

Child Care Resources
1225 S. Weller, Suite 300
Seattle, WA 98114

Moät Cô Quan thuoäc United Way



Daryeelidd Carruurta Yada

*Tilmaanta Khayraadka Qoyska,
Asaxaabta, iyo Deriska Carruurta
Inoo Xanaaneeya*



SOAR,
helping kids reach
for the sky



Qoraalkani waxaa la soo saaray sannadka 2004-tii iyadoo ay soo saareen Khayraadka Daryeelka Carruurta - Child Care Resources ayna maalgelin wayn bixyeen SOAR Opportunity Fund iyo Shirkadda Boeing. Si aad macluumaad dheeraad ah u heshaa, fadlan kala soo xiriir Paula Steinke, Child Care Resources 206/329-1011, ext. 236, steinke@chiildcare.org

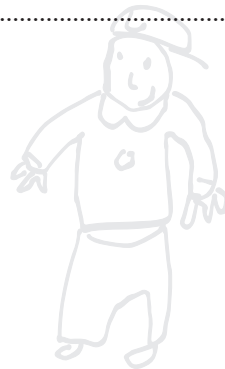
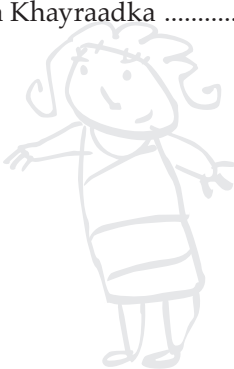
Horumarinta qoraal hore ayaa la maal geliyey sannadkii 2002 iyadoo ay maalgelin bixiyeen Hay'adda Khayraadka Daryeelka Xanaanada Carruurta - Child Care Resources Development o, Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Mareykanka - U.S. Department of Health and Human Services. Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Mareykanka - U.S. Department of Health and Human Services, Maamulka Carruurta - Children's Administration, Dhallinyarada iyo Qoysaska, iyo iyo Hoggaanka Daryeelka Xanaanada Carruurta ma ay taageeraa, mana kafaalad qaadaan, mana oggola in badeeco ganacsi ama adeeg ee hay'adaha qoraalkani ku yaal. Ku daridda hay'ad ma aha micnaheedu in wakiil laga yahay, xaqiijinayso, ama fasaxaadda waxtarkooda, habboonaanta, hawl qabadka hay'adahaasi.

Somali version



Daabacaadda waxaa ku tabarrucday Shirkadda Boeing.

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Miyaad daryeel xanaano siisa carruur qoyskaada ka tirsan? Ama carruur ay dhaleen asaxaab kuu dhow ama dariska?

Haddii Jawaabta HAA tahay, qoraalkani adiga ayaa laguugu talagalay!

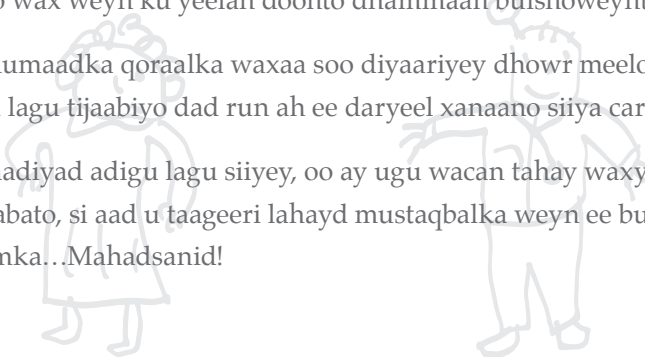
Haddii aad daryeel siisid hal canug mararka qaarkood ama carruur dhowr ah caadi ahaan, waxaad waxyeello dhaxalgal ah ku biirinaysaa dalabyada aad samaynaysid xilligaa.

Xittaa haddii aad “kor ka eegtid carruurta,” “xanaano carruur,” ama “waqti la qaadashada carruur aad ayeeyo/awoowe u tahay,” waa xilli wanaagsan. Carruurta aad daryeeleysid xanaano siisaa waa ay ku eegayaan, ku dhageysanayaan, wax badanna kaa baranayaan.

Laga billaabo dhallaanka cusub illaa kuwa aan weli qaangaarin, waxaa ay carruurtani waxaa ay ku xiran yihiin adiga iyo waayeelka kale ee noloshooda ka midka ah si ay badbaado iyo caafimaadba ugu hayaan, si ay u eegaan danaha ku habboon, iyo in ay tusiyaan sida loo dhexgalo ama ay ula dhaqmaan bey’adda ku hareersan taasoo ah qaabka ugu fiican ee ay ku heli karayaan farxad iyo guulba. Farriimo ayeey kaa helaan taasoo ku saabsan qiimaha ay caalamka kaga jiraan, sida ay u buuxiyaan baahidooda, iyo sida dadka kale loola dhaqmo. Ka soo billaw waxyaabaha waaweyn illaa waxyaabaha yaryar ee aad sameyso, saameynta aad ku yeelanayso nolosha canug waxaa ay gaari kartaa illaa iyo mustaqbalka taasoo wax weyn ku yeelan doonto dhammaan bulshoweynta.

Macluumaadka qoraalka waxaa soo diyaariyey dhowr meelood waxaanna lagu tijaabiyo dad run ah ee daryeel xanaano siiya carruur.

Waa hadiyad adigu lagu siiyey, oo ay ugu wacan tahay waxyaabaha aad qabato, si aad u taageeri lahayd mustaqbalka weyn ee bulshada iyo caalamka...Mahadsanid!



Si aad waxa ugu fiican ugu sameysid carruurta aad adigu daryeel xanaano siiso, waxaa gaar ahaan muhiim ah in aad adigu marka hore is daryeeshid. Marka aad caafimaad qabtid, aad deggan tahay, nasatay, waxaad awoodaysaa in aad waxyaabaha soo socda aad qaabishid:

- ◆ xiriir qaas aad la sameysid canug walba ee aad daryeeshid;
- ◆ aad carruurta siisaa badbaado, caafimaad, iyo goob waxbarasho;
- ◆ aad xiriir furan, oo daacad ah aad la yeelatid carruurta iyo waayeelka noloshooda ka midka ah;
- ◆ aad carruurta siisaa bey'ad ay ku koraan iyo ku kobcaan hadba iyadoo ay ku xiran tahay baahidooda bulsho, dhaqan iyo dareenba;
- ◆ aad buuxisaa baahida jadwalka daryeelka xanaanada carruurta;
- ◆ aad fursad u heshaa khayraadka daryeelka aad adigu carruurta ku xanaaneyso;
- ◆ si caddaan ah ula xiriirta dhammaan dadka ka midka ah daryeelka xanaanada carruurta.

Shaqadaada carruurta waa mid aad iyo aad u muhiim ugu ah wanaagga bulshada. Fadlan adigu is daryeel!!!

Xiriirka Ka Dhaxeeya Waayeelka

Xiriir wanaagsan ee ka dhaxeeya dhammaan waayeelka ka tirsan nololaha carruurta waxaa uu saacidayaa qof waliba ee ka qayb qaadanaya. Waa muhiim in si caddaan ah looga xiriirto sida dhan waliba ay waxyaabaha u doonayaan si looga badbaado dareen xun ee dhex gala asaxaabta iyo xubnaha qoyska iyo/ama kala go' ku yimaada daryeelka xanaanada. Marar badan, qof waliba waxaa uu fakarayaa in uu fahmay heshiiska la gaaray, balse marka aan tifaftirka heshiiska aan laga hadal, fidno ayaa soo if baxda.

Qoraalkani tixraaca ah ayaa hagitaan ahaan ay u isticmaali karaan waalidiinta iyo daryeel fidiyayaasha si ay uga wada hadlaan waxa mid waliba uu doonayo. Qaybo ka midka ah qoraalka tixraaca ayaa laga yaabaa in aysan xaaladdaada saameynin. Iyadoo ay ku xiran tahay xaaladda jirta, waxaa habboonaan lahayd in qaybo heshiiska ka midka ah aad qoraal iyo koobiyaal ay ka samaystaan dhammaan waayeelka ka midka ah nololaha carruurta.

