

Waxyaabo Ku Saabsan Shaagga/Garaangarta

Waxaa shaagga ama garaangarta ku yaal waxyaabo yar-yar oo ay carruurta sameyn karaan marka ay gaaraan da'aha qaarkood. Sidoo kale waxaa ku yaal waxyaabaha qaarkooda oo ay qoysaska sameyn karaan si ay ubadka uga caawiyaan korriinka, waxbarashada iyo caafimaad qabka iyo in ay badbaadaan.

Ma jiraan laba carruur oo isku si u wada, kora ama waxbarta ama isku xawli wax ku wada sameeya. Hase ahaatee, waxaa ay u wada koraan qaabab la filan karo. Haddii aad daneynaysid canuggaaga korriinkiisa, horumarka ama waxbarashada, waxaanu kugu dhiirigelinaynaa in aad inala soo xiriirtid.



Nidaam Hawleedka Barnaamijka Dhexgalka Carruurta Da'da Yar ee Minnesota


Su'aalaha iyo macluumaad dheeraad ah waxaad soo wacdaa:

1-800-728-5420 (MN Children With Special Health Needs - Carruurta qabta Baahida Caafimaadka ee Qaaska ah)
<http://www.health.state.mn.us/mcshn>



Da'da	Waxaan awoodaa...	Reerkayga waxaa ay awoodaan...
3 Bilood Jir	<ul style="list-style-type: none"> Dhaqdhaqaaqa oo madaxa lala raaco Fiirinta ama eegidda waxyaabaha xargaha suran Dhaqdhaqaaqinta sida fudud ee gacmaha iyo lugaha Dhawaaqa qulqulka ama hadalka dabacsan Madax kor u qaadidda marka caloosha la ii seexiyo Aamuska marka aan maqlo codka aan aqaano Dhawaaqa dheer oo laga naxo Ka helitaanka hab-siinta, qaqaabsiga iyo dejinta Oohinta marka aan gaajonayo ama aan la degganeyn Dadka aan dib ugu dhooli caddeeyo 	<ul style="list-style-type: none"> In ay i siiyaan waxyaabo xiisad leh oo la daawado In ay i siiyaan alaab weyn, oo jilcan laguna badbaado oo lagu ciyaaro In ay ii heesaan waxna ii akhriyaan Naas ama dhalo wax igu siiyaan marka aan u baahdo In ay i hayaan si ay wax ii siiyaan In ay daadiyaan caanaha naaska/qasan ee soo hara In ay i sasabaan iyagoo igula hadlaya cod gaaban oo dabacsan In ay dhabarka ii seexiyaan
6 Bilood Jir	<ul style="list-style-type: none"> Ka helidda dhawaaq la'aanta/mararka qaarkood hadalka naxariista leh/ mararka kalena ciyaarta Isged-gedinta Isku dayga in wax kasta afka la galiyo Dhawaaqa oo madaxa lala raaco Gaaritaanka iyo qabsashada alaabta Codka dabacsan, hadaaq, oohin cabsi leh, qosol Qaboojin iyo jeceylka in la taabto lana soo dhawaysto 	<ul style="list-style-type: none"> Koob ku siinta cabitaanka intii dhalo lagu siin lahaa Ila daawashada bugaagta midabyada badan Ila hadalka iyo ciyaarta I siinta cunto shiidan ama mid adag islamarka ay iga muuqdaan calaamaadka wax calaajinta ama ruugidda In ay dhabarka ii seexiyaan Wax kasta oo carruurta loo soo xaqiijiyey In ay i seexiyaan 2 illaa 3 goor maalintii
9 Bilood Jir	<ul style="list-style-type: none"> Guurguurasho ama xamaarasho Ku soo jeesadka magacayga Kala garashada cidda i daryeesha iyo dadka kale Dhihitaanka "HOOYO ama AABBE" Ku dayashada dhawaaqa Istaagga, cuskashada Isku dhufashada laba shey Fahanka ereyada caadiga ah sida "maya, nabadgelyo, way dhammaatay, soo bari" Fadhiisashada iyadoo aan la i kaalmayn Rogidda bogagga buugagga 	<ul style="list-style-type: none"> In ay ila ciyaaraan "heesta sacab tunka la socoto", "sheekooyin" "dhuumaaleysi" iyo ciyaaraha kubadda In ay ii heesaan waxna ii akhriyaan In ay i siiyaan cunto jilcan oo yar oo si fiican loo gooyey In ay dhalo la'aan i seexiyaan Ka fogaynta cuntada lagu saxan karo Igala hadalka waxa aan arkayo ama sameynayo In ay i siiyaan meel lagu badbaado ee aan ku dhaqdhaqaaqa

