

Marxaladaha Heerarka Koboca

Baro Astaamaha.
Ammin horena ku Dhaqaaq.

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Ammin Horena dhaqaaq

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Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

Special acknowledgements to Susan P. Berger, PhD; Jenny Burt, PhD; Margaret Greco, MD; Katie Green, MPH, CHES; Georgina Peacock, MD, MPH; Lara Robinson, PhD, MPH; Camille Smith, MS, EdS; Julia Whitney, BS; and Rebecca Wolf, MA.

Waxaad ka war hayn kartaa cunuggaaga kobociisa adigoo eegaya sida isagu u cayaaro, wax u barto, u hadlo, una dhaqmo

Buugan gudihiisa ka eeg warbixino ku saabsan siyaabaha koritaanka iyo waxbarashada ee marxaladaha koboca.

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Marxaladaha Heerarka Koboca

Sida cunuggaagu u ciyaaro, u barto, hadlo, una dhaqmo ayaa kuu bidhaaminaysa koboca cunuggaaga. Marxaladaha kobocu waa waxyaabaha carruurta badidoodu ay ku samayn karaan da' gaar ahaaneed.

Taxanaha soo socda ayaa leh Marxaladaha koboca la eegayo marka cunuggaagu yahay:

2 bilood	bogga	3–6
4 bilood	bogga	7–10
6 bilood	bogga	11–14
9 bilood	bogga	15–18
1 sano	bogga	19–22
18 bilood	bogga	23–26
2 sano	bogga	27–30
3 sano	bogga	31–34
4 sano	bogga	35–38
5 sano	bogga	39–42

3 sano

4 sano

5 sano

1 sano

18 bilood

2 sano



Hubi marxaladaha koboca cunuggaagu gaaro da' kasta

Qormadan hore u qaado, kalana hadal booqasho kasta cunuggaaga takhtarkiisa marxaladaha koboc cunuggaagu gaaray iyo wax xiga ee laga filayo

**Macluumaad dheeraad ah, booqo
www.cdc.gov/milestones**

Ilmahaaga markuu 2 bilood jirsado

Waxa ay carruurta sameeyaan da'daan



Bulshonnimo/qiiraysan

- wax yarba wuu is dejin karaa (laga yaabaa inuu gacmaha afka galiyo, suulkana nuugo)
- Bilaabaa inuu dadka u dhoollo caddeeyo
- Isku dayaa inuu eego waalidkiis

Luqada iyo Xiriirka

- Indhana wuu la racaa dadka hadaaqna wuu sameeyaa
- Meeshii uu sharqan ka maqlo waa uu fiiriyaa ama u jeedsadaa

Fahanka Barashada/Fikirka/iyo Dhib xalinta

- Wajiyada ayuu ilmuhu u kala fiirsadaa
- In uu hadiiba caajisey ayuu muujuyaa ama wuu ooyaa ama cabtaa ilmuhu hadii aanan wax dhaq dhaqaaq ah la sameyn sida in kor loo qaado ama la cayaariyo.
- Wuxuu bilaabey inuu indhaha la raaco wuxuu arko wuxuu ka fahmaa meel dheer dadka muuqaalkooda

6 bilood

9 bilood

Su'aalaha Cunuggayga

Mar kasta ood booqato ilmahaaga takhtarkiisa kala hadal marxaladaha koboc ee cunuggaagu uu marayo iyo kuwa laga rabo bilaha soo socda.



2 bilood

4 bilood

Sidee baad ugu caawin kartaa cunuggaaga kobociisa

- Hab-sii, la hadal, lana cayaar cunuggaaga markaad cuntada siinayso, u lebbisayso, una qubaynayso
- Ku caawi ilmahaaga inaad bartid in asagu is dajiyo dhib malaha xataa haduu ilmuhu suulka ama faraha jaqo
- Ku caawi ilmahaaga inuu yeesho nidaam joogtaa ee uu raaco, sida habeenkii inuu seexdo in ka badan maalintii, isla markaasna leeyahay jadwal caadiya
- Ilmahaaga baro waxyaabaha uu jecelyahay iyo kuwa uusan jecleyn si aad kor ugu qaadid isku kalsoonidiisa iyo degganidiisa
- U muuji farxad iyo in aad dareentey ilmaha dhawaaqa uu sameeyey ama ku Hadley
- Ku dayo hadaaqa uu ilmuhu sameynayo mar marka qaarkood adigoo adeegsanaya luqad bayaan ah oo magacaabaya shaygii.
- U dhug yeelo cunuggaaga noocyada kala duwan ee uu u ooyo, si aad u barato waxa uu doonayo
- La hadal u hees waxna u akhri cunuggaaga
- Cayaarta dhuumaalaysiga la cayaar. Ku caawi cunuggaagu inuu dhuumaysi ciyaaro (peak-a-boo)
- Sariirta ilmaha ku aadi meel nabad galyo leh oo muraayad leh ilmuhu si uu isugu eego ama isu arko!

Dhaqdhaqaaqa Koboca jirka

- Madaxa wuu ceshan karaa wuxuuna bilaabaa in asagoo xabadka dhulka ku haya uu xamaarto
- Dhaq dhaqaaq sahlan ayuu gacmaha iyo lugahaba ka sameeyaa

Si dhaqso ah ula xiriir dhaqtarka ilmahaaga hadii uusan cunuggaagu:

- Dhawaaqa dheer ku soo jeedsan
- Waxii socda indhaha la raacin
- Dadka u dhoollo caddayn
- Gacmihiisa afka gashan
- Madaxiisa ceshan karin markuu damco inuu xamaarto.

Sidii aad ku caawin lahayd cunuggaaga kobiciisa

- Bar ilmahaaga macnaha waqtiyada kala duwansida subaxdii galabtii habeenkii, manta shaley bari ku biloww inaad bartid maalmaha iyo weegaga
- Baro oo dhexgal ilmahaaga waxyaabaha uu jecelyahay oo uu bulshada ka dhex heli karo tusaale hadii uu xayawaanka jecelyahay beerta Xayawaanka gee (Zoo) hadii uu buug akhris jecelyahay Maktabadda gee (Library) kalana raadi internet-ka mawduucyada uu jecel yahay
- Baakad kaloorati ah iyo maqas iyo rinji waxyaabaha wax lagu sawiro jeeso ku qalqaali inuu wax sawiraan
- Ilahaaga la cayaar toy-ada marna la kala furi karo marna la isku xiri karo
- Bar ilmaha sidii uu lugihiisa horey iyo gadaalba isugu riixi lahaa wiifoowi/wilfin lahaa
- Ku caawi ilmahaaga sidii uu ugu bood boodi lahaa biraha ka tirsan qalabka garoonka cayaarta (Playground), biraha isku rakiban oo gacmaha lagu qabsado (Monkey Bars), isagoo biraha ka laalaada gacanba gacanta kale ugu beddelaya isagoo weliba biraha ka soo laalaalda
- Ilmahaaga socod la aad goobaha hawaayadaha iyo nasashada (neighboring Park) agtaada ku yallaa, waxyaabo qashin (trash) ah ama waxyaabo dhulka yaal yaala u sharax macnee soo carruurta sida baaskiilka loo wado, bar baaskiilka saddex lugoodka ahna bar helmetka/koofida khatarta la isaga ilaaliyo inuu xirto bar ilmaha.

- Uusan ka hadlin wixii maalin kasta dhaca
- Uusan isticmaalin wixii dhacey iyo waxa dhici doona wadar iyo kali
- Uusan ilkaha cadayan Karin
- gacnaha soo dhaqan Karin qalalsan Karin uusan dharka iska badeli Karin caawin la'aan
- Lumiyey waxyaabihii xirfadii uu horey u aqoon jirey.

