

<p style="text-align: center;">Kulanka</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">Tusmada Ka qaybgalaha</p> <p style="text-align: center;">Kormeerida</p> <p style="text-align: center;">Badqabka</p> <p style="text-align: center;">Daryeelka Carruurta ee Xarunta</p>
<p>Qoraaga manhajka: Michelle Hahn 2016</p>	<p style="text-align: center;">2 saacadood</p>

Tusmada Ka qaybgalaha/buugga xogta ee lagasoo degsan karo: <http://mncpd.org/resources>.

Xaquuqda daabacaada iyo Xadiyada Adeegsiga iyo Mulkiyada

Manhajkaan waxaa lagu abuuray deeq ay bixisay Minnesota Department of Human Services (Waaxda Adeegyada Aadanaha ee Minnesota). Minnesota Department of Human Services ma jirto wax matalaad ah oo ay samayso ama ma aqbalayso wax masuuliyad ah oo ka dhalata adeegsiga manhajka ama natiijooyinkiisa. Manhajkaan dib looma daabici karo, lama koobiyayn karo, lama iibin karo ama haddii kale lama qaybin karo ayadoon ogolaansho qoraal ah laga haysan Minnesota Department of Human Services.

Kulanka 1:

Dulmarka Manhajka Kulanka 1

Heerka: 1

Maadada KCF: VIIA: Caafimaadka, Badqabka iyo Kartida Nafaqada - 2 saacadood

Maadada CDA: Maadada 1: Qorshaynta goob waxbarasho oo amaan iyo caafimaad leh

Cabirka Tabbabarka Parent Aware: Ma jirto

Higsiyada Waxbarashada

- Aqoonso heerarka ruqsadaynta ee Xeerka 3 MN iyo farsamoyinka ugu haboon ee kormeerka
- Qiimee oo waxkaqabo ciladaha kormeerka ee ay waajhaeen barnaamijka daryeelka carruurta dhalaanka ah ee lagu baxsho xarunta daryeelka Carruurta
- Aqoonso saddex farsamo oo isdhexgal ood adeegsanayso intaad kormeerka wado
- Aqoonso farsamooyinka hurdada badbaadada leh ee ilmaha yar; SUID

Dulmarka Kulanka 1

Qaybta	Dulmarka farsamada waxbarista
A. Soo dhawaynta iyo Horudhaca 1. Soo dhawaynta iyo Horudhaca 2. Dib u eeg oo Ka dood Ujeedooyinka	<ul style="list-style-type: none">• Shaqada Koox Badan
B. Aasaasiyaadka Kormeerka 1. Waa maxay kormeer 2. Caqabadaha Kormeerka 3. Kormeer Joogto ah	<ul style="list-style-type: none">• Khudbad Gaaban• Shaqada Koox Badan• Shaqada Koox Yar
C. Kormeerka Maalin kasta 1. Keenista iyo Qaadista 2. Waqtiga Barnaamijka 3. Kalaguurada 4. Kormeerka Musqusha 5. Kormeerka Xiliga cuntada	<ul style="list-style-type: none">• Khudbad Gaaban• Shaqada Koox Badan• Wadaaga Qaybta• Shaqada Koox Yar
D. Nasiinada, Jiifka iyo Hurdada Ilmaha yar oo Badbaado leh 1. Kormeerka 2. Kahortaga SUID	<ul style="list-style-type: none">• Shaqada Koox Badan• Khudbad Gaaban

E. Xirida 1. Kormeerka Joogtada ah 2. Layliyada	<ul style="list-style-type: none"> • Tijaabinta Gaarka ah • Layliyada
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Kulanka 1:

Xogta Gacanta/Xogta Daabacan

1. **Kiishada Kormeer Joogto ah (Head Start)**
<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/active-supervision-toolkit.pdf>

2. **"Fiiri Kahor intaadan Qufulin"**
<http://www.acf.hhs.gov/ecd/interagency-projects/look-before-you-lock>

3. **Sida loo Xusho loona Adeegsado La taliyaha Caafimaadka Daryeelka Carruurta**
<http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/127-how-to-choose-and-use-a-child-care-health-consultant>

Kulanka 1:

Waxaabaha lasoo gaabshay / eray la abuurshay / liiska xarfaha

MN: Minnesota

DHS: Department of Human Services

CFO3: Caring For Our Children 3rd Edition

SIDS: Sudden Infant Death Syndrome

SUID: Sudden Unexpected Infant Death

Saqiirka: Ilmo yar oo jira ugu yaraan lix asbuuc laakiin ka yar 16 bilood

Ilmo kobcay: Ilmo yar oo jira ugu yaraan 16 bilood laakiin ka yar 33 bilood

Da'da dugsiga barbaarinta: Ilmo gaaray ugu yaraan 33 bilood laakiin wali aan gaarin maalinta koobaad fasalka birimada