Su'aalo La Waydiiyo/Ka Jawaab

- ◆ Waa kuwee carruurta aan daryeelka xanaano siinayo? Waa maxay da'dooda?
- ◆ Waa maxay maalmaha iyo saacadaha aan carruurta daryeelka xanaano u fidin doono?
- ◆ Sidee baa wax looga qabtaa isbeddel jadwalkani ku yimaado? (Tusaale ahaan, haddii waalidka uu soo raagayo)
- ◆ Miyaa lacag ama wax caddaan ah laygu siin doonaa? (Jiif? Cunno?)
- ◆ Haddi ay haa tahay, imisa? Tani ma waxay ku xiran tahay mushahar saacaddiiba ah? Asbuuciiba? Bishiiba?
- ◆ Waxyaabaha soo socda yaa keenaya aniga mise waalidka?
Dhaayaber/Saxaro-Kaadi Celiyaha Carruurta ____
Cunnooyinka gasacadaysan ____ Cunnada fudud ____ Raashinka ____
- ◆ Ma hagaag baa in waalidka shaqada lagala xiriirto? Wax hor istaagaya baa jira?
- ◆ Waa goorma saacadaha jiifka yar iyo/ama jiifka buuxa?
- ◆ Miyey jiraan caadooyin dhaqameedyo ah in la dhawro?
- ◆ Miyey jiraan waxyaabo aan marnaba carruurta lagala sheekeysan ama
- ◆ Telefishinka iyo/ama sinimada miyaa loo ogol yahay? Haddii haa ay jawaabtu tahay, kuwee?
- ◆ Miyey jiraan raashin ama cabitaan aan carruurta la siin karin? Ama xad looga yeelayo
- ◆ Ma hagaag baa in carruur kale ay joogaan?
- ◆ Ma hagaag baa waayeel kale in ay joogaan?
- ◆ Ma hagaag baa haddii qof kale uu carruurta kor kala socdo?
- ◆ Ma hagaag baallaa in carruurta meelo la geeyo? Haddii jawaabtu haa tahay, miyey jiraan meelo ay
- ◆ Maxaad ka leedahay gaadiidka? Kuraasta gaariga?

Barashada Carruurta:

- ◆ Buugagga iyo qisooyinka ay jecel yihiin _____
- ◆ Ciyaaraha ay jecel yihiin _____
- ◆ Alaabta lagu ciyaaro ee ay jecel yihiin _____
- ◆ Hawlaha ay jecel yihiin _____
- ◆ Raashinka ay jecel yihiin _____

Caafimaadka

- ◆ Aleerjiyo _____
- ◆ Dawooyin: _____
- ◆ Macluumaad Caafimaad ee kale: _____

Lambarrada muhiimka ah:

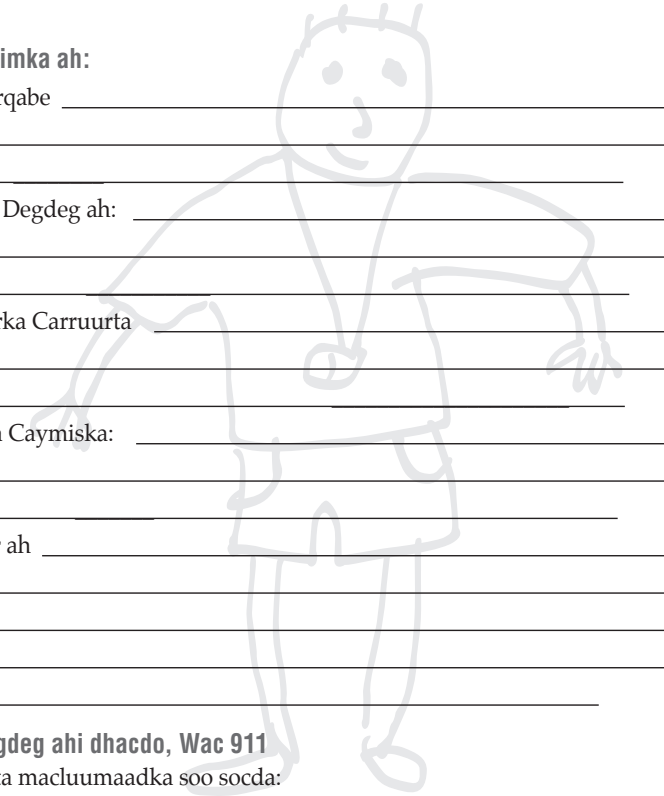
- ◆ Waalid/ Ka Warqabe _____

- ◆ Xiriirro Kale ee Degdeg ah: _____

- ◆ Canug/ Takhtarka Carruurta _____

- ◆ Macluumaadka Caymiska: _____

- ◆ Tilmaamo Gaar ah _____



Haddii Xaalad Degdeg ahi dhacdo, Wac 911

Sii cidda kaa qabata macluumaadka soo socda:

- ◆ Luqadda aad si fiican ugu hadasho
- ◆ Saacidaadda aad doonayso (Ambulaans? Dab? Boolis?)
- ◆ Halka aad joogtid/ Cinwaankaaga _____
- ◆ Haddii qof xannuunsan yahay, sii da' dooda wax uga sheeg dhaawaca

Warbixinta Oggolaashada Bixitaanka Macluumaadka Caafimaadka

Haddii xaalad degdeg ahi dhacdo, waxaan fasax siinayaa _____
_____ in ay siiso gargaarka degdegga ah ee loo
baahdo. Haddii Aniga/annaga aan nalala soo xiriiri karin, shaqsiga kor ku xusan
ayaa fasax loo siinayaa in uu go'aan ka gaaro xaalad daryeel degdeg ah ee kasta ee ay
canuggayga/carruurta u baahan yihiin,

Waalid/ Ka Warqabe _____

Taariikhda _____

Tixraaca Badbaadada Aqalka

Sunta

- ◆ Alaabta qatarta ah iyo geedaha ka fogee meel la gaaro.
- ◆ Alaabta ku hay wixii lagu keeno.
- ◆ isticmaal sanaadiiqda canugga ka badbaadiso.
- ◆ Hayso Sharoobada Ipecac –la soo xiriir Ilaalada Sunta (Poison Control) inta aadan isticmaalin.

Ka Badbaadista Gubniinka iyo Dabka

- ◆ Aqalka gasho dareemaha qaaca.
- ◆ Sameyso qaab aad dabka uga badbaado.
- ◆ Raashinka kulul, dareerayaasha, weelasha iyo qalabka raashinka lagu suubiyo saar meel aan la gareynin.
- ◆ Waxaad gadataa oo keliya jif dabka ka badbaadaya ee carruurta loogu talagalay.
- ◆ Bar carruurta micnaha kuleylka iyo qatarta in lagu ciyaaro taraqyada.

Fiilooyinka Korontada iyo Dab Qaadeyaasha

- ◆ Halka korontada la geliyo ku sur gelliinka balaastikada ah.
- ◆ Hayso fiilooyin frayed ah iyo kuwo dabacasan kana ilaali carruurta in ay gaaraan.

Dhacmooyinka

- ◆ Marna dhallaan meel dheer ha ku dhaafin iyadoon lala joogin.
- ◆ Hagaaji kadiifadaha isku laaban kana dhaqaaji alaabta ay carruurta ku kufi karaan.
- ◆ Aad isaga hubi albaabada jaranjarada ku hagaya.
- ◆ Quful geli daaqada dabaqa koowaad ka sarreeya.

Sixasho

- ◆ Ka fogee carruurta 3 jirka ah ama ka yar buufinnada.
- ◆ Hubi in bacyaasha, xargaha-fiilooyinka, wayaabaha jirka lagu xirillaa iyo barkimaha jilacan meel carruurta ka fog in ay yaallaan.
- ◆ Ha u oggolaan in dhallaanka ay dhuuqaan ama calaajiyaan alaabta yar.

Alaabta Lagu Ciyaaro

- ◆ U iibi ilmaha alaab da' dooda ku habboon.
- ◆ Akhri fariinnada badbaadada.
- ◆ Qaad alaabta lagu ciyaaro ciyaarta kaddib.

Qalabka Goobta Ciyaarta ee Aqalka

- ◆ Hubi in qalabka jir-dhiska iyo qalabka goobta ciyaarta ay ku rakiban yihiin dusha jilcan oo ugu yaraan lix fiit u jirta jid-xirmo kasta.
- ◆ Eeg in qalabka uu si fiican dhulka ugu jiro.
- ◆ Dabool boolasha muuqda oo idil.
- ◆ Bannaanka aqalkaagu wareeg ha ku xirnaado marwalbana carruurta dibedda joogta kormeer.

Baaskiillada

- ◆ Bar carruurta shuruucda jidadka.
- ◆ Eeg in baaskiillada ay la eg yihiin cidda wadda.
- ◆ Hubi in carruurta ay qabaan koofiyadaha baaskiilka marwalba oo ay wadaan.

