



# Kartida Imahaga Xididh ku dis





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# Qoral hadal ah oo wax lagu macneenayo

Noloshu ilmaha xididhka walidka aya disa salka bar barintisa. Laga bilaba malinta uu dhasha ba.

Ilamhas bar barintisa waxay markas ku xidhan tahay hididhka uu la yelano qofka haya oo uga yaran ah hal qof. Marka halkan ayan kugu macneena wax yalaha muhimka ah koritanka ilmaha disida kartidisa xagga cafimadkiisa iyo wixi ku sabsan so korintisa.

Waxan tala si neena qofka ilmo haya oo dad oo dhan uu xiga wa kuwa dhashay iyo kuwa yar yar dadka haya kuwa an donee nayno in an la talino.

Waxan talada ku fasireena sideed qeebod oo qoralkan uu qaybsan yahay.

Waxan ku tilmameena waxa uu ilmahu uu bahan yahay si uu noqdo ilmo karti lee oo xogan.

Wa sida uu ilmaha nolashisa uu uga bixi karo wax yalaha uu la kulmi dono noloshisa si uu diyar uu noqdo sanada xiga uu sani uu koro.

„Waxan donoya inan karti yeesho sida

...xididh iyo in kal gaceel lay siyo."

...duksoon iyo isku haleen."

...daryeel iyo wadahadal laylo yeesho."

...xididh adag oo xarigusu go? een."

...in lay aqonsado shaqsi yadayda."

...in la aamino aqontayda iyo waxa  
aan garanyo."

...in an ku noolado meel an hor uu mar  
gadhi karo guri cawimo talo."

...Jahada saxa ah lay filmamo."

daradeed waxan uu baha nahay...



# „Waxan donaya inan karti yeesho sida daradeed waxan uu baha nahay... ...xididh iyo kal gaceel lay siyo.“

**Dunidan imi. Wa neefsanaya. Hadda waxan ahay kuyu riyos waxan donaya in an xididh la yeesho dunida. Sida baan ku helaya infarmeeshan koritan kayga muhim uu ah.**

- Codka waliidkay waan jecla xatta markan ku jiray urka hoyaday, xatta waxan jeecle marka colasha hoyaday la salaxo.
- Dareenka marka maqarkayga iyo ka walidkay istabtan wan jeecelahay; ha wa wax an uu bahana hay.
- Hatta ano hadlin ayan mujuya xalkayga sidu yahay, oo waxan jeecelahay in lay fahmo.
- Dibeeda markan marayo waxan jeecelahay in aan indaha isku heeno hoyaday ama abahay.
- Waxan jeecelahay hoyo ama abo in ay iso jeestan ana inti tagtay ah aan uu jawabo

- Ilmahu isago ku jira urka hoyadii ayu maqla dibeda waxa ka jira. Marku maqlo codka walidkiis wuxu biliba inu xididh la yeesho walidka.
- Ilmahu marku dhasho wa muhim in markibi ay hoyadu lo saro calosha si ilmahu uu qadin dareen in laga tagay. Kontaktigas oo ah maqar hoyada iyo ilmaha wuxu muhim uu yahay dismaha dareen qalbiga ee nunuga ee ka daxeeya hoyada iyo ilamaha. Ilamaha maqarka hoyada in uu dareemo bila hore ee koritankiisa wa uu muhim.
- Nunugu dadkiisa iyo dunida ag jogta wuxu ugu mujiya dareenka haya ohin, hadal hadal nunu, wejigana wu ka muqda jawigiisa iyo daq daqa uu sameenayo isna mujina in un mafsud yahay iyo in kale. Nunugu marku oyo isla markiba hoyada ama abaha uu so jeesanaya waxay tusayan in aynan idlo kaga tageen, bacdeen marka dambe wuxu yeelen dareen isku haleen oo sinkarte in uu sammar yeesho malin kale matalen.
- Marka dibeeda lo saro nunuga wuxu marwalba jeecel yahay haddi babur nunu lagu wado ama marka lagu sito in uu wejiga walidkiis arko si uu markas uu ogado in uu la socdo qofki uuaminsana. Marka la xambarayo nunugu waxa ugu fican in sinta la saro halka isaga doran kara in uu eego qofkiisa ama waxa arlada ka socda. Nunugu haduna arkeen qofkiisa marka arlada la marayo waxa geli kara dareen shaki ah marku arko wejiyo badan usan garaneen iyo dul ku cusub.

- Xididhki iyo kontagtigi ay la lahayeen walidku ilmaha intu urku ku jiray wa in la wada marka ilmahu uu ifka yimado, sida la hadal nunuga sida heeso lo qado, lo sheekoyo iyo qosol la tuso. Tasu waxay sinaysa nunuga fursad uu ku jawabo isago isticmalaya wejigisa iyo isago daq daqaq Sameenaya si ad uu wada hadli kartan.
- Nunugu haddu wejiga la jeesto wuxu markas mujinaya in uu bahan yahay nasasho: Wa inu nunugu marka hore uu niyadusu fahanta wada hadalki ama ciyartii lala yeeshay oo ay cabar wixi ku degan. Marka walidka weediyan nunugoda, iska warran nunugu wuxu tusi walidkiis weji faraxsan iyo Hadalo nunu oo farxad ah. Wu fahmaya in la dar yeelayo.



# „Waxan donoya inan karti yeesho sida daradeed waxan uu baha nahay... ...duksoon iyo isku haleen.“

Si koritan kaygu si uu rasmi uu noqdo, nunu ahan iyo ilmo yarba markan noqdo waxan uu baha nahay duksoon iyo isku haleen bila xad in lay siyo.