Da'da Dugsiga: Waa ilmo jira ugu yaraan da' ku filan inuu dhigto fasalka koobaad ee birimada, ama u qalma inuu galo fasalka birimada afarta bilood ee soo socda, laakiin kayar 13 sano jir

Xeerka 3: Sharciga Xeerakra MN, Cutubka 9503 oo maamula xarumaha daryeelka carruurta

CSHN: Carruurta qaba baahiyaha Caafimaadka Gaarka ah

Aasaasiyaadka Kobaca

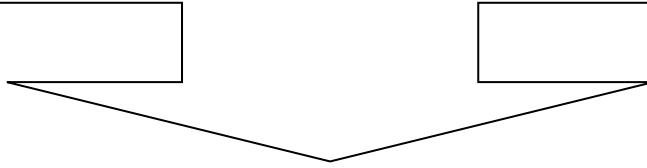
Markay dhashaan ilaa Da'da 3	Ilmaha dugsiga barbaarinta
Kobaca Dareenka iyo Bulshanimo <ul style="list-style-type: none"> • Kalsoonida iyo Amaanka Dareenka • Ka warqabida nafta • Maaraynta Nafta • Xariirada Kala dhaxeeya Ilmaha Kale 	Kobaca Dareenka iyo Bulshanimo <ul style="list-style-type: none"> • Kobaca Dareenka • fikrada shaqsiga ah • Karitda Bulsho iyo Xariirada
Kobaca Luuqada iyo Hadalka <ul style="list-style-type: none"> • Dhagaysiga iyo Fahanka • Hadalka iyo Codka • Luuqada Degdegga ah 	Kobaca Luuqada iyo Fanka <ul style="list-style-type: none"> • Dhagaysiga • Hadalka • Akhriska Degdegga ah • Qoraalka Degdegga ah
Kobaca Fahanka <ul style="list-style-type: none"> • Dulmarka iyo Helitaanka • Memory • Xalinta Cilada • Kudayashad aiyo Ciyaarta Tusaalaha ah 	Kobaca Fahanka <ul style="list-style-type: none"> • Fakarka Xisaabta iyo Garashada <ul style="list-style-type: none"> - Tiro fikrado iyo shaqooyin ah - Qaybaha iyo xariirada - Xariirada fikirka iyo cabirka - Cabirka - Sababaynta xisaabta • Fakarka Sayniska iyo Xalinta Cilada <ul style="list-style-type: none"> - Kormeerid - Su'aal waydiinta - Baarista • Fahanka Nidaamyada Bulshada <ul style="list-style-type: none"> - Xariirada Aadanaha - Fahanka aduunyada
Kobaca Jirka iyo Dhaqdhaqaaqa <ul style="list-style-type: none"> • Kobaca Dhaqdhaqaaqa Guud • Kobaca Dhaqdhaqaaqa lafaha • Caafimaadka Jirka iyo Fayaqabka 	Kobaca Jirka iyo Dhaqdhaqaaqa <ul style="list-style-type: none"> • Kobaca Dhaqdhaqaaqa Guud • Kobaca Dhaqdhaqaaqa lafaha • Caafimaadka Jirka iyo Fayaqabka
	Hal abuurka iyo Farshaxannada <ul style="list-style-type: none"> • Abuuris • Jawaabida • Qiimeyn
	qaababka Loo waajaho Waxbarashada <ul style="list-style-type: none"> • Diihaalka • Khatar u Bareeridaa • Fakarka iyo Hal abuurka