Badbaadada Biyaha iyo Qubeyska

- ◆ Marna ha ku dhaafin carruur biyo ku jirta iyadoon lala joogin.
- ◆ Carruurta bar, ugu yaraan 3 jir marka ay yihiin, in ay dabaashaan.
- ◆ Eeg kulka biyaha.
- ◆ Waxaad ku dhajisaa qalabka sibibixiyada kaa dhowraya goobta qubeyska.

Alaabta Guriga

- ◆ Dabool geesaha afka leh ee dadka mudi ama sari kara.
- ◆ Hubi in alaabta guriga aysan lahayn rinjiga leedhka.
- ◆ Sariirta carruurta iyo meesha ay carruurta ku ciyaaraan waa in ay lahaadaan tiirar aan 2-3/8 inji kala fogeyn.
- ◆ Hubi in kuraasta dheer ay qabaan sumaan carruurta lagu xiroo, meesha cunnada la saarillaa oo u si fiican u xiran ayna carruurta la dhacaynin.
- ◆ Eeg in meesha alaabta ciyaarta la geliyo aysan lahayn dabool aan soo dhici karin ee xirmaya.

Halisyo Kale

- ◆ Maqaska, mindida iyo qalbka afaysan ka fogee carruurta.
- ◆ Dhulka ka qaad alaabta yar ee lagu dhici karo sida galuusyada.

Gargaarka Degdegga iyo fasallada CPR waxaa lagu bixiyaa luqado badan dhammaan deegaanka King County. Qof waliba ee caadiyan carruur daryeel xanaano siiya ayaa ka faa'idi karaya haysashada macluumaadkani, xittaa haddii aadan u baahnayn shahaadada shaqada, (eeg liiska Caafimaadka& Dheefinta ee Bogga 21).

Qoraalka Tixraaca Gargaarka Degdegga

Waxyaabaha soo socda ayaa ah in lagu daraa lana eegaa bil walba ku dariddooda ama bedeliddooda.

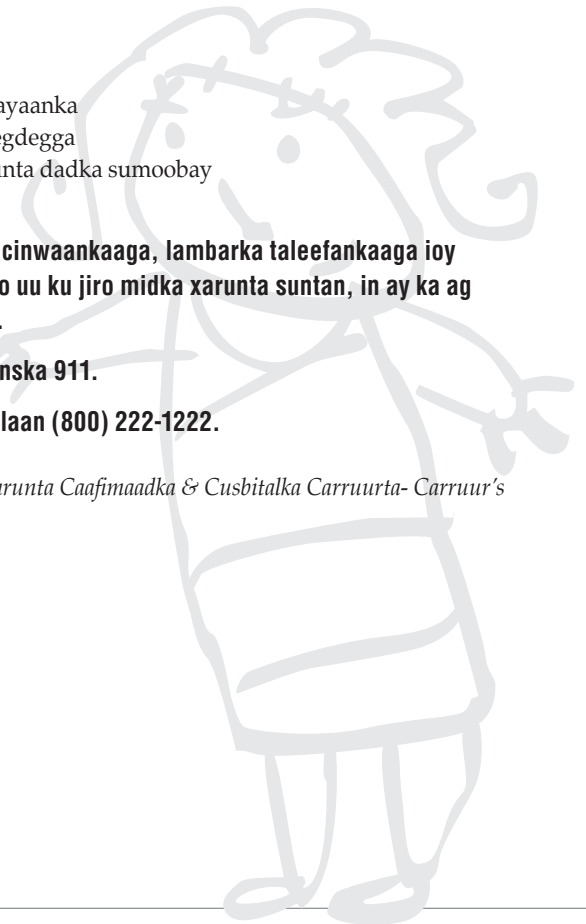
- Galoofiska la tuuro
- Maqasyo
- Baakadaha xiran ee aalkolka/antisebtigga ee dhaawaca la mariyo
- Celiye
- Tarmoomatar
- Faashadda
- Faashadda dawada leh
- Faashadda jiidanta
- Sharootada seddex-geesoodka
- Cirbadaha badbaadada
- Dawada indhaha
- Sharoobada Ipecac
- Saabuun
- Bac qabow
- Daawada qaniinyada cayayaanka
- Tilmaamaha gargaarka degdegga
- Lambarka taleefanka xarunta dadka sumoobay

XASUUSNOW! Magacaaga, cinwaankaaga, lambarka taleefankaaga iyo lambarrada degdegga ah, oo uu ku jiro midka xarunta suntan, in ay ka ag dhawaadaan taleefankaaga.

Booliska, Dabka, Ambuulaanska 911.

Xarunta Sunta ee Washingillaan (800) 222-1222.

(Liiska waxaa soo diyaariyay Xarunta Caafimaadka & Cusbitalka Carruurta- Carruur's Hospital & Medical Center)



Ku xadgudubka carruurta waxaa uu u dhici karaa noocyo badan – jir ahaan, falgal isutagmo, dareen, iyo dayacaad. Kuwani oo dhan aad bay qatar carruurta ugu yihiin. Hase ahaatee, tallaabooyinkani oo idil waxaa ay geystaan dhibaato, xittaa marka aan la arki karin. Haddii aadan hubin haddi wax uu yahay ku xadgudub carruur, waxaad wici kartaa (866) END-HARM (1-866-323-4276).

Tusaaleyaasha ku xadgudubka carruurta waxaa ka mid ah:

- ◆ garaacid, qanjaruufo, ama qaniinyo adag loo geysanaayo canug ee calaamad ku reebta
- ◆ riixitaan canug darbi lagu riixo ama dhulka lagu tuuro
- ◆ in canug loogu yeedho magacyo xun ama u sheegitaan in uu yahay canug aan qiimo lahayn, dabaal, “qalad,” iyo/ama in ahayd in uusan weligii dhalan
- ◆ taabasho canug sabab la’aan looga taabto qaybaha gaarka
- ◆ waydiin canug la weydiyo in uu/ay taabto qaybihiisa gaarka ah
- ◆ in aan canug raashin ama biyo ku filan la siinin
- ◆ in canug aqalka kaligii looga tago marka isaga/iyada ay aad u yar yihiin (Guud ahaan, marka ay ka yar yihiin da’da 11)
- ◆ in canug kaligii qol looga tago dhowr saacadood

Khilaafyada Qoyska

Xittaa marka carruur aanney halis ugu jirin ku xad gudubka, waxaa saamayn kara marqaati ka noqoshada ku xad gudub ee waalid ama daryeel fidiye. Gabdhaha oo caadiyan ka marqaati noqonaya dagaal waxaa ay halis ugu jiraan in ay marka ay koraan ay iyagu halis u galaan xaalad ku xadgudub ah. Wiilasha oo isla xaaladda ku jira waxaa ay noqdaan kuwo dagaal badan, lagu dhaawaco ama dilo murannada, iyo/ama xabbis la geliyo marka ay koraan. Haddii lagu gaystay ku xad gudub ee uu kuu gaystay qof qoyskaaga ka tirsan, fadlan si degdeg ah saacidaad u raadso si carruurta aad daryeesho ay badbaado iyo caafimaad u helaan. Wac Taleefanka Dagaalka Qoyska (Domestic Violence Hotline), (800) 562-6025. (Fadlan khayraad siyaado ah ka eeg bogga 22aad.)

Soo Wargelinta Ku Xad Gudub Ama Dayacaad Canug

Haddii aad moodayso in canug lagu xadgudubayo, waxaa muhiim ah in aad saacidaad raadsataa. Haddii aad saacidaad waydo, canugga waa la dili karaya ama dhaawac daa’in ah ayaa loo gaysan karaa, adiguna waa aad ka shalay doontaa in aadan tallaabo qaadin. Haddii aadan doonayn in aad magacaaga bixiso ama macluumaadkaaga, waxaad sameyn kartaa warbixin qarsoodi ah ama qofku qarsoon yahay. Haddii aad ka cabsanaysid, in canugga, ama qoyska dhibaato soo gaarto, wali waa aad wici kartaa si aad u heshaa macluumaad siyaado ah ee sida canugga loo badbaadin karo. Su’aalo ayaad waydiin kartaa adigoo warbixin gudbinin. Lambarka la wacayo waa 1-866-END-HARM (1-866-363-4276).

Marka Aad Saacidaad U Baahan Tahay...

Badanaa dadka carruur daryeela waa uu caroodaa mararka qaarkood. Carruurta waxaa ay ku gaarsiin karaan xad iyaga dhibaateyn kara. Haddii aad heerkaa gaarto, ama haddii aad ra’yi uga baahan tahay sida dhib la’aan wax loo daryeelo, waxaad wici kartaa Boys & Girls Illaawn National Hotline, 24-saac maalintii, (800) 448-3000 ama ka wac Parent Trust Hotline (800) 932-4673. Waxaa ay ku siin karaan turjubaan iyo awoodda TTY.