- Waxan donoya in an duksoon dareemo iyo in an dareemo aman.
- Anigu waxba isuma qaban kari. Sida daradeed waxan uu baha nahay daryeel iyo isku haleen markan uu bahdo ama uu qeliyo.
- Waxan uu baha nahay qof niyadayda lee oo si raxmad lee ila daqma.
- Dareenada aan leyahay oo dhan ban wax ku fahma. Wixi marka dareen an waqtigas nunu nimada la kulmo nolosha inta ka hadhay way ii racan.
- Mar mar ba jirta aan ba amuseen ohin ama qeylo. Wa markas markan si daran uu baha nahay duksoon iyo daryeel iyo gacalnimo iyo isku haleen.

- Donista ama radinta dareenka amanimada, isku haleenta iyo duksoonka wa wax shaqsi kasta uu bahan yahay. Nunugu wuxu farxad iyo kalsoni ka dareema marka gacmo hoyo hayan ama qof qofkiisa ah. Nunuga sida qolsoni uu lee dunada baladhan ee qalad ee ku cusub wa ka la qabsan kara.
- Nunuyadu marka hore waxay bartan dareena doda in ay kala socan, arintana keli good mid ay ka dabalana karan ma aha madama ay iyagu is cawin kareen. Nunuga ohin badan ama yus badan ama qeelo badan wa ka ad uu bahan qof uu ku kalson yahay Oo siya aman isku haleen kalsoni iyo kalgaceel. Nunuga ohintisa, yuska, ama qeelada in lagaga jeesto ma aha ilmaha bar barintiisa aya xumanaysa.
- Biliha ugu horeeya nolasha nunuga aya waxa dhisma dareenka niyada ee ku sabsan wada xididhka dareenada qalbiga. Ta waxa ku disanta qofka lagu tilmamo „3v“ ee nunuga qofka uu bartay ah cadiyan wa hoyada ama abaha. Qofka ah „3v“ wa qof ilmaha uu jooga wa qof nunugu yaqano oo isku haleen lee. Wa qof ilmaha uu firsanaya oo eegaya wuxu rabo ilmaha isku dayeeya in uu fahmo ona uu jawabaya.
- Ka hor waqtiga uu baranayo nunugu hadalka ayu nunugu ku fahma shantisa dareen daqanka qofka haya iyo dabee cadisa iyo waxa uu qabto wa fahmaya nunugu macnahi qofka uu ron. Dareenada uu nunugu marka dareemayo waxay ku hadhan maskaxdiisa. Hadhow marku weenadu nunugu dareemadas





ku qaydsan maskaxdiisa ee uu la kulmay marku yara waxay sameen karan dareenkiisa marku noqdo ilmo so koray ama qof dalinyara ah ama qof weynaday noloshisa malimeedka. Markana qofki dareenkas kami yimi yarantiis ma fahmi karo in wax waqtigas ka socda in uu yahay. Sida daradeed ayay muhim uu tahay nunugu iyo ilamha yarba inay helan dukso iyo kal gaceel.

- Waxa jira nunuyo ay adag tahay si lo rali geliyo. Waxay gadhsinayan hoyo iyo aboba heer wareer ah. Nunuga nocaas ah aya si gar ah uu bahan in dukson, kal gaceel iyo in sammar lo yesho oo la tuso in uu haysto kalsoni walid. Si ay walidku ilmaha ama nunuga kalsoni uu tusi karan wa inay haddi ay kalifto in ay cawimo uu bahdan wa inay diyar uu ahadan in cawimo dibbeda ka radsadan.

# „Waxan donoya in an karti yeesho sida daradeed waxan uu baha nahay... ...daryeel iyo wadahadal laylo yeesho.“

**Anigu hadan ahay nunu waxan jeecelahay marka hoyaday ama abahay ay isayan waqti ay iso jeestan ay aniga keliya mashqul ku yihin. Ama ha noqoto markay ii nadi finayan ama markay cunto ii siinayan ama markan dunida donayo in an badh badho. Hoyo ama abo markay ila hadlan afkan ayan baranaya oo waxan fahmaya in lay qimeenayo oo hadalkaygu muhim yahay.**

- Wan jeecelahay qofkayga wejigisa oo waxan jeecelahay in an anjilo wejigisa marba habku uu eeg yahay hadu qoslo ana inan qoslo hadi cod sameeyo in an ka daba cidaho.
- Waxan jeecelahay in hoyo ama abo ay ii macneeyan waxee ay marka samee nayan xatta haddi anan fahmi kareen waxa ay ii sheegayan.
- Markan waxan cusub arko waxan eega wejiga dadkayga tasu waxay ii tareesa in ay ii siiso kalsoni wayna ii cawisa.
- Qofkayga wuxu tilmama way yalo badan, oo ana an tabto ama farta ku fiqo.
- Marka muddo lay so jeesto oo lay mashquliyo muddo kadiib ana isku filan oo keli uu ciyari kara.
- I so jeesta oo indaha iga firiya marka ad doneesan in ad ila sheekesatan.

- Nunuyadu way jeecelyahin in ay dadka wejiyadoda dawadan. Taso la arko marka nunuga la nadifinayo ama marka laga bedelayo xafayada. Marka uu arko wejiga qofkiisa nunugu uu anjilo qofkisa uu hadal ahan ka daba hadlo intasu nunuga wa uu farxad weyn. Nunuga qofkiisa wu ka qadii kara nunuga sanqadisa iyo tilamaha wejigiisa oo wu jawabi kara Oo la si wadi kara. Halkas waxa ka dhismaya salka afbarashada meesha ay ka bilab mayo oo uu ilmaha af ku baran laha.
- Haddi nunuga marka afkiisa hoyo lagula hadlayo gacmahana wax laga tuso kabacdi wuxu fahmaya kelmadi iyo akshanki la sameeyay in ay is leeyahin oo tasu waxay ka cawinaysa in uu yeesho sal uu afka ku barta.
- Ilmahu marku bilabo in uu daq daqaqi karo, oo uu marba wax cusub baranayo uu marba wax cusub tijabinayo wuxu waqtigas oo kale ku radiya daryeelka indaha, wu eega qofkisa su uu ogado waxan uu donoyo in uu sameeyo qofkiisu sidu uu arko. Wuxu eega markas oo kale qofkiisa wejigisu sidu yahay iyo wuxu eega waxa lagu leeyahay.

