

AANIAUTAUYUT IMIINARUMI

Tahap kununga imirumayut, taanngaq amiqhinnaqtumik quvianaqtumik hulilukaarnaramik quviahutauvakkamilu. Imiqpallaaraangat hivuuranaqtuqtauq timingnut tamarmik naittumik aturaarnaqtumik hivitunianut.



Imiinnaruvit, taimaa aanniarnalaqinnaqtuq, uluriannaqtumik, aannirnaqtumik, ningaqpallaarnaqhuni, ilatillu ayuqhautinnaqhuni.

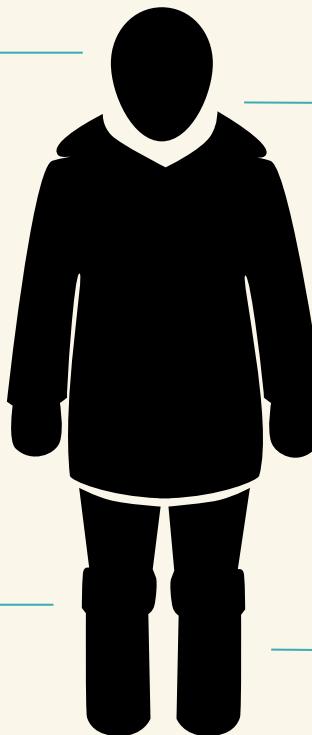


Ilihimavit avukhugu imiq havautikniklu qayangnaqpiatqut?



Havautituruvit, malittiaqhimalugit malit takha innit. Munaqhvivit uqarvigilugu, taaktivit havaultiliqiyinulluuniit apiqquutiqarniruvit imirnigut havautituruvit.

Naittut aaniarutauniqmut qayangnautiuyut



- Kaffanguliqtuq kangirhinnattumik uqaqhuni
- Takullualimaiqhuni hiudjarlukhunilu
- Ilihimayuknaiqtuq naluhillunilu

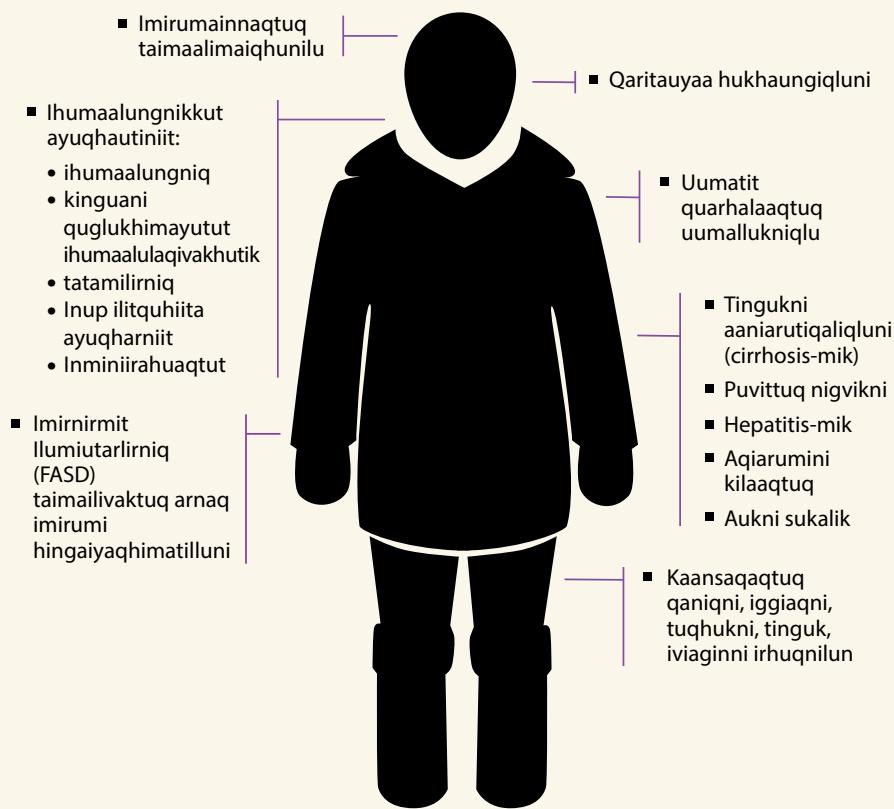
- Ihumannaittumik pittiarninga, taimaa piyumanngitkaluaqhutit nuliarnigumavaktut iminngakpallaaqhutik aqu ttuniglu
- Ikpingnaqpiatqumik ilitquhiqaqpaktut, uuminngatut ningaumaniq taimaa ningaqpallialiqpakhutik
- Nakuungittunik in'ngummakhuniluuniit

- Pihuttiaarnaittuq kayumiittumiglu ilinnaqpakhuni

- Imiqmit puisiqtuq

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Akuniraalukmut inuuhiqmik qayangnautiniaqtuq



Hingaiyaqqit?



Arnaq imirumi hingaihimatillugu, biibinnuanga inuuniaqtuq imirnirmiit llumiutarlirniq (FASD). Tukiqalaaqhuni nutarannuaq timingnut ayuqhautiqalaaqhuni, pittiarnigut ayuqhautiqalaaqtuq aahiillu ayuqhautinikkut.



Ihumaalungnikkut Ayuqhautiniit

Aturnarnikhautilik inungnuit ihumatigut aanniarutiqarnirumik qayagiyukhat pukungniarumik imirniarumik taanngarnit. Inuit ihumarlkhimagaangat imirumik taanngarnik, ilanniqhimalaaqtut aanniarutaanut, uluriahungniq, ihumaalungniq tatamilirniq. Mikiyugalaurmik taanngaq mihingnaiqpakhuni ikpigihungniq naittumik hivituralingni, kihimi ayuqhautiniq hiaminnalaaqhuni taimalu inminiirumavallialvlutik. Inuit ihumatigut aanniarutiqarumik uqarvigigiaqqaqhutik munaqhinut taaktinulluuniit imirumagumik.



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