Da'da	Waxaan awoodaa...	Reerkayga waxaa ay awoodaan...
12 Bilood Jir 	<ul style="list-style-type: none"> Gacan haadinta “nabadgeliyo” Muujinta jeceylka Sheegitaanka kalmado yar ee aan ka ahayn “hooyo ama aabbe” Socoshada iyadoo hal gacan la iga hayo Muujinta dareen badan sida farxad, murugo, raaxo darro, iyo xanaaq In aan daneeyo carruurta kale In aan wax ku cuno qaaddada/faraha/koobka Doonitaanka in aan cidida i daryeesha ay joogaan meel aan ka arki karo 	<ul style="list-style-type: none"> Ka beddelidda caanaha budada ah iiguna beddelaan caanaha lo'da In ay koob oo kaliya igu siiyaan cabitaanka In ay igugu daraan cuntada reerka cunayo In ay ii fasaxaan in aan rogo buugagga aan eegayno In ay ila ciyaaraan, in ay wax ii akhriyaan, in ay ii heesaan iyo in ay ila hadlaan. In ay iga caawiyaan barashada waxa ay tahay in aan sameyn iyagoo igu odhanayaa “maya” hadal gaaban oo toos ah. In ay joogaan meel aan uga muuqdo
18 Bilood Jir	<ul style="list-style-type: none"> Isku dayga in aan kabahayga gashto Ogeysiinta waxa aan doonayo Tilmaanta waxyaabaha aan aqaan marka la magacaabo In aan socdo kaalmo la'aan In aan ku hadlo 10 illaa 20 kalmadood In aan muujiyo dareen kala duwan sida farxad, cabsi, naxariis, asturnaan, dambiga, ama xishood In aan kuu keeno waxyaabaha aan ku tusayo In aan dhaqankaada ku daydo In aan daneeyo carruurta kale In aan eego waxa qolka xaggiisa kale laga soo tilmaamo 	<ul style="list-style-type: none"> In ay i siiyaan cunto kala duwan iyo in ay ii fasaxaan in aan anigu xusho tirada iyo nooca cuntada maadaama uu korriinkayga uu haatan yar yahay In ay alaabta lagu ciyaaro la eegaan da'dayda iyagoo iga daynaya waxyaabaha yar-yar In ay iga dayaan in ay cuntada u isticmaalaan abaalmarin ama ciqaab In ay i tusiyaan waxa aan sameyn karo oo aan isticmaali karo, tilmaamo dhan kaliya ah In ay i hayaan islamarkaana ii akhriyaan sheekooyin fudud In ay i baraan heeso fudud In ay iga leexiyaan waxyaabaha ah in aan sameynin
2 Sano Jir 	<ul style="list-style-type: none"> Bootin, Orod iyo in aan jaranjarta fuulo Mararka qaarkood in aan isticmaalo jumlado laba eray ka kooban In aan caadi ahaan sameeyo wax ka duwan waxa la i waydiiyo In aan magacayga isugu yeedho In aan sharciyada barto balse aan karin in aan xusuusto In aan isku dayo waxyaabo cusub iyo in aan soo sahmiyo meelo cusub balse aan doonayo in aan ogaado in aad agagaarka joogtid In aan jeceyl muujiyo anigoo ku dhunkanaya ama hab ku siinaya In aan iska yeel yeelo ciyaartayda 	<ul style="list-style-type: none"> In ay i baraan eray cusub In ay la socdaan qaadashadayda caanaha/cabitaanka waxay hoos uu dhigi kartaa cunitaanka cuntada adag Igu dhiirigelinta biyaha In ay xusuustaan cabbirka qaadkayga in la kordhiyo 1 qaaddo sanad kasta In ay ii sheegaan ama akhriyaan sheekooyin gaaban In ay igala hadlaan waxyaabaha aan sameynayo oo aan arkayo In ay is dejiyaan kaddib marka aan caroodo, waxaan doonayaa in aad ogaatid in aan ku jeclahay In ay ku adkeystaan waxa aan sameyn karo iyo waxa aan sameyn karin In ay i siiyaan xulashooyin badan
3 Sano Jir	<ul style="list-style-type: none"> In aan barto isticmaalka musqusha, oo aan habeenkii aan waxba isku kaadin In aan hadlo caadi ahaan la i fahmo In aan isticmaalo jumlad ka kooban seddex eray In aan isticmaalo baaskiilka seddex lugoodlaha In aan kubbad laado In aan sawiro xariiq toosan In aan magacaabo 6 xubnaha jidhka In aan la ciyaaro carruurta kale In aan mararka qaarkood aan dareen la muujiyo erayada In aan ka fikiro dareenka dadka kale In aan adeegsado khayaal si aan sheekooyin iyo ciyaar u alifo 	<ul style="list-style-type: none"> In ay la xiriiraan maamulka dugsiyada degmada si ay ballan iigu qabtaan Baaritaanka Xulashada Carruurta Yar In ay i geeyaan maktabadda dadweynaha iyagoo iga saacidaya in aan kaar ii gaar ah ka helo maktabadda. In ay ii fasaxaan in aan ka saacido hawlaha fudud ee aqalka In ay ballan iigu qabtaan boqashada dhakhtarka ilkaha iyo in ay wax ka weydiiyaan isticmaalka caagga daboolka ilkaha dambe, suul nuugidda ama isticmaalka nuujiyaha carruurta In ay iga caawiyaan xareynta alaabta aan ku ciyaaro In ay baraan sida loo yiraahdo fadlan,