- Marku la gadho waqtiga uu ilmahu bilabo in uu shay farta ku fiqo markas wa in uu qofkiisu uu sheega shayga magaciisa oo uu kala hadla. Haddi ilmahu uu shay iski intu tilmamo oo kelmad isagu uu aleyay isticmalo wa in uu qofkiisu intu kelmada ka qabto uu marka uu shega kelmada saxa ee afkiisa hoyo. Ilmahu marka wuxu dareemaya in la qimeenayo oo sida bu afka ku baran kara.
- Ilmaha daryeel la siyo oo lo so jeesto oo la mashquliyo oo la la sheekesto wa ilmo yeesho sammar uu hadhow keligiis isku mashqulin karo. Ilmahu marku muddo qofkiisu isagoon melkale uu jeesan ilmahiisa la ciyaray wuxu arkaya muddo kadiib in uu ilamhu uu isagu iskiis uu rabo in uu keligis ciyaro wa areen carurtu leedhay oo wuxu marka ku jeesan ilmahu agagarkiisa oo ku ciyari.
- Ilmaha marka ad weji weji ula daqantid ilmuhu wuxu dareemaya in la qimeenayo uu diyar uu yahay in uu la xididho.



# „Waxan donoya in an karti yeesho sida daradeed waxan uu baha nahay... ...xididh adag oo xarigusu go? een.”

Hoyo iyo abo way gartan bahida aan leeyahay laga bilaba malinti ugu hooreesay, si sax ah ayay uu fahmeen markibana way ii daqa qeen. Si jaceel ah ayay ila daqmeen. Hadda wan ogahay in aan isku haleen karo. Xididh rasmi ah ayan la leeyahay oo kalsoni urka ku yala ayan uu haya. Anigo guri amni le ka socda ayan hadda kadib rerkeyga wixi ka baxsan an dibeed iyo dul so baran kara oo aan baran kara si goni lo stagi karo.

- Mar mar wan qaloda oo waxan jeecelahay si tartib ah dadka cusub in lay baro.
- Wan donaya dunida in aan marba in so badho lakin waxa ii muhim ah in aan markan doono aan si daqso ah ugu so noqon karo hoyo iyo abo.
- Waxan uu bahanahay in aan qabo kalsoni ah in walidkay mar walba ii joogan.
- Wan sheegan kara qof an donoya in an ag joogo iyo qofka aan dii danahay. Goan kayga ixtarama.
- Hadad qof qalad ay noqoto in aan la joogo ha iga teegina ila cabsidu iga ba?eeso.

- Qalodka nunuga wuxu bilabma waqtiga sanadka kowad dhamadkiisa wa marka uu kala fahmo dadka uu yaqano/amino iyo dadka qalad. Dadka ka cusub ee xididh noloshisa la yee lanaya wa in tartib tartib lo bara.
- Ilamaha si uu talaboyinka ugu horeeya ee kala barashada dunida uu bilabi karo wa in uu markasta uu waladkiis ama qofka korinaya ee uu yaqano markasta agtiisa jooga.
- Dareenada carurta ee waqtiga yarantii ka yimi wa qar nolosha oo dhan xasusta meel kaga jira sadeexda sana ee nolosha ugu horeeya aya qayb weyn ka qata qofkas sidu noloshisa marku weenado noqon doono iyo sidu uga dabalana doono nolosha dhamanba. Sida daradeed wa muhim in ay fahman walidka iyo qofki carur korinaya ama ilmaha ehel uu ah ama qof la daqma ilmaha in ay kalsonidu qayb ween tahay.

- Ilmahu haddu mujiyo in uu qof didan yahay oo la tix gelin wayo waxa halka ilmihi ku aburmi karo dareen ah in uu awod lahan yahay in una iqtiyar laheen oo tasi kartidisa ayay wax uu dimi karta. Dareenkasi wuxu noqon kara mid korintisa iyo noloshi wax uu dimaysa.
- Ilmaha haddi lo geyo qof haya ama lagu qoro beerta carurta (Kindergarten) wa inta hore oo dhan la la jooga hoyo ama abo la joogan inta ay is baranayan qofka cusub ama meesha cusub iyo dadka jooga meeshas ee uu xididh la yeelan doono.



# „Waxan donoya in an karti yeesho sida daradeed waxan uu baha nahay... ...in lay aqonsado shaqsi yadayda.”

**Qof shaqsiyad lee oo dhan ban ahay. Dabeca dayda iyo camal kayga ifka ayan la imi. Koritan kayga oo dhan ba tas ku xidhan. Anigo ku xidhan habka lay korinayo ayan wado ii gar ah maraya.**

- Waxan donoya inad ii aqonsatan shaqsi yadayda.
- Ma jecli in qof kale laygu qiyaso (Hebel ba ka fican).
- Waqti aan ku koro ayan uu baha nahay.
- Haddi an idinka xanajiyo, ii sheega waxa idinka xanajiyay ee shaqsi yadayda wax ha uu dhimina.
- Haddi ad ii mujisan in ay jiran wax yalo an ku fica nahay waxan dareemaya in ad ii jeece shahiin markana si farxad lee ban ku si bar baraya.