WALIGAA Ha Jigjigin Dhallaan ama Canug!!!

Mararka qaarkood dhallaanka ooyinta ma joojiyaan. Dhib ayeey ku noqon kartaa dadka daryeela in sabarka uusan ka tagin. Daryeel fidiyeyasha carooda waxaa laga yaabaa in si dhallaanka ay u aamusiyaan ay jigjigaan. Tani aad bay halis u tahay!!! Wax yar oo la jigjigo dhallaanka waxaa ay keeni kartaa dhaawac maskaxeed oo dhimasho, indho la’aan, maqal la’aan, ama itaal darri daa’in ah wadata. Qof waliba ee daryeel dhallaanka waa in la wargeliyaa halistani si looga hortago dhib in uu dhaco.

Waxa la sameynayo marka dhallaan uu ooyinta joojin waayo, waa haddii xittaa cunno la siiyay lana nadiifiyey:

- ◆ Marka u horreysa, neefso isna deji, si walwalkaaga uusan dhallaanka ka sii xanaajin.
- ◆ Aayar u rux dhallaanka ama socod ama gaari ku qaad.
- ◆ Dhallaanka si fiican garabkaaga ama dhabtaada ugu qabo AAYARNA dhabarkiisa/keeda u taabo
- ◆ Isku day in aad daryeeshid waxa uu dhallaanku dareemayo una sheeg adigoo ku celcelinaya in aad fahansan tahay aadna ula joogillaa si aad u badbaadiso.
- ◆ Isku day wiifow ama kursi boodboodaya.
- ◆ Saar canugga meel badbaado leh, albaabka xir, raadiyaha dheeree samee waxa aad doonayso in aad sameyso.
- ◆ Faakiyumka shid, timo qalajisada, ama mashiinka dharka lagu dhaqo.
- ◆ Canugga gali galka dhabarka dhallaanka lagu qaado aayarna faakiyumka u samee.
- ◆ Dhallaanka saar kursi boodboodaya ama kursi u dhow mashiinka saxuunta lagu dhaqo ama qalajisada (Hubina in ay halis ka fog yihiin oo aanney cidlo noqon).
- ◆ Gee dhallaanka suuliga oo waxaad furtaa biyaha qubeyska.

Haddii uu dhallaanka sii ooyo aadna isku buuqdo, saacidaad ugu yeedho qaraabo ama asaxaab, ama la xiriir khabiir si uu kuu hago.

Tarbiyadda Wanaagsan

Dadka qaarkood waxaa ay dareensan yihiin in sida keliya ee carruur loo baro tarbiyadda ay tahay in la garaaco. Waxaa jira khayraad kaa caawinaya sida loo tarbiyeeyo canugga oo ka fiican aanna loo arkeenin ku xadgudub. Kala xiriir Parent Trust (800) 932-4673 si aad macluumaad dheeraad ah u heshaa.

Carruurta wax bay bartaan waxaanna ay durbadiiba ka faa'idaystaan barashada xirfado ah dhexgalka bulshadeed. Ka billaw dhalashada, xiriir ayeey sameysanayaan iyo qaab ay u dhexgalaan dadka kale. Waxaa kaloo ay bartaan quwadda ay leedahay dareennada. Waxyaabahan ay bartaan waxaa saameyn u leh dhaqannada qoyska iyo dareenka ay ka qabaan bulshada, waayeelka kale ee noloshooda ka midka ah iyo bulshoweynta.

Dareennada waa wax dhab u ah carruurta iyo waayeelka. Dareennada waxaa ay wataa quwad iyo ujeedo xagga noloshooda ah. Marka waayeel ay ka saacidaan carruur in ay magacaabaan dareenkooda ayna maamulaan jawaabta dareennadani, wayeelka waxaa ay qayb ka qaadanayaan dareenka gudaha ee ishagidda iyo kalsoonida carruurta.

Hadafyada qoysaska carruurta qabaan waxaa ay badanaa ku xiran tahay dhaqanka iyo waxyaabaha ay qiimeeyaan. Iyadoo taa maskaxda lagu hayo, kuwani ayaa ah tilmaameyaal tixgelin mudan marka la daryeelayo canug ama carruur:

- ♦ Ogsoonow dareennadaada iyo dareennada carruurta aad daryeesho.
- ♦ Si fiican wax u dhageyso. Dheg u yeelo waxa carruurta ay ka sheegayaan sida ay u fikiraan, dareemaan, iyo u arkaan bey'adaha kala duwan.
- ♦ Ka saacid carruurta in ay gartaan magacaabaanna dareenkooda.
- ♦ Ku dhiirigeli carruurta in ay dadka kale kala hadlaan dareenkooda. Isku day in aadan ku xukmin canugga waxa uu isaga/iyada dareemayo/so. Tusaale ahaan, haddii canug uu wax ka murugaysan yahay, kala hadal murugada iskuna day inaad la qaybsataa canugga xaalad murugo ku soo martay, intaad ku oran lahayd isaga/iyada ma aha in ay murugoodaan. Kala hadal sida aad wax uga qabatay murugadaada marka aad murugaysneed.
- ♦ Tusaale ahaan ugu sheeg siyaalo fiican ee loo qaybsado dareennada iyo dhaqanka. Waxaad tani samayn kartaa marka aad dareen qabtid oo aad si dheer ugala hadashid. Tusaale ahaan, "aad baan u careysnahay waxaanna ugu wacan wax ay islaanta shirkadda taleefanka igu tiri. Aniga xittaa dareen ayaan qabaa oo ah in aan qayliyo ama wax aan wax ku dhufillaa. Waxay ila tahay in aan neefsado iyo bannaanka aan in yar soo joogo."
- ♦ "Dareen waxa aad doonayso, ilaali waxa aad sameynayso." Ka saacid canugga adigoo u sheegaya in uu dareenku yahay wax caadi ah. Bar qaaba ay isku dajiyaan marka ay caroodaan. Ka caawi in ay carada xalliyaan. Waxyaabahan ayaa ah fursado fiican ee wax looga baro noloshu.
- ♦ Ka caawi canugga in uu barto xallinta dhibaatooyinka– si uu u horumariyo jawaabihiisa/heeda iyo in uu helaa fursado uu wax ku xulan karo.

Lagala soo baxay Gonzalez-Mena, Janet & Eyer, Dianne. (1997). Dhallaanka, Yaraanka, iyo Daryeel Fidiyeyasha – Infants, Toddlers and Caregivers. Mayfi eld Publishing Co.

Haddii aad doonaysid macluumaad dheeraad ah, booqo <http://www.pbs.org/wholecanug/> iyo www.talaris.org

Carruurta waxay u dhashaan in ay wax bartaan. Marka aad canug/carruur qabatid, la hadashid, wax u akhrisid, iyo la, waxaa ay ka saacidsaa in ay si caafimaad, farxad, iyo amni leh u wada koraan. Canug waliba intii karaankiisa ayuu wax bartaa marka loo eego dhaqannada iyo rajada qoyskiisa. Hoos ayaa waxaa ku yaal dhaqannada caadiga ah ee aad ka fili karillaa carruurta hadba da'da ay jiraan. Carruurta oo idil ma aha sidani, taana ma xuma. Hase ahaatee, haddii aad ogaallaa in canug uu ka dib maray waxyaabahan badankood, kala soo xiriir Healthy Mother, Healthy Babies (800) 322-2588 ama la hadal takhtarka canugga.

