



CENTER FOR INCLUSIVE CHILD CARE

Talo Kooban

Caruurta iyo Walbahaarka: Sida Caruurta ay u Fal-Celiyaan

Qeexitaanka Walbahaarka

Shabakadda Qaranka ee Walbahaarka Caruurnimada ayaa waxay kuqeexdey walbahaarku in uu yahay:

- Markii ay cunuga naftiisa lasoo gudboonaato dhawac halis ah ama uu cunugu arko dhawac halis ah oo qof kudhacay ama arko geeri qof kutimid.
- Markii cunugu ay lasoogudboonaato gooddo aan lagafursanayn ee ah dhaawac halis ah oo cunuga kuyimaada ama qof kale.
- Markii ay cunugu lasoo gudboonaato xadgudub, waxyeello, ama dhaawac loogeysto sharafta jirka shakhsi ahaaneed.

Caruurta iyo Walbahaarka

Cunug kasta mar un buu wuxuu dareemin dhibaato ama fal celin katimid walbahaar uu cunugu dareemey. Tani waa caadi waana wax la fili karo, inkasta oo mararka qaarkood astaamaha lagu garto walbahaarka aan cunuga lagu arag ilaa ay usbuucyo kasoowareegt ama bilo ay kasoo wareegto markii uu kudhacay dhibka walbahaarka cunuga ku keeney.

Astaamaha walbahaarka caruurta waa kukal duwantahay. Da'ahaan caruur kasta meesha ay korinnimada kajoogaan ayeey ka muujiyaan fal-celinta xagga walbahaarka khaaska oo kusoo siyaaday. Sida uu udhaawacayo dhibka keeney walbahaarka ayaa wuxuu kuxiranyahay da'da cunuga iyo meesha uu korinnimada kajoogo.

Dareen-celista Walbahaarka Da'ahaan

Dhalashada ilaa 2 sano jir

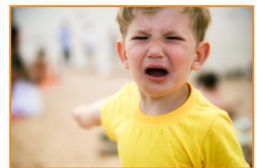
Caruurta dhashay ila labo jirka ay lasoo gudboonaatay walbahaar waxaa laga yaabaa:

- Dhaqdhaqaaq la'aan
- In ay xumaan ama samaan wax ku dalbadaan
- In ay muujiyaan aqoon xumo xagga qaabka loo hadlo
- In ay muujiyaan dagaal
- In ay muujiyaan dhibaatooyin xagga xasuusta
- In ay muujiyaan dib-u-dhac
- In ay kacabsadaan dadka waaweyn oo ay kuxasuustaan arintii kukeentey walbahaarka
- In uu kudhaco qarow ama hurdo la'aan
 - In ay diidaan in ay keligood seexdaan
 - In ay hadba kakacaan hurdada
 - In ay dhib hurdada kuqabaan
- In ay kudhacdo cunno xumo, in uu hoos udhaco miisaanka dhalashada/ama dheefshiidka dhib kaqabaan
 - Cunnada diidaan
- In ay in badan qayliyaan ama ooyaan
- In ay muujiyaan dhibsasho, murug iyo walaac
- In ay hadba si fudud unaxaan

Da'da 3 sano jir ilaa 6 sano jir

Caruurta saddax sano jir ilaa lix sano jir oo ay lasoo gudboonaatay walbahaar waxaa laga yaabaa:

- In ay si xun u dhaqmaan bulshada dhexdeeda
- Dhaqdhaqaaq la'aan in ay muujiyaan
- In ay xumaan ama samaan wax ku dalbadaan



- In ay walaacaan, cabsadaan, ayna bulshada kafogaadaan
- In ay dadka kukalsoonan waayaan saaxiib nah samaysan kari waayaan
- In ay dadka aflagaadeeyaan
- In ay muujiyaan caro xad dhaaf ah
 - In ay muujiyaan xanaaq iyo falcelin daran
 - Xanaaq daran oo joogta ah oo kadheeraada sida caadiga ah
- In ay aaminaan in ay dhibka walbahaarka keeney in ay ayagu "geeysteen"
- In uu kudhaco dib-u-dhac ama itaal-la'aan xagga wax barashada
- In ay muujiyaan dagaal
- In uu kudhaco qarow ama dhib xagga hurdada
 - In diidaan in ay keligood seexdaan
 - In ay hadba kacaan
 - In ay dhib hurdada kuqabaan
- In ay dareemaan madax xanuun ama calool xanuun
- In ay kacabsadaan dadka waaweeyn oo ay kuxasuustaan arintii kukeentey walbahaarka
- In ay kacabsadaan in uu katago waalidka ama daryeel bixiyaha
- In ay ku adkaato in ay xooga saaran hawsha iyo waxbarashada
- Caado xumo xagga hurdada
 - Soo jeed waqti dambe
 - Kicitaan waqti hore oo aan caada ahayan
- Kalsooni xumo
- Kudayasho ama jilid dhacdadii walbahaarka ku keentey
 - In ay jilaan dhacdadii
 - In ay sawiraan dhacdaddi
- In ay muujiyaan dhibsasho, murug iyo walaac
- In ay muujiyaan xirfado liita xagga korinnimada
- In ay samayn waayaan wax ay hore u samayn jireen
- In ay hadba si fudud unaxaan

Fal-Cellinada caadiga ah inta badan caruurta muujiso waxaa kamid ah:

- In uu cunugu kugudhago
 - In uu muujiyo walaaca kalatagga
 - Walaac laxiriira maxaa "dhici kara"
 - In ay ku adkaato in wax xoogga saaraan
 - Dabeecado adag in lagu arko
- Dareen xad dhaaf ah kamuujiyaan taabashada, codka, urka, iwm.
 - In ay kaadidu ama saxaradu ay kafakato ama uu kudhaco dib-u-dhac
 - Siriirta oo ay kukaadshaan
 - Suul nuug
 - Hadal caruureed
 - Rabitaan in laqaado

Gabogabo

Waxaa fal-celinta loo arki karaa in uu cunugu isku dayeyo in sidii uu caadigiisii ugu noqon lahaa inta aysan dhibka walbahaarka keeney uusan kudhicin. Dhibka walbahaarka keeney oo lasoogudboonaaday cunuga maaha wax uusan kasoo kabsan karin ama weligiis caqabad kunoqonaya. Markii ay muddo kasoo wareegto dhibkii kudhacay oo walbahaarka keeney iyo kaalmada ay helaan caruurta inta badan sidoodi hore beey kusoo noqdaan.

Wixii macluumaad dheeraad ah, booqo www.inclusivechildcare.org.

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Qalabkan waxaa si tartiib tartiib ah loogu soo saari karaa ujeedooyin waxbarasho. Macluumaadka ku yaal xaashidan tilmaamaha ah waxaa laga beddelay ilo badan.

Dhaqaale ay bixiso Waaxda Adeegyada Aadanaha ee Minnesota.