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee dugsiiga dadweynaha agtaada ku yaalla. Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned

Fahanka (Barashada, Fikirka, Xalinta – dhibka)

- tiriyaa 10 iyo shayo ka badan
- Sawiri karaa qof leh lix qaybood oo jirka ka mida
- Guurin karaa saddex xagal iyo shaxanno kale
- daabici kara xarfaha qaarkood ama lambarro
- Ilmuhu da'daan oo kale wuxuu garan karaa waxyaabaha mar walba la isticmaalo sida lacagta cuntada iwm.

Dhaq dhaqaaqa/Koboca jirka

- Ku istaagnaan kara hal lug mudo dhan 10 ilbiriqsi iyo wax ka badan
- Hal lug ku boodi kara ama rab rablayn kara
- Samayn kara qaalma rogsho
- Uu isticmaali karo qaado iyo fargeeto mar marna midida yar
- Musqusha keligeed geli karta
- Wiifoow kori karta

Si dhaqso ah ula xariir dhakhtarka ilmahaaga hadii uu;

- lahayn caadifado kala duwan
- Muujiya dabeecad xag jirta (inta badan cabsi badan, mintid, xishood ama walaac
- Inta badan gooni u baxa aanuna fir fircoonayn
- Si fudud loo jeedin karo, ku dhib qabo u dhug lahaansho hawl in ka badan 5 daqiiqo
- U jawaabin dadka, ama ugu jawaabo kaliya wax khayaali ah
- aanan kala sheegi Karin wixii run ah iyo waxii khayaali ah
- aanan ciyaarin ciyaaro kala duwan
- Sheegi karin magaciisa iyo ka awowgiis
- hadii uusan sawiri Karin sawiro.

Sidaad ugu caawin karto cunuggaga kobociisa

- Ilmahaaga la fiirso sawiro kana hadal ama u sharax
- Ilmahaaga u ogolow in uu caloosha ku xamaarto qalabka lagu ciyaarana hortiisa u dhig boombaleyaal
- Ku dhiiri gali ilmahaaga in uu madaxa in muda ah kor u hayo adigoo meel hortiisa ah oo indhihiisa la siman.
- Kor u hay boombalo ama ha ka shagax shagaxleeyo meel madaxiisa ka korraysa, kuna dhiirrigali inay tiigsato
- Cunuggaaga sara jooji asagoo lugihiisa dhulka ku haya. U hees ama la hadal inta uu weli sara joogo.

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state's public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned

Ilmahaaga markuu 4 bilood jiro

Mar kasta ood booqato ilmahaaga takhtarkiisa kala hadal marxaladaha koboc ee cunuggaagu uu marayo iyo kuwa laga rabo bilaha soo socda.

Waxey ilmuhu sameeyaan markey da'daan jiraan



Bulshaynta/caadifadda

- ❑ U qosla ama u ilka cadeeya dadka si an kala go' lahayn
- ❑ Jecel dadka inuu la ciyaaro, ooyana hadii la joojiyo cayaarta
- ❑ Ku dayda dhaqdhaqaaqa dadku sameynayaan ama u muujiya waji dabacsan ama xanaqsan.

Luqadda/Xiriirrada

- ❑ Ilmuhu wuxuu bilaabaa inuu hadaaqo
- ❑ Hadaaqaa dhaq dhaqaaqna ku daraa, kuna daydaa dhawaaqyada uu maqlo
- ❑ Ilmuhu wuxuu ooyaa dhawaaqyo kala duwan oo uu ku mujinayo hadduu gaajoonayo, xanuun dareemayo ama uu daallan yahay

Sidaad ugu caawin karto cunuggaaga kobociisa

- Ilmahaaga u sahal sidii uu ilmo kale oo uu la cayaaro ula kulmi lahaa u gee ama u samee hadaad heli kartid koox ama xeyn ilmo kale oo ay la ciyaarto beerta ciyaarta gee garoonka cayaarta asaga ilmaha xor oga dhig waxa uu rabo ha doorto miduu jecelyahay sidoo kale u ogoloww asaga iney dhibka xaliso haday is qabsadaan ilmaha kale –
- Ilmaha waqtigaan oo kale waxey bilaabaan in ay waalidka ku af celiyaan oo murmaan hadalo aan fiicneyn yiraahdaan asagoo ilmuhu isku arko inuu weynaadey oo wuxuu rabo oran karo maarkaana oo kale waalidku waa in is maahiyaa iska moogeysiisid lakin marka ilmuhu yiraahdaan wax fiican aad ku dhahdid shaqo wacan ayaad qabatey shaqo fiican oo la fahansiyo in aad ogtahay markuu wax fiican sameeyo falalka aan fiicneyna aan wax fiiro gooni ah loo sameyn
- Ilmuhu marka ay intaan le'egyihiiin waa loo sheegi karaa wixii khataraha keeni kara sida in aan jirkooda meelaha cawrada ah (private part) ah qofna taaban karin kaliya dhaqtarkaiyo kal kaalisada baarayso iyo waalidkood markii la nadiifinayo
- Bar ilmahaaga cinwaankiisa iyo telefoonkaba
- Weydii ilmaha markaa sheeko u aqrineysid maxaa ku xiga ayaad u maleyneysaa sheekada markey halkaan mareyso
- Ilmaha ku guubaabi marka uu buuga akhrinayo sawirada markuu arko in uu ka sameeyo sheeko oo uu sharxo sawirka waxa uu sameynayo.

Waxa ay carruurta ku samayn karaan da'daan



Bulshayn/Caadifad

- Waxa uu jecel yahay saaxiibadiis inuu ka farxiyo
- ayagoo kale in ahaado ayuu jec laan lahaa
- U badan inuu ku raaco shuruucda
- Wuxuu jecel yahay inuu heeso, qoob ka cayaaro, waxna uu jilo
- wiil iyo gabar waxa uu yahay wuu yaqaanaa
- Kala sheegi kara wixii run ah iyo wixii khayaali ah
- muujiyo madax bannaani (tusaale, iskiis u booqan kara deriska ku xiga [Qof weyn oo dusha ka ilaaliyana loo baahan yahay])
- mararka qaarkood dalba in la siiyo wuxuu doonayo, marar qaarkoodi caadi u dhaqmo

Luqadda/Xiriirrada

- U hadli kara si faseex ah oo la garanayo
- Sheegi kara sheeko fudud adeegsadana weedho buuxa
- Isticmaalaa fal mustaqbalka dhacaya; tusaale "Ayeeyaa halkan imaan doonta"
- sheegaa magaciisa iyo cinwaankaba

Sidaad ugu caawin karto cunuggaga kobociisa

- Ilmahaaga kor uqaad lana qosol isla markaasna farxad u muuji
- Waqti gooni ah oo u isku mid ah u yeel waqtiyada hurdada ama cuna siinta
- Fiiro gaar ah u yeelo waxyaabaha cunuggaagu ka helo iyo wuxuusan ka helin; waxaad garan doontaa sida ugu fiican eed ku ekayn karto baahidiisa iyo waxyaabaha aad samayn karto si aad cunuggaaga uga farxiso
- Ilmaha dhawaaqa ay sameyaan ka daba dheh
- Farxad geli cunuggaaga una dhoollo caddee markii cunuggaagu sameeyo hadaaq.
- Meel aan qeylo iyo buuq laheyn kula ciyaar ilmahaaga markaad wax u aqrineysid ama u heeseysid
- Sii boombaleyaal da'diisa ku habboon oo uu ku cayaaro, sida kuwo shagax shagaxlaynaya ama sawirro midabbo badan
- La cayaar dheelo sida dhuumaalisiga (peek-a-boo)
- Sii fursado ammaan leh ee cunuggaagu ku laaci karo/gaari karo boombaleyaasha, sahamina waxyaabaha ku wareegsan
- Ag dhig cunugtaada boombaleyaal si ay u gaarto ama lugaheeda ugu dhuf dhufato