Dhalashada illaa 3 bilood: Madaxa ayuu qaadaa
Wajiyada ayuu eegaa
Qoslaa marka lala hadlo
Ooyaa
Jecel yahay in la qaado

3 illaa 6 bilood: Isged-geddiyaa
Shayga ayuu isha la raaca
Dhawaaq mid ah ayuu sameeyaa
Dareen ayuu muujiyaa
Kala bartaa wajiyada uu yaqaan

6 illaa 9 bilood: Fadhiistaa saacidaad la'aan
Ogsoon yahay naftiisa iyo kala duwanaashada
Miyaarayad isku eegaa – marka loo yeedho soo jeestaa
Sameeyaa dhawaaqyo xiriira
Qabsadaa – dareemaa cabsi
Calaajis billaabaa
Is geddiyaa – istaagi karaa wax yar isagoo taageero heesta

9 illaa 12 bilood: Sheegaa xuruuf fudud
Degdeg u dhaqaaqaa – guurguurasho iyo socodba
Ciyaaraa ciyaaraha is qariska
Isticmaalaa dhawaaqyo iyo calaamooyin
Billaabaa in uu muujiyo shaaciro

12 illaa 15 bilood: Billaabaa keligii in uu socdo
Wax uun iska qoraa
Billaabaa isticmaalka xuruufta
La ciyaaraa carruurta kale
Dareemi iyo muujin karaa xishood
Billaabaa in uu dhaajiyo dhaqannada waayeelka

15 illaa 18 bilood: Waa uu ciyaaraa waana uu heesaa
Laba xaraf ayuu isku dhejiyaa
Isticmaalaa 10-15 xarfood kaligii/kaligeed iyadoon lagu dhiirigelin
Isku dayaa in uu dadka kaalmeysto
Waa uu dareen badan yahay waxaana laga yaabaa in uu dareen "ka qaado" waayeelka

18 illaa 24 bilood: Daar ayuu dhisi karaa
Jecel yahay in uu meelaha fuulo
Aad u isticmaalaa xaruur mid mid ah
Awoodaa in uu ordo
Eegaa sawirrada buugta ku yaal
Isticmaalaa in uu laba-xuruuf isku xijiyoo

2 illaa 3 sano: Haraatiyaa, boodaa, iyo jaranjarada fuulaa/kana soo degaa
Iska dhigaa dareenna muujiyaa
Isticmaalaa seddex-xuruuf isku xiga
Xuruuf u adeegsadaa tilmaanta dadka
Laga yaabaa in uu calaamaad bulshadeed isticmaalo
Dadka u kala saaraa dumar/rag
Dhahaa ugu yaraan 100 xuruuf

3 illaa 4 sano: Kuwo kale la ciyaaraa
Yaqaan magacyada midabyada iyo sida wax loo sawiro
Isticmaalaa xuruufta tallaabooyinka
Dadka ku tilmaamaa hadba sida uu yahay dhismaha jidhkooda
Qaadaa dareennada fiican/xun iyo ra'yiga dadka, oo ay iyagu ku jiraan
Wadaa baaskiilka seddex-lugoodka
Furaa albaabka isagoo isticmaalaha albaab furaha

4 illaa 5 sano: Hal lug ku istaagi karaa
Heeso qaadaa
Asaxaabta dajiyaa
Isticmaalaa 4 illaa 5 xuruuf jumlad ahaan
Jecel yahay ciyaar joogta ah
Magacaabi karaa 3 midabood soo tirinna karaa illaa toban
Calaamaad ka raadiyaa midabka, nooca lab/dheddig, iyo awoodaha

5 illaa 6 sano: Su'aalo weydiiyaa si uu macluumaad u helaa
Kaligii wada labbisan karaa
Baadigoobaa barashada dhabta/aaminista iyo xaq/xaqdarro
Fahansan yahay aqoonsiga dhaqanka
Jecel yahay in uu wax ka barto dhaqannada asaxaabtiisa/carruurta dugsiga la dhigata

Carruurta, ciyaartu waa u qaab waxbarasho. Iyagoo ciyaarta u maraya, carruurta waxay tijaabiyaan waxa suuragalaya iyo waxa aan suragaleynin. Waxaa ay bartaa sida dhibaatooyinka nolosha loo xalliyo inta ay eegayaan ayna dhageysanayaan kaddibna ay dib u sameynayaan waxyaabaha ay ku arkeen ama maqleen inta ay ciyaarayeen. Carruurta garasho ayeey ka qaadan dunida inta ay ciyaarayaan, iyagoo adeegsanaya aragtida dhaqankooda iyo kuwa kale. Dhaqanku waa qaab lagu barto habka loo dhaqmo, fahanka iyo ka mid ahaanta dunida.

Alaabta Lagu Ciyaaro ee Aqalka Lagu Sameeyey iyo Hawlaha

Alaabta ciyaarta ee wax lagu barto ee carruurta ma aha in a qaali ahaadaan ama ay ku yimaadaan baakooyin qurxoon. Alaabta lagu ciyaaro badankood waxaa laga sameyn karaa alaab dib loo habeeyey iyo alaabta aqalka taal. Ku dhiirigelinta carruurta in ay iska yeelaan iyo sameystaan ciyaaro iyaga u gaar ah ayaa u furaysa fursado badan. U oggolow in carruurta ay sameystaan alaabta lagu ciyaaro isuguna dar alaabta ciyaarta aqalka lagu sameeyey iyo kuwa la soo iibsado si ay u helaan waayo aragnimo iyo hawlo ay qabtaan oo kala duwan.

Ciyaarta Cajiinka

- 2c. Bur
- 1c. Cusbo
- 3T. Kareemka Tartar-ka
- 2T. Saliida cuntada
- 2c. Biyo

Isku dar alaabta oo idil kuna dub dab dhexdhexaad ah. Aad ku walaq illaa uu cajiinka kala gaaro geesaha dugsiga. Dabka ka qaad 1 daqiiqo kale sii walaq. Miiska gacmaha kula cajiimi inta uu ka qaboobayo. Waxaa lagu hayn karaa bac shinyeer leh ama kuwa aan hawada galin 4–6 asbuuc

Dhismaha Caanaha Carillaan

Furka ka goy nus gallon caanaha carillaans si fiicana u dhaq. Joornaal jajaban si fiican ugu shub 1 carillaan. Hal cano carillaan ah korka ugu shub midka kale illaa uu hoos ka gaaro. Waraaq ku wareeji. Dhismooyin dhaadheer oo badan ka samee. Isku day in aad ½ cabbir dhismo ah aad suubiso adigoo qayb u goynaya caanaha carillaans kaddibna sidaa ku celceli.

Jeesada Jidka

Isku qas dhejiyaha noociisu yahay Plaster of Paris iyo biyo adigoo ku shubaya weel. In yar oo biyo ah aayar ugu dar illaa ay ka qooyanto iyadoon adkaan lana shubi karo. Ku shub qaab sameeyaha, geedka mafinka lagu sameeyo ama tubada waraaqda suuliga. Waxaad qaab sameeyaha ku buufisaa saliida cunnada si alaabta fudeyd uga soo baxdo. 30 daqiiqad sii illaa ay ka adkaato. Ka soo saar qaab sameeyaha. Aad ayuu ugu fiican yahay farshaxanka banaanada!

Gasaca Gelinta/Ka Saaridda

Qayb ka goo furka gasaca kafeega, baakada oatmeal-ka, ama gasaca cunnada carruurta. Midab mari furka gasayada, dhejiyeyaal, ama qalimaadka calaameynta. Carruurta meesha furan furka gasaca wax ha ku ridaan, ka soo saaraan, ku celcliyaan. Carruurta waa ay jecel yihiin in ay hawshani ku celcliyaan. Waxaa ay u dhisaysaa xiriirinta iyo joogtada shayga.

Xarigga

Wax kasta oo god leh ayaa xarig loo isticmaali karaa. Xargaha kabaha, xarig ama dun isku dar. Ku day wareegga furan ee caanaha gaalanka, qaybo ka goo baakada xaashida suuliga uu ka dhammaado, warqad iyo qadda teebka, tubada balaastikada, iwm. Isku xirka xargaha waxaa ay dhistaa isla shaqeynta gacmaha iyo indhaha.

Dhalooyinka wax lagu qaso

Biyo ama saliidda mineraalka ah ka buuxi dhalooyinka caagga ah ee wax ka muuqda illaa iyo bar. Ku dar waxyaabo iftiimaya, midabyada raashinka, saabuunta saxuunta iyo nus dhalo saliidda mineraalka ama saliidda carruurta. Koollo ku dabool furka si aanney wax uga daadan. Waa wax fiican in la isku qaso dhulka ayaa carruurta yar loogu gedgedin karaa.

Baarashuutka bacda laga suubiyo (ma ku habboona carruurta 3 sano ka yar.)

Afar geesood ka goo bacda suuqa looga soo adeego ama bac samee. Afar xargood 12–18 inji ah goo mid walbana ku xir geeska bacda. Isku keen xargaha adigoo shay ku xiraya. Baarashuutka shayga isug qabo adiga hawada ku tuuraya. Waa wax ku fiican xadiiqooyinka iyo meelaha banana. Waxaa laga sameyn karaa dharka haddii aad doonaysid in ay kuu waarto.

Teendhooyinka iyo Wareegyada

Bustooyin sii carruurta, shukumaanno ama go'yaal si ay u saaraan miis ama kuraasta iyagoo wareeg sameynaya, teendhooyin iyo meelo lagu dhuunto. Xarig ku xir meelaha bannaan ama go' si uu wareeg ugu noqdo meelaha bannaan ee lagu ciyaaro. Cirbadaha dharka la isugu qabto iyo teebka wax lagu dhejiyo ayaa kaa saaciday in aaney kala dhaqaaqin.

