

Berberse vertaling uit het Nederlands van: "Slaap, kindje, slaap ... zeven actiepunten voor een veilige slaap!"

misajat asasiyyin henja ihdiden adetsen mlih

- rebda suḍuṣ aḥdid x weera ennes.

puzisiun niḍas idi yeḡa raman hiya x weera ennes. maṛa tessudset x taf ennes, aṭṭaf iddura x weera ennes uca manayenni asixreq lmacakil aṭṭaf waytarri bu ennefṣ mlih; u manaya yanni di niṣba nermtu di kuna.

- tẓemmad atjenbed emmimaṭṭaf wayedḍuri ca ṣ iḡurab niḍes.
- rami emmim itiri ifaq, sasit xuṣeḍdis ennes henja aṭṭaf izemmar adyira u aditwara wi kiṣ diin.

- **sbed akiyyef ḍu kiyyef zeg mar ya wmar**

akiyyef zeg mar ya wmar ḍayeṣ ijjen lxatar dameḡran x emmim. belidafa i lxatar ameḡran n nermtu di kuna di sam ennes amezwara, atiri ura iheḡeṣ x teṣmed, d liltihab caebi, d rehṛacat imejjan, u aḍiri meḡred i lxatar n azma (arbu).

- **kur amar tsajja x uḥdid ennem u seyuṛa biṇa aqqat ẓatem**

Ihdiden iya yeḡa ar 6 c-har, niḡ ḥsen ar 1 sam, ḥsen akim essensen di rbit idi tesnusid cem: salun, rbit niḍes nuḥenjar, rbit n qama...henja adḍemned atwarid rebda d dirikt. Di ḡiret, Ihdiden xessa adtsen udsen i qama n lwaliḍin nsen maṛa zemman, maca itxessa rebda di kuna nsen.

- telefon n uḥdid waḡi kafi.
- atessudsed emmim akim di qama ennem waḡi dijen lixtiyar yeṣbeḥ.
- awarni ma aḍidref imaṭṭawen, xza ma ahenja itteṣ niḡ ead. xessa atehdid emmim sawed mlih rami yayri itteṣ di xawla n tirat niḥenjan imezyanen.
- aḥetti n ḥarakat n nefṣ nemmim isaḍḍaf di bnaḍem ijjen liḥsas yalet x salama ennes.

- **seyuṛa bila emmim wayeḥmi ca aṭṭas**

theqqeq bila emmim wayeḥmi ca aṭṭas. ijjen daraja n rehmu jar 18° d 20° tiri teṣbeḥ. theqqeq mlih zi warrud iṣ tyarḍed, d sabanat d mantat n qama d rehmu/teṣmed nerbit. theqqeq rebda bila azeḡif ḍuyembub nuḥenjar wadarran ca.

- **sexḍem ijjen qama niḡ kuna tsiyura d mantat/sabanat seḡuran**

qama niḡ kuna iseyuṛan itiri yasent ijjen wemcan yarzem x taf nsen. manta iqeṣḥen d izemman itxessa ataḍef mlih di trufa n qama. kunat nuḡiaxe waṣbihentca iwexḍam n rebda.

beḡed i rehwayej:

- iṣneqqasen sirkulasiun n reṣwin, am trufa u salyar n qama, d iyuraf n mantat, d qamat idarran.
- itirin ḥman xemmim, am arṛud ihman, sabanat/mantat, d ca enneyni.
- izemman ad darṛan ayembub nemmim, am munikut yardben imeḡranen, lḥayawanat n taḍḍat, d ca enneyni.
- izemman adṣyufan emmim am munikut, ṣnaser n munikut, reqwas, lasut, d ca enneyni.

- **emmaṣ waṣtic emmim can dwa iṣ yaybedren aritmu ennes niḍes-nuḡaqi**

beḡed i siruyat niḡ itneqqiḍin issudusent, lehḡac adarran emmim itetteṣ ktar zi lqanun. emmaṣ waṣtic can dwa bra ma tcawad adbib ennem.

- **seyuṛa bila emmim itetteṣ mlih d sijjen tariqa mentadma**

kur tayyir di lmuḥit uhenjar (jiran iteggen ṣḍee, ticrin, nhar amwzwaru ak tenni issabban ihenjan, d ca enneyni) ḡeyya adisḡmukya aḥdid ennem. abeḍder n siṣtem niḍes izemmar aditsebbeb di rmtu n kuna. Seyuṛa bila aḥdid ennem itetteṣ mlih d sijjen tariqa mentadma tatwir nijjen siṣtem niḍes walabuḍḍa zayeṣ.