Fahanka (Waxbarashada, Fikirka, Dhib-Xalinta)

- Ku ogeysiisaa haddii ay faraxsan tahay ama caraysan tahay
- Dareemaa jeclaan
- Hal gacan ku laacaa tooyada (toys)
- Indhaha iyo gacmaha wadajir u adeegsataa, sida ku eegidda boombalo iyo laacidda
- dactal walba indhaha ula raacaa waxyaabaha dhaq dhaqaya
- Wajiga qofka sifiican ugu fiirsada
- Meel dheer ka gartaa dadka iyo shayada uu garanayo

Dhaq dhaqaaqa/Kooboca oogada/jirka

- Madaxa kor u ceshan kara in muda ah iyadoon la caawinin
- lugaha dib u riixa markii ay meel adag ku istaagaan
- ku xamaaran kara galgalanka kara is gadin kara
- Ruxi kara boombalo (toy) meel ka soo lalmanaya/laalaada
- afka ayuu gacanta galiyaa
- Markuu caloosha u jiifo suxulladiisa horay u wadi kara

Hadiiba ku dhaqaaq ficil dag dag ah la xariirka Dhakhtarka hadii aad ku aragtid ilmaha

- Ilmuhu haduusan fiirin lana socon waxyaabaha dhaq dhaqaaqaya
- Haduusan dadka u ilka cadeyn/qoslin
- Madaxa haduusan ilmuhu ceshan Karin
- Dhaqaaqyo kala duwan uu sameyn Karin
- Ilmuhu haduusan afka waxba la aadeynin
- Haduusan lugaha usan ku riixi Karin markii loo saaro meel ka koreysa ama adag
- Hadduu ku dhib qabo il ama indhaha ula raaci karin jiho walba

Sidaad ugu caawin karto cunuggaga kobociisa

- Ilmuhu waa in uu ku bilaabaa hadalkiisa “marka hore” iyo “marka labaad” iyo ugu “dambeyntii” gunaanadka markaad ka hadleysid waxyaalaha dhaca mar walba midaani waxey ka caawineysaa ilmaha isku xirka habka ay sheekadu u dhaceeyso.
- Waqti sii ilmahaaga aad uga jawaabtid su ‘aalaha ah “waa maxey”? iyo “maxey u dhacdey” hadii aad taqaanid oga jawaab waxa adan garaneynin ku caawi ilmahaaga in aad kala raadisid buugaagta internetka dadka kale weydii hadii kale aadan aqoon ma aqaano ku dheh
- Markaad ilmahaaga u aqrisid buug weydii in uu kugu soo cel celiyo sheekadii aad u akhrisey
- Weydii ilmahaaga buugga aad akhrineysid sawirada ku yaal midabbada waxa ay kala yihiin tiriya waxyaabaha ama alaabta guriga taala isnaaga buskutyada kala nooca ah jaranjarooyinka boombalayaasha sida tareenka tiri ku dheh ilmaha
- bar ilmahaaga in uu bananka ku ciyaaro sida nacash nacashla oo kale iyo intee ka baxaa meel alla iyo bugle noocyo kala duwan oo la ciyaari jirey asaguna ha bilaabo adiga cayaarta u rabo la cayaar
- Ilmahaaga heesaha u jecelyahay la hees la qoob-ka-cayaar hadba dhinaca u isku riixo isu riix ku dayo.

- Hadii uu san sheegi Karin sheekada uu jeclaa
- Oo uu lumiyeey xirfadihii uu horey u aqoon jirey
- Hadaladiisu aynan cadeyn ama an la fahmeynin.

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida ib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida dugsiyada dadweynaha ee agagaarkaaga ku yaalla. Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

Fahanka (Barashada, Fikirka, Xalinta – dhibka)

- Yaqaana midabbada iyo tirsiiimada qaarkood
- Fahansan fikrada ah tirinta
- Bilaabey inay fahmaan waqtiga
- Xasuusan kara qeyb ka mid ah sheekadii loo sheegey
- Garan kara wixii isku mid ah iyo walxihii kala nooc ah
- Masawiri kara labo ama afar qeybood oo jirka dadka ka mid ah
- Yaqaana sida maqaska loo isticmaalo ama wax loogu jaro
- Bilaabaa guurin qaar ka mid ah xuruufta waaweyn (capital letters)
- Cayaaro ciyaaraha kaadhahka lagu ciyaaro yaqaanoilmuhu
- Sheegi karaa waxay la tahay inay ku soo xigto waxyaabaha buug la akhriyayo

Dhaq dhaqaaqa/Koboca jirka

- Hal lug ku istaagi kara kuna boodi kara labo ilbiriqsi
- shubi kara jari kara burburin kara cuntadiisa ayadoo qof weyni kor ka ilaalinayo
- Inta badan qaban kara banooni bood boodaya

Si dhaqso u wargali dhakhtarka ilmahaaga hadii ilmahaagu

- Meeshiisa ku bood boodi karin –
- ku dhib qaba ku feegaarka warqad
- Oo uusan xiiseyneenin ilmaha kale dhexgalkooda iyo cayaarta iska yeel yeelka ah
- Ma qiimeeyo ilmaha kale lamana ciyaaro dadka kalena maba la hadlo
- Dhibsada in loo labiso hurdada iyo in uu si caadiya musqusha u isticmaalo –
- Ma kala garanayo wixii isku mid ah iyo wixii kala duwan –
- Ma isticmaalo umana kala garanayo si sax ah “aniga iyo ‘adiga”
- Saddex tilmaamood oo sahlan ma raaci karo

Sidaad ugu caawin karto cunuggaga kobociisa

- Gacanta u gali cunuggaaga boombaleyaal ama waxyaabo shagax shagaxleynaya, kuna caawi inuu kor u hayo
- Cunugta kor u hay iyagoo luguheeda dhulka ku haysa, u hees ama la hadal cunugtaada inta ay “taagan tahay” ood caawinayso

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state's public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

Waxa ay carruurtu sameeyaan da'daan



Bulshaynta/Caadifadda

- Kala garan kara wajiyada ku cusub iyo kuwii u horey u garan jirey,
- Jecel inuu dadka la cayaaro siiba waalidkiisa
- La socda dareenka dadka kale inta badan muujiya faraxsan
- Jecel inuu muraayada isku fiiriyo

Luqadda/Xiriirka Language/Communication

- U riyaaqa markii walax dhawaaqeysa u ku dhufto shey kale
- Isku xira shaqallada markuu hadaaqayo sida (“ah”, “eh”, “oh” jecelna inuu la moogaysto waalidkiis markuu jabaq/dhawaaq samaynayo
- Magaciisa ku soo jeesta
- Muujiya dhawaaqyada qaar inuu ka helo qaarna uusan jeclaysan
- Bilaabaa jabaqda/dhawaaqa shibbaneyaasha (isagoo/iyadoo ku duryama/duryanta (“m,” “b”)

