

KU KORINTA CARUURTA YAR-YAR WADDAN CUSUB:

Taageerada Waxbarashada Hore iyo Horumarinta Caafimaadka



Bridging Refugee Youth & Children's Services



THE NATIONAL CENTER ON
Cultural and Linguistic
Responsiveness



Buugg yarahaan, *Ku korinta Caruurta Yar-yar Waddan Cusub: Taageerada Waxbarashada Xiliga Hore iyo Horumarinta Caafimaadka*, waa mid laga keenay buugg yaraha asalka ah, *Ku Korinta Caruurta Waddan Cusub: Buugg yaraha La Faah-faahiyay*, wuxuuna diirada saarayaa qoysaska qaxootida ah ee waalidka u ah caruur oona kujira muddada waalidnimada tooska da'da 5. Wuxuu qoysaska siiyaa macluumaad kusaabsan: horumarinta caafimaadka; waxbarashada xiliga hore iyo diyaar u noqoshada dugsigay; iyo ku lug lahaanta qoyska uu ku lug leeyahay daryeelka xiliga hore. Buuggaan wuxuu kulminayaa labbada khibradood ee Dib u dejinta Qaxootida iyo Bilaabashada Hore ee caruurnimada xiliga hore/Bilaabashada Xiliga Hore ee bulshada, waxaana loogu talagalay ahaanshaha sida xog loogu talagalay dhammaan kuwa u adeegaya qoysaska qaxootida ah. Buuggaan waa qayb kamid ah Bilaabashada Hore-ee Dib u dejinta Qaxootida weyn *Iskaashiga Qalabka* loo sameeyay in kor loogu qaado iskaashiga u dhaxeeya Dib u dejinta Qaxootida iyo barnaamijyada Bilaabashada Hore. Dadaalkan wada jirka ah ee qiimaha leh oona hal abuurka leh wuxuu matalayaa iskaashiga u dhaxeeya Xafiiska Dib u dejinta Qaxootida (ORR) iyo Xafiiska Bilaabashada Hore (OHS); maalgeliyayaasha dowlada loogu talagalay Xafiiska Adeegaha Caruurta iyo Dhallinyarada Dib u dejinta Qaxootida (BRYCS), iyo Xarunta Caalamiga ah ee Dhaqanka iyo U jawaabida Luuqada (NCCLR).

Ku korinta Caruurta Yar-yar Waddan Cusub: Taageerada Waxbarashada Hore iyo Horumarinta Caafimaadka waxaa lagu diyaariyay hoosta Lambarka Deeqda. 90HC0001 ee loogu talagalay Waaxda Adeegaha Caafimaadka iyo Bulshada Maraykanka, Maamulka loogu talagalay Caruurta iyo Qoysaska, Xafiiska Bilaabashada Hore (DHHS/ACF/OHS) ee ka ahaatay dhinaca Xarunta Caalamiga ah ee Dhaqanka iyo U jawaabida Luuqada iyo dhinaca Xafiiska Adeegaha Caruurta iyo Dhallinyarada Dib u dejinta Qaxootida (BRYCS). Nuskhada asalka ah ee buugg yarahaan, *Ku Korinta Caruurta Waddan Cusub: Buugg yaraha Faah-faahsan*, waxaa laga soo saaray sannadkii 2007 dhinaca Xafiiska Adeegaha Caruurta iyo Dhallinyarada Dib u dejinta Qaxootida (BRYCS) ee la socota taageero ka ahaatay dhinaca Xafiiska Dib u dejinta Qaxootida (ORR/ACF/DHHS) ee ah hoosta Lambarka Deeqda. 90RB0022.

Bayaanada, fikradaha, lagu caddeeyay buugg yarahaan waa mas'uuliyada kaliya qorayaasha buugga mana tilmaamayso fikrada ama ra'yiga qaybta Xafiiska Bilaabashada Hore ama Xafiiska Dib u dejinta Qaxootida

Xafiiska Adeegaha Caruurta iyo Dhallinyarada Dib u dejinta Qaxootida (BRYCS), mashruuca Adeegaha Qaxootida iyo Socdaalka, Shirka Maraykanka ee Wadaadada waa wayn ee Catholic ah (MRS/USCCB), wuxuu bixiyaa caawimaad tiknoolojiyad caalami ah ee “lagu buuxinayo faraaqaha” u dhaxeeya ururada guud iyo bulshada socdaalka iyo qaxootida ah, gaar ahaan meelaha waxbarashada xiliga hore ee caruurnimada iyo dugsiyada, iyo barnaamijyada dhallinyarada iyo daryeelka ilmaha. BRYCS waxay xoojinaysaa awooda ururada adeega ka jira guud ahaan Waddanka Maraykanka si loo xaqiijiyo horumarin guul leh oo kusaabsan qaxootida iyo caruurta marka dhow yimid, dhallinyarada, iyo qoysaska tooska tababar, latalin, il horumarin, iyo Bogg internet-kusalaysan rugta macluumaad isdhaafsigaa. Buuggaagta la daabaco iyo caawimaada farsamo ee BRYCS, ay kujiraan buugg yarahaan, waxay u hoggaansanyihiin mabaadi'daan soo socda:

- 1) Mida khuseysa qaxootida iyo caruurta soo galootida ah iyo dhallinyarada, waa muhiim in lagu caawiyo la samaynta xiriir xoogan oo wanaagsan hidi iyo dhaqankooda, in ay ilaaliyaan luuqadood hooyo, oona horumariyaan aqoonsiga laba dhaqan oo wanaagsan maadaama ay yihiin kuwo Maraykan ah. Midaan waxay ka dhigaysaa qoysasku in ay noqdaan kuwo xoogan sidaas darteedna waxay bixisaa taageerada ay u baahanyihiin caruurta si ay ugu guuleystaan waddankan.
- 2) Adeeg bixiyeyaasha, waa muhiim in loo isticmaalo habab qoyska iyo bulshada ay xuddun u tahay, oo ku dhisan awoodo qaxootiga iyo muhaajiriinta. Midaan waxay dad ku caawisaa in la kordhiyo fikradaha qoyska iyo bulshada oona lagu dhiso asal dhaqameed si loogu lug lahaado si guul leh looguna adeego qoysaska dadka marka dhow yimid.

- 3) Mida khuseysa bulshadaha, waa muhiim in la guubaabiyo wada shaqayn wax ku ool ah oo u dhaxaysa bixiyayaasha adeega. Midaan waxay caawinaysaa bixiyayaasha adeega badan in ay horumariyaan luuqad iyo adeego dhaqan ahaan munaasab ah, halka lagu caawinayo wakaaladaha dib u dejinta qaxootida helida adeego badan oo kala gedisan oo loogu talagalay caruurta, dhallinyarada, iyo qoysaska taageera horumarinta caafimaadkooda iyo isdhexgal mudo-dheer ah.
- 4) Mida khuseysa daryeelka xiliga hore iyo bixiyayaasha waxbarashada, waa muhiim in la bixiyo taageero iyo adeego munaasab u ah-luuqad ahaan-iyo dhaqan ahaanba kuwaas oo loogu talagalay xoojinta qoysaska iyo awoodooda si fudud loogu galo ama loogu helo adeego waxbarasho iyo daryeel xili hore ah. Midaan waxay ku caawinaysaa qoysaska in ay aqoonsadaan oona kaqayb galaan adeegaha tayada daryeelka xiliga hore kuwaas oo sida fiican ugu habboon baahida qoyska ee loogu talagalay daryeelka ilmaha iyo adeego kale halka lagu taageerayo waxbarashada xiliga hore ee caruurtooda iyo horumarinta caafimaadka.

Fadlan booqo www.brycs.org hadaad rabto macluumaad badan. BRYCS waxaa laga taageeraa dhinaca Xafiiska Dib u dejinta Qaxootida (ORR), Maamulka loogu talagalay Caruurta iyo Qoysaska, Waaxda Adeegaha Caafimaadka iyo Bulshada, Lambarka Deeqda. 90RB0032. Xafiiska Dib u dejinta Qaxootida wuxuu taageeray soo saarida nuskhada asalka ah ee buugg yarahaan ee loogu talagalay qaxootida, buuggaas oo magaciisu yahay *Ku Korinta Caruurta Waddan Cusub: Buugg yaraha La Faah-faahiyay* (2007).

Xafiiska Bilaabashada Hore ee Xarunta Caalamiga ah iyo U Jawaabida Luuqada (NCCLR) waa qayb kamid ah nidaamka tababarka iyo caawimaada farsamo ee kajirta Xafiiska Bilaabashada Hore. Xafiiska Bilaabashada Hore ee Xarunta Caalamiga ah iyo U Jawaabida Luuqada wuxuu siiyaa bulshada Bilaabashada Hore macluumaad cilmi-baaris kusalaysan iyo wax qabadyo jawaabid dhaqan ahaan iyo xeelado lagu adkaynayo harumar wanaagsan oo waxbarasho iyo bulsho ah eeloogu talagalay caruurta ku kala duwan luuqad iyo dhaqan ahaan. Waxaa jira todobo fariimo oo muhiim ah kuwaas oo haga shaqada Xafiiska Bilaabashada Hore ee Xarunta Caalamiga ah iyo U Jawaabida Luuqada:

- 1) Dhaqanku waa mid adag, hab fir-fircoon oo muddo kadib isbedelaya oona lagu barto tooska korinta-ilmaha maalin kasta ah iyo xiriirada qofka weyn-iyo ilmaha uu la sameeyo qoysaska iyo daryeel bixiyayaasha/dhakhtarada ama shaqaalayaasha
- 2) Dhaqamada(dhaqanka) qoyska iyo luuqada(luuqadaha) guriga waa asalka caruurtoodu ay ugu guuleystaan nolosha iyo dugsiga
- 3) Caruurta yar-yar waa kuwo awooda in ay ka adkaadaan ama qabtaan luuqado badan
- 4) Caruurta ku shaqeeya dhaqamada badan oona ku hadla wax hal luuqad ka badan waa kuwo u faa'iida aqoon ahaan iyo bulsho ahaanba, waana kuwo qiimo u leh bulshada dhaqamada badan

- 5) Deegaan waxbarasho xili hore ah, oo tayo sare leh iyo khibraduhu waxay ku caawinayaan caruurta in ay sameeyaan ama bartaan luuqado badan oona ku shaqeeyaan wax ka badan hal dhaqan
- 6) Marka barnaamijyada EHS/HS iyo wada hawl-galayaashu ay la shaqeeyaan qoysaska iyo bulshada si ay u bixiyaan khibrado iyo deegaano waxbarasho tayo sare leh, oona ficil celis leh, caruurta waxay ku guuleysanayaan dugsiga, iyo
- 7) Muraajacayn joogto ah oo lagu sameeyo ficil celiska wax qabadyada dhaqanka iyo luuqada ka ahaada dhinaca EHS/HS wuxuu adkaynayaa barnaamijyada waxtarka leh oona arinta khuseeya ee loogu talagalay caruurta iyo qoysaska

Fadlan booqo <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/cultural-linguistic/center> wixii kusaabsan macluumaad dheeri ah. NCCLR waxaa laga taageeraa dhinaca Xafiiska Dib u dejinta Qaxootida (OHS), Maamulka loogu talagalay Caruurta iyo Qoysaska, Waaxda Adeegaha Caafimaadka iyo Bulshada, Lambarka Deeqda. 90HC0001.

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Hordhac

Qoysaska qaxootida iyo soo galootida ah waxay u yimaadaan dalka Maraykanka ah ayaga oo leh awood hodantinimo waalidnimo, ayaga oo ku tiirsan dhaqanka, caadada, iyo khibrada qoyska. Sida ayba tahay inta badan waalidiinta ku nool dalka Maraykanka waxay isku dayayaan in ay noqdaan kuwo mas'uul ah oona abaabin leh, inta badana waxay nafsadooda ugu huraan si wayn si ay u siiyaan caruurtooda fursad ugu noolaadaan caruurtooda si ammaan iyo guul ah waddankan cusub. Isla markaasna, waalidiinta waqtiga dhow yimid waxay la kulmeen khasaare wayn, oo ay kujiraan waayid xubnahooda qoyska ballaaran, bulshadooda, iyo dhulkoodii hooyo, waxaana khasab ku ah in ay la qabsadaan dhaqamo cusub iyo qaab nololeed inta badan ka duwan waxa ay aaminsanyihiin oona sameeyaan. Qoysaska qaxootida iyo dadka soo galootida ahi sidoo kale waxaa khasab ku ah in ay ka adkaadaan caqabadaha wax ku oolka ah ee dhaqanka, iyo luuqada si ay u helaan adeegaha bulshada ay u baahanyihiin, halka ay adeegahaani ay tahay sidoo kale in ay oggaadaan waxa ku saabsan qoysaska waqtiga dhow yimid ee kusugan bulshadooda dhexdooda iyo sida ugu fiican ee loogu adeegi karo.

Waxaa jira faa'idooyin aan caadi ahayn ee loogu talagalay qoysaska qaxootida ah marka wakaaladaha bulshada iyo barnaamijyada Bilaabashada Hore ay u shaqeeyaan si wada jir ah.

Faa'idooyinka waxaa kamid ah:

- helida adeegaha horumarinta caruurnimada xiliga hore ee kusalaysan-xarunta midaas oo u oggolaata waalidiinta qaxootida

in ay shaqo u helaan sida ugu dhakhsiyaha badan kadib marka ay yimaadaan dalka Maraykanka;

- qiimeyn buuxda iyo adeego loogu talagalay qoyska oo dhan ee kusaabsan meelaha waxbarashada, nafaqada, caafimaadka, iyo caafimaadka maskaxda; iyo
- fursado ku lug lahaansho qoys kuwaas oo ku caawiya qoysaska in ay ku lug lahaadaan waxbarashada caruurtooda sidoo kale in lagu caawiyo in ay ka daba ordaan ujeeddooyinkooda waxbarasho iyo dhaqaale.

Dhab ahaantii dhammaan waalidiinta qaxootida wata caruur gaaraya illaa iyo 5 sanno jir waxay la kulmi doonaan shuruudaha u qalmiitanka dakhliga-kusalaysan ee loogu talagalay adeegaha Bilaabashada Hore marka ugu horeysa ee ay yimaadaan dalka Maraykanka. Maadaama barnaamijyada Bilaabashada Hore ay adkayso ama xooga saarto u jawaabida dhakhso ah oo loo jawaabo bulshadaha kala duwan ee si luuqad iyo dhaqan ahaanba ugu kobcaya waddankan, faa'idooyinka wada shaqaynta u dhaxeysa Bilaabashada Xiliga Hore/Bilaabashada Hore iyo wakaaladaha dib u dejinta qaxootida waa kuwo cad.