Da'da	Waxaan awoodaa...	Reerkayga waxaa ay awoodaan...
	<ul style="list-style-type: none"> In aan dareenkayga si dhaqsiyo ah u bedbeddelo inta aan ka baranayo xakameynta dareenkayga In aan haatan feejignaan dheer ah muujiyo 	<p>mahadsanid iyo waan ka xumahay</p>
4 Sano Jir	<ul style="list-style-type: none"> In aan su'aalo waydiiyo In aan ciyaaro is aaminsiiinta In aan isu labbiso, aan ka ahayn xirashada suumanka In aan isku aaddiyo 7-12 shey lagu ciyaaro In aan fuulo oo aan ka soo taraaraxo jaranjarada lagu ciyaaro In aan isku aaddiyo ama magacaabo midabyada qaarkooda In aan ka helo ku celceliska qisooyinka aan jeclahay In aan lahaado hawlo iyo dad aan la ciyaaro oo aan ka helo In aan fahmo sharciyada aqalka ee fudud In aan la qaybsado alaabta lagu ciyaaro balse aan ku adkeysto kuwa aan ka helo In aan isku dayo xakameynta wareerka In aan billaabo fahanka qatarta 	<ul style="list-style-type: none"> In ay wax ila akhriyaan maalin kasta In ay ii fasaxaan in aan maalin kasta sameeyo xulushooyin qiimo leh In ay iga dhawraan cuntada aan ka helin In ay iga ilaaliyaan cuntada ay ku badan tahay sokorta ama subagga sida, nacraca, cabitaanka fudud ama baradhada shiilan ee la qalajiyey In ay i siiyaan laabiska wax lagu sawiro, qalinka wax lagu calaameeyo si aan sawir gacmeeda ugu barto In ay feejignaan ii lahaadaan marka aan hadlayo In ay i siiyaan fursado aan kula ciyaaro carruurta kale
5 Sano Jir	 <ul style="list-style-type: none"> In aan ciyaaro ciyaaraha abaabulan In aan raaco tilmaamaha 3-da tallaabo In aan wax ku gooyo maqaska In aan sawiro qaababka In aan sawiro qof leh 6-8 xubnood ee jidhka In aan qabto kubbad la ii soo tuuray In aan tiriyo illaa 10 In aan saadaalin karo waxa dhici doona buugta aad ii akhrinaysid In aan la hadlo waayeelka iyo carruurta aan aqaan 	<ul style="list-style-type: none"> In ay gartaan in cuniddayda ay kala duwanaayan maalin walba In ay i siiyaan cuntada ka tirsan kooxaha cuntada muhiimka ah In ay wax ii Akhriyaan, Akhriyaan, Akhriyaan In ay ii kala soocaan oo ay ii tiriyaan dhammaan waxyaabaha aqalka yaala In ay iga caawiyaan qorshaha hawlaha iyo dhacdooyinka In ay arkaan marka aan wanaag sameynayo iyagoo igu dhiirgelinaya waxyaabaha aan sameynayo oo idil In ay ii tilmaamaan calaamadaha iyo ereyada ah in aan barto In ay i tusiyaan dareen kala duwan