- Joogtaynta
- Muujinta iyo Fasiraada

Kullanka 1: Muujin

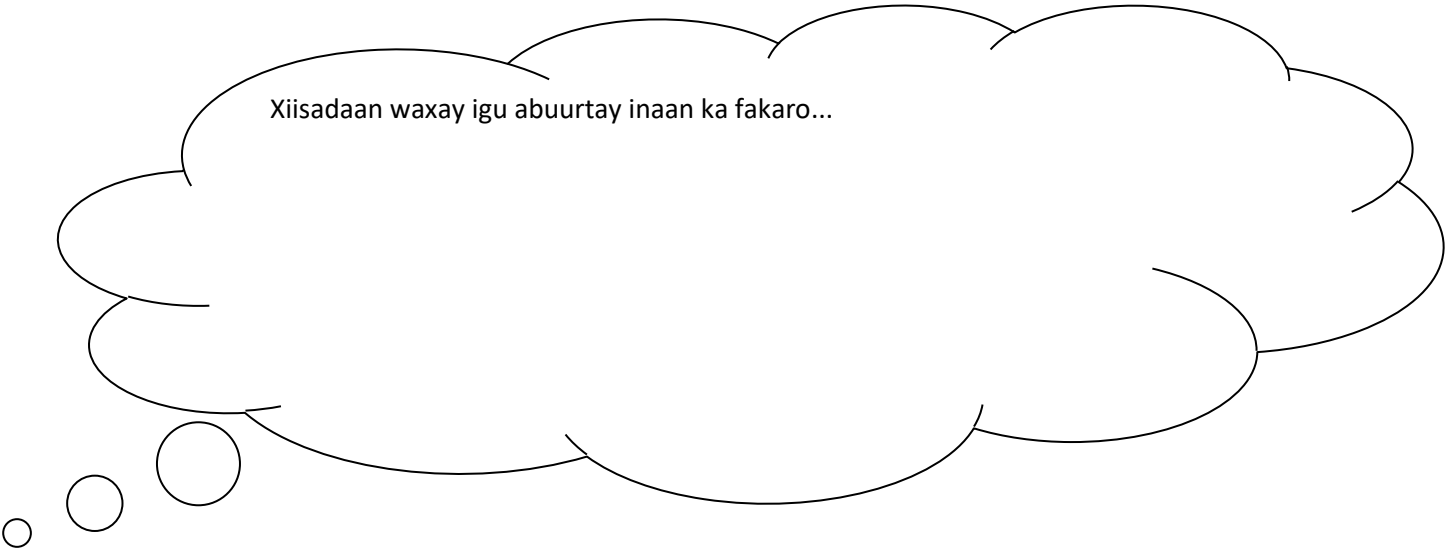
Qaado dhawr daqiiqo si aad u muujiso waxa aad ku baratay "kormeerka joogtada ah" ee xiisadaan fasalka. U adeegso meelaha banaan ee hoose si aad u qabato fikrado iyo qorshayaasha talaabada. U diyaar garoow inaad ka doodo biloowga Kulanka 2.

Xiisadaan waxaan ku bartay...



Marka laga eego waxaan bartay, waxaayabaha aan samayn doono ...

Xiisadaan waxay igu abuurtay inaan ka fakaro...



Xiisadaan waxay igu abuurtay inaan ka fakaro...

Kulanka 1 - Layliyada

1. Dhammee dukumiintiga Kulanka I "Muujin" una diyaar garoow la wadaagisteeda biloowga Kulanka 2:
2. Muujinta "Kormeerka Joogtada ah": Aqoonso khataraha gaarka u ah "garoonka ciyaarta" oo keena dhaawac iyo caqabadaha Kormeerka ee aad ka filayso garoonka ciyaarta "ilmo kobcaaya".
2. Samee shaqo kormeer ah taasoo yarayn karta khatarta ama dhaawaca oo muuji kormeer joogto ah oo waxtar leh.

Kulanka 1 – Tixraacyada

Ilaha Xogta Lasoo xigtay:

- **Xeerka MN 9503**
[https://www.revisor.mn.gov/rules/?id=9503\](https://www.revisor.mn.gov/rules/?id=9503)
- **Sharciga Minnesota, Cutubka 245A Hurdo Badbaado leh**
<https://www.revisor.mn.gov/statutes/?id=245A>
- **Daryeelida Carruurteena: Heerarka Qaran ee Dadaalka Caafimaadka iyo Badqabka; Tilmaamaha Barnaamijyada Daryeelka ilmaha yar iyo waxbarashada, Daabacaada sadexaad.** Waxaa oonleen looga helayaa webseetka Xarunta Qaran ee Khayraadka Caafimaadka iyo Badqabka Daryeelka Carruurta iyo Waxbarashada Ubadka
<http://cfoc.nrckids.org/index.cfm>
- **Soo sheegida Xadgudubka ka dhanka ah Carruurta ee MN**
<https://www.revisor.mn.gov/statutes/?id=626.556>
- **Tusmada Xogta Warbixiyaasha Qasban ee Ciladaha Xadgudubka Kadhanka ah Ilmaha;**
<https://edocs.dhs.state.mn.us/lfsrver/Public/DHS-2917-ENG>
- **Kiishada Kormeer Joogto ah (Head Start)** <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/active-supervision-toolkit.pdf>

<p style="text-align: center;">Kulanka</p> <p style="text-align: center;">2</p>	<p style="text-align: center;">Tusmada Ka qaybgalaha</p> <p style="text-align: center;">Kormeerida</p> <p style="text-align: center;">Badqabka</p> <p style="text-align: center;">Daryeelka Carruurta ee Xarunta</p>
<p>Qoraaga manhajka: Michelle Hahn 2016</p>	<p style="text-align: center;">2 saacadood</p>

Tusmada Ka qaybgalaha/buugga xogta ee lagasoo degsan karo: <http://mncpd.org/resources>.