Bugg yarahaan waxaa loo sameeyay barnaamijyada Bilaabashada Hore/Bilaabashada Xiliga Hore, wakaaladaha Dib u dejinta Qaxootida iyo kuwo kale oo u adeega qaxootida iyo dadka soo galootida ah si loo adkeeyo ama loo habsado in waalidiinta dadka waqtiga dhow yimid ay haystaan macluumaadka aasaasiga ah ee ay u baahanyihiin ee khuseeya korinta caruurta laga bilaabo dhallashada illaa da'da 5 sanno ee lagu koriyo waddankan. Inkastoo

dadka waqtiga dhow yimid ay u arki karaan buugg yarahaan mid faa'iido u leh, waxaa aasaasi ahaan loogu talagalay shaqaalaha adeeg bixiyaha bulshada si ay ugu isticmaalaan si wada jir ah qaxootidooda iyo macaamiishooda soo galootida ah. Buugg yaraha waxaa loogu talagalay waalidiinta waqtiga dhow yimid ee leh heer hoose oo aqoonta luuqada Ingiriisiga ah iyo/ama heerar hoose oo aqoonta wax akhriska iyo wax qorida ah. Waloow xitaa fahanka adag loogu faah-faahiyay si fudud halkan, qaybta xogta (boggaga 31-39) wuxuu bixinayaa macluumaad lagu-helo-sifudud ee loogu talagalay bixiyayaasha adeega si uu u kabo arimaha muhiimka ah ama aasaasiga ah ee ku qoran gudaha buugg yarahaan. Intaas waxaa sii dheer, dadka isticmaala waxay heli doonaan "Waraaqo Naseexo" dheeraad ah oo qayb ka ah *Qayabaha Iskaashiga* laga soo saaray dhinaca BRYCS iyo NCCLR.

Si aad u heshid natiijada ugu fiican ee buuggaan, waxaan kutalinaynaa in loo isticmaalo buugg yarahaan hawlaha waalidka munaasabka u ah luuqad iyo dhaqan ahaan ama dhacdooyinka, waxaa la doorbidayaa in ay qabtaan shaqaalaha ayada oo ay la shaqaynayaan waalidka waqtiga dhow yimid ee khiibrabada leh iyo waalid u dhashay-Maraykanka ee ah isla jinsiyada waalidka kale. Hawlahaas oo kale waxay siin karaan waalidiinta soo galootida ah iyo qaxootida fursado ay ku weydiyaan su'aalo, isugu dayaan dhaqamo cusub, oona ku helaan taageero wanaagsan oo u fududeysa guuritaankooda ay u guuraan waddan cusub (fiiri qoraalka daabacan ee BRYCS *Waalid ku noqoshada Waddan Cusub: Qalab loogu talagalay La shaqaynta Waalidiinta Waqtiga dhow yimid*, <http://www.brycs.org/documents/upload/RaisingChildren->

[Handbook.pdf](#) wixii kusaabsan macluumaad dheeri ah oo khuseeya kooxda taageerada waalidka, ay kujirto manhajka iyo xogag kale).

Buugg yarahaan la faah-faahiyay wuxuu adkaynayaa ama xooga saarayaa lixdaan mowduuc ee soo socda:

- 1) **Fiicnaanshaha Qoyska:** Waalidiintu waxay mas'uul ka yihiin fiicnaanshaha ilmahooda. Midaana waxaa kamid ah hawlo kala duwan oo loo hurey ilaalinta caafimaadka, sida hab nololeedka caafimaadka, maaraynta cuntada, nadaafada, iyo caafimaadka afka.
- 2) **Ammaanka iyo Ilaalinta:** Waalidiintu waxay mas'uul kayihiin horjoogida caruurtooda ay ku horjoogaan dalka Maraykanka, dhammaan gudaha iyo banaanka gurigaba, iyo in laga dhigo kuwo ammaan ka ah dhibaato soo gaarta kahor dhallashada illaa tooska caruurnimada.
- 3) **Hagid iyo Edbin:** Hababka edbinta waxay ku kala duwan yihiin dhaqan ahaan. Qaababka ugu badan ee xiliga hore ee caruurnimada ee dalka Maraykanka waxaa kamid ah xoojin ama adkayn wanaagsan, dhaqanka dib u jiheynta (doorashooyinka jiheynta), iyo samaynta xeerar da'da-munaasab ku ah iyo xaaladaha ama duruufaha. Waa muhiim in la oggaado waxa laga oggolyahay dalka Maraykanka iyo waxa aan laga oggolayn si qoysaska waqtiga dhow yimid ula qabsadaan qaababka u shaqeeya qoysaskooda. Edbintu waxay aad u wanaagsantahay marka loo fuliyo si joogto ah iyo marka dhaqanka la doonayo ay sameeyaan waalidiinta.

4) **Horumarinta Maskaxda Caafimaadka leh:** Muddada xasaasiga ah ee horumarka maskaxda wuxuu dhacayaa laga bilaabo dhallashada illaa da'da 5 sanno. Waalidiintu waxay ciyaaraan door muhiim ah ee kusaabsan siinta caruurta yar-yar khibrado abaabin iyo kobcin sida xiriiro wanaagsan, la hadlid, ciyaarida ciyaaraha fudud, wax akhrin, kuciyaarida banaanka, iyo u isticmaalida hawlaha joogtada ah sida fursado waxbarasho. Khibradahaan hore waxay si wayn u saamaynayaan sida ay u horumarayso maskaxda caruurta iyo sida ay ula xiriirayaan adduunka tooska noloshooda oo dhan.

5) **Waxbarashada Xiliga Hore iyo Diyaar U noqoshada Dugsiga:** Waxbarashu waxay ka bilaabataa marka uu ilmuhu dhasho, 5-ta shanno ee ugu horeysana waa kuwo si wayn muhiim ugu ah guusha mustaqbaleed ee caruurta ay ugu guuleystaan dugsiga. Waalidiintu waa macalimiinta ugu muhiimsan uguna horeeya ee caruurta waxayna ku caawin karaan in ay caruurta horumariyaan jeceyl waxbarasho weligeeda ah ayaga oo si aan degdeg ahayn ula hadla ulana qaata waqti ay kula ciyaaraan kuna oggaadaan si wada jir ah waxyaabo cusub. Waxyaabaha joogtada ah ee la isticmaalo sida sariirta, qubeysiga, waqtiyada cuntada iyo bixitaanada loo baxo dukaanka khudaarta waxaa loo isticmaali karaa fursado wax lagu barto oona loogu xiriiro luuqada qoyska, qiyaamka, iyo waxyaabaha uu qofku aaminsanyahay.

6) **Ku xirida Kooxda Daryeelka Xiliga Hore:** Adkaynta kusaabsan ku lug lahaanta waalidka uu ku lug leeyahay daryeelka ilmaha iyo

bixiyayaasha waxbarashada xiliga hore waxay ku noqon kartaa mid ku cusub qaar kamid ah waalidiinta soo galootida ah iyo qaxootida. Waxbarashadu waxaa loogu arkayaa waddamo badan in ay tahay mas'uuliyada aasaasiga ah ee macalimiinta. Gudaha dalka Maraykanka, goobaha daryeelka ilmaha iyo waxbarashada xiliga hore waxay inta badan ku dhiiriyaan waalidiintu in ay si fir-fircoon ugu lug lahaadaan horumarka ilmahooda iyo waxbarashada si lamid ah gudaha barnaamijka. Midaan waxaa kamid ah tagida kulamada, shirarka waalidka-macalinka, in aad xoogaaga ka tabarucid xarunta, iyo kaqayb qaadashada waxbarashada guriga iyo hawlo kale.

Buugg yarahaan la faah-faahiyay waa shaqo socoto. Waxaan fikrado ka helnay bixiyayaasha Dib u dejinta Qaxootida, hoggaamiyayaasha ama madaxda qaxootida, bixiyayaasha Bilaabashada Hore/ Bilaabashada Xiliga Hore, khubarada horumarka iyo waxbarashada xiliga hore ee caruurnimada, iyo lafaahaanta qoysaska soo galootida iyo qaxootida ah guud ahaan samaynta buuggaan (fiiri qaybta Mahad naqa). Hadafkeenu wuxuu yahay in aynu sii wadno horumarinta buugg yarahaan si uu u ahaado mid cusub oona waxtar u leh wakaaladaha iyo dadka waqtiga dhow yimid ee ay ayagu u adeegaan. Waxaan sugaynaa in aynu helno war-celin kusaabsan sida buugga yar loo isticmaalay looguna tijaabiyay goobta loogu talagalay. Fadlan kusoo dir dhammaan tallooyinka kusaabsan daabacadaha mustaqbalka ah cinwaankan info@brycs.org ama midkan ncclr@bankstreet.edu.

Fiicnaanshaha Qoyska

Doorashooyinka nolasha caafimaadka leh—ay kujirto cuntooyinka, daryeelka jirkaaga, nadaafada, daryeelida ilkaha, iyo seexashada hurdo kugu filan—waxay dad ku caawinayaan in ay ka dhigaan qoysaska kuwo xoogan oona ku taageera kobcida iyo waxbarashada caruurta.

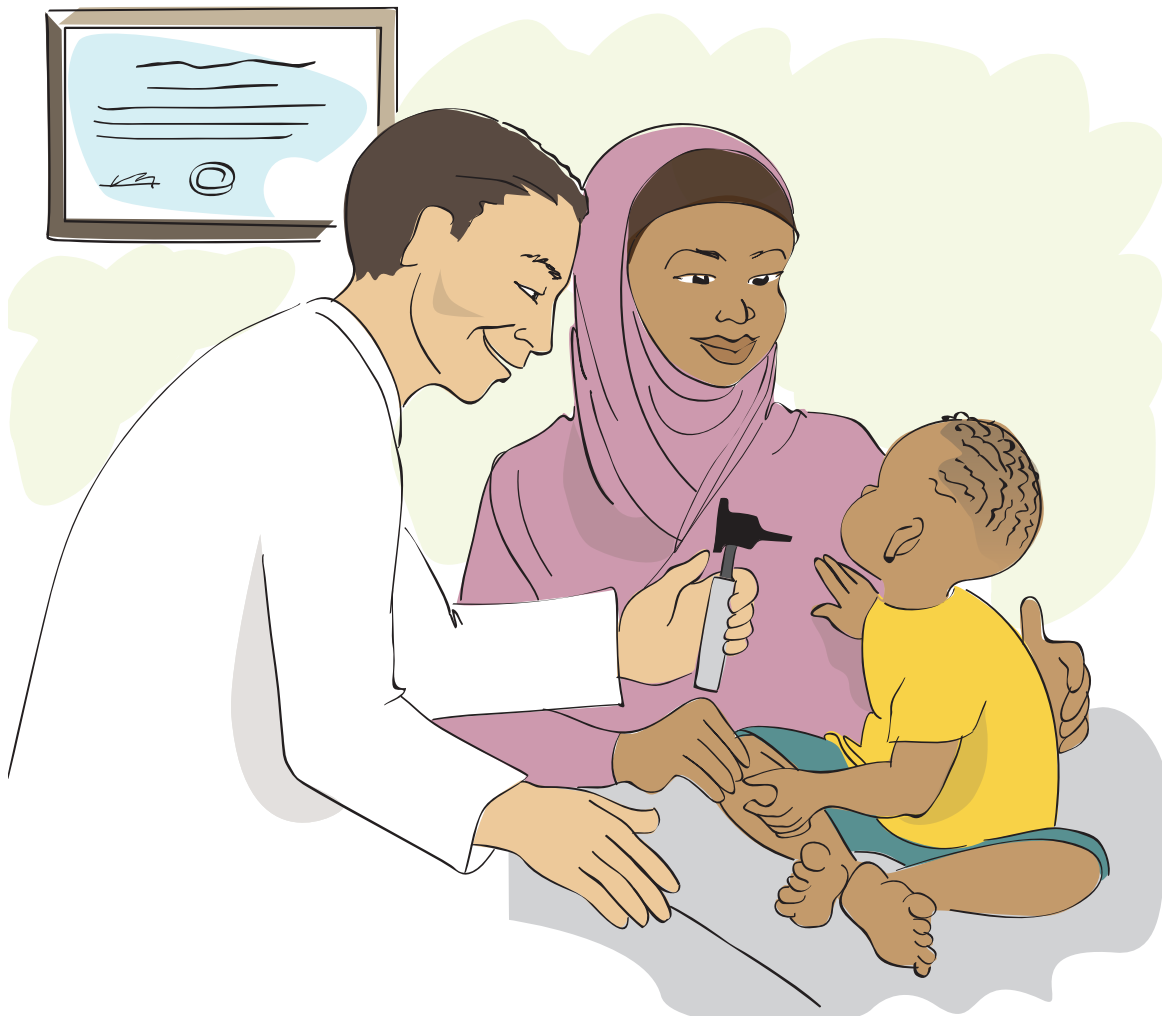
Daryeelka Hooyonimo

Si loogu caawiyo hooyada iyo ilmaha in ay caafimaad qabbaan, haweenka uurka leh waxaa khasab ku ah:

- In ay u booqdaan dhakhtarka qaab jadwaleed oo bile ah.
- In ay kala hadlaan dhakhtarka waxyaabaha kusaabsan uurka iyo
- In ay kala hadlaan dhakhtarka waxyaabaha kusaabsan u diyaar garoowga ilmaha.
- In ay cunaan cunto caafimaad leh oona qaataan fiitimiino khas ah
- Jimicsi sameeyaan.



Fiicnaanshaha Qoyska



Caafimaadka

Dhakhtarada iyo kalkaaliyaasha waxay caawin karaan caruurta marka ay xanuunsanyihiin. Caruurta sidoo kale waa in ay sameeyaan baaritaano-jooqto ah si uu dhakhtarka uga baaro kobcitaankooda una siiyo irbido tallaal ah.

- **Ubadka yar-yar** waxaa khasab ku ah in loo geeyo dhakhtarka si loogu sameeyo "booqashooyinka fiicnaanshaha-ilmaha" dhowrkii bilood ee kasta.
- **Caruurta jira 2 sanno iyo ka wayn** waxaa khasab ku ah in ay u tagaan dhakhtarka ugu yaraan halmar sannadkii.

Inta lagu guda jiro booqashada, dhakhtaradu waxay:

- Siin karaan ilmahaaga irbid lagu duro midaas oo looga hortagayo cudurada, sida hargabka ama jadeecada.
- Tijaabin ama baari karaan sida uu yahay araga ama maqalka ilmahaaga.
- Hubsan karaan in uu ilmahaagu u kobcayo si wanaagsan.
- Ka jawaabi karaan su'aalaha aad qabto ee kusaabsan caafimaadka ilmahaaga.
- Hubsan karaan in uu ilmahaagu diyaar u yahay dugsiiga.



Nadaafadda

In la dhaqo gacmaha in badan waxay kugu caawinaysaa adiga iyo caruurtaadaba in ay idin ka fogayso in aad xanuunsataan iyo faafinta jeermiska.

- Caruurta (iyo dadka waaweyn) waxaa khasab ku ah in ay ku dhaqaan gacmhooda saabuun iyo biyo kulul kadib marka ay dibada ka yimaadaan, kahor inta aan wax la cunin, iyo kadib marka la isticmaalo musqusha.
- Dadka waawayn waxay ku caawin karaan caruurta iyo ubadka yar-yar in ay gacmhooda dhaqaan.
- Caruurta waxaa la bari karaa in ay gacmhooda ku daboolaan afka marka ay qufacayaan ama in ay ku hindhisaan hoosta xunsuladooda.

Dhallaanka yar-yar: Maalin kasta dhaq meesha ay ku xirantahay xafaayada, wejiga, gacmaha iyo luqunta. Dhallaankaaga yar wuxuu u baahanyahay in loo qubeeyo 2-dii maalin ee kasta illaa 3-dii maalmood.