Sidaad ugu caawin karto cunuggaga kobociisa

- Ilmahaaga la ciyaar ciyaarta mala awaalka ah ama iskayeel yeelka ah ayadu ha bilowdo waxa ay sameysana ka daba same -
- weydii ilmahaaga meesha uu aadi doono barito ama weegan hadii ay tahay xanaanada caruurta iyo guriga ayeeyo oo uu ka walwalsanyahay sidii uu yeeli lahaa ha ku tababar qaato si cabsidu oga ba'do wa in aad iska yeel yeeshaan –
- ilmahaaga akhtiyaar sahlana oo uu ku doorato sida ay rabto in ay u ciyaarto waxa ay xiraneyso waxa rabto iney af-gashi ahaan ama cunto fudud ahaan u cunto ha ku badanin xulashada badan ama ikhtiyaarka –
- markii ay ilmo kale la cayaareyso dhibkii ka dhexdhaca ama hadii ay wax isku qabsadaan u ogolow ayada kaligeed iney xaliso adigu korka kala soco
- ku dhiiri gali ilmahaagu inuu isticmaalo erayo cusub in uu toyiska la share wadaago wadaago saaxibadiis iyo waliba qofba markiisa in uu ciyaarta uu rabo la ciyaaro
- ilmahaaga u same ama u iibi toyiska lagu ciyaari karo alaab alaabayda ama mala awaalka ah sida jiko toys ah, darsin ah shah alaabtisa iyo dhar ku sabsan super man ama labis ka duwan kuwa ay ilmuhu heystan iyo dhar dhaarrada ay saro dheer dheer ku dhisaan
- naxwaha ama weedhaha wada dhan kula hadal ilmahaaga intaad dhihi laheyd “Hooyo inaad u timaado ayey rabtaa waxaad tiraahdaa” waxaan rabaa inaad halkaan timaadiid”.

Waxa ay Carruurta da'daan ku samayn karaan



Bulshaynta/Caadifadda

- Jecel in sameeyo waxyaabo cusub –
- Siyaabo fara badan u ciyaara ciyaarta yeel yeelka -
- Intuu kaligiis ciyaari lahaa waxa uu ka jecelyahay in u la ciyaaro carruurta kale
- la xaaltama ama wax la qeybsada ilmaha kale -
- Iska yeel yeela “hooyo” ama “aabbe”
- Aanan si fiican u kala cadeyn Karin wixii dhab ah iyo waxyaabaha khayaaliga ah
- Ka hadasha badanaaba waxa ay jeceshahay iyo waxa ay xiisaynayso

Luqadda/Xiriirrada

- Sheeko sheegi kara
- Ku heesi kara sheekooyin ama gabay uu xasuusto sida “xabageey bile bile, bila janno, aw barrow tan maah ee teeda kale tiris dhex” iyo “Taayirrada gaarigu waa wareegaan oo wareegaan” isku jaranna u ah hees carruureedka “itsy Bitsy Spider”
- Yaqaana waxyar oo ka mida nidaamka asaasiga ah ee naxwaha, si saxan u isticmaalka “isaga” iyo “iyada”
- Ilmuhu wuxuu sheegi karaa magaca hore iyo magaca dambe.

Sidaad ugu caawin karto Ilmahaaga kobociisa

- Kula ciyaar dhulka ilmahaaga maalin walba
- Baro cunuggaaga dareenkiisa is rog roga. haduu faraxsan yahay, waxaad gacanta ku hayso sii wad. Haddii uu murugaysan yahay, u soo jeedso si cunuggaagu raaxo u dareemo
- Tus cunuggaaga sidii ay isu qaboojin lahayd. Waa suuragali kartaa inay nuugto faraheeda si ay isu dejiso
- Adeegso cayaar aad “isdaba mariso - markuu dhoollo caddeeyo, u dhoollo caddee; markuu hadaaq sameeyo, canjiil/ka daba dhex
- Ku soo celi jabaqda iyo dhawaaqa cunuggaaga, kuna dhex erayo fudud dha waaqaasi. Tusaale, haddii cunuggaagu yiraahdo: bah”, dhex “bahal” ama “buug”.
- Cunuggaaga buugaag u akhri maalin walba. ku ammaan markii ay hadaaq samayso ama ay wax “akhrido”
- Markuu ilmahaagu fiiriyo shey farta ugu fiiq kana hadal sheygaas
- Markii ilmahaaga boombale u dhulka oga dhaco u soo qabo ee sii taasi waxey tuseysaa in marki wax dhulka ku dhacan u soo qabsado.
- U akhri ilmahaaga buugagta sawirada midabbo kala nooca ah leh

Fahmida/barashada/fekerka/iyo sida dhibaatada loo xaliyo

- Waxyaabaha u dhow dhow ayey fiir fiiriyaan
- Waxey muujiyaan iney Muujiyaan ogaal jecli shayada, iskuna dayaa inuu laaco shayada uu soo qabsan karo
- afka iney sheyga la aadaan
- waxey bilaabaan iney gacanta waxa ay ku hayaan ay mida kale u gudbiyaan

Dhaq dhaqaaqa/koboca duleed/oogada

- Labada dhinacba isu rogaan/ged-geddiyaan (hor iyo gadaal, gadaal iyo hor)
- Markay taagan yihiin lugahooda culayska u miisaami kara,boodi karana.
- Bilaabaa inuu fariisto iyadoon la caawinin
- Gadaal iyo hore inuu isu ruxo, mararka qaarkoodna gadaal u gur guurta inta aanu hore u gur guuran

Marka horeba ilmahaaga dhakhtarkooda kala hadal haddii aad ku aragtid waxyaabahaan

- Wixii uu ilmuhu gaari karo haddii uusan soo qabsaneyn
- usan tusin kalgacal qofka ilmaha hayo
- Haddii ilmuhu uusan ku soo jeesaneyn qeylada iyo sawaxanka ka agyeeraya
- Oo ay dhib ku tahay inuu afka wax gashado
- Xubno dabacsan sida calal boombale ah (a rag doll)
- Ku dhawaaqi karin dhawaaqa shaqallada (“ah”, “eh”, “oh”)
- dhinacna uusan isku gadineyn labada dhinacba
- Aan qoslayn ama samaynayn qaylo, dhawaaq, cabaad, baroor
- La moodo inuu kogsan yahay, mururqadiisuna adag yihiin

Sidaad ugu caawin karto cunuggaga kobociisa

- La ciyaar dheelaha la isla doonto waxyaabaha isu eg (matching games). cunuggaaga weydii inuu shay ka raadiyo buugaaga ama guriga agagaarkiisa waxyaabo isu eg.
- La ciyaar dheelaha tirsiiimada. Tiri qaybaha oogada, jaran jarrada, iyo shayda kale eed aragtaan maalin kasta
- Cunuggaaga gacanta qabo adigoo jaran jarrada kor iyo hoos u raacaya. Markii ay si fudud kor iyo hoosba jaran jarrada u raaci karto, ku dhiirrigali inay isticmaasho biraha la cuskado ee sallaanka (railing)
- Cunuggaaga dibadda kula ciyaar. Gee goobaha nasashada iyo surinnada lagu lugeeyo (hiking trail). Oggolow cunuggaagu inuu iskii u ciyaaro adigoo u qaabayn waxqabadyada uu samaynayo

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida dugsiyada dadweynaha ee agagaarkaaga ku yaalla. Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned

Fahanka (Barashada, Fikirka, Xalinta Dhibatoyinka)

- isku xiri kara boombalo leh badhanno la is gel geliyo, kabaal/ udub iyo qaybo waxyaabo soconaya
- Ciyaara ciyaarta iska yeel yeelkaah sida xayawaanka ama dadka kaleba kula ciyaari kara boombalaha
- samayn kara hal xiraale 3 ama 4 qaybood ka kooban
- Yaqaano waxa labo 2 laga wado
- ku guurin kara goobo qalin qori ama qalinno midabbo badan
- Baalasha buuga midba mar gadin karaya
- Dhisikara dabaq dheer ama rukunno lix lakab isi saaran ka badan
- Furi kara xirina kara dhalo gasac daboolkiis ama albaabada guryaha.

