

# Dabaal Degida Dabaal Degida

## Waxa aad dhahayso:

- “Waxaan aan jeclahay sida aad u walaaqdid cuntada aan karineyno!” Ku dadaal in aad kobciso cunugaaga dareemadiisa dadnimo markii aad u sheegtid in ay wax fiican sameyneyso!
- “Sidee aad u sameyn laheyd ama u bilaabi lahayd dabaal-dega ah\_\_\_\_\_.” Ku baraaruji ilmahaaga in ay aad uga qayb qaataan hidaha iyo dhaqank reerkooda si ay u xasuusnaadaan xasuusta qoyska ciideed u gaarka ah.

## Aqri dhamaan oo idil:

*The Book of New Family Traditions: How to Create Great Rituals for Holidays & Everyday, Meg Cox*

*Everyday Traditions: Simple Family Rituals for Connection and Comfort, Nava Atlas*



Illustrations by Corey Smigliani

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