Caruurta ah 2 illaa 5 sanno jir: Caruurta waxay u baahan karaan in ay qubeystaan dhowrkii maalmood ee kasta, ama maalin kasta haddii ay wasakh gaarto ama marka ay isticmaalaan kareemka qoraxda kuleylkeeda laga marsado.

Isticmaal saabuun dhexdhexaad ah oo lamid ah shaambada ilmaha. Saabuunta kujirta maadada midibaynta iyo barfuunka waxay dhibaato u keeni kartaa jirka ama indhaha caruurta. Fiiri caruurta inta ay qubeysanayaan ee haka tegin keligooda. 15 daqiiqo waa waqti ku filan in uu ilmuhu ku qubeysto.





Caafimaadka Afka

Ilkaha ilmaha iyo ciridka waa in la nadiifiyo subax kasta iyo kadib marka cuntada la cuno.

- **Ubadka yar-yar:** Ku nadiifi ciridka iyo ilkaha hore 2 jeer maalin kasta maro qoyan oo nadiif ah; halmar kadib marka ugu horeysa ee aad wax siiso iyo marka labbaad kadib marka ugu dambeyso ee aad wax siiso.
- **Caruurta ah 1 illaa 8 sanno jir:**
 - Bilow in aad isticmaashid buraashka ilkaha jilicsan marka ay soo baxaan ilkaha dambe.
 - Ku caawi caruurta in ay ilkhooda buraashaan ama cadeeyaan.
 - U isticmaal kaliya dhibic yar oo la eg qiyaasta-digirta ee daawada ilkaha midaas oo aad mariso dusha, buraashka ilkaha qiyaasta-ilmaha ah.
 - Caruurta waa in ay booqdaan dhakhtarka ilkaha halmar ama labbo jeer sannadkii kadib da'da 1 sanno si ay u habsadaan in ay ilkhooda iyo ciridkoodu yihiin kuwo caafimaad qabba.

Biyaha tuubadu waa kuwo ammaan ah in laga cabbo Waddanka Maraykanka. Daawada kujirta biyaha waxay ka hortagaysaa in uu ilugu bololo.



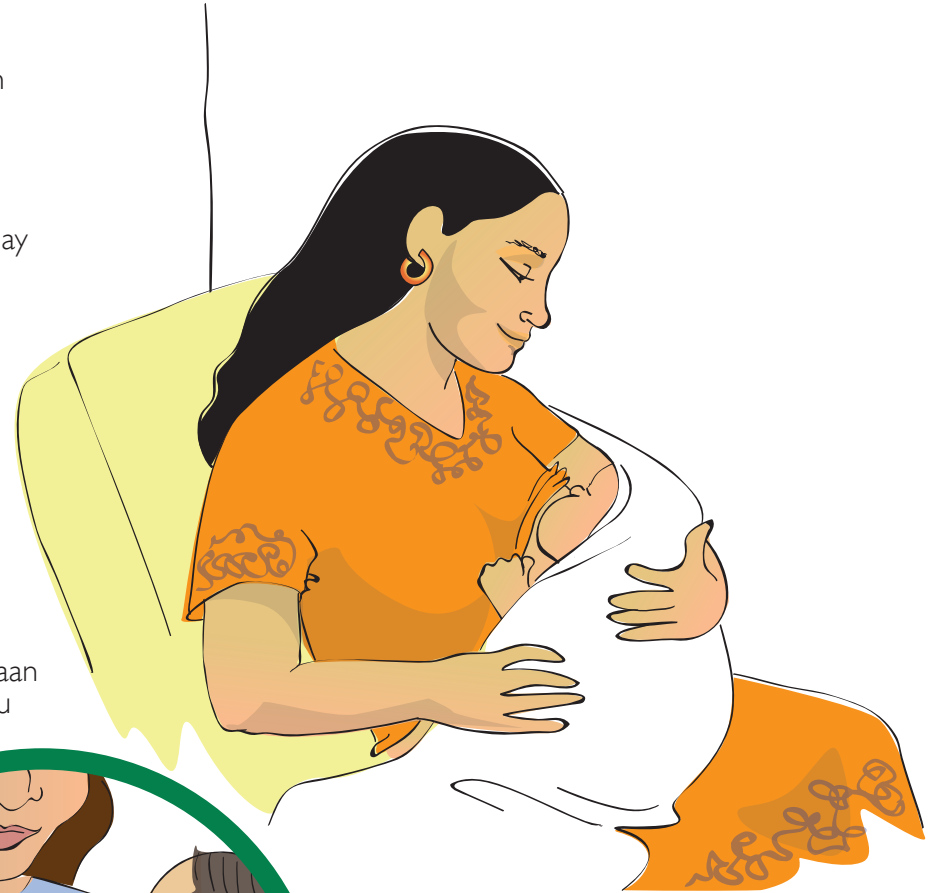
Nafaqada ilmaha yar

Naas nuujinta

Caanaha naasku waa cuntada ugu wanaagsan ee ilmaha dhallaanka ah waxayna ku caawinaysaa in ay u koraan si wanaagsan oona ahaadaan kuwo caafimaad qabba. Waxaa wanaagsan in la naas nuujiyo ilmaha dhallaanka ah illaa 6 bilood ama ka badan. Meelaha ay dadka badan joogaan, in badan oo kamid ah hooyooyinka Maraykanka ahi waxay isku daboolaan buste ama waxay aadaan meel aan cidkale ka arkin si ay ilmahooda u nuujiyaan naaska.

Ilmaha dhallaanka ah ee aan la nuujin naaska waxaa khasab ah in ay cabbaan caanaha ilmaha uu kujiro maadada birta ah. Dhakhtarkaaga ayaa kuu sheegi doona nooca caanaha ilmaha la isticmaalayo. Raac tilmaamaha ku qoran baakada ama dhallada caanaha ilmaha si aad ugu darto waxa uu ka koobanyahay. Dhakhtarkaaga ama WIC wakaalada* ayaa kaaga jawaabi doona su'aalahaaga kusaabsan inta laga isticmaalo caanaha ama maadada lagu daro.

- **Dhallashada illaa 1.5 sanno:** Ilmaha dhallaanka ahi waxay wax ku cunaan "baahi" (marka ay gaajaysanyihiin). Midaana waxay tahay badanaa 1.5 illaa 3 saacadood kasta.
- **Laga bilaabo 4 illaa 6 bilood:** Ilmaha dhallaanka ahi waxay bilaabaya in ay cunaan cunto adag. Qadarka iyo kala duwanaanshaha cuntadu wuxuu si tartiib ahi u kordhayaan inta u dhaxaysa 8 iyo 24 bilood marka ay jiraan.
- **Ilmaha dhallaanka ah** waa in aysan cabbin cabbitaano sonkor lagu daray. Haddii aad siinaysid casiir, sii illaa 4 illaa 6 sacab maalintii oo casiir barkiisa iyo biyo barkeeda ah.



* Qaxootida dhowaanahaan dib u dejinta la siiyay waxay xaq u leeyihiin dheefaha dowlada ee loogu talagalay Haweenka, Dhallaanka iyo Caruurta (WIC). <http://www.fns.usda.gov/wic/>

Fiicanaanshaha Qoyska



Nafaqada

Cunida cunto caafimaad leh iyo ku haynta jirkaaga in uu shaqeeyo waxay ka dhigaysaa jirkaaga in uu caafimaad qabbo. Caruurta waxay u baahanyihiin in ay cunaan cunto fudud oo caafimaad leh iyo dhowr cuntooyin waawayn ah maalin kasta. In la ahaado qof shaqeeya oo fir-fircoon maalin kasta waxay sidoo kale ku caawinaysaa caruurta in ay sii ilaaliyaan haysashada miisaan caafimaad leh.

Cuntooyinka

In la wadaago ugu yaraan hal cunto maalin kasta waxay ku caawinaysaa qoysasku in ay isku soo dhowaadaan oona wadaagaan qiyamka qoyska iyo dhaqamada.

- Caruurta jira 1.5 illaa 5 sanno waa in la siiyo seddex cunto waawayn iyo labbo ama seddex cunto fudud oo caafimaad leh maalin kasta.
 - Cuntooyinku waa in ay kujiraan cuntada caadiga ah, sida hadhuudhka; (hilib ama digir) nafaqo leh; iyo khudaar badan
 - Caruurta waa in ay cabbaan 2 koob oo caano ah (ama caanaha digirta, caanaha bariiska, caanaha yicibka ama loowska) maalin kasta.
- Caanaha ay kuyartahay-baruurta iyo cuntooyin kale ayaa ku caawin kara dadka waawayn iyo caruurta waawaynba in ay ka hortagaan in uu qabto miisaan badan.
- Dhammaan caruurta waxay u baahanyihiin qurac caafimaad leh maalin kasta si ay u yeeshaan awood iyo tamar ay wax ugu bartaan.
- Cabbida biyo badan waxay u wanaagsantahay

Seexinta iyo Soo-kicinta

Waa u muhiim caruurta in ay helaan nasiino ku filan. Caruurta waxay u baahanyihiin hurdo si ay wax u bartaan oona diyaar ugu noqdaan

- **0 illaa 6 bilood jir:** Ilmaha dhallaanka ah waxay hurdi karaan 13 illaa 20 saacadood maalin kasta. Dhallaanka markaas uun dhashay waxay soo kacaan 3 illaa 4 saacadood kasta si ay wax u cunaan.
- **6 illaa 12 bilood jir:** Ilmaha dhallaanka ah ee jira da'daan waxay gam'i karaan kudhowaalkii 3 saacadood inta lagu guda jiro maalinta waxayna seexan karaan 9 illaa 11 saacadood habbeenkii.
- **1 illaa 3 sanno jir:** Caruurta waxay seexan karaan kudhowaalkii 10 illaa 13 saacadood maalin kasta. Waxay gam'i karaan oo hindho guduudsan karaan 15 daqiiqo illaa 1 saacad oo nasasho ah.
- **3 illaa 5 sanno jir:** Caruurta jirta da'dan waxay seexan karaan kudhowaalkii 10 illaa 12 saacadood habbeenkii kasta. Haddii ay seexdaan hurdo ku filan waxaa dhici karta in aysan hindho guduudsan maalinta oo aan qaadan wax nasasho ah. 15 illaa 30 daqiiqo oo waqti degan ah ayaa noqon kara mid wanaagsan.

Habbeenkii, qaar kamid ah waalidiinta waxay jecelyihiin in ay banaanka usoo saaraan dharka iyo waxyaabaha kale ee ay caruurta ugu baahan doonaan berito daryeelka ilmaha ama





Waqtiga-jiifka

Carruurta waxay aad ugu fiican yihiin jadwal joogto ah.

- Samee nidaam joogto ah oo lagu seexdo, sida in ilkaha la iska caddeeyo, in la xirto marada lagu jiipto, in loo akhriyo sheeko ama loo heeso kahor jiifka.
- Ka dhig caruurta in ay seexdaan habbeen kasta isla waqti go'an.

Kani wuxuu noqon karaa waqti wanaagsan oo aad la wadaagi kartid xasuusta fiican, sheekooyin, ama heeso dhaqankaaga ah carruurtaada.

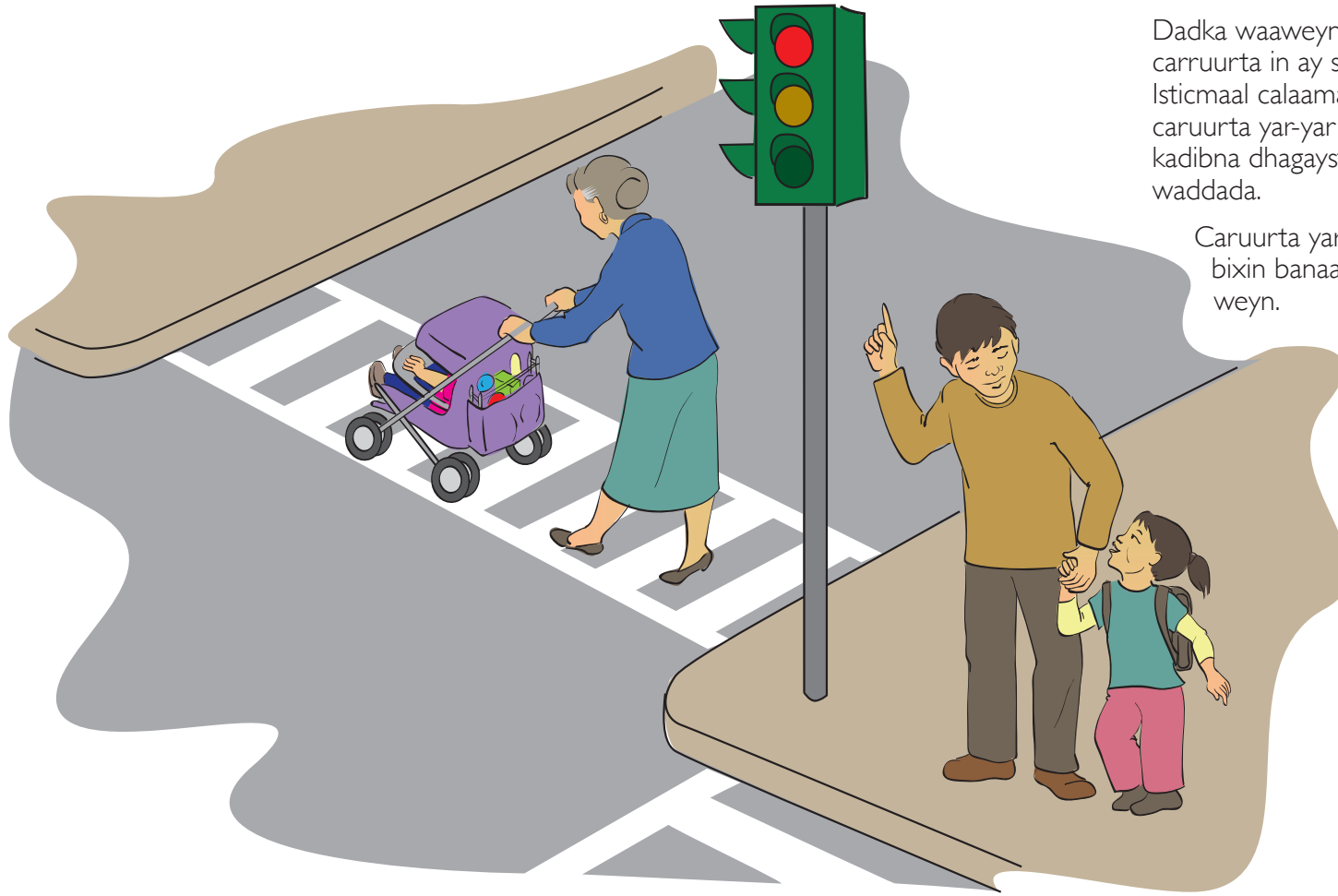
Ammaanka iyo Illaalinta

Ammaanka Guriga

Qoysasku waxay baran karaan sida looga dhigo guryahooda kuwo ammaan u ah caruurtooda.