Sanaadiiqda, Jidka, Tannelka iyo Dhismooyinka

Waxyaabo badan ee qashinka laga helo ayaa loo isticmaali karaa ciyaaro iyo waayo aragnimo. Carruurta ha qurxiyaan baakadaha siriyaalka, tubooyinka baakadaha ah ama sanduuqyada alaabta lagu keeno si ay u kordhiyaan ciyaaro la yaab leh. Istimaal warqado gooye ama sakiin (dadka waaweyn oo keliya) si aad u goysa daaqado, albaabba ama xirmooyinka cirmarreenada. Baakadaha iyo tubooyinka ayaa lagu sharraxi karaa warqado lagu dhejiyo, rinji, dhejiyeyaal iyo calaameyeyaal si ay qaan u siiyaan iyo joogtada ciyaarta.

Laga helay Khayraadka Daryeelka Xanaanada Carruurta “Fikrado Waaweyn”

Raadka Jidka (Hawsha Matoorka Weyn)

Xarig kabo ku wareeji galka faylalka, warqadda dhismaha, ama baakad. Raad caged badan ku samee kaddibna goy. Istimaal raadka si aad u sameysid jid gooyo si canugga uu u raaco raadka dushiisa, hoostiisa, geeskiisa, iyo shayga dushiisaba. Waad kala duwi kartaa ciyaarta adigoo miyuusik shidayo, isticmaalayo joogso iyo soco ama dhaqaaqaya adigoo guurguuranaya, hal lug ku boodaya, ordaya, boodboodaya ama faraha cagaha ku soconaya.

Raac Hoggaamiyaha

Canug ama carruur ha ku dabagalaan adigoo wada marsiinaya tallaabooyinka sida ciyaarta raadka jidka isticmaalayana dul ku socodka, hoos ku socodka, wareegidda, iyadoo miyuusik la isticmaalayo. Waxaad kaloo isticmaali kartaa ciyaarta “Simon says” adigoo u isticmaalaya qayb ciyaarta ka mid ah.

Kaararka Xargaha

Joornaal sawir kula dhaji baakad ama sawir shay ka suubi ee aad doonaysid in aad ku dul xirtaa. Istimaal dalooliyaha adigoo daloolo ku sameynaya wareega sawirka baakada ku dheggan. Carruurta waxaa ay xargaha galin karaan kana bixin karaa godadka iyagoo isticmaalaya xargaha kabaha ama xargaha suufka ka sameysan (geesaha geli koolo cad kaddibna qalaji) Waxaad sameyn kartaa kaarar fudud iyo kuwo adag iyadoo ay ku xiran tahay da'da carruurta.

Tuujiin/Kakabin Dhar-hayaha

Isku xir ¼ inji midabyo kala duwan ee calaameeyayaasha xafiiska adigoo ku dhajinaya gasaca kafeega ama bac balaastik ah. Adigoo isticmaalaya isla ¼ injiga midabyada leh ku sur dhar-hayeyaasha adigoo midabyo kala duwan u kala isticmaalaya. Canugga/carruurta ha ku dhajiyaan dharhayaha furka daboolka adigoo midabyo isleh isticmaalaya. Canugga/carruurta waxaa ay ku dhajin karaan kuwa isku midibka ah weelka la midabka ah. Carruurta yar, waxaad isticmaali kartaa weel yar adigoo ku dhajinaya isla midabyada calaameeyayaasha ee isleh. Canugga/carruurta waxaa ay ku dhajin karaan kuwa isku midibka ah weelka la midabka ah.

Qaab u Yeelidda Sawirrada

Goy baakad, warqad, ama shey adigoo u yeelaya qaabab fudud (wareeg, afar geesood siman, afar geesood aan sinnayn, seddex geesood). Samee cabbiro iyo midabyo kala duwan. Sawirrada kula habee qaababka adigoo la raacaya qaabka isticmaalayana warqad kale. Kuwani ayaa noqonaya wax uu canugga/carruurta ay isla keenaan iyagoo isticmaalaya qaababka la gooyey. Qaababka ha kala duwanaadaan kuwaasoo noqonaya kuwo fudu iyo kuwo adagba iyadoo ay ku xiran tahay da'da carruurta.

Carruurta caadiyan waxaa ay dugsiga hoose billaabaan bisha September kaddib marka ay 5 sano gaaraan. Dugsiyada dadweynaha ee deegaanka King County waxaa la doonayaa in carruurta ay jiraan 5 sano ka hor August 31-eeda sannadka ay galayaan xanaanada. Dugsi isku qoridda waxaa ay billaabanaysaa dhowr bilood ka hor inta aannu canuggu dugsiga billaabin.

Tallaabada u horreysa ayaa ah in la ogaado dugsiga canugga. Macluumaadka la xiriiirka dugsi waliba eek u yaal deegaanka King County waxaad ka helaysaa bogga 23aad ee qoraalkan. Wakiillada deegaannada dugsiga ayaa kuu sheegaya goorta iyo halka aad canuggaaga dugsiga uga qoraysid. Dukumeentiyada loo baahan yahay marka canug dugsi lagu qorayo ayaa waxaa ka mid ah:

- ◆ Aqoonsiga warqadaha waalidka/Ka warqabaha marka canugga dugsiga lagu qorayo
- ◆ Laba dukumeenti siyaado ah ee caddeynaya cinwaanka
- ◆ Warqadda dhalashada canugga ama dukumeenti la mid ah baasaboorka
- ◆ Shahaadada Tallaalka oo uu soo buuxiyayo waalidka/Ka warqabaha
- ◆ Dugsiyada deegaannada qaarkood waaxaa laga yaabaa in ay sharuudo kale qabaan.

Mar haddii aad taqaan dugsiga uu canugga galayo, waydii haddii ay jiraan fursado aad dugsiga ku soo booqan karto. Barashada daarta dugsiga iyo shaqaalaha qaarkood waxaa uu canugga ka saacidyaa in uu kalsooni iyo degganaan helaa marka uu dugsiga billaabanayo.

Guusha Dugsiga

Carruurta waxaa ay dugsiga ku fiicnaadaan marka waalidkooda, ka warqabeyaashooda iyo waayeelka kale ee mas'uulka ah ay qayb kala qaataan. Waydii haddii ay jiraan fursado looga qayb qaadan karo hawlaha dugsiga, sida iskaa wax u qabso ahaan ka saacididda fasalka ama saacidaadda safarrada. Dugsiyo badan waxaa ay soo dhaweeyaan waayeelka in ay saacidaan, aan waalidiinta kaliya aheen. Haddii aad luqad kale ku hadashid oo raacsan af Ingiriisiga, waxaad dugsiga ku caawini kartaa la xiriiridda waalidiinta kale ee ku hadla luqaddaada..

Carruurta badankood waxaa la soo siiyaa daruus ay ku soo dhammeystiraan saacadaha dugsiga kaddib. Dugsiyada qaarkood waxaa ay daruus u diraan carruurta laga billaabo xilliga xanaanada. Inkastoo ay muhiim tahay in carruurta ay helaan waqti ay ku ciyaaraan ayna ku nasadaan dugsiga kaddib, waxaa kaloo ay u baahan yihiin meel ay ku sameystaan daruusta dugsiga looga soo diro. Waqti in loo sameey sameynta daruusta dugsiga ayaa ka saacidaysa carruurta in ay yeeshaan caado qayb ka qaadanaysa guusha dugsiga.

Saacidaadda Carruurta U Diyaar-Garowga Bilaabidda Dugsiga

Waxaa jira xirfado muhiim carruurta u ah si ay uga gudbaan xanaanada. Waxaa badankeen inoo soo if baxaysa baahida ah in carruurta ay hore u qabaan xirfado "waxbarasho", sida akhriska, qoridda, iyo xisaabta.

Inkastoo aqoonta qaybahani ay ka saacidayso carruurta in ay u diyaar garoobaan xanaanada, waxaase ugu muhiimsan carruurta xirfadaha bulshada iyo dareenka. Waxaa kuwani ka mid ah:

- ◆ Ku farxidda iyo degganaanta billaabitaanka xanaanada.
- ◆ Ogsoonaanta waxa ay xanaanadu noqon doonto.
- ◆ In uu/ay dareen fiican iska qabo/to.
- ◆ Aqoonta sida dadka kale loola heshiiyo.
- ◆ Aqoonta sida dadka kale loola hadlo iyo sida loo dhageysto.
- ◆ Aqoonta goorta iyo sida saacidaad loo codsado.

