

Adeegyada barbaarinta hore ee Washington waxa isku xidha dadaalka ay taageerto Department of Children, Youth & Families (Waxda Caruurta, Dhalinyarada & Qoysaska), Xafiiska Kormeeraha-Guud ee Waxbarashada Dadweynaha, ee Department of Social and Health Services (Waxda Adeegyada Bulshada iyo Caafimaadka), Department of Health and the Department of Services (Waxda Caafimaadka iyo Waxda Adeegyada) naafada Indhaha.

### La-xidhiidh:

**The Washington State Department of Children, Youth & Families Early Support for Infants and Toddlers Program (Barnaamijka Caawimada Hore ee Caruurta-yaryar iyo Socod-baradka ee Waaxda Caruurta, Dhalinyarada & Qoysaska ee Gobolka Washington)**

PO Box 40970  
Olympia, Washington  
98504-0970

[esit@dcyf.wa.gov](mailto:esit@dcyf.wa.gov)

[www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit)

**Help Me Grow Washington**  
Teleefanka: 1-800-322-2588  
[www.parenthelp123.org](http://www.parenthelp123.org)

DCYF ma takoorto waxayna usiisaa helitaan siman barnaamijyadeeda iyo adeegyadeeda dhamaan dadka iyadoon loo tixgalin isirka, midabka, jinsiga, diinta, caqiidada, xaalada guur, dhalashada, rabitaanka galmo, da'da, xaalad ciidan ama jiritaanka naafo jidheed, dareen ama maskaxeed.

Haddii aad rabto nuqullo dukumeenti ah oo qaab kale ah ama luuqad kale ah, fadlan kala xidhiidh DCYF Constituent Relations (Xidhiidhada Qaybaha) 1-800-723-4831 ama iimaylka [communications@dcyf.wa.gov](mailto:communications@dcyf.wa.gov).

DCYF PUBLICATION FS\_0032 | DEL 11-003 SM (07-2023) Somali

## Fadlan Weydii. Ciyaalku Ma Sugi Karaan.

*Macluumaadka la helaayo waa sida caruurta dhalashada ilaa saddex sano u koraan una barbaaraan, iyo waxa la sameeyo haddii aad dhib qabtid.*



 Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

## Waalid Ahaan Waxaad Tahay Qofka ugu Muhiimsan ee Nolasha Canugaaga.

Caruurta waxay u koraan iskuna badelaan degdeg inta lagu jiro saddexdooda sane ee u horeeya. Ka fikir canugaaga iyo siduu u koraayo. Si ficcan ayaad u taqaanaa canugaaga. Waxaad ogaataa waxyaabaha tusaale sida iyo markuu canugaagu dhoola cadeeyo, fadhiisto, socdo, u hadlo ama u qabsado koob. Waxaad arkaysaa waa sida canugaagu u koraayo marxaladaha kala duwan ee korniinka. Marka canugu leeyahay dib u dhac korniin, adeegyo ayaa ugu diyaara dhammaan gobolka. **Barnaamijka The Washington State Early Support for Infants and Toddlers (Caawimada Hore ee Caruurta-yaryar iyo Socod-baradka ee Gobolka Washington)** wuxuu isku xidhayaa dadaalka gobolka oo dhan si looga caawiyo qoysasku inay helaan adeegyada ay u baahan yihiin.

## Ka Waran Haddii aan Su'aalo ka Qabo Korninka Cunugayga?

Wac **Help Me Grow Washington (Iga Caawinta Korinta Washington)** ee **1-800-322-2588** magaca Family Resources Coordinator (Iskuduwaha Khayraadka Qoyska, FRC) deegaankaaga. Waxa jira FRC-yo degmo ama deegaankasta. Waxay kaa caawin doonaan inaad heshid adeegyada barbaarinta hore ee canugaagu u baahan karo. Waxaad sidoo kale wici kartaa waxda caafimaadka deegaankaaga ama dugsiga degmada.