- Dhig ama saar waxyaabaha halista ah meel aanan caruurtu ka gaari karin.
- Ka dhig musqulaha, jaranjarooyinka, meelah dabka, kululeeyayaasha, iyo khaanadaha kuwo xiran ama kuwo aanan gaari karin caruurta.
- Ka fogee caruurta meesha aad wax ku fiiqeysid ama ku hoolaysid, ku jejebinaysid ama rinjiyaynta jajabka, gacmahana ku dhaq, alaabta, dhallooyinka, daaqaadaha iyo dhulka gaartay busta ama gabalada.
- U wac si dhakhso ah 911 haddii uu ilmahaagu laqo wax dhib keenaya, aanan kasoo kicin hurdada, ama aanan neefsan karin.





Ammaanka Jidka

Dadka waaweyn waa in ay ku caawiyaan carruurta in ay si ammaan ah ay jidka u gudbaan. Isticmaal calaamadaha lagu socdo, oona bar caruurta yar-yar in ay “joogsadaan, fiiriyaan, kadibna dhagaystaan” kahor inta aysan gooyin waddada.

Caruurta yar-yar waa in aanan weligooda u bixin banaanka ayaga oo aan la soconin qof weyn.

Ammaanka Gaariga iyo Taksiga

Kuraasta ammaanka ilmaha iyo suumanka kuraasta waxay badbaadiyaan nololsha dadka, waana kuwo loogu baahanyahay qaanuun ahaan in badan oo gobolada kamid ah.

Weligaaga hakaga tagin gaariga keligooda caruurta da'doodu tahay 10 sanno jir.

Dhammaan dadka waawayn iyo caruurta waawayn waxaa khasab kugu ah in ay isticmaalaan suumanka kuraasta. Caruurta yar-yar waa in ay isticmaalaan kursiga gaariga khaaska ah ee kuyaala kursiga dambe ee gaariga.

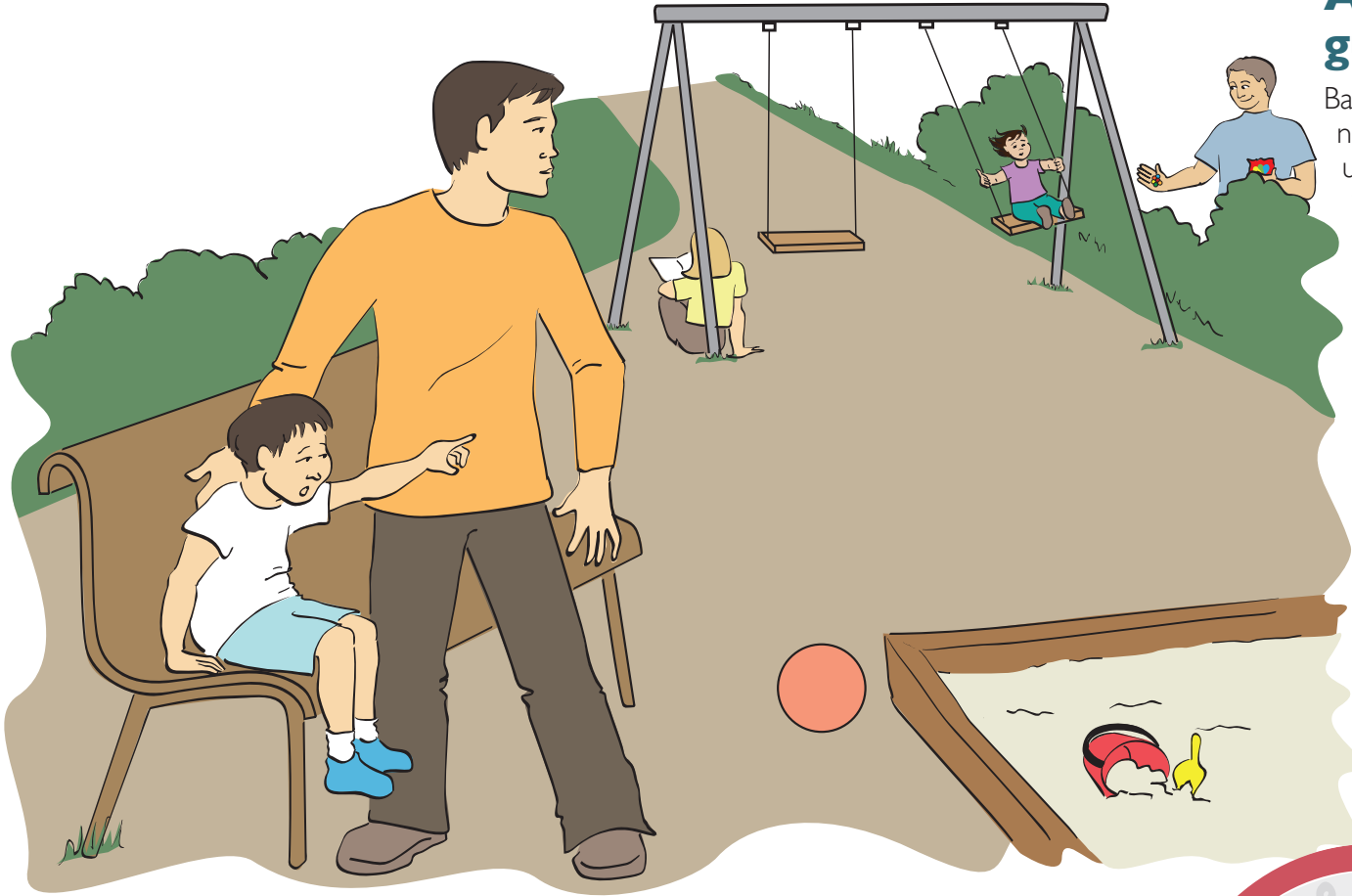
Qaabka loo fadhiisto ee kursiga gaariga waa mid ay kusalaysantahay da'da.*

- **Kayar da'da 1:** Marwalba u dhig kursiga gaariga asaga oo ku aadan kursiga gadaal (gadaal-u jeeda).
- **1 illaa 3 sanno:** Kuraasta gaariga waa in ay ahaadaan kuwo gadaal-u jeeda intiiba ay suurtoagal tahay.
- **4 illaa 7 sanno:** Caruurta waa in ay isticmaalaan kuraasta gaariga hore-u jeeda ee leh xakame.

Marka ay caruurta ka waynaadaan kursiga gaariga hore-u jeeda ee leh xakamaha, waxay isticmaali karaan kursiga xoojiyaha. Caruurta ka yar da'da 13 sanno waa in ay ku fadhiistaan kursiga gadaale.



* Weydii wakaaladahaaga degmada waxyaabaha kusaabsan xeerarka gobolka ee loogu talagalay meelaynta kursiga kana hubi kursiga gaarigaaga xadadka culeyska iyo dhirirka.



Ammaanka ka jira gudaha

Bar caruurta in aysan ka qaadan naca ama hadiyad dadka aanan aqoon u lahayn qoyskooda, una sheegaan qof weyn oo lagu kalsoonaan karo haddii qof ka dhigo in ay cabsadaan.

Haku cabbin sigaar agagaarka caruurta,



Ilaalinta ilmaha

Waalidiinta waxaa laga filanayaa in ay ilaaliyaan caruurtooda markasta. Deriska ma ilaalinayaan qof kale caruurtiisa haddii la wayddiisto oo ay dhahaan haa mooyaane.

Gobol kasta wuxuu leeyahay xeerar gooni ah ee kusaabsan horjoogida iyo ilaalinta caruurta. Halkan waxaa kuqoran qaar kamid ah tilmaamaha guud ee loogu talagalay caruurta yar-yarka ah:

- Si ammaan loogu dhigo caruurta yar-yar, waa in si dhow ugu horjoogaa uguna ilaaliyaa qof weyn dhammaan gudaha guriga ama banaanka gurigaba.
- Kuwa caruurta haya waa in ay ogyihiin sida loola xiriiri karo waalidiinta ama dadka kale ee waaweyn ee mas'uulka ah oona wacaan 911 haddii ay dhacdo xaalad degdeg ah.
- Caruurta ku nool Waddanka Maraykanka badanaa ma bilaabaan qof u haya ilmaha illaa uu ilmuhu gaaro da'da 11 ama 12 mana ilaaliyo ilmaha dhallaanka ah ama caruurta yar-yar illaa ay ka gaaraan 15 sanno jir.
- Weligaaga haka tagin caruurta yar-yar keligooda.





Ka hortaga Dhibaataada

U isticmaal caruurta qaabab wanaagsan oo hagida iyo edbinta ah. Weydii Xafiiskaaga Dib u dejinta Qaxootida ama barnaamijka Bilaabashada Hore wixii kusaabsan tallo iyo taageero haddii aad u baahatid.

Waxaa jira afar nooc ee ah waxyeellada carruurta:

1. **Xad gudub jirka ah:** Dhaawac loo gaysto ilmaha midkaas oo ka dhasha ficilo garaacid, laadid, qaniinid, gubid, ruxid ama qaabab kale oo dhib loogu gaysto ilmaha.
2. **Dayicid ilmaha ah:** Ka tagid, ama in aanan la daryeelin ilmaha; in aanan laga soo bixin baahooyinka caafimaad, waxbarasho, ama jireed ee ilmaha. In la ahaado sabool ma ahan mid ka dhigan in ay waalidiintu yihiin kuwo caruurtooda dayacay.
3. **Xad gudub galmo:** Fal galmo kasta ee u dhaxeeya ilmaha iyo qof weyn.
4. **Xad gudub dareen:** Qaylo soo noqnoqota, magac ugu yeeris, ama diidmada ilmaha.

Noocyadaan dhibaataada ah ee loo gaysto caruurta waa kuwo sharci daro ku ah Waddanka Maraykanka. Dadka qaar, sida macalimiinta, dhakhtarada, iyo shaqaalayaasha bulshada waa in ay soo sheegaan calaamadaha kuyaala ilmaha kuwaas oo noqon kara calaamad xad gudub ilmaha loo gaystay.

Hagida iyo Edbinta

Caruurta yar-yar waxay isticmaalaan qaabab badan oo ay dadka ugu sheegayaan waxa ay u baahanyihiin ama dareemaan. Caruurta yar-yar waxay u baahanyihiin in lagu caawiyo in ay sheegtaan dareemahooda iyo maaraynta dhaqamadooda.

Kuwaan soo socda waa tusaalooyin kusaabsan hagida munaasabka ah iyo edbinta da'da-kuhabboon.

Laga bilaabo dhallashada illaa 1.5 Sanno

Dhallaanku waxay noogu sheegaan waxa ay ugu baahanyihiin in aynu ku caawino ayaga oo ooya, oohin, ama in ay kujiid-jiidaan.

- U jawaab si dhakhso ah baahooyinka degdega ah (gaajada, bedelida xafaayada, hurdada, raaxada jirka ah, wehelinta, ihtimaam siinta).
- Sii jadwal joogto ah oo ku ciyaaro, loogu qubeeyo, cunto lagu siiyo, oona ku hurdo.



Hagida iyo Edbinta



I.5 illaa 2 Sanno

Intiiba ay caruurta sii korayaan oona kobcayaan, hagida iyo edbintu sidoo kale waa in ay isbedesho.

- Marka ay dhacaan dhaqamo aanan loo baahnayn sida (garaacid, laadid, qaniinid, caro daran), ka saar ilmahaaga xaalada kadibna isticmaal sharaxaad go'an oo cad sida, "Maya, qaniinyadu waa xanuun."
- Raadi waxa sababay dhaqankaasi.
- Ku hag caruurta hawl kale.
- Tusi caruurta qaab kale oo ay ku cabiri karaan nafsadooda ama ku heli karaan baahooyinkooda.

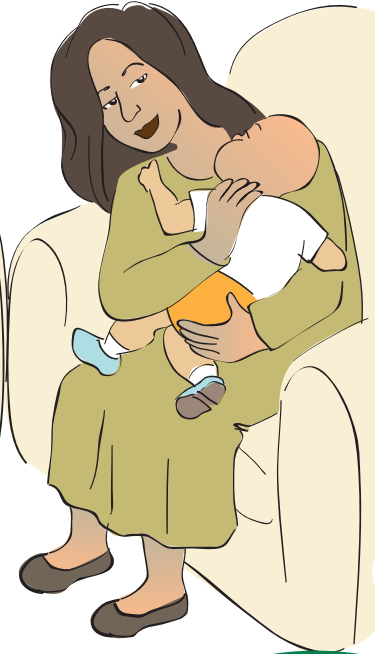
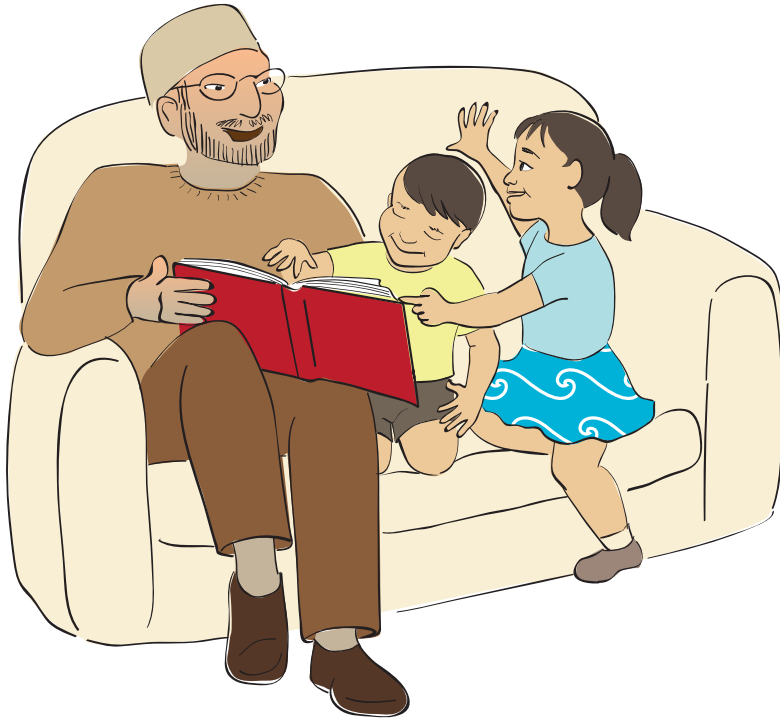
2 illaa 5 Sanno

Caruurta wuxuu muraalkooda u bedelmi kara si dhakhso ah waxayna muujin karaan caro daran ama xanaaq rabsho wata.

- Isticmaal hadalo gaaban oo fudud si aad ugu sheegtid waxa aad doonaysid.
- Raadi waxa sababay dhaqankaasi.
- Ku hag hawl ka munaasabsan tii hore. Tusaale ahaan, haddii ilmahaaga yar uu ku tuurayo caro ilmaha kale, waxaad ka fogayn kartaa weelka carada waxaadna siin kartaa kubad si uu ayada u tuuro bedelkii carada.
- Weydii ilmaha in uu kala doorto labbada hawlood ee kale. Tusaale ahaan, si aad uga fogaysid in uu gaaro wax jabaya, waxaad dhihi kartaa, "Ma jeceshahay in aad gaadiidka ku ciyaartid, ama waxaad rabtaa in aad samaysid oo aad xalisid xalxiraalaha?"
- U dhaqan qaabka aad jeceshahay in uu ilmahaaga u dhaqmo.
- Samee xeerar fudud.
- Sii ilmahaaga ihtimaam wanaagsan ee kusaabsan in uu si fiican u dhaqmo.



