

MAXAAN SAMEEYN KARAA HADDII CANUGAYGA UU GARDARRO BADAN YAHAY?

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Ilmaha gardarrada badan waxay inta badan jawaab celin ku sameynayaan walaac iyo welwel ay qabaan waana sida kaliya oo ay yaqaanan. Ilmahaagu wuxuu u baahan karaa caawinaad dheeraad ah si uu u dareemo ammaan. Adigoo jecel, degenaansho iyo dulqaadka muujinaya, waxaad sameyn kartaa isbedel weyn.

Waalid ahaan, way adkaan kartaa inaad rabaato inaad udhowaatid markii canugaada akhlaaqa xumo u dhaqmayaan, laakiin fursadaada, daryeelkaaga iyo taxadarkaaga ayaa ah waxa ay u baahan yihiin. Marka aad ilmahaaga siiso dareenkaaga oo buuxa, way sahlan tahay in aad ogaato marka ay bilaabayaan inay jahawareeraan, xanaaqaan, daalan yihiin ama gaajaysan yihiin si aad iyaga u caawiso ka hor intaanay akhlaaq xumo bilaabin. Tan ugu muhiimsan, inkasta, ogeysii canugaaga, waxa kasta oo alle uu dhaco, marwalba in aad jeclaan doontid.



Sida loola dhaqmo gardarrada

- Haddii cunugaada uu si akhlaaq xumo ugu so fal celinaayo kala reebista ama kala joogista, faham in aanay diyaar u ahayn inay kaa fogaadaan, xitaa haddii ay tahay wakhti gaaban.
- Haddii ay jahwareeraan, cunugaagu wuxuu u baahnaan karaa caawinaad dheeri ah oo waxyaabaha sida labisashada, cunista ama isticmaalka musqusha.
- U diyaargarow in ilmaha gardarada badan aad siiso daryeel dheeraad ah oo farxad iyo dareen. Dareenka weyn ee ay qabaan ayaa ah mid cabsi leh! Tusaale ahaan, waxaa laga yaabaa inay u baahdaan inaad ka caawiso inay eegaan gudaha qolalka ama sariiraha hoostooda si ay u arkaan in aysan jirin wax khatar ah. Waxaa laga yaabaa inay u baahdaan in marar badan la qabto, waxaana laga yaabaa inay kuu baahdaan inaad dhinac seexato haddii ay riyo xunxun arkayaan.
- Canugaada kormeer si aad u fahanto waxa keena gardarrada.
 - Maxaa keena gardarada?
 - Sidee ayaa canugaaga isku dayayaa inuu helo waxa uu rabo ka hor inta aysan si xun u dhaqmin?
 - Miyay jiraan qaababka soo laabalaabta oo gardarrada ah? (Tusaale ahaan, Miyay muuqataa in ay dhacdo cashada ka hor ama ka hor markii ay seegtay hurdadooda?)
- Si degan oo isla markiiba ah u jooji gardarraysiga.
 - Marka koowaad xanaagaada ilaali.
 - U soo dhawow ilmahaaga oo hoos u dhiga intaad ku tidhaahdid “jooji” (afkaaga hooyo).
 - Isticmaal gacmahaaga si aad isaga reebto garaacista ama qabsashada. (Ka taxaddar inaad isticmaalin awood aad u badan si aad u xakameyso gardarrada cunugaaga.)
- Isku day in aad u sheegto dareenkooda. (tus., “waad xanaaqsanayd.” “Sidaas ayaad rabtay.”) Markii ay dareemaan in la fahmay, carruurta si fudud ayey u degi karaan.
- Hubi inay ogyihiin sharciyada. (tus., garaacidu in aysan FIICNAYN.)
- Ka caawi ilmahaaga inuu barto siyaabo kale si uu u helo waxa ay doonayaan ama u baahan yihiin. (Tusaale ahaan, weydiisashada, “Ma ciyaari karaa?” halkii uu kusoo dafi lahaa alaabta carruurta ku ciyaarto.)
- U caddee waxa aad sameyn doonto haddii ay mar kale ay sidaa dhacdo. (tusaale ahaan, “Alaabta lagu ciyaaro way bixi doontaa haddii aad tuureyso.”)
- Ciyaarta u bedel wax degan, oo ubaahan in is-xakameys yar.

Booqo cmascanada.ca/cnc/parents wixii macluumaad dheeraad ah oo waalidiinta laba luuqadlaha ah



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