Kala hadal daryeel bixiyahaaga caafimaad wixii dhibaatooyinkaaga ah. Wuxuu ku siin karaa baadhitaan ama soo jeedin karaa meelo kale. Haddii aanad haysan caymiska caafimaadka oo aad rabtid macluumaad badan ama caawimo, ka wac **Help Me Grow Washington (Iga Caawi Korinta Washington)** ee lambarka sare ku xusan. Waxaad sidoo kale ka heli kartaa macluumaad badan wabsaaydka Caawimada Hore Caruurta-yaryar iyo Socod-baradka: [www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit).



**Ka hubi korniinka  
iyo barbaarista  
canugaaga gudaha.**





## Araga

Miyuu canugaagu...

- Sameeyaa xarakaadka indhaha (fiiriyaa indhahaaga)
- La raacaa shay dhaqaaqaya indhihiisa
- Socdaa ama guurguurtaa isagoon badanka ku boodayn ashyaada
- Ku fiiriyaa dadka iyo ashyaada labada indhoodba
- Qabtaa ashyaada u dhow (ka dib da'da 6 bilood)
- U socdaa ama u guurguurtaa si degan meelaha madow ama qariibka ah (rooga, marmarka)
- Fiiriyaa dadka iyo waxyaabaha isagoon isdhaafineyn indhaha ama isku haya (ka dib 9 bilood)
- Leeyahay indho waadixa, oo aan caseyn ama biyo lahayn

## Maqalka

Miyuu canugaagu...

- Ka warqabaa codadka guriga (teleefanka, garaaca albaabka, telefshanka)
- Isticmaalaa cod aan aad u weynayn ama aad u dabacsan
- Ku ciyaaraa baanbolo sameysa cod (shabaxshabax, dhow)
- Ku daydaa codadka (kadib 1 sano)
- Isticmaalaa kalmadaha ku dhamaanaya ("s" ama "ing") ka dib da'da labo
- Raacaa tilmaamaha hadalka
- Ilaaliyaa cod dhexdhexaada telefshanka ama raadhiyowga
- Dhageystaa sheekooyinka, diwaanada, ama telefshanka isagoonay ku adkayn
- U hadlaa si dadka badankiisu fahmi karaan (haddii uu ka weyn yahay 2-1/2 sano)
- Kuu imaadaa markaad uga yeedhid qol kale (kadib 2 sano)

## Dhalashada ilaa Saddex-jir – Korniiinka iyo Horumarka



### Dhalashada -3 Bilood

Miyuu canugaagu...

- Kor u qaadaa madaxiisa iyo laabtiisa markuu caloosha u jiifo
- U dhaqdhaqaaqiyaan gacmihiisa iyo lughiisa si fudud
- Raacaa dhaqdhaqaaqyada isagoo u rogrogaya madaxiisa dhinac-dhinac
- Si fudud u qaadaa caagad ama naaska una nuugaa si fiican
- Uga yaabaa ama uga ooyaa codadka dhaadheer ee kadiska ah
- Kusoo eegaa, daawadaa wajigaaga
- Sameeyaa codadka gunuunuca ama layaabka
- Dhoola cadeeyaa isagoo ka jawaabay dhoola cadeyntaada ama hadalkaaga
- Degnaadaa markuu faraxsan yahay



### 3 - 6 Bilood

Miyuu canugaagu...

- Ku ciyaaraa cagaha markuu dhabarka u jiifo
- U qaadaa kor madaxiisa iyo laabtiisa isagoo gacmihiisa cuskanaya markuu beerka u jiifo
- Kor u qabtaa madaxiisa oo isdejiyaa isagoo la caain
- Iskasoo rogrogaa beerka ilaa dhabarka iyo dhabarka ilaa beerka
- Ku ciyaaraa gacmihiisa isagoo isku taabanaya iyaga
- Gaadhaa baanbolada
- Soo qaadaa baanbolo uu gaadhayo
- Ujeedsadaa dhanka dhawaga
- Sameeyaa codad badan oo kala duwan
- Kor u qoslaa
- Iskudayaa inuu muujiyo diidmo iyo doorbidis



### 6 - 12 Bilood

Miyuu canugaagu...