Horumarka Maskaxda Caafimaadka Leh

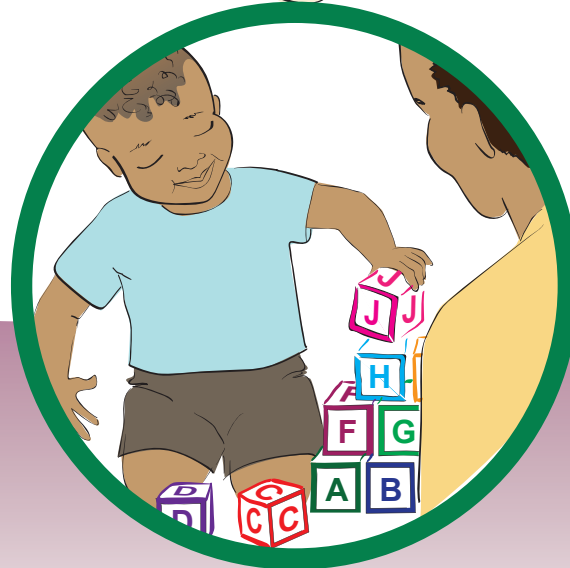


Caafimaad wanaagsan iyo xiriiro wanaagsan ayaa muhiim u ah horumarka maskaxda caafimaadka leh. Kula hadal ilmahaaga luuqadaada hooyo. Barashada labbo ama ka badan oo luuqadood waa mid u wanaagsan maskaxda.

Loo Diyaariyey in uu Wax Barto

Ku caawi caruurta in ay wax bartaan maalin kasta adiga oo:

- U sameeyo hawlo joogto ah intiiba aad awoodid sida (ciyaarida, wax cunid, qubeysiga, hurdada).
- Ilaaliya hidi iyo dhaqanka qosyka sida (muusigada, sheekooyinka, dabaal degyada, luuqada hooyo).
- Waqti ku qaata si wadajir ah samaynta waxyaabaha (diyaarinta cuntada, dhaqida suxuunta, ciyaarida ciyaaraha, iyo heesida).
- La hadlida iyo dhagaysiga ilmahaaga.



Waxbarashada Dareenka Badan

Caruurta waxay u baahanyihiin in ay isticmaalaan dhammaan jirkooda si ay wax u bartaan (taabashada, hadlida, dhagaysiga, dhadhaminta, araga, urinta).

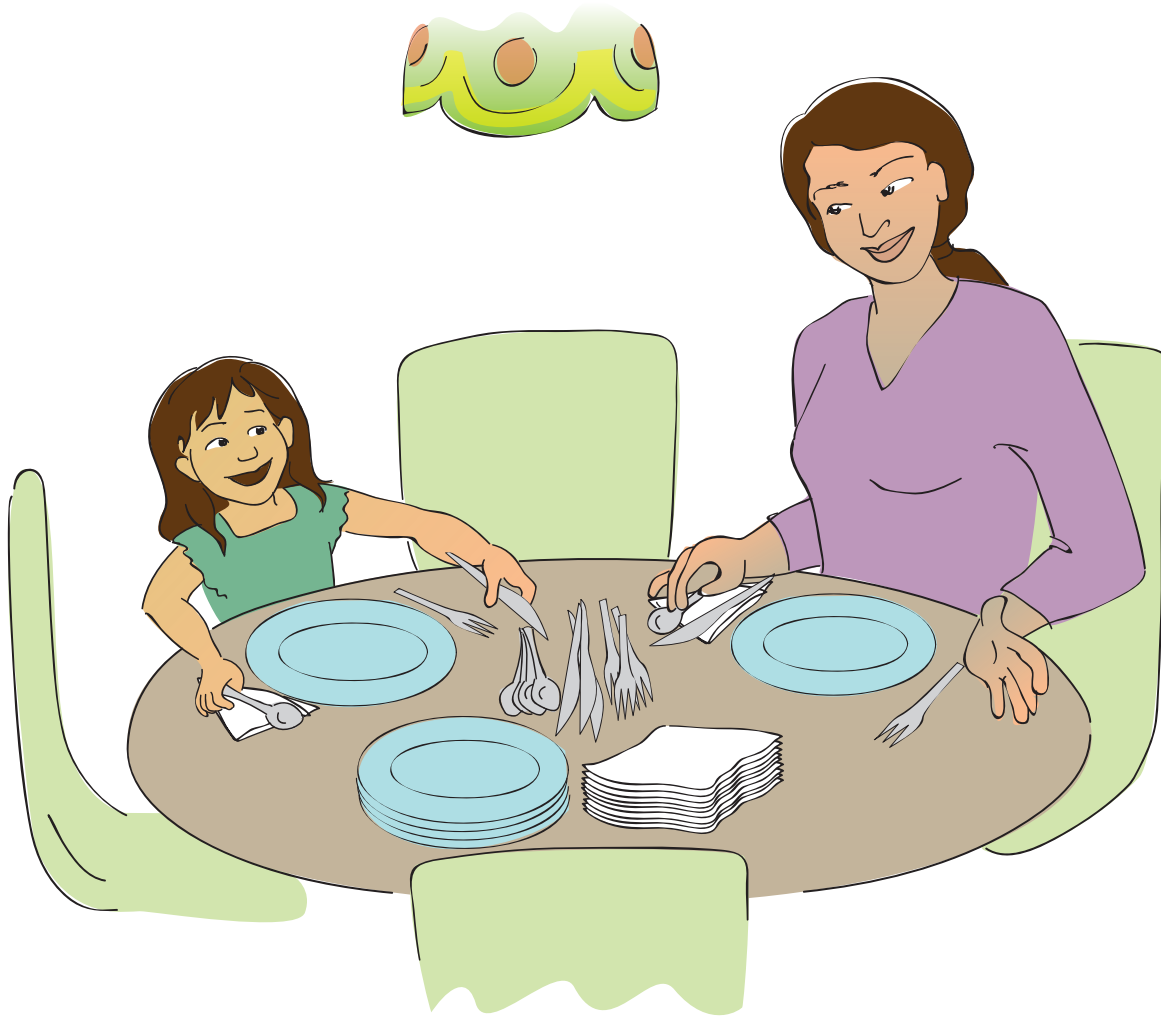
Ha u oggolaanin caruurta jira 2 sanno in ay daawadaan Teleefiishanka; waxay dhib u keenaysaa horumarka maskaxda.

Xad u samee waqtiga ay Teleefiishanka ku daawadaan caruurta ka weyn 2 sanno iyo ku ciyaarida ciyaaraha kombuyuutarka.

Fiiri waxa ay daawadaan si aad u habsatid in ay caruurta ku habboontahay waxa ay daawanayaan.



Waxbarashada Xiliga Hore iyo Diyaar u Noqoshada Dugsiga



Waxa ay caruurta ku bartaan laga bilaabo dhallashada illaa 5 sanno ay ka gaaraan aad ayay muhiim ugu yihiin guusha mustaqbalkooda ay ku guuleystaan dugsiga.

- Waalidiintu waa macalimiinta ugu horeysa uguna fiican ee caruurta. Waxay baraan caruurta xirfado muhiim ah markasta oo ay waqti la qaataan.
- Xiriirkooda wanaagsan ee laga bilaabo dhallashada illaa ay ka gaaraan 5 sanno waxay ku caawinaysaa caruurta in ay diyaar u noqdaan dugsiga.
- Caruurta ku leh xirfado xoogan luuqadooda hooyo ayaa ah kuwa sida fiican wax uga keena dugsiga.

Dhakhtarka ilmahaaga wuxuu kugu caawin karaa in aad oggaatid sida uu ilmahaagu u korayo waxna u baranayo.



Horumarka Dareenka iyo Bulshada

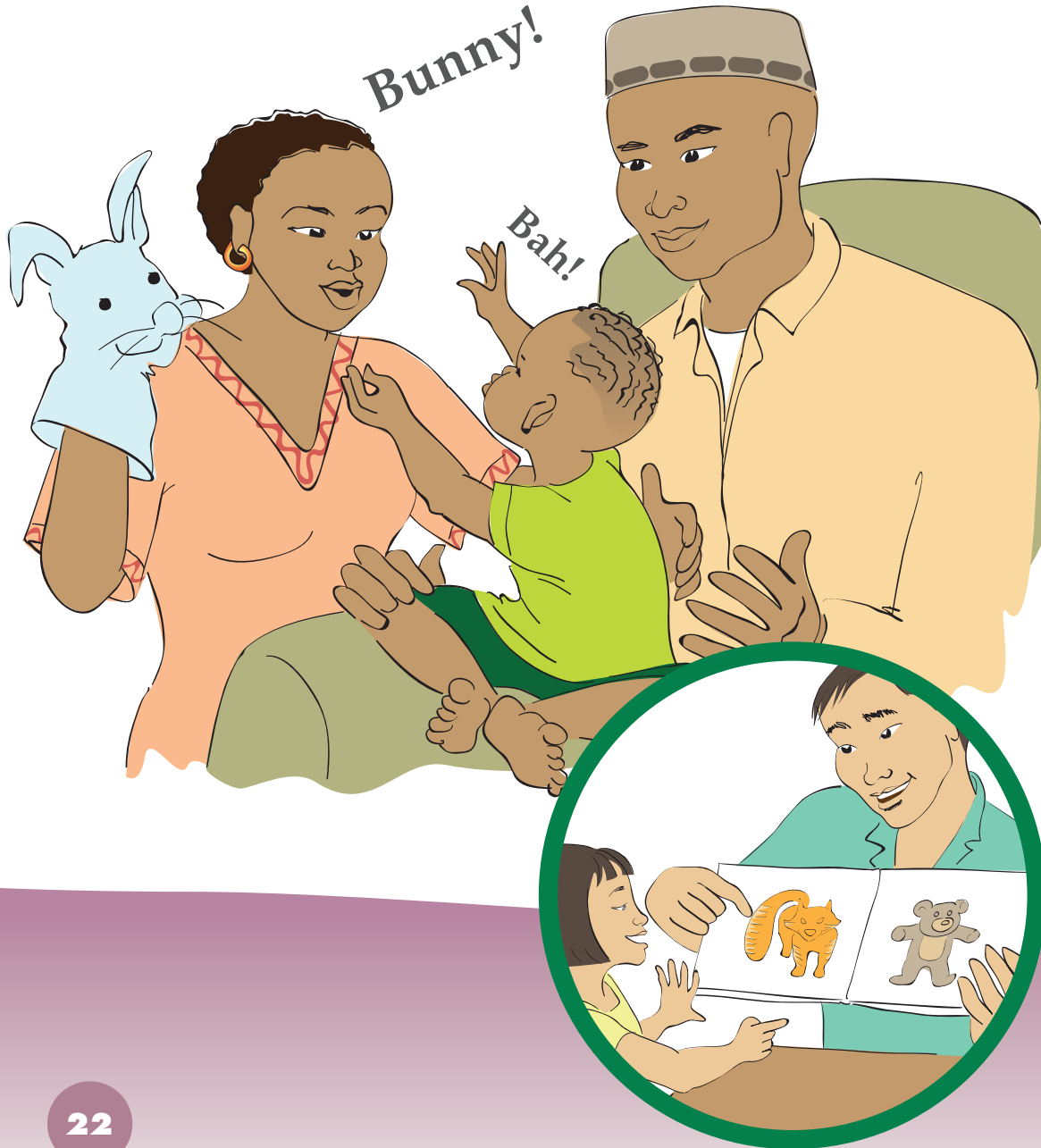
Caruurta waxay wax ka bartaan xiriirada ka ahaada xiriiro jaeceyl oo lala sameeyo waalidiinta iyo dadka kale ee waaweyn. Caruurta sheegi kara dareemahooda, maarayn karaan dareenkooda, oona la dhaqmi kara dadka kale ayaa ah kuwa sida wanaagsan ugu guuleysta dugsiga iyo noloshaba.

Caruurta waxay u baahanyihiin:

- In ay oggaadaan waxa la filanayo.
- In ay bartaan sida loo sheego dareemahooda loolana dhaqmo dadka kale (sida dejinta, la ciyaarida dadka kale, in la isdhaafsado, in la isla wadaago, in la caawiyo dadka kale, in la raaco xeerarka fudud).
- In ay maqlaan ayaga oo lagu ammaanayo in ay waxyaabuhu u samaynayaan si wanaagsan.
- In ay maqlaan oona arkaan in dadka waaweyn ay isticmaalaan dhaqamo wanaagsan.



Waxbarashada Xiliga Hore iyo Diyaar u Noqoshada Dugsiga



Horumarinta Luuqada iyo Farbarashada

Lag bilaabo dhallashada illaa 5 sanno jir, caruurta waxay bartaan muhiimada dhagaysiga iyo xirfadaha hadalka. Xirfadahaan waxay ku caawin doonaan xiriirka ay la sameeyaan dadka kale iyo barashada sida wax loo qoro waxna loo akhriyo. Caruurta waxay ka faa'ideystaan barashada iyo dhisida luuqadooda hooyo. In lagu hadlo luuqado badan waxay faa'iido u leedahay horumarka maskaxda caruurta.

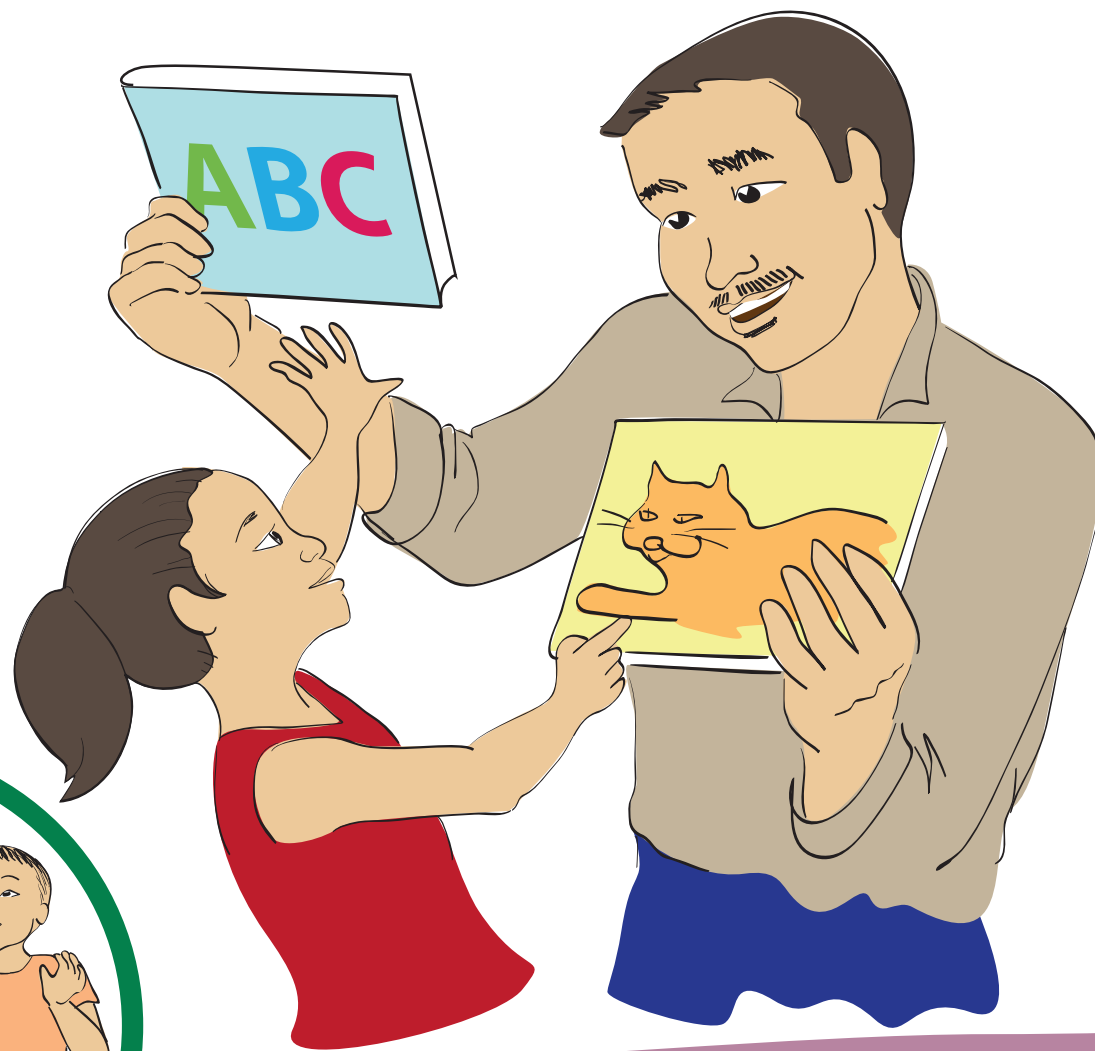
Laga bilaabo dhallashada illaa 3 Sanno

- La hadal ilmahaaga maalinta oo dhan.
- Dhagayso ereyada iyo dhawaqa codadka uu ku hadlo ilmahaaga. Ku celi codadka iyo ereyada uu sameeyo ilmahaaga.
- Bar ilmahaaga ereyo cusub adiga oo ka hadla waxyaabaha kusaabsan waxa aad samaysid maalinta oo dhan.
- Isticmaal heeso, codad heeso, iyo ficilo si aad u bartid ilmahaaga luuqadaada.
- U sheeg ilmahaaga sheekooyin adiga oo isticmaalaya sawiro, buuggaag, boombalo, iyo waxyaabo kale.
- Ugu akhri ilmahaaga buuggaagta adiga oo dareen ku daraya, kana dhig wax akhrintu mid maad iyo qosol leh.