Dhaq dhaqaaqa/Koboca jirka

- Si fudud u tafi kara
- si fudud u ordi kara
- baaskiilka seddex lugoodka ah wadi kara
- Jaran jarrada aqalka horey iyo gadal u kori kara asagoo labada lugood midba mar qaadaya.

Si dhaqso ah ula xairiir dhakhtarka ilmahaaga hadaad ku aragtid

- Hadii uu kufkufid badan yahay oo uusan jaran jarada fuuli Karin
- dhareerka hadii uusan ceshan Karin hadalkiisuna uunan cadeyn
- hadii uusan fahmi Karin xujooyinka sahlan ama ku ciyaari Karin Boombale fudud
- oo uusan raaci Karin tilmaamaha sahlan
- Aanu ku hadli karin weedho
- Aanu indhaha kugu eegin wejigana dadbo
- Cayaari karin ama iska yeel yeeli karin cayaarta male awaalka ah
- ma jecla ilmaha kale la ciyaaro iyo toyiskaba in ku ciyaaro
- Uusan doonayn inuu la cayaaro ilmaha kale ama ku cayaaro boombaleyaasha
- aqoontii iyo xirfadii uu horey u aqoon jirey ayuu lumiyey
- Uu illoobi xirfadihii uu hore u yaqaannay

Sidaad ugu caawin karto cunuggaga kobociisa

- Farta ugu fiiq oo tus wixii ku cusub adigoo magacaabaya
- Tus ilmaha buugaagta ama wargayska sawirada fican adigoo magaca u sheegaya
- ilmahaga fadhiga adigoo ku celinaya barkimo u ogolow iney meelaha agagaarkeeda ah eegto, siina boombaleyaal ay eegto.
- Ilmahaaga caloosha ama dhabarka u seexi una dhig boombaleyaal uu laaco. Ku dhiirrigali inuu is-rog-rog soona qabsado boombaleyaasha.

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state's public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

Waxa ay carruurta sameeyaan da'daan



Bulshaynta/Caadifadda

- Wuxuu ka cabsadaa dadka uusan aqoonin
- Ku dhegaa dadka waaweyn ee uu yaqaanno
- leeyahay boobmalo uu jecel yahay

Luqadda/Xiriirrada

- Wuxuu fahmaa “maya”
- Sameeyaa dhawaaqyo kala duwan sida “mamamama” iyo “bababababa”
- Jilaa dhawaaqyada iyo sanqashada dadka kale sameeyaan
- Faraha u adeegsadaa inuu ku taago shayada

Sidaad ugu caawin karto cunuggaga kobociisa

- Ilmahaaga ugee meel ilmo kale oo xeynah ku cayaaraan ku dhiiri gali inuu la ciyaaro ilmaha kale
- Kala shaqee ilmahaaga sida dhibka loo xaliyo marka uu ilmuhu xanaaqsan yahay
- Kala hadal cunuggaa dareenkiisa. Tusaale, dheh “ waxan garan karaa inaad xanaaqday waayo waxaad tuurtay mid ka mid xujadii (puzzle piece).” Ku dhiirrigeli cunuggaagu inuu tilmaamo dareennada buugaagta ka muuqda.
- Qaynuunno iyo xad u samee cunuggaaga, shuruucdaasi meelna ha uga leexan. haddii cunuggaagu jabisyo qaynuun, si waqti kooban oo 30 ilbiriqsi ilaa hal daqiiqo ah oo uu fariisto kursi qolkiisa yaalla. Ku ammaan raacidda qaynuunka.
- Cunuggaagi si habraac ka kooban 2 ama 3 tallaabo. Tusaale, “Qolkaaga aad, soona qaado kabahaaga iyo jaakaddaada.”
- Ilmahaaga maalin walba wax u akhri. Weydii cunuggaagu inuu kuu tilmaamo sawirrada, erayadana kaa daba dhaho.
- Sii ilmahaaga “sanduuq waxqabadyo” (activity box), ay ku jiraan warqado, qalmaanta wax lagu midabbeeyo, buugaagta la midabbeeyo (crayons and coloring books). cunuggaaga la midabee, xarriiq saddarro iyo shaxanno (shapes)

Waxa ay Carruurtu ku samayn karaan da'daan



Bulshaynta/Caadifadda

- Wuxuu ku deydaa dadka waaweyn iyo saaxiibadiisba –
- wuxuu muujiyaa dabacsanaan iyo saaxiibtimo laga dareemi karo –
- ku moogaystaa dheelo cayaar wadaag ah
- Wuxuu ka wel welaa markii saaxiibkiis ooyo
- kaligiis ayaa isku labisi kara iskana saari kara dharka –
- wuxey fahmaan waqtigaan oo kale lahaashaha sida “waxayga” iyo “wixiisa” ama “wexeeda”
- muujiya dareenno kala duwan -
- ka gooni ahaan kara si sahlan aabbe iyo hooyo –
- Ka caroon kara isbeddellada waaweyn ee hawl maalmeedka

Luqadda/Xiriirrada

- Raaca tilmaamaha sahlan laba ilaa sadex tilaabo –
- magacaabi kara waxyaalaha caadiga loo isticmaalo –
- Fahmi kara erayada sida “ku jira,” “dul saaran,” iyo “ka hoos”
- Yaqaana magaciisa hore iyo inta uu jiro/da'diisa iyo wiil iyo gabar midkuu yahay –
- Yaqaana saaxiibkiis magaciisa
- Ka hadlaa dadka aanu garanayn siduu u fahmo inta badan
- Yiraahdaa erayada sida “aniga, (Fale/subjective)” ani,”Lagu fale/Objective) “annaga,” iyo “adiga” iyo erayo wadar ah (baabuur, eeyo, mukulaalo)
- Garanaya isku xirida laba iyo sadex weedhood

Sidaad ugu caawin karto cunuggaga kobociisa

- Fiiro gaar ah sii ulahoww ilmahaaga sida uu ula dhaqmo dadka ama wixii ku cusub markas isku day inaad horey u sii wado waxa ilmahaaga farxad gali naya oo dajinaya
- markii ay dhinacyada u xamaaranayso, u dhowow si ay u ogaato inaad ka fogeyn
- hawl maalmeedka joogtee; hadda aad ayey muhiim ugu yihiin
- La cayaar oo moogaysta, “waa markaygii iyo waa markaagii”.
- Sheeg waxa ay kula tahay cunuggaagu inuu dareemayo. Tusaale, dheh, “waad walaacsan tahay, bal aan eegno hadii aan kugu caawin karno inaad ka soo rayso”.
- U sharrax waxa ilmahaagu eegayo; tusaale, “kubbada cas/guduudan oo wareegsan.”
- Kala hadal waxa cunuggaagu rabo marka uu wax kuu tilmaamo
- Dhaaji cunuggaaga hadaaqaaqiisa iyo erayada
- Weydii waxa aad ka rabtid inuu ilmuhu sameeyo Tusaale intaad oran laheyd ha istaagin waxaad tiraahdaa waa markii la fariisan lahaa
- Bar sababta-iyoo ciribka adigoo hore iyo gadallba u wadaya gaariga boombalaha ka samaysan, dhar dhaarradana (blocks) ku ridaya kana soo saaraya shayga ay ku jiraan

Fahanka (Barashada, Fakirka, Xaliska – Arimaha)

- Ilmuhu inuu ufiirsado waxyaalo sii dhacaya
- Eegaa sheeyada uu arko adoo qarinaya
- Cayaara ciyaarta dhuum dhumashada ah
- Afka inay wax gashan karto
- Iney gacanta u gudbin karto mida kale si sahlan wax u ku haysato
- Inay suulka iyo faryarada dhexdooda ku qaadi karaan cunto qamadiga laga sameeyo (cereal).