- In la garto ilmahu in uu shaqsiyad gar ah leeyahay wa muhim tasuna waxay cadee naysa in dadka ween ay san ilmaha siday doonan ula daqmi kareen haddi kale ilmahu wax shay la mid ah ayu noqonaya.
- In la aqonsado in ilmahu uu yahay qof dhan oo shaqsi lee aya keenaysa in aynan habo neen in ilmaha lagu qiyaso ilma kale oo layiraho hebel ba fican ama waxa iyo waxa ka badiya. Haddi ilmaha sida lo la daqmo waxa ima neesa in uu ilmahu cadadis sarmo oo uu noqdo ilmo aan isku kalso neen.
- In ilamaha lo aqonsado in uu yahay shaqsi qof dhan ah waxay oo kale kee naysa in ilmaha waqti la siyo uu ku bar baro si shaqsi yadiisa ay uu disanto. Sida ay sheegto mah mahda tidaha hal malin waxba kuma dhamadan. Wa in ilmaha samar lo yeesha ay shaqsi giisu ku dismo.
- Hadalada ilmaha hoos uu digaya, waxay keeni karan in uu ilmahu ka danqado, markana ilmahu wuxu qadan kara in aan la jecleen. Ilmaha wa in la fahan siya haddu wax qaldo in laga cadoday waxa uu sameeyay an se lakin laga xumeen shaq siyadisa.
- Ilmahu haddi la tuso in la qimee nayo oo waxa uu ku fican yahay lagu amanyo oo anan waxa uu ku lito lagu canana neen, ilmahu wuxu yee lanaya dareen ah wa lagu jecel yahay tasuna kartidsa ayay disaysa.



# „Waxan donoya in an karti yeesho sida daradeed waxan uu baha nahay... ...in la aamino aqontayda iyo waxa aan garanyo.”

Anigu wan isku kalso nahay oo waxan amin sanahay in an anigu in tagtay wax qabsan karo. Tasna idinkan ka bartay. Hoyaday iyo abahay wan isku haleen kara, waxan dareema inay ii sidan oo ii tageeran.

- Markan wax uu baha nahay, way fican tahay haddi markiba lay so jeesto.
- Waxan doonaya in an far farcooni yeesho oo an nolol malimeedka qeeb ka qato, oo aan fahmo waxa aan donayo inay qabto.
- Dunida ban baranaya, waxa la samee nayo ayan dadka ka daba samee naya, igu tageera ileen sa un ban wax ku baran kara.
- Wax ban iskay uu fahmay, waxan doonaya inay idin tuso waxas. Igula farxa. Marka ban niyad uu yeela naya in aan wax kale si barto.
- Nunugu marku bilo jiro oo uu qeliyo qofkisa oo markiba lo yimado hoyo ama abo ama qofka uu yaqano nunugu wuxu dareema in la daryeelo.
- Ilmahu wuxu yee lanaya is kalsoni marka la tuso nadifiinta iyo qudiinta in uu qayb ku leeyahay oo wax kala doran karo, oo la siyo

horiyad uu ku eego in uu muddo keligi joogi karo wa iyadon laga tegin ee marku ku yeedho ad uu imanaysid. Ilmihi halka wu xogsanaya oo karti bu ku yeelen.

- Dabeecada ilmaha ad uu yar waxa weeye in uu wax badho, anjilo, mateelo in uu wax sameenayo. Ilmuhu sida bu wax ku baranaya oo isaga ba dunida fahmaya wuku disma. Aqonta dibeeda uga imaneesa iyo ta uu isagu disano wa laba kala jad ah.
- Ilmaha kartidisa waxa disa marku keliga wax ka shaqeeyo fahmo, ka sheekeyo oo markana lagu amano. Tasu waxay diisaysa isku haleentisa shaqsiyad. Ilamaha sas ah hadhow wa ka diyar uu ah in uu wax barto oo far farcon noqda.
- Ilmaha aan la xanibin wax celiya ma jiro. Wax barashadu waxay uu noqota wax ka mid ah noloshoda kama baqan wax barasho iyo shaqo.



# „Waxan donoya in an karti yeesho sida daradeed waxan uu baha nahay... ...in an ku noolado meel an hor uu mar gadhi karo guri cawimo talo.”

Si aan hor uu mar uu gadhi karo, waxan uu baha nahay, daryeel iyo guri ii cawinaya, oo igu tageeraya hunguriga aan uu hayo in aan wax barto. Waxan uu baha nahay dad weyn iyo carur oo aan la daqmo iyo waxan uu baha nahay qalabka ciyarta iyo kuwa wax barashada oo aan wax ku barta hor uu mar aan ku gadho.

- Aqli gayga waxan doonaya inaan baladhiyo. Igu cawiya arintas.
- Waxa isisan waxyala nolol malimeedka. Waxan ahay kuyuriyos waxan doonaya in an dunida fahmo aan wax badh badho.
- Waxan uu bahanay guri ama nolol aan ku diiso lixadyada ilahay ii siyay iyo meel aan dareenka daq daqhaqa iyo ciyarta ilahay igu aburay laygu tageerayo. Marka inti tagtay waan bar bari.
- Ila hadla ila qosla waqti isiya. Il hubsada in ad dadween iyo carur kale barto.
- Marka aan wax cusub bara nayo ama dad kale oo ween iyo carur la joogo waxa ii muhim ah in uu qof an ku kalso nahay in uu ila joogo.
- Igu tageera inaan jecelahay in aan wax walba doonayo in an ogado wuxu yahay, anigu si far faracon ban dunida uu baranaya.

- Nunugu bilowga noloshisa wuxu donoya in la hayo in la qado wa dareen ah in uu radinayo amni, dukson, cabsida laga bii?yo wax ka ag dhacaya wax badan uyuna fahmeen oo ka baqin kara. Wuxu donoya sanqadha ka nixin karta iftiin ka saaidka ah iyo wixi ka nixin kara in laga ilaliyo. Marku ronado wuxu uu bahan yahay jawii ku haboon oo lixadyadiisa cawinaya sida maqalka, araga, curka udgoon, dadhanka, iyo tabashada oo lixadyadiisa ficnee naya, wuxu kale uu bahan yahay meel uu ku daq daqhi karo. Telefshan iyo kombuyutar meesha nunugu ama ilamaha ku bar baro lama dhigo.
- Guri kasta oo uu nunugu ku dhaso waxa laga helaya qalab, dareenkiisa ah in uu wax kala barto anfacaya. Oo isagu uu kala doran karo marba kuwa dareenadiisa so jiita oo uu marka mar mid uu tijabiyo. Alabo badan ba guri kasta yala ilamahu uu ku ciyari karo lakin wa in la hubsada in aysan qar qatar ah. Wax yalaha guriga laga helayo ee uu ku ciyari karo dareenadiisa iyo maskaxdiisa ayay uu fican yihin wa wax kamid ah wax barashada.



