܝܠܝܕ ܠܗܘܪܪܬܐ ܡܢܓܝܢܐ ܐܘ ܓܗܥܬܐ ܟܘܢܬܐ ܓܠ ܚܙܒܢܓ ܘܓܝܢܬܐ ܙܒܝܓܐ ܓܠ ܓܠܝܙܓ. ܐܗܘ ܦܘܡܐ ܕܡܓܡܠܓ ܚܘܥ ܬܘܬ. ܡܣܝܠܘܬܘܢ ܚܠܘܡ. ܠܓܒܥܬܓ ܕܬܣܘܬܐ ܓܝ ܬܝܪܐ ܠܓܚܠܒܬܗ ܚܦܘܦܗ.
- ܬܠܐ ܕܦܝܥ ܦܐܥ ܥܡܒܠܐ:
  - ܐܒܓ ܕܣܥܦܬܗ، ܢܝܠܠ ܠܚܙܒܢܓ ܚܝܬܐ ܘܓܚܝܙܗ ܠܐ ܝܒܝܐ ܚܦܥܠܒܪ ܬܚܒ
  - ܠܐ ܓܦܠܝܢܬܗ ܦܘܪܪ ܐܘ ܓܪܝܦܬܐ (ܗܦܪܐܗ) ܓܠ ܚܙܒܢܓ
  - ܡܚܦܐ ܢܝܠܠ ܐܒܪܬܓ ܚܝ ܚܘܢ ܘܡܝܬܐ ܦܪܡ ܘܬܠܐ ܢܣܢ ܡܬܐ ܕܚܙܒܢܓ. ܬܡܝ ܢܬܗ ܥܡܠܬܗ ܝܚܠܐ ܦܐ ܕܣܐܒܬܗ ܥܘܣܠܩܐ ܐܘ ܓܡܪܬܗ ܢܪ ܐܬܥܐ ܕܢܣܝܐ ܡܠܗ.
- ܦܐ 6 ܥܓܘܓܝܐ ܦܪܬܝܢܐ، ܟܝܙܚ ܕܠܐ ܓܪܓܬܗ ܡܝ ܝܚܪ ܚܘܥ ܢܡܘܪܐ ܡܢ ܠܦܠܓ. ܠܠܘܚ ܡܢܬܐ ܚܚܠܡܗ ܚܓܘܪܘܬܝܐ ܕܗܒܝܥܐ ܡܬܐ ܠܓܪܚܬܐ ܘܚܦܦܬܐ ܐܒܓ ܕܬܡܝ ܢܬܗ.

ܚܙܒܢܓ ܓܝ ܬܗܡܬܐ ܚܝܠܬܐ ܕܢܪܚܬܐ ܥܓܘܓܝܐ ܘܢܙܝܝܐ ܕܓܐܬܐ ܡܬܐ. ܦܘܡܬܐ ܕܪ ܓܥܬܗ ܚܦܙܓܠܬܐ، ܢܝܠܚܘ، ܘܬܓܬܐ ܕܟܠܐ ܐܢܘܝܬܐ ܕܦܘܬܐ. ܚܘܥܡܘܬܐ ܕܐܬܥܐ ܓܝ ܪܟܥ ܚܘܥ ܝ ܦܪ ܕ 6 ܥܓܘܓܝܐ، ܐܢܬܐ ܢܝܠܝܐ ܬܓܢܐ ܢܝܠܚܘ ܦܘܡܬܐ ܕܟܙܥ ܠܢܪܚܬܐ ܢܝܝܐ. ܝܐ ܐܗܐ ܥܡܒܠܗ ܚܪܝܐ، ܡܚܡ ܚܕ ܐܗܢܓ ܟܘܬܐ.

ܠܓܘܥ

ܫܘܣܠܩܐ ܠܐ ܗܒܝܕܐ ܓܠ ܚܙܒܢܓ

ܫܘܠܗܝܐ ܕܚܙܒ ܬܚܝ ܕܚܙܗ ܬܠܐ ܓܚܠܒܬܐ ܦܥܝܬܬܐ ܘܓܚܝܙܗ ܠ 15 ܡܢ ܟܠ 100 ܐܢܫܐ (15%). ܓܪܬܗ ܓܥܬܐ ܠܒܥܢܩܐ ܕܦܘܡܬܐ ܕܚܙܒܢܓ ܐܒܬܠܗ ܫܘܠܗܝܐ:

- ܕܬܬܐ ܕܢܣܠܚܒ ܘܥܘܦܐ ܕܚܙܒ ܢܚܒܚܬܐ ܚܡܢܬܐ ܝܝܡ
- ܗܚܘܡܘܬܐ ܘܪܪܬܐ، ܘܡܘܪܐ، ܐܘ ܒܥܘܫܘܬܐ ܠܣܪܪܘܝܐ ܕܚܙܒ
- ܐܦܘܗܝܢܐ (ܦܠܬܠܝܐ) ܪܘܣܝܢܐ ܐܘ ܬܪܬܚܐ ܕܝܬܐ ܢܕܬܐ ܡܢ ܚܙܒ
- ܚܙܒ ܥܪܬܐ ܝܦܬܝܢܐ
- ܢܒܚܢܒܚܬܐ (ܙܪ ܟܚܐ ܠܝܠܠ ܡܢ 38 ܪܪ ܟܚܐ)، ܪ ܟܥܐ ܐܪܐ ܚܢܒܚܒܘܬܐ ܐܘ ܚܦܪܢܘܬܐ، ܐܘ ܚܪܬܐ ܝܥܢܐ.

ܓܣܝܙܗ ܦܐ ܐܗܒܢܓ ܟܘܢܬܐ ܐܘ ܪܣܘܥ ܠܗܘܪܬܦܐ ܕܚܙܒܝ ܘܬܐ ܚܘܥ ܡܘܪܬܐ ܟܝ ܣܝܐܠܓ ܢܪ ܡܢ ܐܓܝܐ ܢܒܥܢܩܐ.

ܚܘܥܡܘܬܐ ܕܫܘܠܗܝܐ ܝܬܡܝ ܢܬܐ ܡܠܗ ܕܦܥܪ ܡܚܘܗܝܐ ܚܪܪܬܐ ܪܠܡܘܓܠ ܫܘܠܗܝܐ (ܐܢܬܒܚܡܘܬܝ).

ܚܢܪܚܬܐ ܐܗܘܠܠܬܐ، ܦܘܡܬܐ ܕܗܦܝܦܬܗ ܕܕܚܙܬܗ ܠܓܝܬ ܚܙܒܝܐ ܦܐ ܕܥܡܠܬܗ ܪܪܬܐ ܪܠܡܘܓܠ ܫܘܠܗܝܐ (ܐܢܬܒܚܡܘܬܝ) ܚܘܥ ܢܝܠܬܐ ܡܗܝܬܐ ܚܐܘܪܝܐ ܕܐܚܘܬܐ (ܪܪܬܐ ܟܘ ܦܪܒܐ).

ܡܢܪܢܬܐ ܕܢܣܠܚܒ (ܟܐܚܘܬܐ)

ܬܠܐ ܓܚܠܒܬܐ ܦܥܝܬܬܐ، ܚܬܪܡܬܐ ܡܠܗ ܕܗܘܐ ܠܓܪ ܢܣܠܚܒ. ܦܘܡܬܐ ܕܪ ܓܥܬܗ ܠܐ ܬܘܬ ܐܘ ܗܘܐ ܠܓܪ ܢܣܠܚܒ ܦܐ ܢܪܚܬܐ ܬܡܝܬܐ ܐܘ ܥܓܘܓܝܐ. ܦܘܡܬܐ ܕܪ ܓܥܬܗ ܚܐܗܐ ܢܣܠܚܒ ܐܒܓ ܕܟܚܘ ܓܝܬܗ، ܥܠܢܬܗ، ܦܥܓܬܗ، ܐܘ ܓܝܝܢܬܗ.

ܓܝ ܢܬܗ ܡܢܪܢܬܗ ܠܐܗܐ ܢܣܠܚܒ ܚܥܦܠܬܐ ܕܪܪܬܐ ܦܥܒܠܐ. ܐܢܦܥܬܐ ܦܐ ܚܗܦܚܠܓ ܕܥܡܠܬܗ ܪܪܬܐ ܕܢܣܠܚܒ ܚܬܪܐܢܬ. ܓܝ ܦܚܠܬܗ ܣܥܘܣܬܐ ܐܗܥܬܐ ܕܪܪܬܐ ܕܓܢܒܣܬܐ ܕܢܣܠܚܒ ܦܐ ܓܦܠܣܬܐ ܟܘ ܓܡܬܐ. ܝܐ ܬܗܡܬܐ ܠܓܪ ܥܡܘܠ ܠܪܪܬܚܓ ܐܓܡܝ ܕܝܠܗ ܡܘܣܝܬܐ.