Dhaq dhaqaaqa Koboca jirka

- Istaaga asagoo meel cuskanaya
- Fariista asagoon la caawineyn-
- Gurguurta
- Fariisan kara
- Isku dayo inuu istaago

Hadiiba ku dhaqaaq ficil dag dag ah la xariirka Dhakhtarka hadii aad ku aragtid ilmaha

- Haddaanu ilmuhu lugaha ku istaagi karin adigoo caawinaya
- adigoo caawinaya uusan fariisaneyn
- uusan ku hadaaqeyn baaba maama (“mama”, “baba”, “dada”)
- Uusan cayaarayn cayaar hor iyo gadaal loo cayaarayo.
- magaciisa hadii uusan ku soo jeesaneyn
- Uusan garwaaqsanayn dadka uu garanayo
- uusan fiirineynin meesha aad farta ku fiiqdey
- uusan gacantiisa kale u gudbineyn boombale (toy) uu ku heysto tan kale.

Sidii aad ilmahaaga u caawin laheyd koriinkiisa

- Ka qari ilmahaaga toyiskoda aqalka dhexdisa si uu isugu dayo in uu asagu raadiyo
- ku kaalmee ilmahaaga in uu xujooyinka sameeyo kala barto qaababka shaxannada midabbadoo dhan iyo xoolaha ay beeraleydu isticmaasho Xayawaanka Beeraha jooga (Farm Animals) magaca sheeg marka ilmahaagu hadba uu shey kor u qaado ama uu booskiisi galinayo
- kula dadaal ilmahaaga in aad ku caawiso markiisa ha cayaaro adna markaaga cayaar sida dhar dhaarrada u dhisayo bildhinada waaweyn dudumiya hana dhisa
- ilmahaaga bar qaabka wax loo sawiro dienyada adigoo isticmaalaya midabbo badan iyo rinjiyo kala nooc ah u sharax waxa uu sawirey ama uu sameeyey markaana farijiyeerka ku dhaji ama darbiga-
- weydiiso ilmahaaga in uu albaabka kuu furo iyo khaanadaha in uu bogga buuga asagu gadiyo markaad buugta u akhrineysid
- markuu ilmahaagu bilaabo inuu si fiicanu socdo waxaad ku biloowdaa inuu ku qaado waxyaabaha sida bac alaab yar yar lagu qaado
- banooniga inuu horey iyo gadaalaba u tuuro ku qalqaali ilmaha markaad ogaatid in uu ku fiicanyahay waxaad ku dhiiri galisaa asagoo ordaya in uu laado banooniga
- ilmaha u wad garoonka lagu cayaaro iyo meelaha garoonada lagu cayaaro si uciyaaro iyo boodboodo fuulo ku socdo jidadka dhinacyadiisa iyo ama waddo lugeedyada (sidewalk) adigoo ilaalinaya ilmahaaga u ogolow in uu ku ciyaaro alaabaha lagu ciyaaro ee beerta/jardiinada yaala

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state’s public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

Kulliyadda Maraykanka ee ku Takhasustay koboca, korriimada iyo cudurrada carruurta (The American Academy of Pediatrics) ayaa ku talinaya in carruurta oo idil laga hubiyo koboca guud iyo “autism” booqashada 24ka bilood.

Fahanka (Barashada, Fikirka, Xalinta Dhibka)

- Ilmuhu markan oo kale waxyaabaha laga qariyey hadii ay xataa sadex dabool saran yahay wuu heli karaa
- Wuxuu kala sooci karaa shaxannada iyo midabbada
- Wuxuu adeegsan karaa weedho dhammaystiran iyo jaan-gooyada/dhawaaqa isku dhammaadka ah ee buugaagta uu yaqaan
- ciyaari kara ciyaarta iska yeel yeelka ah oo male awaalka ah
- wuxuu dhisi karaa ilaa iyo afar dabaq dhar-dhaarro ah in uu is kor saari karo ilmuhu –
- Labadiisa gacmood midood ayuu shaqada uu qabanayo u baddin karaa
- Raaci karaa farriin laba tallaabo ka kooban sida “kabahaaga qaad kuna rid armaajada derbiga ka dhex dhisan (closet)
- Wuu magacaabi karaa sawirada uu buugaagta ku arko sida mukulaal, shimbir iyo eyga.

Dhaq dhaqaaqa/koboca jirka

- Ku istaagi karaa faraha fooddooda
- Banooniga laadi kara
- Bilaaba in uu ordo
- Kor iyo hoos ugu socon kara jaranjarada ilmuhu asagoo cuskanaya geeska jaranjarta –’
- In uu ilmuhu u bilaabo in uu ku bood boodo alaabta guriga isagoon la caawinayn
- In uu ka tuuri karo banooniga madaxa korkiisa –
- Inuu xariiq ama wareeg sawiri karo ama la raaci karo.

Si dhaqsa ah ula xariir hadii aad arrimahan ku aragtid ilmahaaga

- Hadii ilmuhu uusan aqoonin alaabta caadiyan guriga laga isticmaalo sida taleefanka qaadada, Shanlada, iyo buraashka.
- Hadii uusan kaaga dayan dhaqanka iyo erayada
- Hadii ilmuhu aanu raaci Karin tilmaamaha sahlan
- Uusan isticmaali karin 2 eray oo gaaban tusaale “cab caano”
- Hadii aysan u socon si qumaati caadi ah
- haddii ay illowday waxyaabo ay horey u taqaaney.

Sidaad ugu caawin karto cunuggaaga kobociisa

- La cayaar ilmahaaga Dhuumaalaysiga (Peek-a-boo)
- U akhri buug ilmaha lana hadal
- Ilmaha sii meel nafis leh ee uu ku cayaaro kuna dhaq dhaqaaqo oo ammaan leh.
- Waxyaabaha ilmuhu xiisaynayo meel u dhow u soo dhig, si ay si fudud oo ammaan leh u soo qabsato

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state’s public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

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Waxa ay carruurta sameyaan da'daan



Bulshayn/Caadifad

- Xishood ama wel wel ka muuqdo markuu arko dad aanu garanayn
- Waa ooyaa aabe iyo hooyo marka ay tagaan
- leeyahay dad iyo waxyaabo gaara oo uu ka helo
- Mararka qaarkood muujiyaa cabsi/baqdin
- Kuu dhiibaa buug markuu rabo inuu sheeko maqlo
- Wuxuu ku cel celiyaa jabaq/dhawaaq ama ficil uu ku doonayo in loo dhug yeesho
- Gacmaha iyo lugaha soo bixiyo si loogu caawiyo lebbisashada
- Cayaaro ilmaha ciyarahay ay ciyaaraan sida dhuum dhuumashada iwm

Luqadda/Xirirrada

- Ka jawaabo dalabyo af-ka-hadal fudud
- Oran karo “maya” asaga oo madaxa ruxaya ama gacan haadinaya “nabadeey” “nabad gelyo”
- Sameeya jabaq/dhawaaq luuqdiisu is bed beddelayso (jabaq/dhawaaq la mida hadal la jeedinayo
- Yiraahdaa “mama” iyo “dada” iyo la yaabka sida “uh-oh” (hayaay!, Allah!).
- Isku dayaa inuu dhaajiyo erayadaad dhahayso.

