

Wax Akhrinta Ilmahaaga

Daaweynta Akhrinta ilmahaaga way awoodaa in ay afkooda kordhiso! Ku bilow sida ugu dhakhsaha badan ee aad kari karto – xitaa carruurta waxay ku raaxaystaan buugaagta!

Waa maxay Akhriska Wadahadalku?

- Ilmuhu wuxuu ka caawiyaa sheegidda sheekada.
- Qofka weyn wuu dhagaystaa, weydiyaa, wuuna taageeraa ilmaha.
- Ilmuhu wuxuu si firfircoon ugu lug leeyahay sheekada.
- Sawirada waa la sharaxay, eraybixinta waa la qeexay lana balaariyay.
- Dariiq looga dhigo akhriska wada hadal xiiso leh oo dhex mara dadka waaweyn iyo ilmaha.



Tilmaamaha Guusha

- U adeegso calaamado ama qoraallo dheg dheg ah bog kasta si aad uga tagto xusuusinta naftaada wixii ku saabsan inaad ka faalloto ama aad weydiiso.
- Akhriso buug kasta in ka badan hal jeer iskuna day inaad ilmahaaga u sheegtid wax badan oo sheekada ah markasta ama tilmaam waxyaabo cusub.
- Iska dhaaf ereyada ku jira buugga oo ka samee sheeko adiga kuu gaar ah oo ku saleysan sawirrada.
- Faallo ka bixi (waxaan arkaa eey) halkii aad had iyo jeer su'aalo ka weydiin lahayd (waa maxay taasi?)
- Erayada ficilka tusaalaha ah (wuu ordayaa, iyadu way jiidanaysaa) iyo sharraxayaal (taasi waa weyn tahay! Ey dhakhsa badan!)
- Adeegso cod xamaasad leh iyo jimicsi xamaasad leh – ka dhig waqtigan mid adiga iyo ilmahaagaba xiiso u leh! Isticmaal codad kala duwan, oo noqo mid firfircoon.

HEERKA 1

Carruurta aan hadlin weli ama isticmaalaya kelmadaha keliya.

Tusaalooyinka kicinta:

■ *Waan arkaa... eyga*

■ *Eeg... waxaa jira*

■ *Farxad, waan jeclahay*

Qof weyn/Qaangaarka: *Eey waan arkaa!*

Canug: *(wax jawaab ah malahan)*

Qof weyn/Qaangaarka: *(wuxuu qaataa gacanta ilmaha oo wuxuu ku tilmaamaa eeyga) Waan helnay! Eyga waad salaaman tahay!*

Canug: *(dhoolacadeyn, hirar ilaa eyga, ama jawaab la'aan)*

Qof weyn/Qaangaarka: *nabadgalyo eey! (wuxuu aadayaa bogga xiga)*

Qof weyn/Qaangaarka: *Eeg, waxaa jira...*

Canug: *Eey!*

Qof weyn/Qaangaarka: *Waad saxantahay! Waa eey weyn!*

Canug: *Eey!*

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HEERKA 2

Carruurta isticmaala 2+ weedho ama weedho. Xusuusnow, ha weydiin oo keliya su'aalaha – samee faallooyin uu cunuggu ka jawaabi karo sidoo kale.

Tusaalooyinka kicinta:

- Waxaan la yaabanahay meesha uu ku socdo!
- Hmm... Waxaan la yaabanahay meesha eygu joogo ...
- Immisa kalluun ah ayaad aragtaa?
- Kumaa ugu weyn?
- Shimbirka ma arko...
- Muxuu hayaa?
- Ma leedahay eey?
- Oo, fiiri yaa ordaya!

Qof weyn/Qaangaarka: Hmm...

Waxaan la yaabanahay meesha ay shimbirtu ku jirto ...

Cunug: Halkaas! Geed!

Qof weyn/Qaangaarka: Haa, geedka dushiisa!

Cunug: Geedka korkiisa!

Qof weyn/Qaangaarka: Eeg, waxa ku dhacaya sawirkan?

Cunug: Sariirta Gorilla.

Qof weyn/Qaangaarka: Waa sax, goriilla sariirta ayey ku jirtaa. Yaa kale oo sariirta ku jiifa?

Cunug: Nin!

Qof weyn/Qaangaarka: Haa, waxaa loogu yeeraa xannaaneeye!

Si aad wax badan uga barato

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Haddii adiga ama dhakhtarkaagu u malaynaysaan inuu ilmahaagu yeelan karo hadal ama dib u dhac xagga luqadda ah, waxaa muhiim ah in la helo qiimeyn hore dhaqtarka luqadda hadalka ku takhasusay. Weydiiso bixiyahaaga daryeelka aasaasiga ah gudbin. Adeegga hadalka iyo luqadda waxaa laga heli karaa Xarunta Caafimaadka Carruurta ee 'Valley Medical Center Children's Therapy' oo uu dhakhtarkaagu kuu diro.

Waad ku mahadsam tihiin jaamacada Washington barnaamijka "DUBS Reads" ee noo ogolaaday inaan isticmaalno agabkooda. Waxay leeyihiin sumado horudhac ah oo leh su'aalo ku habboon iyo faallooyin loo heli karo 9 buugaag kale oo caan ah oo khadka tooska ah laga helo. Si fudud u raadi "DUBS Reads" ama raac xiriirka ku yaal dhabarka buug-yarahan.

Akhriska wadaagga waxa uu kordhayaa:

- ereyo micneysan
- naxwaha/ereyeda macnaha
- malayn
- fiirinta gaar ah
- jaceylka waxbarashada

Waxa laga Fogaado

- Ha dalban jawaab-halkii laga qaban lahaa "waa maxay waxani?", Isku day "Waxaan arkaa ____"
- Uma baahnid jawaab-halkii, ka dib 5-10 ilbidhiqsi ka dib jawaabta sii iyaga si ay u helaan tusaale waxa aad doonaysay ka dibna ay u sii socdaan
- Ha u baahnin inaad wax aqriso waqti go'an ama aad wada dhammeysid buuga oo dhan hal mar- haddii cunugaada uusan diiradda saari karin intaas dheer, fiiri sawirada iyo buugaagta waqti gaaban maalintii oo dhan. Ka bilow hal faallo oo ku saabsan hal bog.
- Akhrisku markasta maahan inuu isku meel ahaado. Waqtiga qubeyska, waqtiga cuntada, ama wakhtiga jifka waxay noqon karaan fursado aad u fiican oo lagu helo xitaa 1-2 daqiiqo oo akhris ah.

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425.690.3513

valleymed.org/childrenstherapy

3600 Lind Avenue, SW
Renton, WA 98057