ܠܐ ܗܚܪܬܗ ܡܠ ܕܗܘܐ ܠܓܪ ܢܣܠܚܒ ܢܝܠܬܐ ܦܐ ܕܥܡܠܬܗ ܪܪܬܚܓ. ܓܝ ܦܝܠܣ ܚܘܥ ܝ ܦܪ ܐܒܓ ܕܥܡܠܬܗ ܠܝܗ ܟܠܝܙܐ ܦܐ ܓܚܠܒܬܐ ܕܢܣܠܚܒ ܕܦܝܥ ܚܘܥ ܝܢܪܐ.

ܓܓܐ ܘܡܘܙܥܐ ܐܘ ܢܘܩܫܐ (exercise)

ܗܘܝܬ ܡܥܒܕܢܬܐ ܟܠܗ ܡܥܒܪܢܘܬܐ ܡܢ ܟܠ ܕܡܨܝܐ ܠܒܟ ܕܟܫܟܚܬ. ܓܓܠܬܐ ܒܢܝܬܐ ܐܘ ܒܘܬܪܐ ܡܟܒܟܐ ܟܠܗ ܓܒܠܬܐ ܒܢܝܐ ܡܢ ܩܕܡ، ܐܒܢܐ ܠܐ ܕܢܒܬ ܢܫܠܐ ܠܛܢܒܪ ܐܟܐ ܝܥܩܐ ܐܘ ܡܥܝܪܬ ܠܛܢܒܪ.

ܩܐ 6 ܫܒܘܥܐ ܩܕܡܝܐ، ܚܒܘܪ ܠܐܢܐ ܩܘܫܚܬܐ

- ܠܐ ܡܫܩܠܬ ܡܕܡ ܝܩܝܪ ܒܝܫ ܡܢ ܝܠܘܕܐ ܕܝܠܟܝ
- ܪܚܘܩ ܡܢ ܓܓܢܝܬܐ ܡܓܗܝܢܐ، ܐܝܟ ܒܪܗܛܐ ܐܘ ܦܫܛܬܐ ܠܚܠܠ ܐܘ ܠܥܠܠܬ.
- ܗܟܘܪ ܠܐ ܟܡ ܦܬܐ ܡܢ 2 ܫܒܘܥܐ ܦܪܡ ܕܡܢܝܬܝ ܕܪܕܝܬܐ. ܐܡܨܝ ܡܛܢܬܝ ܐܝܟ ܠܐ ܡܢܬ ܒܥܩܠܐ ܕܪܕܝܐ ܢܫܠܬܐ ܕܫܒܝܩ (ܐܘ ܒܡܘܣܬܐ ܐܗܘܡܬܐ ܐܡܨܝ). ܐܝܟ ܠܐ ܡܢܬ ܢܫܬܐ (ܐܡܒܕܬܐ)، ܒܝܕ ܐܗܘܝ ܒܟܢܫܐ. ܗܣܝܪ ܠܝܡܘܪܘ ܕܐܝܟ ܒܘܕ ܒܥܠܐ ܗܝܡܢܬܐ ܡܢܬ ܕܡܟܪܬ ܦܪܡ ܕܡܢܝܬܝ ܕܪܕܝܬܐ. ܢܕܟܪܐ ܡܢ ܝܡܘܪܘ ܐܡܨܝ ܒܝ ܩܐܠܝ ܡܢܬܐ ܕܪܕܝܬܐ ܟܠܗܘܢ 6 ܫܒܘܥܐ.
- ܪܚܘܩ ܡܢ ܓܘܫܡܐ ܒܓܫܬܐ ܕ 6 ܫܒܘܥܐ ܩܕܡܝܐ. ܐܡܨܝ ܐܝܟ ܕܗܘܝܬ ܡܕܪܝܬܐ، ܘܗܘܝܬ ܐܡܒܕܬܐ ܕܡܦܠܝܬ ܪܕܝܐ ܕܡܥܠܬܐ ܕܟܠܒܘܬܐ ܐܝܟ ܕܡܒܪܬ ܓܘܫܡܐ.