Sidaad ugu caawin karto cunuggaga kobociisa

- Ku dhiirrigali cunuggaagu inuu kugu caawiyo shaqada maalmeedka guriga (chores), sida xaaqidda iyo samaynta cuntada. Ku ammaan cunuggaagu inuu yahay kaaliye fiican
- Da'daan, carruurta islaama cayaari, si fiicanna wax uma wadaagan. Markii cayaarayaan, carruurta si boombaleyaal badan oo ay ku cayaan. Aad ugu dhawow una imow ishana ku hay, kala celi hadii ay dagaalaan ama murmaan
- Ilmahaaga fiiro dheeraad ah u yeelo, ammaanna markii uu waxsheegga maqlo. Xadee fiiradaada dhaqanka madax adaygga leh. Waqti badan sii ammaanta dabeecadaha suuban halkii aad kaga anshax marin lahayd kuwa dhaqammada xun.
- Bar cunuggaagu inuu tilmaamo sheegana xubnaha oogada, xayawaanka iyo shayada kale ee caadiga ah
- Ha sixin cunuggaagu markuu erayada si khaldan ugu hadaaqo/dhawaaqo. Waxaad door bidda inaad si saxan u tiraahdo. Tusaale, “taasi waa kubbad” (That is a ball.)
- ku dhiiri gali ilmahaaga in uu erayga yirahdo intu farta ku fiiqi lahaa hadii uusan ilmuhu ereyga oo dhan wada oran Karin “caano” (milk), ku dhawaaq eraygu ugu horreeya “c” “caano” (“m” “milk”) si aad u caawinto. Muddo dabadeed, waxaa si dhaqso ah u oran kartaa weedha oo idil — “waxaan rabaa caano” (I want milk”)

Ilmahaaga 2 jir markuu yahay

Mar kasta ood booqato ilmahaaga takhtarkiisa kala hadal marxaladaha koboc ee cunuggaagu uu marayo iyo kuwa laga rabo bilaha soo socda.

Waxa ay Carruurta ku samayn karaan marka ay yihiin da'daan



Bulshayn/Caadifad

- Dadka kale waxey sameeyaan ayuu ku daydaa siiba ilmaha ka waa weyn
- Farxad ayuu muujiyaa marka uu arko ilmo la fil ka ah
- Muujiyaa inuu iskiis wax u qabsan karo
- Muujiyaa dabeecad madax adagy (sameeyaana wixii loo sheegay inuusan samayn)
- ku ciyaara ilmaha kale agtooda la cayaara ilmaha kale sida is ceyr ceysashada.

Luqadda/Xiriirrada

- Farta ku fiiqa ama tilmaama markii wax la weydiiyo sida sawir ama waxyaabaha kaleba –
- yaqaana magacyada dadka uu horey u yaqaaney iyo jirka bani aadamka magacyadiisa
- wuxuu ilmuhu markaan isticmaali karaa weedho ka kooban laba ama afar erey
- Raaca tilmaamo sahlan
- Ku cel celiyaa erayada uu ka maqlo dadka sheekaysanaya
- Farta ku fiiqaa waxyaabaha buugga dhexdiisa ka muuqda

Sidii aad ilmahaaga uga caawin laheyd kuriinkooda

- Ilmahaaga waqti sii uu ku barto qofkan cusub ee xanaaneynaya waxaad hore ugu soo qaada boombaleyaal, aaladaha xayawaanka loo ekeaysiiyey iyo busto ku caawiya cunuggaagu inuu raaxo dareemo
- Haddii uu sameeyo dabeecad dhaqanxumo ah ku iraaq ilmaha maya. Ha ku qaylin, dharbaaxan ama siin sharraxaad dheer. meel fariisin 30 ilbiriqsi ilaa hal daqiiqo ayaa ka caawin karta inuu isgarto
- Ilmahaaga marwalba hab sii mac sii ku ammaan wanaagga uu sameeyo
- waqti badan sii ku dhiirrigalinta dabeecadaha aad doonayso intii aad ku dirqin lahayd dabeecadaha aan la doonayn (4 jeer jibbaar ku dhiirrigali dabeecadaha aad doonayso si aad uga waaniso dabeecadaha aadan doonayn
- Ilmaha u sheeg waxa aad markaas sameyneysid sida hooyo gacmaha ayey shukumaan kaga dhaqeysaa ama farahey kuu meyveysaa
- Maalin walba ilmahaaga wax u akhri. Cunuggaagu ha soo rogo bogagga. Ku moogaysta la summadinta cunuggaaga sawirrada.
- U toos toosi waxa cunuggaagu yiraahdo ama isku dayo inuu yiraahdo, ama waxa uu kuu tilmaamo. Haddii uu tilmaamo gaari weyn yiraahdana “t” ama “truck”, dheh, “haa, kaasii waa gaari weyn oo buluug ah (“yes, that is a big, blue t truck.”)

Fahanka (Barashada, Fakarka, Dhibaato - Xalinta)

- U sahamiyaa sheeyada siyaabo kala duwan, sida rux-ruxid, tumid, tuurid
- Waxyaabihii aad ka qarisey uu si sahlan ku helo
- Fiiriyo shayga ama sawirka saxda ah markii magacooda uu maqlo
- Canjilli karaa/dhaajin karaa sanqashada
- Alaabada meesheedii ku ridi karaa, kana soo bixin karaa
- Laba shay isku garaaci kara,
- Waxyaabaha sida saxa ah u isticmaala sida inuu koob wax ku cabo inuu timaha shanleysto
- Iska joojin karaa waxa u sameeynayo caawin la'aan
- Faryarada wax ku mudi karaa
- Raaci kara tilmaanta sahlan "sida aruuri boombalaha"

Dhaq dhaqaaqa/Koboca oogada/jirka

- Fariisan kara asagoon la caawinayn
- Istaagi karaa, socon karaa asagoo cuskanaya alaabta guriga taalla ("tamashleyn karaa") ("cruising:)
- Dhawr tallaabo socon karaa isagoon waxba cuskanayn
- Kaligii istaagi kara.

Si dhaqso ah ula xariir dhaqtarka imaha hadii uusan sameynin

- Hadduusan gurguuran karin
- Uusan istaagi Karin asagoo la caawinayo
- Hadii ilmuhu uusan raadin waxyaalihii aad ka qarisey
- Waxba uusan tilmaamin farta ku fiiqin
- Uusan baran sanqashada sida gacan haadin iyo madax oo uu ruxo
- Oran karin eray keliya sida 'mama', ama "dada"
- Uu illoobo xirfado uu hore u yaqiin/ lahaa.

