

CAAFIMAADKA MASKAXDA

Tallooyinka ee qoysaska ka timid National Center ee Early Childhood Health iyo Wellness



NATIONAL CENTER ON
Early Childhood Health and Wellness

Waa maxay caafimaadka maskaxda ?

Caafimaadka maskaxda waxay ka macna tahay in ilmaha yaryar ay u koraan awoodooda si ay:

- u fahmaan ayna la wadaagaan dareemadooda
- yeeshaan xiriir fiican iyo mid xunba
- sahmiyaan ayna bartaan

Maxay muhiim u tahay?

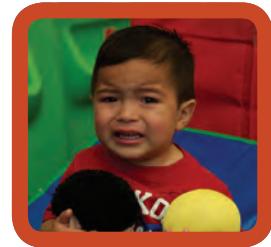
In la yeesho caafimaadka maskaxda ee fiican waxay fududaysaa ilmaha in:

- Yeeshaan xariir dhaw qoyska iyo saaxiibada
- Ay ka sameeyaan wax fiican dugsiga
- Ay bartaan waxyalo cusub
- Solve tough problems
- Ay xaliyaan dhibaatooyinka adag
- Ay la imaadaan dulqaad (ama aysan quusan)

- Ay diirada saaraad halsha
- Ay waydiistaan garab

Marka ilmaha yaryar ay walwalaan, cmurugoodaan ama ay xanaaqaan, waxaa ku adkaan karta in:

- Ay Saaxiibo samaystaan
- ay raacaan jihooinka
- Ay qeexaan dareemada iyo rajoooyinka
- Ay raacaan jihayn fudud
- Ay digtooni siyyaan fasalka
- Ay xaliyaan dhibaatooyinka qaab fiican
- Ay wanaag sameeyaan dugsiga dhexdiisa



Waxyaalaha aad samayn karto iyo aad ku dhihi karto ilmahaaga

• Ilmahaaga

- Hay ilmahaaga inta lagu guda jiro quudinta.
“waan ku jeelhay ilmahaygow marka aan ku quudinayo”
- Fiir ilmahaaga oona dhoola caday, dhoola caday, dhoola caday! “hooy, marka aan dhoola cadeeyo, adigana dhoola iga daba dhoola caday”
- Ka hadal waxa aad samaynayo.
“waxaan kaa badalayaa xafaayada”
- Isku in aad nasato aadna yeelato madadaalo
“marka aan faraxsanahay, waad yartahay”
- Read una hees ilmahaaga maalin waliba.
“waa xilgii hurdada, xiliga sheekada iyo sheekooyinka wacan”
- Ka taxadar nafsadaada.
“marka aan nasto, waxaan kaaga taxadaraa si fiican”

• Dooqaq sii.

“ ma waxaad doonaysaa shaatiga buluuga ah mise kan casaanka ah?”

• Dulqaadka ku tababaro.

“aynu sugno ilaa heestu ay ka dhamaato kadibna banaanka ayaanu aadaynaa.”

• Muuji wax garadnimo.

“DHAB ahaantii waxaad doonaysaa cunta kale! Way adagtahay mark aad cunaysid mid qura.”

• Ka tag waqtiga dheeriga ah.

“waan arkaa ma rabtid in aad ka soo tagtid garoonka ciyaarta. Hal mar oo kale sibiibixashada, kadibna waa in aan baxnaa.”

• Wada Cayaara ugu yaraan 15 daqiqo maalin walb.

“ wax badan oo la qabto ma lahan laakiin waa muhiim in aan wada ciyaarno.”

• Raacraac waxa ay xiisaynayo.

“waan arkaa waxaad rabtaa in ku cuyaarto bulukeetig. Maxaad dhisi rabtaa?”

• Amaan ilmahaaga marka ay isku dayaan.

“waan jeelhay qaabka aad iskugu dayaysid in aad hesho qaybta saxda ah ee xujada.”

• Ku tababaro In aad raacraacdjo jihooinkooda.

“ ugu horayntii kor u qaad bulukeetiga, kadub qaad gaariga.”



NATIONAL CENTER ON
Early Childhood Health and Wellness