ܦܓܠܬܐ ܕܩܢܝܬܐ ܢܘܥܩܬܐ

ܢܕܟܪܐ ܐܢܬܝܢܐ ܓܐ ܗܘܝ ܝܪܝܐ ܒܡܥܠܒܬܐ ܦܬܝ ܪܡܬܐ. ܐܣܝܪܐ ܩܘܡܐ ܕܗܘܝ ܥܒܝܕܐ ܐܘ ܢܥܝܪܐ، ܦܢܝܫܐܝܬ ܐܝܟ ܠܐ ܡܠܗ ܐܢܬܝ ܟܒܪ ܡܢܐ ܗܟܝܪܐ. ܩܝܪܬܐ ܡܠܗ ܐܟܐ ܕܩܡܝܪܬܝ ܟܒܪ ܪܓܒܪ ܡܢ ܥܕܒܪܝ، ܡܫܬܘܝܬܝ، ܡܢܗܝܢܐ ܐܗܘܝܢܐ، ܐܘ ܐܢܬܝܢܐ ܩܝܪܝܐ ܐܣܝܪܐ.

ܡܗܝܡܢܘܬܐ ܕܟܠܐ ܟܠ ܢܕ ܝܠܘܟܐ ܢܕܬܐ ܒܠܗ ܡܗܘܩܐ ܩܐ ܐܢܝܩܐ ܢܕܬܐ. ܗܘܝܬ ܡܗܝܡܢܬܐ ܡܢ ܛܢܒܪ. ܩܘܡܐ ܕܥܩܠܐ ܢܕܟܪܐ ܫܒܘܥܐ ܐܘ ܒܝܫ ܙܘܕܐ ܩܐ ܕܪ ܓܥܠܝ، ܒܝܫ ܝܩܝܪ، ܦܢܝܫܐܝܬ ܐܝܟ ܐܢܬܠܝܪ ܣܩܠܬܐ. ܓܪܝܡ ܕܡܥܝܢܝܬܝ ܒܟܐ ܕܟܡܝ ܢܬܝ.

ܠܐ ܡܢܬܝ ܒܢܘܫܟܪ. ܡܝܕܪ ܡܫܬܘܝܬܝ ܐܘ ܢܡܬܘܬܝ ܩܐ ܡܝܢܬܐ ܐܘ ܗܢܕܬܐ ܘܡܝܟܪ ܟܒܪ ܐܗܘܝܢܐ ܠܒܘܬܐ ܐܘ ܢܕ ܡܢܗܝܢܐ ܐܗܘܝܢܐ ܐܣܝܪܐ.

ܐܦ ܩܡܝ ܢܬܝ ܡܣܝܪܬܝ ܐܢܝܐ ܛܘܟܣܐ ܩܐ ܡܝܢܬܐ ܘܢܝ ܕܝܬ.

- **ܩܠܬܐ - ܥܩܬܐ ܘܟܐܒܘܬܐ ܕܡܥܒܪܬܐ ܐܘܣܛܪܠܝܐ**
  ܩܠܬܐ ܓܐ ܡܝܬܐ ܠܚܘܠܡܢܐ ܕܗܘܢܐ ܩܐ ܐܒܗܬܐ ܘܡܛܘܪܝܬܐ ܒܝܬܝܐ ܕܟܠܒܘܬܐ ܘܟܝܒܬܐ ܦܪܫܬܐ ܟܠܗ ܡܥܒܪܬܐ ܕܝܠܟܐ.
  panda.org.au
- **ܟܠܗ ܡܒܠܐ (Beyond Blue)**
  ܦܣܝܢ ܠܥܘܩܐ ܝܠܕܘܬܢܝܐ ܕܟܠܗ ܡܒܠܐ (Beyond Blue) ܩܐ ܡܗܕܝܢܘܬܐ ܡܝܢܬܐ ܒܘܕ ܕܐܒܪ ܡܫܟܚܬ ܟܠܐ ܟܠ ܚܘܠܡܢܐ ܕܗܘܢܝܪ ܐܝܟ ܢܕ ܐܒܗܬܐ.
  beyondblue.org.au/mental-health/parenting
- **ܥܘܦܬܐ ܐܘܣܛܪܠܝܬܐ ܕܥܘܡܬܐ ܕܡܥܒܪܬܐ** ܓܐ ܡܝܢܐ ܐܒܗܬܐ، ܥܕܒܪܐ، ܘܡܛܘܪܝܬܐ ܒܥܘܡܬܐ ܕܟܠܗ ܡܥܒܪܬܐ. ܥܘܦܣܝ ܝܠܕܘܬܢܐ ܐܝܟ ܗܘܝ ܡܟܒܝܬܐ ܡܝܢܐ ܘܗܕܢܝܬܐ. birthtrauma.org.au