Maxaad ka sameyn kartaa si aad u badbaadisid caafimaadka ubadkaaga?

- Waxaad codsataa in la baaro maqalka ubadkaaga marka uu dhasho
- Waxaad nadiifisaa ciridka/ilkaha ubadkaaga maalin kasta (Maro qooyan u isticmaal dhallaanka)
- Waxaad isticmaashaa kareemka iftiinka qorraxda ka badbaadiya
- Waxaad siisaa cunto caafimaad leh
- Waxaad ballan ugu tagtaa dhakhtarka ubadkaaga
- Tallaalka ubadkaaga ha ahaado mid lala socdo
- Marka uu ubadkaaga jirsado 3 ½ maamulka dugsiga degmada ha sameeyaan baaritaanka xulashada



Sidee ayaan ubadkayga u badbaadin karaa?

- Marna ha rux-ruxin ubadkaaga
- Aqalkaaga ha ahaado meel carruurta loo xaqiijiyey
- La soco carruurta agagaarka biyaha iyo marka ay ku jiraan
- Alaabta lagu ciyaaro ha la socdaan da'da carruurta
- Waxaad bartaa badbaadada dariiqa/beerta
- Waxaad bartaa sida loola dhaqmo dadka aan la aqoon
- Waxaad bartaa isticmaalka koofiyadda baaskiilka/baaskiilka seddex lugoodlaha
- Diyaar ha kuu ahaado nidaam dabka looga baxsado waxaadna eegta qalabka qaaca ka diga
- Marwalba kormeer goobaha lagu ciyaaro, suuqyada, iwm.
- Waxaad gaariga halkiisa dambe ku isticmaashaa kursiga carruurta ee la oggol yahay
- Waxaad ka fogeysaa taraqyada, laytarada, baastooladda iyo sunta



Waa maxay calaamadaha aan eegayo ee u baahan qiimeyn dhaqsa ah?

- Ma aha in uu lahaado hadaaq, ama tilmaanta ama calaamadaha jidhka marka uu jirsado 12 bilood
- Ma aha in kalmado mid ah uu ku hadlo marka uu jirsado 16 bilood
- Ma aha in uu ku hadlo 2 kalmad oo iska dheh ah marka uu jirsado 24 bilood
- MARNA ma aha in uu da' kasta ku khasaaro MIDNA xirfadaha luqadda ama bulshada

Loogu talagalay nuqullada shaagga/garaangarta

Minnesota Department of Health (Waaxda Caafimaadka Minnesota), MN Children with Special Health Needs (Carruurta qabta Baahida Caafimaadka ee Qaaska ah)
PO Box 64882, St. Paul, MN 55164

Shaagga waxaa soo saaray Early Childhood Intervention Program (Barnaamijka Dhexgalka Carruurta Da'da Yar) kaasoo tallaabo iskaashi la leh Minnesota Departments of Education, Health and Human Services (Waaxyada Minnesota ee Waxbarashada, Caafimaadka iyo Adeegga Dadweynaha) iyo qaybaha deegaanka ee IEIC.

2007