Xaquuqda daabacaada iyo Xadiyada Adeegsiga iyo Mulkiyada

Manhajkaan waxaa lagu abuuray deeq ay bixisay Minnesota Department of Human Services (Waaxda Adeegyada Aadanaha ee Minnesota). Minnesota Department of Human Services ma jirto wax matalaad ah oo ay samayso ama ma aqbalayso wax masuuliyad ah oo ka dhalata adeegsiga manhajka ama natiijooyinkiisa. Manhajkaan dib looma daabici karo, lama koobiyayn karo, lama iibin karo ama haddii kale lama qaybin karo ayadoon ogolaansho qoraal ah laga haysan Minnesota Department of Human Services.

Kullanka 2: Yoolalka

Maadada Naqshada Aqoonta iyo Kartida (KCF), Maadada Kartida Muhiimka ah ee MN, Maadooyinka CDA, Cabirada Tabbabarka ee Parent Aware

Maadooyinka aasaasiga ah ee Aqoonta iyo Kartida, Maadada Kartida Muhiimka ah ee MN, Maadooyinka CDA, iyo (sida ku haboon) Cabirada Tabbabarka ee Parent Aware ayaa halkaan ku qoran si ay uga caawiyaan ka qaybgalayaasha inay fahmaan waxa kartiyadu yihiin, maadooyinka iyo/ama cabirada lagu sheegay tababarka

Heerka: 1

Maadada KCF: VIIA: Caafimaadka, Badqabka iyo Kartida Nafaqada - 2 saacadood

Maadada CDA: Maadada 1: Qorshaynta goob waxbarasho oo amaan iyo caafimaad leh

Cabirka Tabbabarka Parent Aware: Ma jirto

Higsiyada Waxbarashada:

Inkastoo aan tababar kaliya xaqiijin karin ujeedooyinka waxbarashada, waxaa loo samayn karaa inay buuxiyaan higsiyada arday kasta. Haddii ardaydu ay falgal iyo qaybqaadasho leeyihiin, waxay awoodi doonaan:

- Inay qeexaan farqiyada u dhaxeeya Digniinaha Caalamiga ah iyo kuwa Caadiga ah.
- Waxay kala saarayaan nadiifinta, sifaynta iyo Daawaynta Jeermiska;
- Waxay aqoonsanayaan saddex qaybood oo muhiim u ah maaraynta bii'o caafimaad iyo badbaado leh;
- Waxay qeexayaan farsamooyinka farxalka iyo marka la adeegsanaayo;
- Waxay aqoonsanayaan xanuunada dhiigga ka dhalan kara ee la kala qaadi karo waxayna aqoonsan doonaan habraacyada lagu yaraynaayo dhacdooyinka, looga hortaagyo qaadista caabuqa, isqaadsiinta iyo fogaynta qashinka si sax ah.
- Waxay aqoonsanayaan astaaaha xadgudubka, dayacaada iyo Xanuunka Madax ee Xadgudubka ka dhasha
- Waxaya aqoonsanayaan baahiyaha taageerada ee Ilmaha qaba baahiyaha caafimaad ee gaarka ah

Qaybta 2 – Dulmarka

Kulanka 2:

Waqtig a	Qaybta	Guudmarka
10 Daqiiqado	Gudbinta Layliyada Kulanka 1 Dib u eeg Higsiyada Kulanka 2	<ul style="list-style-type: none"> • Bandhiga
30 Daqiiqado	Farsamooyinka Caalamiga ah iyo kuwa Caadiga ah <ul style="list-style-type: none"> • Hanaanka Caabuqu ku faafo • Nadiifinta, sifaynta iyo Daawaynta Jeermiska • Talaallada • Xafaayad u xirida iyo Musqul gaynta 	<ul style="list-style-type: none"> • Dooda koox badan • Dooda koox yar • Shaqada koox yar
20 Daqiiqado	Caafimaadka iyo Fayaqabka <ul style="list-style-type: none"> • Muraaqabada Xanuunka Maalin kasta • Xarun ka saarida Xanuun Awgiis • Xanuunada lasoo Sheegi karo 	<ul style="list-style-type: none"> • Dooda koox badan • Dooda koox yar
25 daqiiqo	Xadgudub iyo Dayacaada <ul style="list-style-type: none"> • AHT • Wargelinta qasabka ah 	<ul style="list-style-type: none"> • Dooda koox badan • Dooda koox yar
25 daqiiqo	Carruurta Qaba Baahiyaha Gaarka ah ee Caafimaadka <ul style="list-style-type: none"> • Qorshayaasha Daryeelka Caafimaadka • Qorsheyaasha Gurmada Degdega ah 	<ul style="list-style-type: none"> • Dooda koox badan • Shaqada koox yar
10 daqiiqo	Xirida	<ul style="list-style-type: none"> • Bandhigga • Qiimeynta

Qaybta 2 - Xogta Tilmaamaha

- #1 **Xaashida xaqiiqada ee OSHA**
https://www.osha.gov/OshDoc/data_General_Facts/ppe-factsheet.pdf

- #2 **Shaxda Inta jeer ee la samaynaayo Nadiifinta, sifaynta iyo Daawaynta Jeermiska**
http://www.naeyc.org/files/academy/file/Cleaning_and_Sanitation_Chart.pdf

- #3 **Jadwalka Talaalka iyo Aalada la socota Guusha**
<http://www.cdc.gov/vaccines/parents/downloads/milestones-tracker.pdf>

- #4 **Farxalka 101**
https://www.in.gov/fssa/files/Hand_Washing_101_for_Licensed_Child_Care_Centers.pdf

- #5 **Luuqada Koobaad ee Dadka**
<http://www.arc-sd.com/document.doc?id=114>

Qaybta 2 - Waxaabaha lasoo gaabshay / eray la abuurshay / liiska xarfaha

MN	Minnesota
MDH	Minnesota Department of Health
DHS	Department of Human Services
CCC	Child Care Centers
CDC	Center for Disease Control
CFO3	Caring For Our Children 3 rd Edition
IDCCS	Infectious Diseases in Child Care Settings and Schools
SIDS	Sudden Infant Death Syndrome
SUID	Sudden Unexpected Infant Death
Saqiir	Ilmo yar oo jira ugu yaraan lix asbuuc laakiin ka yar 16 bilood
Ilmo kobcay	Ilmo yar oo jira ugu yaraan 16 bilood laakiin ka yar 33 bilood
Da'da dugsiga barbaarinta	Ilmo gaaray ugu yaraan 33 bilood laakiin wali aan gaarin maalinta koobaad fasalka birimada
Da'da dugsiga	Waa ilmo jira ugu yaraan da' ku filan inuu dhigto fasalka koobaad ee birimada, ama u qalma inuu galo fasalka birimada afarta bilood ee soo socda, laakiin kayar 13 sano jir
Xeerka 3	Sharciga Xeerakra MN, Cutubka 9503 oo maamula xarumaha daryeelka carruurta
CSHN	Carruurta qaba baahiyaha Caafimaadka Gaarka ah
OSHA	Maamulka Badqabka iyo Caafimaadka Shaqada