ܡܥܒܪܬܐ ܘܟܠܒܘܬܐ ܕܪܒܬ

ܒܡܘܫܚܬܐ ܡܠܗ ܗܟܝܪܐ ܩܐ 18 ܝܪܚܐ ܡܢ ܟܠܗ ܡܥܠܒܬܝ ܦܬܝ ܪܡܬܐ ܦܪ ܕܗܘܐ ܠܒܪ ܢܕ ܝܠܘܟܐ ܐܣܝܪܐ، ܝܠܐ ܐܝܟ ܐܗܘܝܢܐ ܬܘܥܠܝܪ ܦܫܘܩܐ. ܐܗܐ ܡܟܢܘܫ ܕܟܡܝ ܢܬܝ ܡܪܟܬܝ ܕܗܘܝܬ ܟܠܒܬܐ ܝܟܢܕܥ ܟܠܗ 10-12 ܝܪܚܐ ܡܢ ܒܪܡܬܐ ܕܝܠܘܟܝ.

ܒܪܟܐ ܐܡܬܠܬܐ، ܐܝܟ ܐܗܐ ܡܠܗ ܡܥܠܒܬܝ ܦܬܝ ܪܡܬܐ ܦܪܫܬܐ ܕܡܥܒܪܬܐ ܐܬܠܝܪ ܛܝܪܡ ܠܒܘܝܢܐ ܩܐ ܡܥܒܪܬܐ ܕܓܬܐ ܡܠܗ. ܟܡܝ ܢܬܝ ܠܡܒܢܬܝ:

- ܡܥܝܢܬܝ ܒܐܘܪܚܐ ܒܢܬܘܬܐ ܟܠܗ ܡܥܠܒܬܝ ܦܬܝ ܪܡܬܐ ܦܪܫܬܐ (ܒܢܝܐܒܬ ܡܒܟܬܐ ܐܝܟ VBAC, TOLAC ܐܘ NBAC)
- ܢܠܝܠܝ ܩܐ ܣܪܐ ܡܥܒܪܬܐ ܐܣܝܪܬܐ ܒܐܘܪܚܐ ܕܡܥܠܒܬܐ ܦܬܝ ܪܡܬܐ.

ܡܠܝܢܬܝ ܘܐܗܘܝܢܐ ܟܡܝ ܡܝܕܪ ܠܒܪ ܕܥܩܠܬܝ ܡܠܒܟܬܐ ܠܒܘܕ ܡܠܗ ܒܘܥ ܝܩܝܪ ܓܝܢܐ ܟܠ ܐܗܘܠܬܝ ܘܒܢܝܬܝ.

ܩܐ ܕܬܠܦܬܝ ܒܘܥ ܙܘܕܐ ܒܘܕ ܠܒܘܝܢܐ ܟܠܗ ܡܥܠܒܬܐ ܦܬܝ ܪܡܬܐ، ܐܝܟ ܟܡܚܐ ܠܒܪ ܡܝܪ ܠܡܕܪܫܘܬܐ ܕܡܪܟܐ ܩܐ ܝܡܟܐ 'ܡܥܒܪܬܝ ܐܢܬܬܐ ܒܚܘܝܐ ܒܐܘܪܚܐ ܕܡܥܠܒܬܐ ܦܬܝ ܪܡܬܐ: ܡܒܕܪ ܡܢܐ ܠܒܘܟܝ؟'. ܐܗܐ ܒܠܓܘܢܐ ܦܝܫܐ ܡܠܗ ܓܝܢܐ ܒܥܝܪܬܐ ܕܐܢܬܝܢܐ ܐܝܟ ܕܐܒܪ ܩܐ ܡܝܢܬܐ ܕܥܩܠܬܐ ܕܡܛܝܢܘܬܐ ܒܡܕܝܬܐ. ܓܐ ܢܝܓܥ ܡܗܕܝܢܘܬܐ ܐܢܩܫܬܐ ܒܘܕ ܡܝܬܝܐ ܘܟܡܝ ܦܘܪܝܬܐ ܕܟܠ ܠܒܘܝܢܐ.