- Guriga ilmaha uu fican ee uu ka helayo jawii lixad yadiisa wax taraya, ilmahas darejeeda xigta ee koritankiisa sida barasha fadhiga iyo socodka waxay ku yimadan si sahlan oo dib kuma qabo in uu galo talabo cusub oo ka tirsan kori-tankiisa.
- Marka ugu horeesa guri ilmaha uu fican oo lee jawii lixadadiisa cawinaya waxa kow ka ah hoyada iyo abaha. Ilmaha iyaga haya way la hadlan way la qoslan way la heesan oo way la ciyaran. heeso bay uu shidan bugga carurta ee sawiro lee bay tusan. Way uu sheekeyan. Waxay siyan horiyad uu dunida ku barto ayago ilalinaya. Waqtigu marku muddo socdo ilmahanu uu in so koro waxa fican in uu dad cusub barto uu la yeelan karo xididh wa carur iyo dad ween ba haddi ay tahay gurigiisa ama meel dibeda ah ba ilmuhu wu jeeclan in uu dad cusub barto.
- Ilmaha waxa uu muhim ah marku meel cusub iyo dad cusub baranayo in uu la joogo qof uu yaqhan oo uu kalsoni ku lee yahay. Ilmaha marka qofkiisu ag joogo wa bila cabsi oo marka arla.



# „Waxan donoya in an karti yeesho sida daradeed waxan uu baha nahay... ...Jahada saxa ah lay filmamo.”

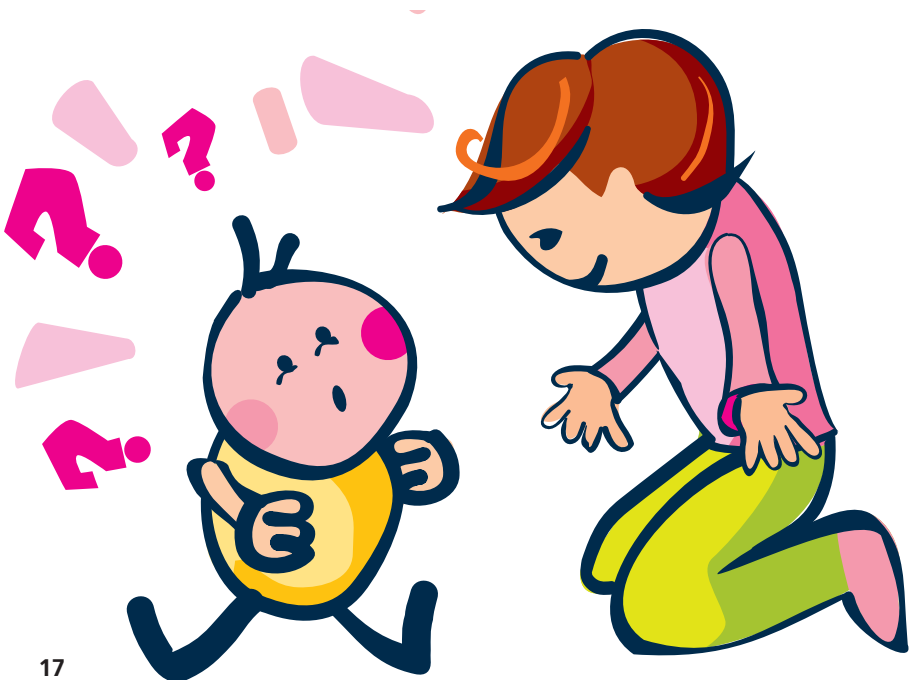
Si an nolosha iyo dunida uga dabaln karo waxan uu baha nahay, dad an kalsoni ku qabo, oo ii joogo. Waxan uu baha nahay brogramm qorsho lee malintii, waxan uu baha nahay nadam qorsho lee oo ii tilmama sida aan uu wada nolan leehen. Waxan uu bahanay daqan si aan karti uu yeesho.

- Nasib wanag bila noloshayda uu horeeya waxan tusal ka qadan kara walidkay.
- Waxa aan malin kasta la kulmo meel ka tirsan maskax dayda bay ku qeyd mata oo xasus noqota.
- Waxan uu bahanahay shay aan aqano oo aan taban karo oo aan urin karo. Taasu niyada ayay ii deejinaysa oo dareen cabsi ka fog ayan dareema markas.
- Hadad iga qayb gelisan hawlaha noloshina malimeedka, mar ay noqoto wan ka qeyb qadan oo farxad bay ii noqhon.
- Haddi lay baro malinti in ay leedahay brogramm waxay ii noqhon dareen amni ah ileen wixi aan bartay ba mar ba iso noqhon oo wax aan garanayo sidasu way ii diisaysa.
- Qorsha lay sameeyo wa inu noqda mid xoriyad iyo aman isku jira ah oo koritan kayga la siman.
- Waxan bilabaya in aan ku hadlo kelmadaha ah „MAYA” iyo „ANIGA”. Igu tageera waqti ii siya aan wax ku barto oo aan shaqsi yadayda ku diiso.