- Isasoo ururiyaa si uu u istaago marka la caawiyo
- Fadhiistaa iyadoon la caawin markuu ku ciyaarayo baanbolo
- Ka wareejiyaa ashyaada hal gacan una wareejiyaa midkale
- Iskisii u cunaa cuntada
- Iskudayaa inuu ku gacan haadiyo baay-baay
- Kugu dareensiiyaa baahiyihiisa shucuur iyo codad
- Kudaydaa codadka hadalka ("ba-ba", "ga-ga")
- Qaataa markiisa markuu la ciyaarayo dadka waaweyn (ficilada, codadka, ama xarakada wajiga)
- Ku dareensiiyaa inuu fahmay su'aal fudud ("Ma rabtaa inkale?")
- Ka yaqaan waalidka dadka kale



### 12 - 18 Bilood

Miyuu canugaagu...

- Kaligii socdaa
- Soo qaadaa ashyaada yaryar (xajmiga yar)
- Ku ridaa ashyaada kana soo saara baaldiyada
- Dul dhigaa shay mid kale
- Iskii u isticmaalaa malqaacada
- Yidhaahdaa labo ama saddex kalmadood oo kala duwan marka laga yimaado "Mama" ama "Aabo"
- Weydiiyaa waxyaabo isagoo isticmaalaya kalmado
- Qabtaa oo ka cabaa koob isagoo yara daadinaya
- Tilmaamaa dhowr shay ama sawir marka la magacaabo



### 18 Bilood - 2 Sano

Miyuu canugaagu...

- Fuulaa oo ka degaa kaabadaha isagoo qabsanaya
- Wax-sawiraa
- Dhaqaaqiya jidhkiisa wakhtiga muusiga
- Isku keenaa kalmadaha ("sharaab badan")
- Bilaabaa inuu weydiiyo su'aalaha, ("sharaab?", "baay-baay?")
- Iskii u cunaa saanweyn, isagoo goosanaya
- Iska saaraa sharabaadada iyo kabaha
- La fiiriyaa sawirada buugta sheekada dadka waaweyn
- Sameeyaa doorashooyin fudud marka baanbolada (alaabaha ama gawaadhida)
- Ku daydaa ciyaarta canug kale (ciid tuurid, kubad tuurid)



### 2 - 3 Sano

Miyuu canugaagu...

- Si fiican u socdaa, ordaa, istaagaa, talaabsadaa una fadhiistaa
- Raseeyaa 3 shay ama ka badan
- Isticmaalaa malqaacad iyo koob dhammaantood iskii
- Raacaa tilmaamaha labo talaabo ("Soo qaad buuga oo dul dhig miiska")
- Magacaabaa shan ilaa lix qeybood oo jidhkiisa ah
- Ka qeybqaataa wadasheekaysiga fudud
- Ka jawaabaa su'aal fudud "maxay" iyo "maxaan sameeyaa" su'aalaha ah ("Maxaad u rabtaa qado?")
- Tilmaamaa ama magacaabaa ashyaada marka loo sheego isticmaalkooda ("Maxaad wax ku cabtaa?")
- Ka caawi shaqooyinka fudud soo qaadista baanbolada)
- Isticmaalaa 2-3 kalmadood jumlad ah si joogto ah



**"Canugaygu wuu horumarinayaa dhammaan waanan awoodaa inaan waxbaro."**

**Haddii aad dhibaatooyinka ka qabtid korniinka cunugaaga, wac Help Me Grow Washington (Iga Caawi Korinta Washington) ee 1-800-322-2588.**