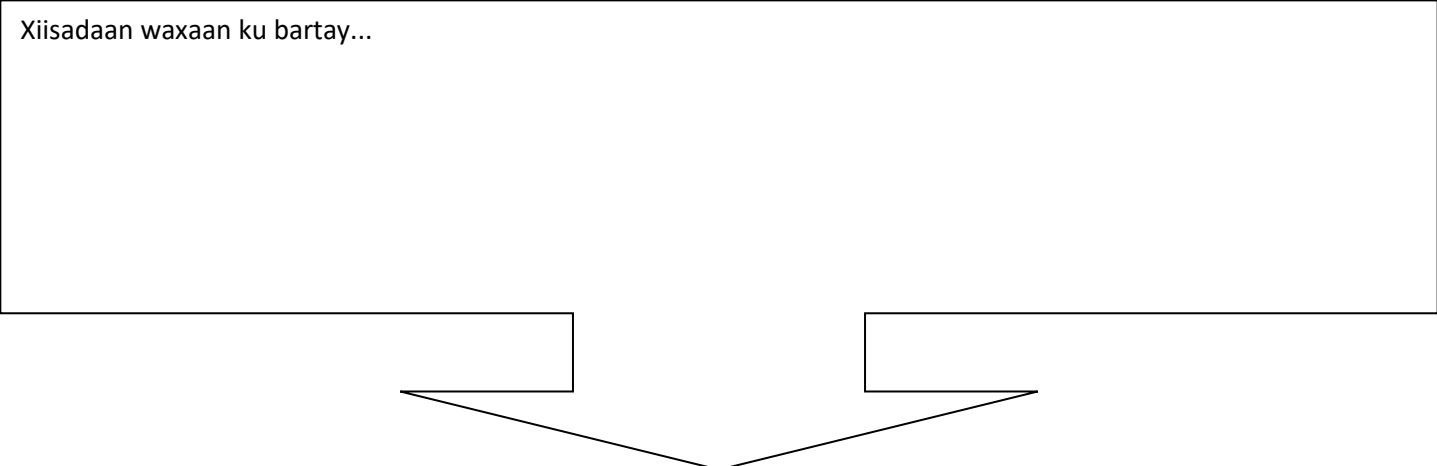
Kulanka 2 - Aasaasiyaadka Kobaca

Markay dhashaan ilaa Da'da 3	Ilmaha dugsiga barbaarinta
Kobaca Dareenka iyo Bulshanimo <ul style="list-style-type: none"> • Kalsoonida iyo Amaanka Dareenka • Ka warqabida nafta • Maaraynta Nafta • Xariirada Kala dhaxeeya Ilmaha Kale 	Kobaca Dareenka iyo Bulshanimo <ul style="list-style-type: none"> • Kobaca Dareenka • fikrada shaqsiga ah • Karitda Bulsho iyo Xariirada
Kobaca Luuqada iyo Hadalka <ul style="list-style-type: none"> • Dhagaysiga iyo Fahanka • Hadalka iyo Codka • Luuqada Degdega ah 	Kobaca Luuqada iyo Fanka <ul style="list-style-type: none"> • Dhagaysiga • Hadalka • Akhriska Degdega ah • Qoraalka Degdega ah
Kobaca Fahanka <ul style="list-style-type: none"> • Dulmarka iyo Helitaanka • Xusuusta • Xalinta Cilada • Kudayashad aiyo Ciyaarta Tusaalaha ah 	Kobaca Fahanka <ul style="list-style-type: none"> • Fakarka Xisaabta iyo Garashada <ul style="list-style-type: none"> - Tiro fikrado iyo shaqooyin ah - Qaybaha iyo xariirada - Xariirada fikirka iyo cabirka - Cabirka - Sababaynta xisaabta • Fakarka Sayniska iyo Xalinta Cilada <ul style="list-style-type: none"> - Kormeerid - Su'aal waydiinta - Baarista • Fahanka Nidaamyada Bulshada <ul style="list-style-type: none"> - Xariirada Aadanaha - Fahanka aduunyada
Kobaca Jirka iyo Dhaqdhaqaaqa <ul style="list-style-type: none"> • Kobaca Dhaqdhaqaaqa Guud • Kobaca Dhaqdhaqaaqa Lafaha • Caafimaadka Jirka iyo Fayaqabka 	Kobaca Jirka iyo Dhaqdhaqaaqa <ul style="list-style-type: none"> • Kobaca Dhaqdhaqaaqa Guud • Kobaca Dhaqdhaqaaqa Lafaha • Caafimaadka Jirka iyo Fayaqabka
	Hal abuurka iyo Farshaxannada <ul style="list-style-type: none"> • Abuuris • Jawaabida • Qiimeyn
	qaababka Loo waajaho Waxbarashada <ul style="list-style-type: none"> • Diihaalka • Khatar u Badheedhida • Fakarka iyo Hal abuurka • Joogtaynta • Muujinta iyo Fasiraada