ܡܵܨܝܵܬܝ ܚܵܙܝܵܬܝ ܠܐܵܗܵܐ ܒܟܬܵܒܘܿܢܵܐ ܓܵܘ ܦܘܼܩܵܐ ܝܘܼܠܦܵܢܵܝܹ̈ܐ ܕܢܸܫܹ̈ܐ. thewomens.org.au/health-information/fact-sheets#my-last-birth-was-a-caesarean-what-are-my-options

ܡܘܼܚܪܵܐ ܕܬܵܚܒܬܵܐ

ܢܵܣܒܵܐ ܠܐܵܗܢܝܼ ܒܘܼܬܝܵܐ ܩܵܐ ܢܚܵܡܬܵܐ 6 ܫܵܒܘܿܥܹ̈ܐ ܒܵܬ݂ܪ ܡܲܒܲܪܬܵܐ، ܐܲܝܟ ܐܝܼ ܦܲܫܛܲܪ ܡܘܼܚܪܬܵܐ ܕܐܸܬܸܠܵܗ̇ ܠܲܘܫ ܚܠܝܵܐ. ܐܵܗܵܐ ܡܘܼܚܪܵܐ ܝܠܹܗ ܩܵܐ ܢܵܫܵܐ ܘܩܵܐ ܝܲܠܘܼܦܵܐ، ܠܲܘܫ ܝ ܩܲܕ ܡܵܠܵܗ ܕܫܲܦܠܬܵܗ̇ ܐܲܝܟ ܡܘܼܚܪܵܐ.

ܡܲܒܘܼܥܹ̈ܐ

- ܡܲܒܲܪܬܵܗ̇ ܐܲܚܪܵܝܬܵܐ ܝܘܵܐ ܒܐܘܼܪܚܵܐ ܕܡܲܘܠܲܕܬܵܐ ܦܫܝܼܛܬܵܐ: ܡܘܼܕܝܼ ܐܝܼܢܵܐ ܓܲܒܝܵܝܝ؟
  ܓܵܘ ܒܲܝܬܵܐ ܟܪܝܼܗܹ̈ܐ ܕܢܸܫܹ̈ܐ
  thewomens.org.au/health-information/fact-sheets#my-last-birth-was-a-caesarean-what-are-my-options
- ܡܲܒܲܪܬܵܐ ܒܵܬ݂ܪ ܡܲܘܠܲܕܬܵܐ ܦܫܝܼܛܬܵܐ ܕܩܲܕܡ ܒܬܲܠܡܝܼܬܵܐ ܟܵܠܝܼܬܵܐ ܕܐܲܣܝܹ̈ܐ ܕܢܸܫܹ̈ܐ ܘܕܡܲܒܲܪܬܵܐ (ܡܲܠܟܘܼܬܵܐ ܡܚܘܼܕܬܵܐ)
  rcog.org.uk/for-the-public/browse-our-patient-information/birth-after-previous-caesarean
- ܡܲܘܠܲܕܬܵܐ ܦܫܝܼܛܬܵܐ
  ܒܬܲܠܡܝܼܬܵܐ ܟܵܠܝܼܬܵܐ ܕܐܲܣܝܹ̈ܐ ܕܢܸܫܹ̈ܐ ܘܕܡܲܒܲܪܬܵܐ ܕܐܘܿܣܬܪܵܠܝܵܐ
  ranzcog.edu.au/wp-content/uploads/Caesarean-Section.pdf
- ܡܲܫܚܬܵܐ ܡ̣ܢ ܒܵܬ݂ܪ ܡܲܘܠܲܕܬܵܐ ܦܫܝܼܛܬܵܐ: 6 ܫܵܒܘܿܥܹ̈ܐ ܩܲܕܡܵܝܹ̈ܐ
  ܝܸܠܵܕܵܐ ܕܡܲܫܲܚܬܵܐ ܕܝܲܠܕܹ̈ܐ
  raisingchildren.net.au/pregnancy/labour-birth/recovery-after-birth/after-caesarean#going-home-after-caesarean-birth