- Marka dhasho nunugu wuxu so gala duni usan garaneen. Wuxu arka in ay jirto malin iyo habeen. Sanqadho usan garaneen bu maqla ur sankiisa ku cusub bu la kulma. Lakin markasta waxa la jooga hoyo iyo abo. Joogista walidka la jooga aya marka uu ah nunuga hagsis ama jaha noloshi cusub.
- Ilmaha maskaxdiisa waxa ku noqda xasus joogta ah daryeelka walidka ee nolol malimeedka sida nas nujinta, meedista, iyo wixi la mid ah.
- Nunugu isna wuxu sameeya wax yalo isaga niyada uu deejiya waxa ka mid ah sul jaqiis, sankiisu sal salaxo, shay ciyar uu dugsado. Tasanu waxay uu tahay nunuga qalbi qabojin iyo.
- Daryeelka nunuga ee yomiyanka ah sida nadafada, meedista, dar uu xidista waxa la donaya in si si tartib ah oo bila qeelo iyo sanqad logu dhameeyo wixi

la barayna waqtigisa marwalba lo siyo ilmahana la tix geliyo oo la eego sida uu marba yahay marka laga shaqeenayo. Ilamahu marka farxad bu ku ogalan in wax lo qabto oo diyar bu noqon wada shaqeen.

- Ilamaha brogrammka malimeedka wa inu uu noqda mid joogta ah oo marwalba hal waqti lee sacada sacadeedi an la baro weeye ma aha malin ba si in wax logu qabto jahada hadi kale ka lumeesa. Waxa la bara in habeen kasta hurdada ka hor lo sheekeyo halka wuxu ka baran in isku haleen ay jirto.
- Sanadka labad ee ilmaha waxa uu muhim ah barnamijki la baray ee aha nolol malimeedkisa in lagu wado oo rerku jeesho qorsho rasmi ah si ilmahas bar barintiisu sal uu yeelato sidana lagu si wado.
- Ilmahu marka so yaro karo uu aqli yesto wuxu fahma in uu yahay qof shaqsi ah markana wuxu bilaba inu yidhaho „MAYA” iyo „ ANIGA”. Tasuna waxay ku mujinaysa in uu shaqsiyadiisa ku tusayo, walidka ayu ilmahu tijabinaya wuxu eegaya waldki marka waxay sameen donan. Waxa muhim ah in la baro ilmaha sherciyada wafaqa ah anse lakin lagu magin shaqsiyadiisa iyo iqtiyar kiisa. Marka ad barayso waxa saxa ah iyo waxa qaladka ah wa inad ilmaha sammar uu yelata adan dagal iyo qeelo la geelin lakin ad ka beedin wadada ad bartay isku haleen nadam iyo sherci ad barto.
- Markan shaqsiga ilamha uu dismayo waxa lo bahan yahay xoriyad xad lee in ad bartid ilmaha wado qorshe lee ad uu distid ku wadid adan ka lex lexan tasuna wa ta ilmaha hadhow ka diigeesa ilmo shaqsiyad karti lee.



# Macneen Fa Fahin ah

Nunu kasta iyo Ilmaha yar kastaba, waxay uu bahan yahay si ay uu bar barbaran ugu yaran hal qof oo uu ah qofkiisi uu ku kalsona oo uu la yeesho xididh xadhig adag ah. Qofkasi korinaya ilmaha wa in uu ahada qof bar barinta ilmaha wax ka fahsan sida in uu ilmahu uu bahan yahay qof raxmad kula daqma. Qofku wu in ahada qof racaya shaqsi yada ilmaha ee dismeesa una ogolata in uu kartidisa iyo aqontisa uu diso. Inuna xanibin ilmaha marka shaqsi yadiisa dismayso.

Aqon laga helay sayinska ilmiga ah ee la so aruriyay muddo 30 sano ah aya lagu so kobay sideeda tilmam ee wargelinta ee ku qoran waraqahan. Wargelintan waxan doneena in an ku sheegno waxa uu, uu bahan yahay ilmahu waqtiga uu ku jiro urka hoyadiis ila uu ka gadayo sadex sano si uu noqdo ilmo karti lee oo disan oo buxa.

Cilmigan an doneeno in an kula socod sino wa Cilmi lagu so baday wadano badan oo kala jad ah oo daqano kala duwan le, tasuna waxay muji naysa in bar barinta saxa ah ay carur walba isla si uun, uu sameeso meeshay doonan ha ku so koreen.

Daqiqada ugu horeesa nolisha nunugu judi ba wuxu donaya in uu bin adam xididh la yeesho. Cilmiga cusub ee la hayo wuxu mujinaya in xana neenta, korinta, disida ilmaha meesha ay ka bilab mayso in ay kow tahay xididhka lala yeelanayo ilmaha. Sadeexda wax ee hadda an ku sheegnay kuwa manta qeyb ween ka haysta cilmiga daryeesha carurta yar yar. Marka laga wadla hadlayona cilimiyana sadeexda shay ee aan ku sheegnay aya laga hajooda oo arintana kala cadeesa.

Xana neenta waxan uu fahana uso jesiga ilmaha, qudinta ilmaha, iyo nadafadiisa. Marka si raxmad lee ilmaha lo xana neeyo waxan halka ka diseena xididh adag oo waxan markana sineena aman niyada ah iyo mid cafimadkiisa ah.

Korinta marka aan sheegen waxan ka wadna bar barinta ilmaha xagga qofka korinaya waxa uu barayo ilmaha marka laga hadlayo xagga ku bar barinta bulshada, hor uu marinta xagga jidka iyo maskaxda iyo si disida noloshi so socota oo ay tahay in la si wado. Daq daqaqas lo sameenayo ilmaha waxa ka mid ah in lo qorsheeyo nololsha guriga iyo nololsha dibeda.

Ilmaha lo so koriyo habka waqafsan ee aqonta cusub no tilma mayso wuxu mara jidka uu aqontisa shaqsida fidin karo. Wuxu noqon kara kii ka baxa intaxanada uu la kulmo oo bila cawimo ka dabasha.