Waxaa raaca xirfadaha bulshada iyo dareenka ee billaabidda xanaanada firfircooni, baahi waxbarasho. Waxaa kuwani ka mid ah:

- ◆ Ku faraxsanaanta waxbarashada.
- ◆ Aqoonta sida la isugu dayo waxyaabo cusub ama waxyaabo adag.
- ◆ Kalsoonida isku dayidda xitta marka ay arrinta adag tahay.
- ◆ Aqoonta qaabab badan ee ra'yi loola baxo.
- ◆ Ku farxidda dhaqanka qoyskiisa.
- ◆ Rabitaan barashada dhaqannada kale.

Qabitaanka xirfado horraan ah, ee waxbarasho, waxaa ay carruurta ka saacidaysaa in ay si wanaagsan u billaabaan xanaanada. Noocyada xirfadaha looga baahan yahay ayaa ah:

- ◆ Aqoonta xuruufta iyo buugagga.
- ◆ Aqoonta qaababka, cabbirka iyo midabyada.
- ◆ Awoodda xisaabinta iyo fahanka in lambarrada ay micno leeyihiin.

Korriinka jirka waa wax kale oo muhiim ah marka xanaanada loo diyaar garoobayo. Sii carruurta fursad badan ay:

- ◆ Buuxi baahidiisa, sida aaditaanka suuliga, gacmo dhaqidda, jaakad gashadka, iyo wax cunidda.
- ◆ Isticmaalka gacmahiisa/heeda iyo faraha si ay hawlo yar ugu qabtaan, sida waxyaabaha la isku aadiyo, sawiraadda, maqas wax ku goynta.
- ◆ Isticmaalka gacmahiisa/heeda, lugaha iyo jidhka si dhaqdhaqaaq wayn loo sameeyo, sida orodka, boodada, fuulidda, qoob ka ciyaarka.

Ugu dambeystii, baahida aasaasiga ee canuggas waa in la buuxiyaa ka hor inta uusan dugsiga maalin walba aadin. Hubi in isaga/iyada in ay wax cuneen, nasadeen aynu labbis hawada ku fiican xiran yihiin.

Si aad u heshaa macluumaadka carruurta ka saacidi karta billaw wanaagsan ee xanaanada, fadlan booqo bogga internetka "U Diyaar Garowga Dugsiga - Getting School Ready" adigoo aadaya cinwaanka www.gettingschoolready.org. Si aad u codsataa koobi bilaash ah ee qoraalka "U Diyaar Garowga Dugsiga - Getting School Ready", wac (206) 439-6910, khadka 3985. Qalabka U Diyaar Garowga Dugsiga - Getting School Ready waxaa laga helaa maktabiyada/laybareeriyada Deegaanka Seattle/King County.

Cunnada quwad ayeey siisaa korritaanka Jirka carruurta, sidaa awooda waa muhiim in ay carruurta cunaan cunnada lixda qaybood ee raashinka. Waayeeelka waxaa loo baahan yahay in ay ka saacidaan carruurta doorashada cunnada caafimaadka leh.



(4-6 sano waxaa ay cuni karaan cabbirka gurmooyinkani. Sii 2-3 jirka wax ka yar, aan ka ahayn caanaha. 2-6 jirka waxaa ay u baahan yihiin guud ahaa 2 gurmo oo kooxda caanaha ka mid ah maalin walba.)

Carruurta waxaa ay wax ka bartaa waayeeelka, sidaa awdeed tusaale u noqo waxa aad doonayso in aad bartaa. Noocyada raashinka, goorta iyo sida aad u cuntaa waxaa laga yaabaa in dhaqankaagu, diintaadu iyo waxyaabo kale ay ugu wacan yahay. Waxaad isticmaali kartaa raashinka aad taqaan marka aad sameynayso cunnada fudud iyo raashinka carruurta, caafimaad ayeey ku helayaan haddii fitamiinnada iyo dheefiyeyaasha ay u kala cabbiran yihiin.

Kuwani soo socda ayaa ah fikrado cunnada fudud ah ee ay carruurta wayn samayn karaan;

- Xirmooyinka faakihaadka - Faakihaadka karsan oo qaar afka la gelin karo ah waxaad ku duubtaa tortilla
- Burriitada Quraacda - Ukun la walaqay iyo burcad dhex geli tortillada
- Kabaabka faakihaadka - Faakihaad la jarjaray geli (tufaax, oranji, istarooberi, muus, cananaas) dhuunta wax lagu dhuuqo
- Ants on a log - qoryaha seleriga oo laga buuxiyey kareemka burcadda korkana laga saaray sabiib
- Doolshaha Wajiga Bariiska - Rice cake faces - mari looska la shiiday ama burcadda kareemka ah iyo ku sharax wajiga adigoo isticmaalaya sabiib, muus la jarjaray, faakihaadka berri iwm.
- Iksu qaska Faakihaadka la qalajiyey: sabiib, karaanberi, kareent, miraha sunflower, looska pine, iwm etc.

Ciyaaraha Dhadhamiska

Iyadoo la isticmaalayo faakihaad kala duwa, khudrad cayriin ah, burcad, carruurta ha dareemaan, uriyaan, dhadhamiyaan raashinka, kaddibna ha micneeyaan hana is barbar dhigaan. Xaruufta ka caawi, sida adeeg, jileec, kharaar, cusboole, kharaar, iyo macaan. Waxaad sawir ka sameyn kartaa jawaabta canugga/carruurta. Tani waxaa ay ku dhiirigelinaysaa ogaanta, xirfadda luqadda, iyo awoodda waxyaabaha lagu kala duwo ama la isugu barbar dhigo.

Digirta

Waxyaabaha laga sameeyo dukaanka raashinka: Meeqa nooc oo digir ah ayaa laga helayaa? Ku dar qalalan, la qaboojiyey, gasacaysan, iyo kuwo cusub. Waa kuwee xuruur loo isticmaali karo micnaynta noocyada kala duwan ee digirta (midibka, qaabka, cabbirka)?

Waxyaabaha aqalka lagu sameeyo: Ku daadi digirta qalalan adigoo waraaq qooyan dul saaraya. Meel ku beer oo eeg sida ay u baxayaan. Sheeko ka samee beeritaanka digirta canuggana sawir ayuu ka suubin karaa sheekada. Waxaad suubin kartaa nooc maraqa digirta ah.

Tufaaxyada

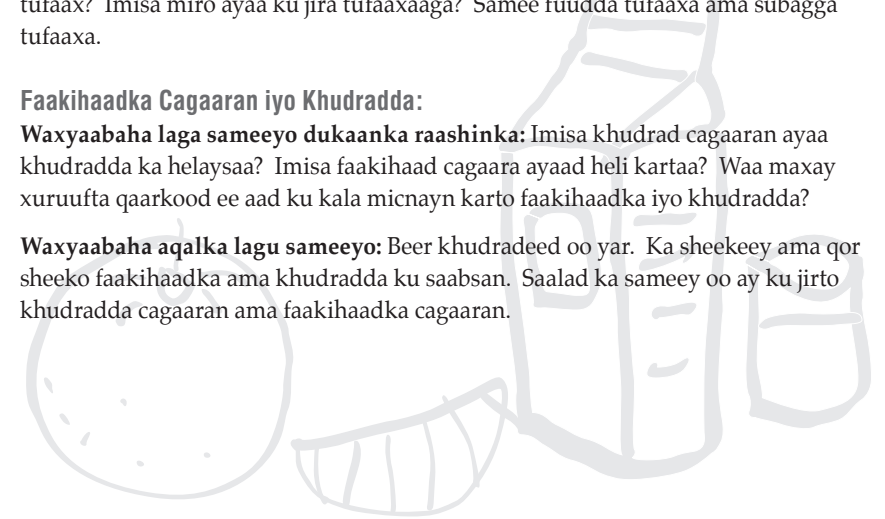
Waxyaabaha laga sameeyo dukaanka raashinka Tufaaxyada waxaa ay ku yimaadaan noocyo iyo midabyo kala duwan. Imisa midab oo tufaax ah ayaa la heli karaa? Imisa nooc oo tufaax ah ayaa la heli karaa? Waa kuwee xuruufta loo isticmaali karo micnaynta tufaaxa? Meeqa tufaax ayaa bawndkii ku jira? Miisaan isticmaal.

Waxyaabaha aqalka lagu sameeyo: Imisa goor ayaad afka ku qaadan kartaa hal tufaax? Imisa miro ayaa ku jira tufaaxaaga? Samee fuudda tufaaxa ama subagga tufaaxa.