- ܚܘܼܠܡܵܢܵܐ ܒܵܬ݂ܪ ܡܲܘܠܲܕܬܵܐ ܒܐܘܼܪܚܵܐ ܕܡܲܘܠܲܕܬܵܐ ܦܫܝܼܛܬܵܐ
  ܓܵܘ ܒܲܝܬܵܐ ܟܪܝܼܗܹ̈ܐ ܕܢܸܫܹ̈ܐ
  thewomens.org.au/health-information/pregnancy-and-birth/your-health-after-birth

ܚܸܡܬܵܐ ܕܒܲܝܬܵܐ ܚܡܵܬܵܐ

1800 Respect National Helpline

ܡܵܨܝܵܬܝ ܕܡܲܚܒܪܵܬܝ ܚܸܡܬܵܐ ܐܲܝܟ ܡܲܢܗܘܼܪܵܐ ܡܢܵܬܝ ܝ ܩܲܕܡܵܝܬܵܐ ܓܢܘܼܫܬܵܐ، ܡܲܫܦܲܪܬܵܐ ܐܵܘ ܒܲܝܬܵܐ ܚܡܵܬܵܐ.

ܡܵܨܝܵܬܝ ܡܲܚܙܝܵܬܝ ܒܟܠ ܫܲܥܬܵܐ ܒܝܘܿܡܵܐ ܐܵܘ ܠܸܠܝܵܐ.

1800 737 732

1800respect.org.au

ܗܲܝܲܪܬܵܐ ܡܢܵܬܝ ܠܬܲܪܓܡܵܢܵܐ؟

ܡܵܨܝܵܬܝ ܬܠܵܒܬܝ ܬܲܪܓܡܵܢܵܐ ܐܲܝܟ ܗܲܝܲܪܬܵܐ ܡܢܵܬܝ

ܠܐ ܡܫܲܥܒܕܵܢܘܼܬܵܐ: ܐܵܗܵܐ ܦܵܬܵܐ ܕܝܼܕܥܵܬܵܐ ܝܠܹܗ ܡܲܘܕܥܵܢܵܐ ܡܲܕܪܲܫܬܵܢܵܝܬܵܐ ܓܲܢܵܝܬܵܐ ܘܐܲܣܝܵܝܵܐ. ܩܵܐ ܢܝܼ ܝܸܕܥܵܬ݂ ܦܝܼܫܬܵܐ ܒܘܼܪ ܗܲܝܲܪܬܵܐ ܕܡܲܫܟܚܬܵܐ ܕܟܠܗ ܚܘܼܠܡܵܢܵܐ ܕܫܲܦܠܬܵܐ، ܩܲܠܹܗ ܕܫܲܦܠܬܵܗ̇ ܢܝܼ ܒܲܪܬܵܐ ܡ̣ܢ ܡܲܢܗܘܼܪܵܐ ܕܚܘܼܠܡܵܢܵܐ (ܐܲܣܝܵܐ). ܓܵܘ ܒܲܝܬܵܐ ܟܪܝܼܗܹ̈ܐ ܕܢܸܫܹ̈ܐ ܠܐ ܫܲܩܠܵܐ ܡܫܲܥܒܕܵܢܘܼܬܵܐ ܥܲܠ ܩܵܐ ܚܘܼܠܡܵܢܵܐ ܐܵܘ ܕܘܼܟܵܐ ܒܝܼܫܬܵܐ ܡ̣ܢ ܡܲܦܪܲܫܬܵܐ ܥܲܠ ܐܵܗܵܐ ܦܵܬܵܐ ܕܝܼܕܥܵܬܵܐ ܡ̣ܢ ܚܲܝܠܵܐ ܚܘܼܠܡܵܢܵܐ ܕܒܪܵܐ ܡܲܢܗܘܼܪܵܐ ܕܚܘܼܠܡܵܢܵܐ. ܐܲܝܟ ܐܲܢܬܝ ܐܵܘ ܝܲܠܘܼܦܵܐ ܗܲܝܘܼܢܵܐ ܡܘܼܬܵܘܢ ܠܡܲܫܟܚܬܵܐ ܒܲܪܬܵܐ ܡܵܠܵܐ، ܐܲܝܟ ܡܲܚܘܼܝܵܐ ܠܵܐ ܡܲܚܙܝ ܠܡܲܥܒܕܵܢܘܼܬܵܐ ܕܒܲܪܬܵܐ ܝܘܵܐ ܒܘܼܫ ܡܘܼܬܵܘܢܵܐ ܓܵܠܝܵܐ.

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