Waxbarashada Xiliga Hore iyo Diyaar u Noqoshada Dugsiga

3 illaa 5 Sanno

- Ku isticmaal luuqada hooyo guriga.
- Ku isticmaal luuqada hooyo iyo luuqada Ingiriisiga dugsiga.
- Isticmaal ereyo badan oo kala duwan oo labbada luuqadoodba ah.
- Qaad heeso, baro heesaha, kuna sheeg sheekooyinka
- Ka codso caruurta in ay sheeko kuugu sheegaan labbada luuqadoodba.
- Bixi ama diyaari buuggaag leh sawiro, sheekooyin gaaban, heeso, gabayo, iyo buuggaag alifbeetada ah ee kuqoran labbada luuqadoodba.
- Bixi ama diyaari qalin wax lagu calaamadeeyo, qalimada midabyada, qalin qori, iyo warqad si aad ugu dhiirisid in ay wax sawiraan ugana fiirsadaan farta qoran kadibna u qoraan sidaas oo kale.



Waxbarashada Xiliga Hore iyo Diyaar u Noqoshada Dugsiga

Qaababka Waxbarashadu

Qoysasku waxay caruurtu ku caawin karaan in ay ihtimaam siiyaan oona ahaadaan kuwo hal-abuur leh oona jeceyl in ay wax walba oggaadaan. Kuwaan waa xirfadaha ay caruurtu ugu baahnaan doonaan dugsiga iyo noloshaba.

Qaababka loogu caawin karo caruurtu in ay wax bartaan:

- Raadi oona kula xiriir waxyaabaha iyo dadka.
- U daa caruurtu ha qaataane doorashooyinkooda, sida doorashada boombale ama dharka ay xiranayaan.
- Ku caawi in ay dhammeeyaan waxa ay bilaabaan.
- Ku dhiiri caruurta in ay su'aalo weydiyaan.
- Oggoow kadibna ku ammaan dadaalkooda.



Waxbarashada Xiliga Hore iyo Diyaar u Noqoshada Dugsiga

Horumarinta Aqoonta iyo

Ku caawi ilmahaaga horumarinta aqoontiisa adiga oo ku dhiira geliya wax baarista ama raadinta iyo waxbarashada maalin kasta ah. Waxaad awoodaa:

- In aad sharaxdid oona bar-bardhig kusamaysid midabka, qiyaasta, iyo qaabka boombalooyinka ay u yaalaan.
- In aad tirisid, cabirtid, iskuna aadisid boombalooyinka.
- In aad kala bixisid kadibna isku celisid markale.
- In aad samaysid wax qabad adiga oo isticmaalaya waxyaabaha maalin kasta la isticmaalo, sida shanlada ama buraashka ilkaha ama caddeyga.

Fikradaha lasoo jeediyo da'da:

- **Dhallashada illaa 1.5 sanno:** Kala hadal dhallaanka yar-yar waxa kusaabsan adduunka ayaga ku wareegsan, ay kujirto qiyaasta, qaababka, iyo midabyada waxyaabaha ee yaala gurigooda ama banaanka guriga. Isticmaal boombalooyin iyo waxyaabo leh midabyo kala duwan, qaabab, iyo qoraalo, sida codad, isku aruuri boombalooyinka, boombalooyin maro ah, iyo kubado jilcan.
- **1.5 illaa 3 sanno:** Kala hadal ilmahaaga waxyaabaha kusaabsan arimaha aad samaysid maalin kasta. U sharax "sababta" aynu u samayno waxyaabaha, sida "Sababta aynu u xaaqno dhulka? Si loo nadiifiyo wasakhda."
- **3 illaa 5 sanno:** Ku caawi ilmahaaga in uu isku xiro waxbarashada hore iyo dhacdooyinka asaga oo ciyaara ciyaaraha "Ma xasuusataa markii...?" oona kahadla waxyaabo kusaabsan arimo hore u dhacay.



Waxbarashada Xiliga Hore iyo Diyaar u Noqoshada Dugsiga



Horumarka Jirka ah

Hawsha jirka maalin kasta ah (jimicsi samaynta) waxay muhiim u tahay murqaha in ay kobcaan, in la ilaaliyo miisaan caafimaad leh, iyo in la horumariyo isku duwid.

Hawsha jirka maalin kasta ah:

- **Dhallashada illaa 1.5 sanno:** Xuriyada in loo dhaqaajiyo jirka maalin kasta.
- **1.5 illaa 3 sanno:** 60 illaa 90 daqiiqadoo oo hawl jirka maalin kasta ah.
- **3 illaa 5 sanno:** 60 illaa 120 daqiiqadood oo maalin kasta ah.

Caruurtu waxay u baahanyihiin xirfado dhaq-dhaqaaq yar ama weyn ee loogu talagalay dugsiga.

Murqaha waaweyn ama dhaq-dhaqaaqa weyn waxaa kamid ah: Meel laga soo rogmado, istaagid, gurguurasho, socod, ordid, meel fuulid, iyo tuurid iyo qabasho kubad.

Murqaha yar ama dhaq-dhaqaaqa yar waxaa kamid ah:

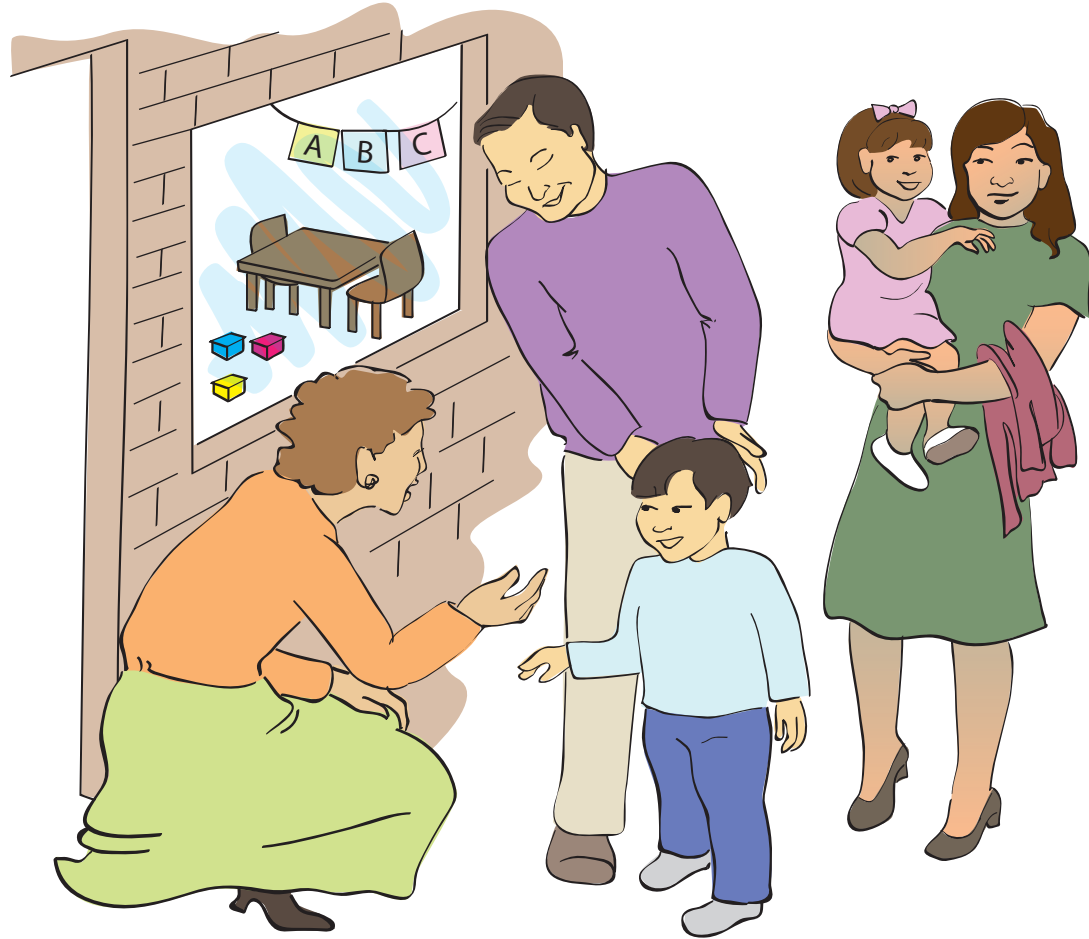
Soo qaadashada waxyaabo yar-yar, qabashada qalimada midabka, qalin qoriga, ama koob, buuxinta meelaha banaan, dun gelinta kuusha, wareejinta qabashada albaabka, wax sawirid ama qorid, ku ciyaarida cajiinka, iyo ka shaqaynta xarxiraalayaasha.



Ku xirida Kooxda Waxbarashada iyo Daryeelka Xiliga Hore

La xiriir wakaaladaada Dib u dejinta Qaxootida wixii kusaabsan macluumaadka adeegaha daryeelka ilmaha kajira bulshadaada dhexdeeda. Gudaha Waddanka Maraykanka waalidiintu waa in ay bixiyaan horjoogid joogto ah ee loogu talagalay caruurta dhigta dugsi-ganaanada. Waalidiinta shaqeyya waa in ay helaan adeegaha daryeelka ilmaha ee loogu talagalay caruurtooda. Noocyada daryeelka ilmaha iyo qiimooyinka waa mid ay ku kala duwanyihiin bulshad kasta. Barnaamijyada Bilaabashada Hore iyo Bilaabashada Xiliga Hore waxay bixin karaan daryeelka ilmaha ay la socoto adeegaha horumarinta iyo waxbarashada ilmaha.

Ka qayb qaadashada barnaamij cusub ama iskuul waxay noqon kartaa mid wel-wel u leh caruurta iyo waalidiintaba. La shaqee barnaamijyada daryeelka ilmaha, Bilaabashada Hore iyo Bilaabashada Xiliga Hore, iyo iskuulada xanaanada degmada si loogu caawiyo caruurta in ay diyaar u noqdaan u guurida ama u wareegida goob cusub.



Ku xirida Kooxda Waxbarashada iyo Daryeelka Xiliga Hore

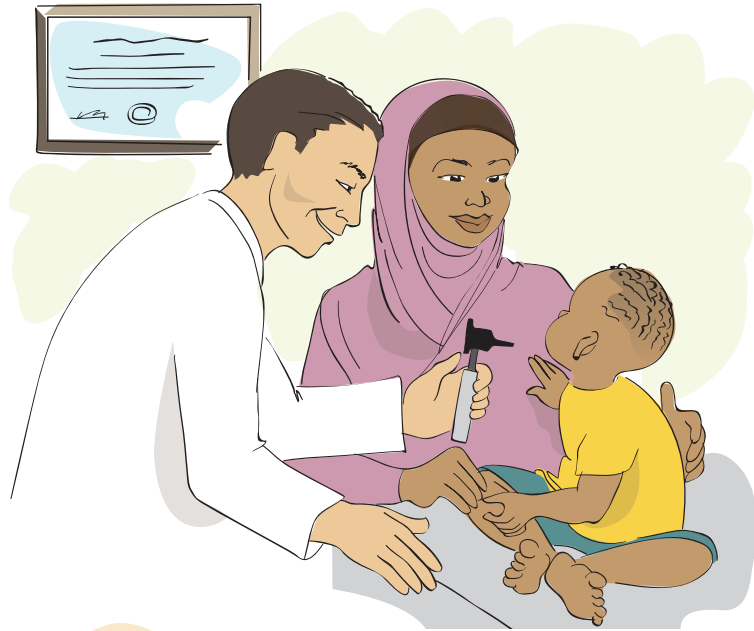


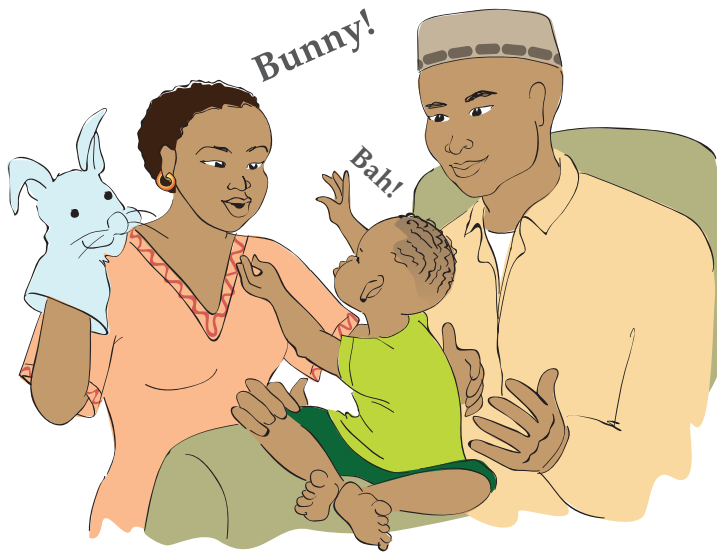
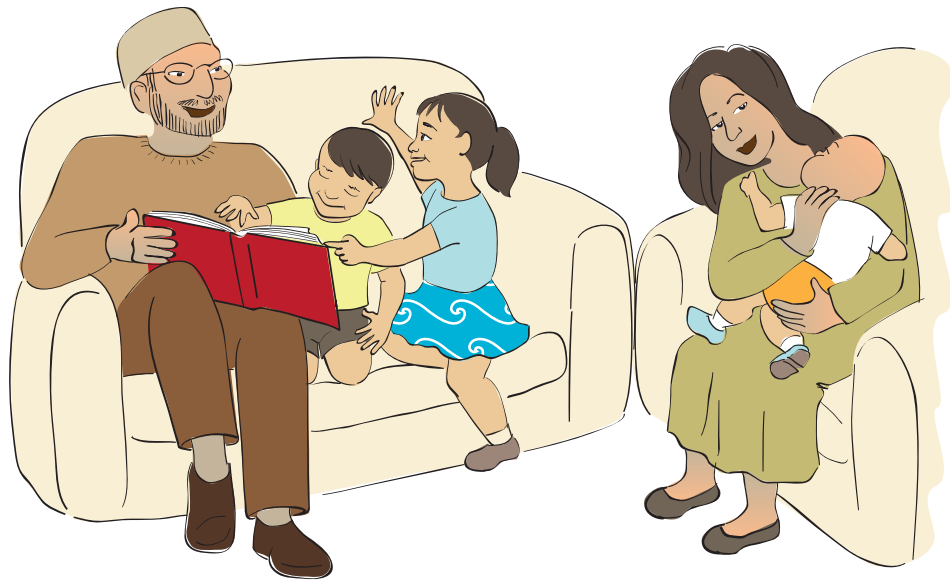
Ku lug lahaanta Qoyska

Bixiyayaasha waxbarashada iyo daryeelka kooxda Xiliga hore iyo barnaamijyada sida Bilaabashada Hore waxay ku dhiira gelinayaan waalidiinta in ay si fir-fircoon ugu qayb qaataan barnaamijyadooda. Marka waalidiintu la kulmaan macalinka caruurtooda oona ay yihiin kuwo ka qayb qaata dugsiga caruurtooda ama barnaamijka daryeelka ilmaha, markaasi ayay caruurtu si fiican wax u baran karaan.

