

Talo Kooban

Xaasaasiyadda Cuntada



Xaasaasiyad cunto waa jirka oo kukaca cunno uu umalaynayo in ay yihiin kuwo ubaahan in laladiriro oo jirka khatar ku ah.

Difaaca jirka ayaa ladagaalama cuntada uu u'arkayo in ay duulaan kuyihiin jirka, ayagoo dabadeedna sii daynaya kiimiko kiciya xaasaasiyadda ama allerjiga saastii cuntada loolaqo ba. Ubadka dhashay iyo kuwa socodbaradkaa ayey aad usaamaysaa sababta oo ah xaasaasiyadda cuntada waxay bilaabataa inta ay caruurta yaryarka yihiin waxayna yaraataa inta uu kaxoogsanayo dheefshiidka iyo difaaca jirka oo ay ilmuhu korayaan.

Calaamadaha ama astaamaha hadiiba waa la arkaa— daqiiqad ama saacad gudaheed markii lacuna cunto lagu xaasaasayoodo — sida caadaada ah. Waxayna baaba'aan 24 saac gudahood.

Astaamaha Caadiga ah

- Maqaarka: finan, xajjin, kor cuncun
- Dheefshidka: matag, shuban, calool majiir

Cuntooyinka Badanaa Xaasaasiyadda Keena

- Caanaha lo'da
- Ukunta
- Digirta soy
- Qamadiga
- Malayga
- Alaalaxayda badda
- Lowska
- Geedaha lowska

Calaamado la arki karo

- Calooshoo qasanta
- Dibiro
- Calool majiir
- Matag/Shuban
- Xajjin
- Finan
- Kor cuncun
- Hinraagid
- Sankoo dareera
- Cunaha oo barara
- Hawo mareenka: hiinraag, cabbur, san daroor, carrabka iyo dhuuntoo barara

Tallabooyinka Kahortagga

- Fasalka kafogee cunooyinka xaasaasiyadda kiciya (sida miis khaas ah aan lows lagu cuni Karin, waalidiinta oo loodirowaraaq qeexeysa cunooyinka aan la ogolayn in lakeeno xanaanada)
- Hubi dhamaan calaamadaha cunnada in aysan lahayn cunno lagu xaasaasayoodo. Hadii aysan cunnado calaamadda cunnada ayasan lahayn waa in aan cunadaas lacunin
- Hubi in shaqaalaha iyo waalidiinta ay garanayaan cunooyinka xaasaasiyadda kiciya

Faahfaahin siyaadaa oo laxiriira xaasaasiyadda cunnada, booqo www.inclusivechildcare.org.

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