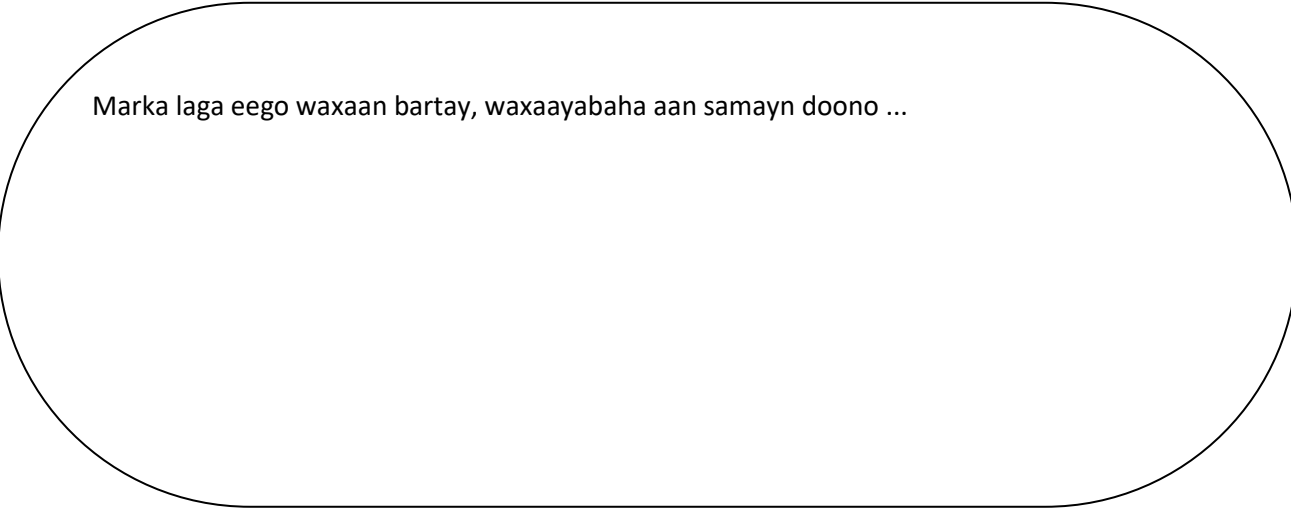
Kulanka 2 - Muujin

Qaado dhawr daqiiqo si aad u muujiso waxa aad ku baratay "kormeerka joogtada ah" ee xiisadaan fasalka. U adeegso meelaha banaan ee hoose si aad u qabato fikrado iyo qorshayaasha talaabada. U diyaar garoow inaad ka doodo biloowga Kulanka 3.

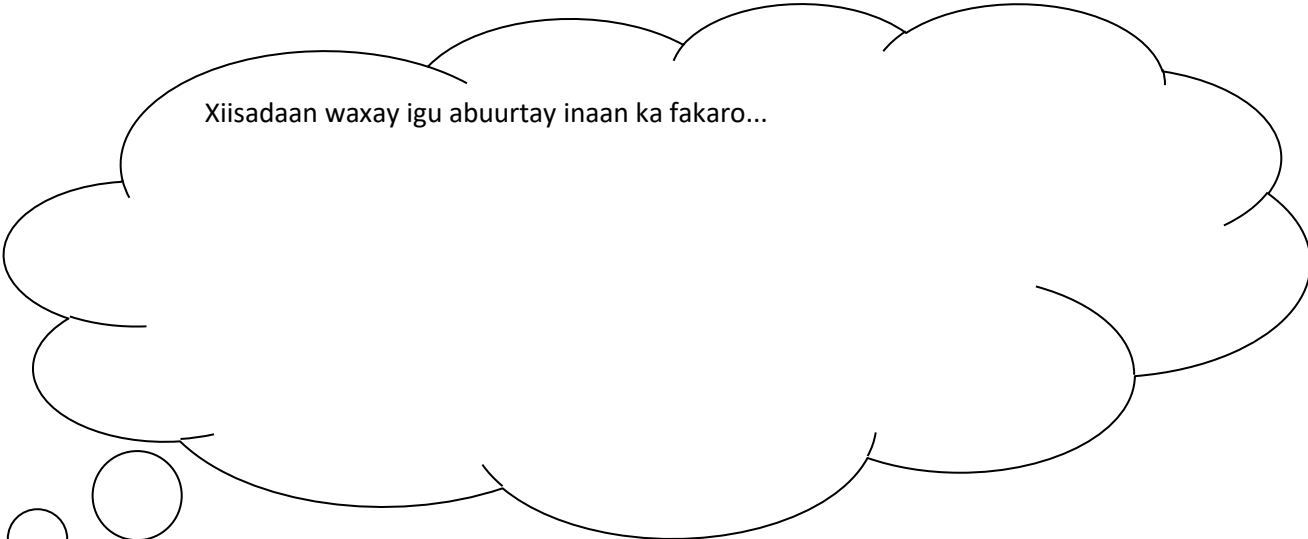
Xiisadaan waxaan ku bartay...



Marka laga eego waxaan bartay, waxaayabaha aan samayn doono ...



Xiisadaan waxay igu abuurtay inaan ka fakaro...