Walidku haday habsadan in uu ilmahu helo xana neen iyo korin wafaq ah waxay halkas ilmahoda uu disan sal uu ilmahu isagu iskiis wax isu bari karo nololsha bulshadana si gul ah uu mari karo.

Ilmahu marku yahay nunu iyo marku so yara koro wax bara shadiisu waxay marta dareenada uu lee yahay, macni indaha, degaha, dadanka, tabashada, dareenka niyada intaso oo dhan bu wax ku barta. Dunida sida bu ku fahma. Marka wax yalaha ay dareenadisu yomkasta la kulmayan iyo dareenka niyada intuba maskaxda mel ka tirsan bay ku kaydman.

Wax barashada nocas waxa la yidhaha wax barasho shaqsi tasuna ad bay uu sameesa ilmahas beri ka malin sida uu ula daqmi doono bin adanka kale iyo sida uu dunida uu fahmi doono iyo sida uu uga dabalana karo dunida.

# Karti ku disan xididh: Maxay uu bahan yihin hoyada iyo abaha?

## Hoyadu iyo abaha wax yahala qar iyaga ba sifa

Hoyada iyo abaha waxay marka hore sitan dareen abur ah oo ay ku eegan ilmaha.

- Ilmaha hadda dhashay ee cusub si uu ku arko in wejigaga 20 cm uu jirta ku qabo sida bu nunugu ku arki kara.
- Hadal nunu kula hadal oo sidi wax heesaya hadal nunuga uu isticmal. Tasa waxay muhim uu tahay habka uu ku baran laha afka.
- Araga ilmahaga dareen kal gaceel ah ayu ku siya oo ku lee wax uu qabo.

## Hoyo iyo abo waxay uu bahan yahiin waqti

Waqti ay kula qabsadan waxa macnihiisu yahay walid nimadu iyo hosha la socota walid nimada.

Waqti ay isku bartan ilmaha cusub oo shaqsi yadiisa ay ku bartan.

- Ilma kasta walidkiis waxay siyan waqtiga uu bahan yahay. Carurta lakin isku mid ma aha waxay ku xidantahay ilmu in uu ki ugu horeeyay yahay iyo in carur kale oo walalo ah ay jiran.
- Hoyo iyo abo iyaguna mar mar bay waqti isugu bahan yihin si ay sideedaba uga bixin karan howsha badan ee kala duwan.
- Walidka si ay xididh adag ula yaleen karan ilmahoda waxa lo bahan yahay farxad, niyad, iyo „dadal“.

## Hoyadu iyo abahu waxay uu bahan yihin ixtaram ka imana dadka ay la daqman iyo in la tageero ama la diri geliyo

Ilamaha bar barintisu wa shaqo farxad lee oo nafta buxisa. Iyado sas ah aya haddana walidka hawshu ku adkan karta. Walidka hurda disa ilmahu wu qari baya mar mar. Haddana iyago wax kasta uu qabtay aya laga yaba nunugu in uu amusi wayo, wa marka, marka walidku uu bahan yahiin tageero ama diri gelin ama cawimo.

## Hoyada iyo Abaha waxay uu bahan yahiin xididho guriga dibediisa ah

Xididhada gura dibediisa wuxu fa?ido ku yahay waxa la kala helaya war, cawimo ku nasisa iyo tageero maciwimo oo noc hayado ah. Wada hadal lala yeesho walidyo kale wa fa?ido oo ah noc tageero. Marka walidka dadka ay xididhka la leeyahin ay noqdan dad fahem le oo tageraya walidku sida uu ku disma. Walidku marka wuxu raci kara dareenka urka yimada si ay go?amo gadhi karan.

Marba sida uu yahay xaalka nolosha ee qoyska waxa tageero uu noqon kara in guriga logu yimado oo la cawiyo ama waxa lagu cawin kara in ilmaha laga hayo.

Haddi walidku noloshu ay gadh siso meel xaalku ku adkado oo ay garan wayan waxa xal ah, markana waxa jira dad shaqadodu tahay in ay wada shaqeen kula sameeyan oo ku cawin kara.

Dadkasu wa dad shaqa dodu tahay in ay tageran walid yada waqtiga adag maraya.

# Disida walidka Elternbildung CH

## Tagerada igu fican walid nimada

**Nunugu ba dhashay. Nolol cusub ba bilabmaysa sidi ay aheed nolosha way is bideshay.**

Inti ilmuhu ku jiray urka wax walba way fogayeen oo wax gacanta lagu hayo ma jirin.

Hadana? Wax walba is beedelay. Nolishi oo dhan ba is beedeshay, Shaqadi, dunidi.

Ilamhu wa farxad, lakin maxa dhacaya haddi uu muddo dheer oyo, haddi la amusin kari wayo, haddi xaalku nagu adkado. Maxan sameena si aan walid fican uu ahano?

Hayada layidhaho ELTERNBILDUNG wax badan bay qaban karta.

Wa ururo cusub oo hadhko ah, kuluno hal qof la sinayo, kors qaybo kale le, kulano hadal- iyo dad badan lagu kulmayo iyo wargelin fidsan oo ku sabsan walid nimda.

Waxad fafahin ka heli karta mash rucyada ka jira gobolka ad deggan tahay balka internetka ee sidan ah: [www.elternbildung.ch](http://www.elternbildung.ch)

Hayada layidhaho Elternbildung waxay tageran rerka ilmo uu dhalanayo iyo kuwa ilmo uu dhashay.

Intuna ilmuhu dhalan ka hor wa in laga fikira in xaladu sidi hore ay iska bede layso.

Mar quda aya qoys baladan la noqday meel farxad ka jirto lakina meel masuliyad ween na talo iyo Meel sualo imanayan ah „san hadda wax yelna”.