Faakihaadka Cagaaran iyo Khudradda:

Waxyaabaha laga sameeyo dukaanka raashinka: Imisa khudrad cagaaran ayaa khudradda ka helayaa? Imisa faakihaad cagaara ayaad heli kartaa? Waa maxay xuruufta qaarkood ee aad ku kala micnayn karto faakihaadka iyo khudradda?

Waxyaabaha aqalka lagu sameeyo: Beer khudradeed oo yar. Ka sheekeey ama qor sheeko faakihaadka ama khudradda ku saabsan. Saalad ka sameey oo ay ku jirto khudradda cagaaran ama faakihaadka cagaaran.



Gobolka Washington waxaa ay qabaan sharciyo ah shatiga daryeelka xanaanada carruurta oo saameynaya dadka aqalladooda ku daryeela carruurta ka yar 12 jirka oo aanney xiriir ka dhaxeynin. Qoysas badan, asaxaab iyo deris daryeela carruurta ayaa ka baxsan sharuudahani. Si loo ogaado haddii daryeel fidiyuhu ka baxsan yahay shuruudaha, fadlan ka jawaab su'aala soo socda:

- ◆ Qofka carruurta ku hayaa sharci ahaan wuu noqon karaa saaxiibka ama qaraabada haddii uu:
- ◆ Qofka carruurta hayaa u ula xariiro carruurta dhiig ahaan, guur, korin ama dhaqan qabiilka.
- ◆ Qofka carruurta hayaa uusan ahayn ganacsi Xanaanada Carruurta ah.
- ◆ Qofka carruurta hayaa uusan isa soo xayeysiin.

Waalidiinta ku heshiia inay iyagu carruurta isku hayaan marba mid

Haddii aad doonayso warbixin dheeraad ah oo ku saabsan sharuudca shatiga, La xariir Xafiiska Illaha Xanaanada Carruurta Qadka telefoonka Xanaano bixiyayaasha ee ah (206) 329-5333 ama www.childcare.org/providers

Gobolka Washington Qeybta Howlaha Bulshada iyo Caafimaadku (DSHS) waxay leedahay barnaamij lagu caawiyo qoysaska daqligoodu yar yahay oo looga bixiyo kharashka xanaanada carruurta. Lacagtaas waxaa loo isticmaali karaa in lagu bixiyo xanaanada carruurta ee meelaha shatiga leh, qofka carruurta kugu yahnaya gurigaada, ama qof qaraabada ah oo kugu haynaya gurigiisa carruurta. Haddii waalidka carruurtaasi uu u qalmo Barnaamijka Ku Xiritaanka Shaqada, Qofka carruurta ku haynaya ayaa soo codsan kara lacagtaas. Wixii Warbixin dheeraad ah oo la xariira barnaamijkaas ka bixinta kharashka ama eegitaanka u qalmida barnaamijkaas, ka eeg www1.dshs.wa.gov/esa/wccc (riix shayga 28) ama wac qadka telefoonka ee xafiiska illaha Xanaanada Carruurta (206) 329-5544 ama telefoonka xafiiska kugu dhow ee Howlaha Bulshada ee DSHS.

Liiska Khayraadka ee Deegaanka Seattle/King County

Kooxda Ciyaaraha iyo Madadaallada

Seattle Parks & Recreation	(206) 684-4360
King County Parks & Recreation	(206) 296-8687
Xarumaha Taageerada Qoyska	(206) 684-0253
Xarumaha Taageerada Qoyska	(206) 205-3048
Loogu talagalay carruurta da'da dugsiga gaartay	www.afterschoollearning.org

Daryeelka Caafimaadka

Public Health – Seattle & King County	(206) 296-4600
<i>Bukaan Socotada Bulshada</i>	
Country Doctor Community Health Centers	(206) 299-1600
International District Community Health Services	(206) 461-3617
Pike Market Medical Clinic	(206) 728-4143
Puget Sound Neighborhood Health Centers	(206) 461-6935
SeaMar Community Health Centers	(206) 763-5210
Seattle Indian Health Board	(206) 324-9360

Bukaan Socotada Bulshada

Community Health Centers of King County	(425) 277-1311
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Macluumaadka Dheefinta & Caafimaadka

Children's Resource Center/Children's Hospital & Medical Center	(206) 526-2500
Healthy Mothers/Healthy Babies	(206) 284-2465
Women, Infants & Children (WIC) Nutrition:	(206) 296-4600
Center for Multicultural Health	www.cschc.org (206) 461-6910

Carruurta Itaal Darran

<i>Carruurta illaa da'da 3aad:</i>	
Community Health Access Program (CHAP)	(800) 756-5437

Carruur ka wayn 3 sano: La xiriir dugsiga degmada xafiiska waxbarashada:

Auburn	(253) 931-4927
Bellevue	(425) 456-4171
Enumclaw	(360) 802-7125
Federal Way	(253) 945-2719
Highline	(206) 433-2421
Issaquah	(425) 837-7103

LIISKA KHAYRAADKA

Carruurta Itaal-Darran (socota)

Kent	(253) 373-7513
Lake Washington	(425) 882-8170
Mercer Island	(206) 236-3377
Northshore	(425) 489-6376
Renton	(425) 204-4060
Riverview	(425) 844-4500
Seattle	(206) 252-0805
Shoreline	(206) 361-4250
Snoqualmie	(425) 831-8085
Skykomish	(360) 677-6235 ext. 207
Tahoma	(425) 432-5757
Tukwila	(206) 901-8030
Vashon	(206) 463-2882 ext. 217

Adeegyada Degdegga ah (oo ay ku jiraan cunnada iyo hoyga)

Crisis Clinic	www.crisisclinic.org (206) 461-3200
Hopelink Bariga Waqooyiga	www.hope-link.org (425) 643-7912 (425) 485-6521
Fremont Public Association-Seattle	www.fremontpublic.org (206) 694-6700
Multi-Service Center-Koofurta	www.multi-servicecenter.com (253) 838-6810

Soo Wargelinta Dayacaadda iyo Canug Ku Xadgudubka

Child Protective Services	(206) 721-6500
King County Sexual Assault Resource Center	(800) 825-7273

Macluumaadka Daryeelka Xanaanada Carruurta Dugsiga ka hor

Child Care Resources Seattle Bariga Koofurta	www.childcare.org (206) 329-5544 (425) 865-9350 (253) 852-3080
Loogu talagalay carruurta da'da dugsiga gaartay	www.afterschoollearning.org

LIISKA KHAYRAADKA

Maktabyada Dadweynaha

Seattle Public Library	www.spl.org (206) 386-4636
King County Library System	www.kcls.org (425) 462-9600 or (800) 462-9600

Deegaannada Dugsiyada

Auburn	253-931-4900
Bellevue	425-456-4000
Enumclaw	360-802-7100
Federal Way	(253) 945-2000
Highline	(206) 433-0111
Issaquah	(425) 837-7000
Kent	(253) 373-7000
Lake Washington	(425) 702-3200
Mercer Island	(206) 236-3300
Northshore	(425) 489-6000
Renton	(425) 204-2300
Riverview	(425) 788-6610
Seattle	(206) 252-0760
Shoreline	(206) 367-6111
Snoqualmie Valley	(425) 888-2334
Tahoma	(425) 432-4481
Tukwila	(206) 901-8000
Skykomish	(360) 677-2623
Vashon	(206) 463-2121

Khayraadka Luqadaha iyo Dhaqannada

Asian Counseling & Referral Service	www.acrs.org 206.695.7600
Center for Multicultural Health	www.cschc.org (206) 461-6910
Chinese Information and Service Center	www.cisc-seattle.org (206) 624.5633
Consejo Counseling & Referral Service	www.consejo-wa.org (206) 461.4880

LIISKA KHAYRAADKA

XASUUS

Khayraadka Dhaqannada iyo Luqadaha

El Centro de la Raza	www.elcentrodelaraza.org (206) 329-9442
Eritrean Community Association Phone	www.eritreanseattle.org (206) 323-6627
Ethiopian Community Mutual Association	www.ecmaseattle.org (206) 325-0304
Helping Link/Mot Dau Noi (Vietnamese)	www.cityofseattle.net/helpinglink/ (206) 568-5160
Refugee Federation Service Center (Asian, East African & Russian)	www.rfsc.org (206) 725-9181
Refugee Women's Alliance (Vietnamese, Cambodian, Laotian, Somali, Amharic, Oromo, Russian)	www.rewa.org (206) 721-0243
Russian Cultural Center	(206) 323-3877
Adeegyada Bulshada Soomaaliyeed Somali Community Services	www.depts.washington.edu/commtran/SCAgency.htm (206) 760-1181