Waalidiinta waxaa laga codsan karaa in ay aadaan kullamada, si ay ugula kulmaan macalimiinta jooga dugsiga ama guryaha waalidiinta, ama in ay ugu tabarucaan si iskaada ah xarunta.

Marka lala kulmayo macalimiinta ama shaqaalaha barnaamij kale, waxaad marwalba codsan kartaa turjubaan.





I. Fiicanaanshaha Qoyska (Boggaga 1-8)

Daryeelka Hooyonimo (Bogga 1)

Xarumaha loogu talagalay Xakamaynta Cudurka iyo Kahortaga—
Kahortagida ciladaha dhallashada kahor iyo inta lagu guda jiro uurka.

<http://www.cdc.gov/ncbddd/birthdefects/prevention.html>

Kuqoran Luuqada Isbaanishka.

<http://www.cdc.gov/ncbddd/Spanish/birthdefects/prevention.html>

Gaarida Caafimaadka Bulshada iyo Xaalada degdega ah—
Fiidiyoowyo tooska internetka ah ee kusaabsan daryeelka
hooyonimo; ku dhufo linkiga luuqada ee kuyaala dhinaca midigta si
aad u daawatid fiidiyoowyada ah luuqadaha Hmong, Khmer, Lao,
Somali, Spanish, iyo Vietnamese.

<http://www.echominnesota.org/library/prenatal-health>

Kaiser Permanente—Macluumaadka hooyonimo iyo uurka;
Calaamada Isbaanishka ah ee kutaala midigta sare.

<https://healthy.kaiserpermanente.org/health/care/pregnancy>

Waaxda Adeegaha Caafimaadka iyo Bulshada—Warqada xaqiiqda
daryeelka hooyonimo.

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.cfm>. Kuqoran Luuqada Isbaanishka.

<http://www.cdc.gov/ncbddd/Spanish/birthdefects/prevention.html>

Caafimaadka, Nadaafada (Boggaga 2-3)

Xarumaha loogu talagalay Xakamaynta Cudurka iyo Kahortaga—
“Waalidiinta: ABCs ee Korinta Caruur Caafimaad qabba oona
Ammaan ah.” <http://www.cdc.gov/family/parentabc/>

“Macluumaadka Caafimaadka Qoyska ee kuqoran luuqada
Isbaanishka.”

<http://www.cdc.gov/spanish/vidasaludable/etapas.html>

“Marxaladaha nolosha iyo dadweynaha khaaska ah, ee kuqoran
luuqada Isbaanishka.” <http://www.cdc.gov/spanish/etapas/>

“Shuruudaha Tallaalida loogu talagalay Daryeelka Ilmaha iyo Dugsiga.”

<http://www.cdc.gov/vaccines/parents/record-reqs/childcare-school.html>

Isbitaalka Caruurta iyo Xarumaha Caafimaadka ee Minnesota—
Qalabka waxbarashada bukaanka/Qoyska ee kusaabsan mowduucyo
badan oo caafimaadka ah, ee kuqoran luuqada Ingiriisiga, Hmong,
Somali ama Isbaanishka.

<http://www.childrensmn.org/Manuals/PFS/Alphabetical.asp#PFSDocListB%20multilingual%20health%20materials>

Bulshada Kunool Toronto (Canada)—Warqado naseexo la
turjumay oo kusaabsan caafimaadka dugsiga xanaanada, nadaafada
iyo mowduucyada xiriirka; waxaa lagu helayaa luuqadaha Arabic,
Chinese, Farsi, French, Italian, Korean, Portuguese, Somali, Spanish,
Tagalog, Tamil, Turkish, Urdu iyo Vietnamese.

<http://connectability.ca/2011/03/02/foreign-language-tip-sheets/>

Machadka Cilmi baarista Caruurnimada Hore ee kusaabsan
Adeegaha Munaasabka u ah Luuqada iyo Dhaqan ahaan (CLAS)—
Waraaqada qoyska, buuggaagta yar-yar, baaritaanada horumarinta

Tixraacyada iyo Xoggaga

waxaa lagu helayaa luuqadaha Amharic, Cambodian, Chinese, English, Farsi, Hmong, Hungarian, Korean, Lao, Polish, Russian, Spanish, Vietnamese. <http://www.clas.uiuc.edu/special/childfind/index.html>

Caafimaadka Caruurta—Macluumaadka caafimaadka caruurta. <http://kidshealth.org/parent/>. Kuqoran luuqada Isbaanishka. http://kidshealth.org/kid/centers/spanish_center_esp.html

Machadyada Caalamiga ah ee Caafimaadka—Booqashooyinka ilmaha-fiican, ee leh calaamada Isbaanishka kutaala midigta sare. <http://www.nlm.nih.gov/medlineplus/ency/article/001928.htm>

Xafiiska Bilaabashada Hore—Xarunta Caalamiga ah ee Caafimaadka. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health>
Macluumaadka caafimaadka ee kuqoran luuqada Isbaanishka. <http://eclkc.ohs.acf.hhs.gov/hslc/espanol>

Caafimaadka Afka (Bogga 4)

5 Koowaad ee Degmada Santa Clara—Maadooyin Caafimaadka Afka ah ee kuqoran luuqada Ingiriisiga, Isbaanish, Vietnamese. http://www.first5kids.org/health/children_dental

Xarunta Xoggaga Caafimaadka Afka Ilmaha iyo Hooyanimada Caalamiga ah—Xoggaga Bilaabashada Hore ee kuqoran luuqada Ingiriisiga iyo Isbaanish. <http://mchoralhealth.org/publications/list.php>

Nafaqada (Bogga 5-6)

Machadka Caafimaadka Caalamiga ah—Nafaqada ilmaha. <https://www.nlm.nih.gov/medlineplus/childnutrition.html>

Kuqoran luuqada Isbaanishka. <http://www.nlm.nih.gov/medlineplus/spanish/childnutrition.html>

Wasaarada Beeraha Maraykanka (USDA)—Xarunta Macluumaadka iyo Nafaqada (in la cuno cunto caafimaad leh, baaritaan iyo qiimeyn, WIC); fiiri maadooyinka turjuman adiga oo kuqora luuqadaada gudaha khaanada “Search” “Raadi”. <http://www.fns.usda.gov/>

Seexashada iyo Kicida, Waqtiga sariirta (Bogga 7-8)

Waxda Caafimaadka Minnesota—Waxbarashada seexashada ammaanka ah ee kuqoran luuqada Ingiriisiga, Hmong, Somali, Isbaanishka. <http://www.health.state.mn.us/divs/translation/index.html>

Hay'ada Seexashada Caalamiga ah—Seexashada loogu talagalay caruurta. <http://www.sleepforkids.org/>

Baro waxa kusaabsan seexashada caruurta. <http://www.sleepforkids.org/html/tp.html>. Kuqoran luuqada Isbaanishka. <http://www.sleepforkids.org/html/spsheet.html>

2. Ammaanka iyo Ilaalinta (Boggaga 9-14)

Guddiga Kahortaga Dambiga Caalamiga ah—Xoggaga loogu talagalay lacag bixinada ee kusaabsan mowduucyo ammaan kala duwan. <http://www.nccpc.org/topics/by-audience/parents>

Kuqoran luuqada Isbaanishka. <http://www.nccpc.org/topics/by-audience/en-espanol>

Ammaanka Guriga (Bogga 9)

Xarumaha loogu talagalay Xakamaynta Cudurka iyo Kahortaga—Kahortaga sumaynta iyo dhaawacyada loo gaysto caruurta. <http://www.cdc.gov/family/parentabc/> Ilaali

Kuwa Aad Jeceshahay: Dhaawacyada Caruurta waa kuwo laga Hortagi karo. <http://www.cdc.gov/safechild/>

Naseexooyin kusaabsan korinta caruur ammaan iyo caafimaad qabba, ee kuqoran luuqada Isbaanishka. <http://www.cdc.gov/family/parenttips/tips-sp.pdf>

Aqoonta Shaqeed ee Caalamiga ah—Xoggaga gaarsiinta Caruurta ee kuqoran luuqadaha Ingiriisiga, Bosnian, Chinese, Farsi, French, Hmong, Russian, Somali, Spanish, Urdu, Vietnamese. <http://www.okinternational.org/lead-paint/Resources>

Macluumaadka ammaanka guud, ay ku jirto “Diyaar u ahaanta Xaalada degdega ah ee loogu talagalay Caruurta qabba Naafooyin ama Baahooyin Daryeel Caafimaad,” ee la socota turjumaad Isbaanish ah.

<https://tn.gov/health/article/disaster-resources-by-keyword>

Caruurta Ammaanka ku ah Waddanka Maraykanka—Aasaaska ammaanka ah ee kooxda da'da ah. <http://www.safekids.org/safety-basics/big-kids/at-home/?gclid=CM2pz9vvrK0CFYJdtgodQWJZKA>

Waraqaha Naseexooyinka Waxbarashada ee kuqoran luuqada Ingiriisiga iyo Isbaanishka. <http://www.safekids.org/listing/tip>

Ammaanka Waddada (Bogga 10)

Xarumaha loogu talagalay Xakamaynta Cudurka iyo Kahortaga—Naseexooyin ammaan.

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/section11.pdf>

Xogga ammaanka waddada ah ee kuqoran luuqada Isbaanishka. <http://www.cdc.gov/spanish/especialesCDC/SeguridadPeatones/>

Ammaanka Gaariga iyo Taksiga (Bogga 11)

Maamulka Ammaanka Taraafikada Waddada Wayn ee Caalamiga ah—Ammaanka lugaynta ilmaha. <http://www.nhtsa.gov/ChildPedestrianSafetyCurriculum> Kuraasta ammaanka ilmaha, ee lasocda xog Isbaanish ah riix badhanka. <http://www.nhtsa.gov/Safety/CPS>

Ammaanka Caruurta Waddanka Maraykanka—Caruurta kujirta gudaha gaariga ama dhinacyadiisa ah. <http://www.safekids.org/safety-basics/safety-guide/kids-in-and-around-cars/>

Ammaanka kursiga gaariga aasaasiga ah, ee kuqoran luuqadaha Chinese, French, Korean, Spanish, Tagalog, Vietnamese. <http://www.safekids.org/educators/educational-tip-sheets.html>

Ammaanka kajira Meelaha Dadweynaha (Bogga 12)

Bulshada Waxbaranaysa—Ammaanka Qofka qalaadka ah. <http://www.thelearningcommunity.us/resources-by-format/tips-for-parents/stranger-danger.aspx>

Xarunta Caalamiga ah ee Caruurta la Waayay oona si khaldan looga faa'ideystay. http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=2814

Xoggaga kuqoran luuqada Isbaanishka. http://www.missingkids.com/missingkids/servlet/ResourceServlet?LanguageCountry=es_US&PageId=0

Tixraacyada iyo Xoggaga

Horjoogida Ilmaha (Bogga 13)

Irida Macluumaadka Nolol wanaaga Ilmaha —In aad uga tagtid ilmahaaga guriga kaligiisa. <http://www.childwelfare.gov/pubs/factsheets/homealone.cfm>

Kuqoran luuqada Isbaanishka. http://www.childwelfare.gov/pubs/factsheets/homealone_sp.cfm

Caafimaadka Caruurta—In aad uga tagtid ilmahaaga guriga kaligiisa. http://kidshealth.org/parent/firstaid_safe/home/home_alone.html

Kahortaga Xad gudubka Ilmaha Maraykanka—Naseexooyinka ilmaha guriga kaligiisa loogu tago. <http://preventchildabuse.org/resource/home-alone-tips-to-ease-your-mind-when-children-are-alone-at-home/>

Kahortagida Dhibaato loo gaysto Caruurta (Bogga 14)

Kahortagida Xad gudubka Ilmaha Maraykanka—Waraaqo xaqiiq ah oo kusaabsan xad gudubka ilmaha iyo dayicida. <http://preventchildabuse.org/resources/>

3. Hagida iyo Edbinta (Boggaga 15-17)

Xarumaha Cudurka Xakamaynta iyo Kahortaga—Naseexooyinka waalidka wanaagsan. <http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

Kuqoran luuqada Isbaanishka. <http://www.cdc.gov/ncbddd/spanish/childdevelopment/positiveparenting/index.html>

Xarunta Bilaabashada Hore ee loogu talagalay Kamid noqoshada —Bogga qoyska ee loogu talagalay waalidiinta qabba caruur leh baahoonin khaas ah. <http://depts.washington.edu/hscenter/families>

Naseexooyinka dhaqanka caqabadaha, ee kuqoran luuqadaha Ingiriisiga iyo Isbaanish. <http://depts.washington.edu/hscenter/challenging>

Jaamacada Minnesota Adeega La dheeraayay—Hagida edbinta wanaagsan ee waalidiinta, ee kuqoran luuqadaha Ingiriisiga, Hmong, Somali, Spanish. <http://www.extension.umn.edu/family/partnering-for-school-success/preview-and-order/positive-discipline-english/>

4. Horumarka Maskaxda Caafimaadka leh (Boggaga 18-19)

Tallaabada isbahaysiga loogu talagalay Caruurta—Kobcinta maskaxda ubadkaaga. <http://losangeles.networkofcare.org/mh/library/article.aspx?id=448&cat=39>