Si unan shaki shaki uu iman aya waxa lagu haya nadamo disida walidka oo kula soconaya inta ilmahagu dafayo sanada ugu muhimsan noloshiisa. Korska layidhaho ELTERNLEHRE wax barshada walidka ayad ka so qayb geli karta oo ku cawinaya labada sano ee ugu horeeya ilmahaga labada sano wa lagu disaya wa lagu cawinaya. Korskas taba barka wuxu yahay sadex qeebod oo mid ba gar lo geli karo ama laysku qori karo.

Waxad donaysa in ad nunuga iyo adiga naftada wax fican ad uu qabatid? Ururka PEKiP (Prager Eltern-Kind-Programm) oo layidhaho barnajma Prag ee walidka iyo carurta aya waxay siyan ilmaha iyo walidkood waqti. Qol dirimad ah ayad geen karta nunugaga laga bilabo marku gadho 4 todobad halkas uu dar uu bahneen oo isago qawan ayu gal galan kara.. Kontagu uu dareemoyo ayu heli.

Waqtigas la so qado nunugaga.

Ururka layidhaho ELTERNBILDUNG mela badan ayu jooga gobolo iyo magaloyinba.

Waxa jira barnamijyo badan, korsiyoo, kulamo oo walid yadu ay ku kulmi karan oo kala fa?ida san karan. Ururka ELTERNBILDUNG CH aya qorsheeya bandig yada oo markana ku so qora: [www.elternbildung.ch](http://www.elternbildung.ch) balka internetka.

Ururo ila 1000 gadhaya aya Swisska disida walidka ka shaqeeya waxa uu ah Godomiye qorshe ururka ELTERNBILDUNG CH gar ahan qaybaha wax barashada, shaqada bulshaha, qiyasta qualitiga. Ururka ELTERNBILDUNG CH wuxu so bandiga bal war laga helo oo damees tiran oo ku sheegaya meesha iyo waqtiga barnamijyo ka socdan, waxay so saran qoralo warar kala jad ah iyo waxay la shaqeeyan bulshada. Halka waxad ka heli karta qof ku tilamama cida ku qabilsan meesha ad deggan tahay.

## Hayada daqalaha lee JACOBS FOUNDATION

Waxay fadhi gEDA ku leedahay magalada Zürich oo wa Hayad samafal ah oo qof shaqsi ganacsade iska leeyahay waxa la furay 1988 waxa furay ninka bacmushtarka ah leeyidhaho Klaus j. Jacobs.

Waxay ka shaqeesa waxa afka ingrisiga lagu yidhaho „Productive Youth Development” (PYD) oo marka la turjumo noqo naysa: Hor uu marinta dalinyarada wax so sarista.

Ururkan wuxu ku leeyahay aqon dheer mal gelinta badhitanka sayinska ee cilmiga iyo barnamijyo dextgelid hor uu marinta arimaha carurta iyo dalin yarada. Hayaduna Productive Youth Development waxay uu taqana in ay mal geliso nadam qorshe ah hor uu marinta arimaha carurta iyo dalin yarada. Hayadu waxay mal gelisa keliya wixi fa?ida uu ah carurta iyo dalin yarada ee cilmiga sare ee sayinska so cadee yay.

Hayadu waxay ku mujisay maci winteda heerka uu tagan yahay markay ku mal gelisay Jamacada layidhaho Jacobs University Bremen (2006) 200 milyan EURO halkas oo la qirtay in ay arintas derejo cusub in ay tahay qof shaqsi ah hor uu marka bulshada ku cawiya.

# Xafisyada Tala ku siin kara

Balalka ku anfacaa Barnamijyada walidka	<a href="http://www.elternbildung.ch">www.elternbildung.ch</a>
Taloyin lo hayo hoyada iyo abaha	<a href="http://www.muetterberatung.ch">www.muetterberatung.ch</a>
Gar garka deg deg ah ee walidka	<a href="http://www.elternnotruf.ch">www.elternnotruf.ch</a> , Tel. 044 261 88 66
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Tagerka Juventute	<a href="http://www.projuventute.ch">www.projuventute.ch</a>
Tagerka qoys yada	<a href="http://www.profamilia.ch">www.profamilia.ch</a>
Ururka hana noyinka Swisska	<a href="http://www.kitas.ch">www.kitas.ch</a>
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Ururka shaqo iyo qoys	<a href="http://www.plusplus.ch">www.plusplus.ch</a>
Kuwa keligood ilmo korinaya	<a href="http://www.einelternfamilie.ch">www.einelternfamilie.ch</a>
Aboyinka	<a href="http://www.vaeter.ch">www.vaeter.ch</a>
Dadka uu dooda carurta	<a href="http://www.kinderlobby.ch">www.kinderlobby.ch</a>
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Reeraha carurta dadka uu haya	<a href="http://www.tagesfamilien.ch">www.tagesfamilien.ch</a>
Matanaha	<a href="http://www.zwillinge.ch">www.zwillinge.ch</a>
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Walid dibato ku jira	<a href="http://www.muetterhilfe.ch">www.muetterhilfe.ch</a>
Samafal ka shaqeeya qoys yada dagalka ka daco	<a href="http://www.kunderundgewalt.ch">www.kunderundgewalt.ch</a>

**Waxad ka helaya bugag xiso lee balkan internetka [www.elternbildung.ch](http://www.elternbildung.ch)**

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Turjumida: Interserv AG, Zürich

Tilmaminta iyo kala faf fahinta: Werbeagentur Schultze, Walther und Zahel, Nürnberg

Dabacada: Triner AG, Schwyz

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## Wa barnamij so diyariyeen ururada Elternbildung CH iyo Jacobs Foundation

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*parental education ch*

Waxan uu mahad noqoona ururada sidan ah inay nagu tagereen kambeenkan „Karti ku disan xididh“:

Bundesamt für Migration, Bundesamt für Sozialversicherung, SevenOne Media (Schweiz) AG, Victorinox, laga tageerayo Kanton