Sidaad ugu caawin karto cunuggaaga kobociisa

- U sahamiyaa sheeyada siyaabo kala duwan, sida rux-ruxid, tumid, tuurid
- Kula ciyaar dhar dhaarro, kubbado, xujooyin, buugaag iyo boombaleyaal ay ka bartaan sababta iyo saamaynta iyo xallinta mashaakilaadka
- U magacoow sawirada buugaagta ku yaala
- U soo bandhig boombaleyaal ku dhiirrigaliya cayaar malo awaal ah; tusaale boombale yar, telefoonnada ilmaha lagu ciyaarsiiyo
- Uga samee meel cunuggaaga guriga gudahiisa meelo uu ku socdo kuna war wareego.
- Sii boombaleyaal ay si ammaan leh u riixi karto una soo jiidi karto
- Sii kubbado ay laaddo, dilin dillayso, ayna tuurto
- Dhiiri gali in uu ilmuhu koob wax ku cabo qaado wax ku cuno siduu rabo ha isu wasaqeeyo
- Afufo xumbo, una oggolow in cunuggaaga ka shanqariyo ama dillaaciyo (blow bubbles & let your child pop them)

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state's public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

Kulliyadda Maraykanka ee ku Takhasustay koboca, korriimada iyo cudurrada carruurta (The American Academy of Pediatrics) ayaa ku talinaya in carruurta oo idil laga hubiyo koboca guud iyo "autism" booqashada 18ka bilood. Weydii Cunuggaaga takhtarkiisa waxa uu yahay hubinta koboca cunuggaaga.

Fahanka (Barasho, Fakarka, Xalinta - Dhibaatooyinka)

- Garanayaa waxyaabaha caadiga loo isticmaalo; tusaale, telefoon, shanlo, qaaddo
- Yaqaano hal xubin oo ka mid ah jirka dadka –
- Xiiseeyo boombalaha ama walxaha la isku cufay oo xayaawaanka loo ekeysiiyey, iskana dhigaa inuu quudinayo
- In uu farta ku taago waxa uu rabo fiiro gaar in la siiyo rabo
- inuu ilmuhu iskiis u feegaaro ama wax xar xarriiqo
- In uu raaci karo tilmaan sahlan oo an hadal ku jirin tusaale fariiso markaad tiraahdid fariisanaya
- Dhaqdhaqaaqa iyo dhismaha waaxyada jirka korriinkooda

Dhaq dhaqaaqa/Koboca Oogada (jirka)

- Socon karo kaligiis
- jaran jarrada kor ugu socon karo, ordana
- asagoo socda boombale la soo bixi kara
- Dharka keligeed iska bixin karto.
- koob wax ku cabi karaa
- qaaddo wax ku cuni kara

Si dhaqso ah ula xariir dhaqtarka imaha hadii uusan sameynin;

- Dadka kale hadii uusan waxba u tilmaami karin
- uusan socon Karin –
- uusan aqoon waxyaabaha caadiyan loo isticmaalo
- Canjili karin dadka kale
- Aanu baran erayo cusub
- ugu yaraan lix eray haduusan aqoon
- Aanu dareemin ama garanayn markuu daryeeluhu ka tago ama u soo laabto
- Uu illoobo xirfado uu hore u yaqaannay

Sidaad ugu caawin karto cunuggaga kobociisa

- Sii cunugtaada warqad iyo qalimmada midabbada kala duwan(kallooraati), iskeedna wax ha u sawirto. tus cunugtaada sida loo sameeyo sadarro kor iyo hoos iyo gudubba ah. Ku ammaan cunuggaagtaadi marka ay isku daydo inay wax guuriso
- Kula ciyaar ilmaha dhar dhaarro (blocks), shaxannada (shape) la kala saaro, iyo boombaleyaasha ku dhiirrigaliya cunuggaagu inuu gacmihiisa adeegsado
- Qari boombaleyaasha yar iyo shayada kale, cunuggaaguna ha raadiyo hana soo bixiyo
- weydii ilmahaagu inuu summadiyo qaybaha oogada ama shayada aad aragto markaad gaariga wada saaran tihiin.
- U qaad heesaha falka/ficilka leh, sida “its Bitsy Spider” iyo “Wheels on the Bus.” Ku caawi cunuggaagu inuu kula sameeyo falka/ficilka.
- Cunuggaaga sii dheriyo iyo bir daaweyaal (pots and Pans) ama aalado muusig yar yar sida durbaan ama labo birood wareeg (cymbals) oo la isku garaaco. Ku dhiirrigali cunuggaagu inuu shanqar/hadaaq sameeyo
- U sahal ilmahaagu inay helaan meelo badan oo ammaan u ah socod-baradka (toddler)ee ay wax ku sahamiyaan. Gurigu waa inuu ehel u yahay socod-baradka. Meel ku xir waxyaabo wax lagu nadiifiyo sida dhar dhaqidda, aaladaha jardiinka lagu daryeelo iyo waxyaabaha baabuurta. Isticmaal irrida lagu xiro jaran jarrada (safety gate) xirna albaabada dibadda looga baxo iyo kuwo aada guriga xaggiisa aasaaska hoose (lock doors to the outside and basement)
- Cunuggaaga sii boombaleyaasha afar lugoodlaha la riixo (wagon) ama baabuurta yar yar ee carruurta ku cayaaraan (“kiddie push car)

U sheeg takhtarkaaga ama kal kaaliyahaaga haddii aad dareento mid ka mida astaamo suuragali kara ee dib u dhac koboc ee da'daan, lana hadal qof bulshadaada ka mida oo garanaya adeegyada carruurta yar yar ee soonahaaga, sida barnaamijka ka hortaga guud ee amminka hore ee gobolkaaga (state’s public early intervention program). Wixii macluumaad dheeraad ah booqo www.cdc.gov/concerned.

Waxay carruurta sameeyaan markay da'dan jiraan



Bulshaynta/Caadifadda

- Jecel yihiin inay gacanta uga dhiibaan shayo kuwo kale sida cayaar/dheel
- Ay leeyihiin dabeecado xanaaq ay furka la tuuraan (temper tantrums)
- Ay ka qaloodaan dadka ayan garanayn
- U muujiya dadka uu garanayo dabacsanaan
- Iska yeel yeel fudud, sida boombale cunto siin
- Ku dhegaan daryeelayaasha marka ay arrimuhu ku cusub yihiin
- Farta ugu fiiqaan una tilmaamaan kuwa kale wixii xiiso leh
- Sahamiya meelaha keli ahaantii hase yesshee waa haddii waalidkii ag joogo

Luqadda/Xiriirrada

- Oran karaa dhawr eray keli keli ah
- Yiraahdaa madaxana ruxaa “maya”
- Farta ugu fiiqaa qof kale waxa uu rabo

Sidaad ugu caawin karto cunuggaga kobociisa

- U samee meel ammaan ah, bay'ad la jeclaysan karo. Waa muhiim inaad joogtayso lana saadaalin karo
- U badi inaad aad ugu ammaanto dhaqanka suubban halkii aad ka anshax marin lahayd dhaqanka aan suubbanayn (adeegso waqti kooban ood siiso nasasho gaaban (brief time outs)
- U sharrax dareenkeeda. Tusaale, dheh, “Waad faraxsan tahay markii aan wada akhrino buug.”
- Ku guubaabi inay mala awaalaan cayaar.
- Bar ilmahaaga dareen wadaagga (Empathy). Tusaale, markuu arko cunug walaacsan, ku dhiirrigali inuu hab-siiyo ama taabasho gacal cun ah cunugga kale u sameeyo (hug or pat the other child)
- U akhri buugaag kalana hadal sawirrada adigoo adeegsanaya
- Ka daba dheh erayada cunuggaagu ku hadaaqo
- Isticmaal erayo qeexaya dareenka ama qiirada
- Isticmaal erayo sahlan gaagaaban oo bayaan ah (clear phrases)
- Weydii su'aalo sahlan