Maskaxda Fiican ee Ubadka—Waraaqaha xaqiiqda. <http://www.fcs.uga.edu/ext/bbb/factSheets.php> .
Bogg internet oo Isbaanish ah. http://www.fcs.uga.edu/ext/bbb/images/BBBbroch_Span.swf

Waxda Waxbarashada Minnesota, Waalidinimo noqoshada A-Z—Horumarka maskaxda, ee kuqoran luuqadaha Ingiriisiga, Hmong, Somali, Spanish. http://parentsknow.state.mn.us/parentsknow/age1_2/topicsAZ/PKDEV_000333

Eber illaa Seddex—Naseexooyin iyo qalab kusaabsan horumarinta maskaxda. <http://www.zerotothree.org/child-development/brain-development/brain-development-tips-and-tools.html>

5. Waxbarashada Hore iyo Diyaar u Noqoshada Dugsiga (Boggaga 20-26)

Xarunta Xogta Bilaabashada Xiliga Hore ee Caalamiga ah (EHS NRC)—Waalidnimada maalin kasta ah, qaar kamid ah xoggaga waxaa lagu helayaa luuqada Isbaanishka.
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family>

PBS Waalidiinta—Tallada horumarinta ilmaha iyo fikrada da'da ah.
<http://www.pbs.org/parents/child-development/>
Aadista dugsiga. <http://www.pbs.org/parents/goingtoschool>
Caruurta qabba naafooyin. <http://www.pbs.org/parents/disabilities>
Kuqoran luuqada Isbaanishka.
<http://www.pbs.org/parents/about/spanish/>

Gobolka ee British Columbia (Canada)—Diyaar, deji, baro, hawlaha waxbarashada hore ee loogu talagalay da'da seddexda sanno, ee lagu helo luuqadaha Arabic, Chinese, French, Hindi, Japanese, Korean, Persian, Punjabi, Russian, Spanish, Tagalog, Vietnamese.
http://www.bced.gov.bc.ca/early_learning/rs1/

Xarunta Caalamiga ah ee kusaabsan U Jawaabida Luuqada iyo Dhaqanka—Qalabka u jawaabida Dhaqameed ee loogu talagalay shaqaalaha iyo qoysaska ee kuqoran labbo luuqadood, horumarinta ilmaha, iskaashiga bulshada iyo qoyska, caafimaadka iyo waxbadan oo kale. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/cultural-linguistic>
Xoggag kuqoran luuqada Isbaanishka.
<http://eclkc.ohs.acf.hhs.gov/hslc/Espanol>

Jaamacada Minnesota— Su'aalaha kusaabsan caruurta, qaar waxaa lagu helayaa luuqadaha Hmong, Somali iyo Spanish.
<http://www.cehd.umn.edu/ceed/publications/questionsaboutkids/>

Horumarinta Dareenka iyo Bulshada (Bogga 21)

Xarunta kusaabsan Hay'ada Dareenka iyo Bulshada ee Waxbarashada Hore—Taageerida ficnaanta dareenka bulshada ee caruurta yar-yar. <http://csefel.vanderbilt.edu/>
Xoggag Isbaanish ah.
<http://csefel.vanderbilt.edu/resources/espanol.html>

Shirkada Maalgashiga Caruurnimada Hore/Bilaabid Wanaagsan—Diyaar u noqoshada dugsiga iyo caafimaadka dareenka bulshada. http://greatstartforkids.org/sites/default/files/file/social_emotional_2009.pdf
Kuqoran luuqada Isbaanishka.
<http://greatstartforkids.org/sites/default/files/file/Social%20Emotional/Social%20Emotional%20booklet%20Spanish.pdf>

Xafiiska Bilaabashada Hore—Horumarinta dareenka iyo bulshada laga bilaabo dhallashada illaa dugsiga xanaanada.
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/safety-injury-prevention/domestic-violence/SocialandEmotio.htm>
Kuqoran luuqada Isbaanishka, <http://eclkc.ohs.acf.hhs.gov/hslc/Espanol/salud/Health/salud-bienestar/Eldesarrollosoc.htm>

Horumarinta Luuqada iyo Farbarashada (Boggaga 22-23)

Colorín Colorado—Horumarinta luuqada iyo tababarashada dugsiga xanaanada ee ELLs. <http://www.colorincolorado.org/article/36679/>
Xoggaga kuqoran luuqada Isbaanishka.
<http://www.colorincolorado.org/es/m%C3%AAs-recursos-0>

Akhrinta Gantaalada—Akhrinta naseexooyinka loogu talagalay waalidiinta, ee da'ooyinka iyo heerarka kala duwan. Waraaqo

Tixraacyada iyo Xoggaga

naseexooyin oo lagu helo luuqadaha Arabic, Chinese, Haitian Creole, Hmong, Korean, Navajo, Russian, Spanish, Tagalog iyo Vietnamese.

<http://www.readingrockets.org/article/18935/>

Akhrinta Gantaalada—Bilaabida wax akhriyayaal yar-yar, fiidiyoowyo tooska internetka ah.

<http://www.readingrockets.org/shows/launching/>

Hagida ama heerarka qoyska ee kuqoran luuqadaha Ingiriisiga, Hmong, Somali, Spanish.

www.readingrockets.org/guides/readingrockets/

Qaababka wax lagu barto, Horumarinta Aqoonta iyo Aqoonta Guud (Bogga 24-25)

Xarunta Guud ee Daryeelka Ilmaha—Fiidiyoowyo luuqada Afsoomaaliga ah ee kusaabsan calaamadaha horumarineed, soo dhexgalada xiliga hore iyo kudarida caruurta qabba baahooyin khaas ah. <http://www.inclusivechildcare.org/somali.cfm>

Mustaqbalada Fairfax—Ku caawi ilmahaaga in uu jeclaado waxbarashada.

<http://www.fairfaxcounty.gov/ofc/docs/ffparentguideeng.pdf>

Kuqoran luuqada Isbaanishka: http://www.fairfaxcounty.gov/dfs/webdocs/childcare/helpingyourchildlearn_spa.htm

Wasaarada Waxbarashada Maraykanka—Caawinta ilmahaaga dhigta dugsi xanaanada.

<http://www2.ed.gov/parents/earlychild/ready/preschool/part.html>

Kuqoran luuqada Isbaanishka:

<http://www2.ed.gov/espanol/parents/academic/preescolar/part.html>

Qalabka loogu talagalay qoysaska Hispanic-ga ah, ayaa lagu helayaa luuqadaha Ingiriisiga iyo Isbaanishka. <http://www2.ed.gov/parents/academic/involve/2006toolkit/index.html>

Horumarka Jirka (Bogga 26)

Waxbarashada Maraykanka ee loogu talagalay Cudurada caruurta—Iskaashiga Caafimaadka Daryeelka Ilmaha Mustaqbalka Ilaa, qoraalo loogu talagalay waalidiinta ee kuqoran luuqadaha Ingiriisiga iyo Isbaanishka. <http://www.healthychildcare.org/bfutures.html>

Nidaamka Dheeraynta Wadda shaqaynta—Taageerida dhaq-dhaqaaqa weyn iyo dhaq-dhaqaaqa yar ee horumarka daryeelka ilmaha. <http://www.extension.org/pages/25372/supporting-both-large-motor-and-small-motor-development-in-child-care>

Waaxda Caafimaadka ee Minnesota—Kursiga horumarinta caruurta iyo dhallinyarada qabba baahooyin khaas ah ee MN, ayaa lagu helayaa luuqadaha Ingiriisiga, Somali, Hmong, Spanish.

<http://www.health.state.mn.us/divs/cfh/program/cyshn/milestone.cfm>

Hay'ada Caafimaadka ee Palo Alto—Horumarka ilmaha caadiga ah, ay lasocoto waraaqo horumarin oo ka ahaatay kooxda da'da ee kuqoran luuqadaha Ingiriisiga iyo Isbaanishka.

<http://www.pamf.org/children/common/development/>

Wasaarada Waxbarashada Maraykanka—Bilaabashada Caafimaadka leh, Waxay sameeyaan buuggaag Muhiim ah oo loo daabaco si bile ah ee kusaabsan horumarka ilmaha tooska sannadka ugu horeeya ee nololaha, ee kuqoran luuqadaha Ingiriisiga iyo Isbaanishka.

<http://www2.ed.gov/parents/earlychild/ready/healthystart/index.html>

6. Ku xirida Kooxda Daryeelka Xiliga Hore (Bogga 27)

Dhammaan Waxyaabaha Dayeelka Ilmaha—Xogta daryeelka ilmaha iyo wakaalada wareejinta laga qorey dhinaca gobolka.

<http://www.all-things-child-care.com/resource-and-referral.html>

Doorashooyinka Daryeelka Ilmaha—

<http://www.all-things-child-care.com/child-care-options.html>

Oggaanshaha Daryeelka Ilmaha—5 tallaabo oo lagu doorto daryeel.

<http://childcareaware.org/parents-and-guardians/child-care-101/5-steps-to-choosing-care>

Kuqoran luuqada Isbaanishka. <http://childcareaware.org/es/los-padres-y-tutores/información-básica/5-pasos-para-encontrar-cuidado>

Sharciyada Kaqayb galka Dugsiga Waajibka ah ee Kajira Gobolka—
<http://www.infoplease.com/ipa/A0112617.html>

Maktabka Daryeelka Ilmaha Maraykanka, Xarunta Macluumaadka Daryeelka Ilmaha Caalamiga ah—Xogta hagida: Macluumaadka daryeelka ilmaha loogu talagalay qoysaska. <https://childcareta.acf.hhs.gov/resource/resource-guide-child-care-information-families>

Kulug lahaanta Qoyska Kooxda Daryeelka Xiliga Hore (Bogga 28)

Xafiiska Bilaabashada Hore—Waalidka, qoyska, iyo kulug lahaanta bulshada. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family>

Kuqoran luuqada Isbaanishka. <http://eclkc.ohs.acf.hhs.gov/hslc/espanol>

Kulug lahaanta qoysaska iyo waalidiinta, qaar kamid ah xoggaga waxay kuqoranyihiin luuqada Isbaanishka.

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Families-Parent%20Involvement>

Xoggaga BRYCS

Meelaha ay Diirada Saarto BRYCS

- Nolol Wanaaga Ilmaha. http://www.brycs.org/child_welfare.cfm
- Caruurnimada Xiliga Hore. <http://www.brycs.org/head-start-collaboration.cfm>
- Xoojinta iyo quwad siinta qoyska. http://www.brycs.org/family_strengthening.cfm
- Iskuulada. <http://www.brycs.org/schools.cfm>
- Horumarinta Dhallinyarada. http://www.brycs.org/youth_development.cfm

BRYCS “Waxqabadyada Yadadiilada leh.”

<http://www.brycs.org/promisingPractices/index.cfm>

Buuggaagta ay daabacdo BRYCS.

<http://www.brycs.org/publications/index.cfm>

Macluumaadka Qaxootida BRYCS.

<http://www.brycs.org/aboutRefugees/index.cfm>

Qalabka BRYCS

- Daryeelka Ilmaha. www.brycs.org/documents/upload/EnhancingChildCare.pdf
- Nolol Wanaaga Ilmaha. www.brycs.org/documents/upload/Refugee-and-the-US-Child-Welfare-System.pdf
- Mas'uuliyad ama ilaalin. <http://www.brycs.org/guardianship/index.cfm>
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Mahad Naq

Buugg yarahaan waa natiijo ka dhallatay shaqo adag oo hal-abuur leh iyo wada shaqayn u dhaxeeyay dad badan. Marka ugu horeysa, waxaan u mahad celinaynaa Sharon Yandian, Xafiiska Bilaabashada Hore, aragtideeda kusaabsan u jawaabida luuqada iyo dhaqanka iyo rabitaankeeda aan lig-ligan iyo adkaysigeeda ay u adkaysatay sameynta buuggaan. Marka xigta, Lyn Morland, Agaasimaha BRYCS, Faith Lamb-Parker, La-Aggaasimaha NCCLR, iyo Tarima Levine, NCCLR Caawiyaha Aggaasimaha, waxay ahaayeen laf dhabarka wada shaqayntaan waxtarka leh ee u dhaxaysay labbada wakaaladood ee Dowlada iyo bixiyayaasha caawimaada farsamada ah. Si wadajir ah, waxay arkeen, horjeegeen, kana qayb qaateen saacado badan oo lagu horumarinayo buugg yarahaan. Shaqadoodu ma ahayn mid lasamayn karo haddii aanan jirin shaqada adag iyo khibrada seddex latalin muhiim ah: Debra Drake iyo Dina Dajani waxay kaqayb qaataan saacado badan oo looga fikirayo mowduucyada, qoritaanka qoraalka, iyo bixinta war celin kusaabsan qoraalada. Susan Schmidt waxay bixisey khibrad, tifatirid, iyo isku duwida aasaasiga ah. Margaret MacDonnell iyo Anna Meserve waxay bixinaysay adeegahan tifatirida ah. Jacqui Zubko, BRYCS Takhasuslaha Barnaamijka, kaqayb qaatay guud ahaan mashruuca oo dhan. Ugu dambaystii laakiin aanan ugu dambaynin, shaqada fanka iyo naqshadaynta waxaa sameeyay Rosi iyo Wardell Parker ee SYZYGY Warbaahinta.

Waxaan si qoto dheer ugu mahad celinaynaa khibrada iyo kaqayb qaadashada ra'yiga dad kala duwan oo badan, ay kujiraan Belmin

Pinjic iyo Dan Cure, Adeegaha Bulshada Lutheran Michigan; Sara Ford, Ururka Afrika Colorado ; Julie Collins, Horyaalka Nolol Wanaaga Maraykanka; Barnaamijka Dib u dejinta Qaxootida Gobolka Arizona; Eman Yarrow, Ka dhig Waxyaabaha Koowaad Koow , Arizona; the P.E.A.C.E., Inc. Barnaamijka Bilaabashada Hore ee Syracuse, New York; Ahmed Abdalla iyo Hawsha Qaxootida iyo shaqaalaha Barnaamijka Dib u dejinta Qaxootida ee Soo galootida ah iyo Adeegaha Qaxootida Shirka Maraykanka ee Waddaada diimeedka Catholic, wakaalada iskaada ah ee caalamiga ah. Xafiisyada gobolka, ururada bulshada-kusalaysan ee asalka dhallashada, shabakooyinka dib u dejinta qaxootida, iyo Xarumaha Caalamiga ah ee Xafiiska Bilaabashada Hore ee soo socda: Barida Tayada iyo Waxbarashada; Caafimaadka; Waalidka, Qoyska, iyo Kulug lahaanta Bulshada; iyo Xarunta Xogta Caalamiga ah ee Bilaabashada Xiliga Hore dhammaan inta kasoo qayb galay warcelinta qoraalka buugg yarahaan.

BRYCS iyo NCCLR sidoo kale waxay aqoonsanaysaa oona jeceshahay in badan oo kamid ah waalidiinta soo galootida iyo qaxootida kuwaas oo u hurey nafsadooda una rafaada si ay ugu koriyaan caruurtooda dhaqan cusub si ay caruurtooda ugu koraan mustaqbal ka buuxo fursad iyo rajo. Ururkeena, iyo bixiyayaasha adeega aynu caawino, waxna ka barta waalidiinta maalin kasta. Waa ayaga kuwa na ilhaama ama nagu dheliya fikradaha.