Kulanka 2 - Layliyada

1. Dhammee dukumiintiga Kulanka 2 "Muujin" una diyaar garoow la wadaagisteeda biloowga Kulanka III
2. Si qoraal ah uga jawaab su'aalaha soo socda:
 - a. Qaabkee loo maareeyaa boonbalada ilmuhu afka gashado si looga hortaggo in ilmuhu caabuqa isqaadsiiyaan.
 - b. Intee jeer ayay boonbalayaasha qolka ilmaha gurguurta u baahan yihiin in la nadiifiyo, la sifeeyo ama daawada jeermiska lagu dhaqo?
 - c. Qaab noocee ah ayaa loo nadiifiyaa, loo sifeeyaa ama daawada jeermiska loo marshaa meelaha cuntadu ku daadato?
3. Qor talaabooyinka samaynta warbixinta "difaaca ilmaha".

Kulanka 2 - Tixraacyada

1. **Xeerka MN 9503**
<https://www.revisor.mn.gov/rules/?id=9503>
2. **Daryeelida Carruurteena: Heerarka Qaran ee Dadaalka Caafimaadka iyo Badqabka; Tilmaamaha Barnaamijyada Daryeelka ilmaha yar iyo waxbarashada, Daabacaada sadexaad.**
<http://cfoc.nrckids.org/index.cfm>
3. **Cudurada Caabuqa wata ee ka jira Xarumaha Daryeelka Carruurta iyo Dugsiyada**
<http://www.hennepin.us/childcaremanual>
4. **Soo sheegida Xadgudubka ka dhanka ah Carruurta ee MN**
<https://www.revisor.mn.gov/statutes/?id=626.556>
5. **Soo sheegida Xanuunada La Isqaadsiyo**
<http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases/communicable-disease-reporting.pdf?la=en>
6. **Tusmada Xogta Warbixiyaasha Qasban ee Ciladaha Xadgudubka Kadhanka ah Ilmaha**
<https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-2917-ENG>
7. **Qeexitaanka Xadgudubka iyo Dayacaada**
<http://mn.gov/dhs/people-we-serve/children-and-families/services/child-protection/programs-services/abuse-neglect-defined.jsp>
8. **Tusmada Ilaha Wargelinta qasabka ah ee Minnesota**
<https://edocs.dhs.state.mn.us/lfservlet/Legacy/DHS-2917-ENG>
9. **Boorarka Farxalka**
www.health.state.mn.us/handhygiene/materials.html

10. Kiishada Farxalka

www.health.state.mn.us/handhygiene/curricula/toolkit.html

Kulanka 2 - Tixraacyada

11. Dhawr iyo Toban Ciladood oo ka dhaca Xafaayad u xirada ilmaha

file:///C:/Users/ichelle/Downloads/5-8-12_Diapering- A dozen Common Errors 5-8-12_rev.pdf

12. Badalida sigisaanta wasaqowday

[file:///C:/Users/ichelle/Downloads/Changing_Soiled_Underwear1-25-2016%20\(1\).pdf](file:///C:/Users/ichelle/Downloads/Changing_Soiled_Underwear1-25-2016%20(1).pdf)

<p style="text-align: center;">Kulanka</p> <p style="text-align: center;">3</p>	<p style="text-align: center;">Tusmada Ka qaybgalaha</p> <p style="text-align: center;">Kormeerida</p> <p style="text-align: center;">Badqabka</p> <p style="text-align: center;">Daryeelka Carruurta ee Xarunta</p>
<p>Qoraaga manhajka: Michelle Hahn 2016</p>	<p style="text-align: center;">2 saacadood</p>

Tusmada Ka qaybgalaha/buugga xogta ee lagasoo degsan karo: <http://mncpd.org/resources>.

Xaquuqda Daabacaada iyo Xadiyada Adeegsiga iyo Mulkiyada

Manhajkaan waxaa lagu abuuray deeqa ay bixisay Minnesota Department of Human Services (Waaxda Adeegyada Aadanaha ee Minnesota). Minnesota Department of Human Services ma jirto wax matalaad ah oo ay samayso ama ma aqbalayso wax masuuliyad ah oo ka dhalata adeegsiga manhajka ama natiijooyinkiisa. Manhajkaan dib looma daabici karo, lama koobiyayn karo, lama iibin karo ama haddii kale lama qaybin karo ayadoon ogolaansho qoraal ah laga haysan Minnesota Department of Human Services.

Kulanka 3: Yoolalka

Madada Naqshada Aqoonta iyo Kartida (KCF), Maadada Kartida Muhiimka ah ee MN, Maadooyinka CDA, Cabirada Tabbabarka ee Parent Aware

Maadooyinka aasaasiga ah ee Aqoonta iyo Kartida, Maadada Kartida Muhiimka ah ee MN, Maadooyinka CDA, iyo (sida ku haboon) Cabirada Tabbabarka ee Parent Aware ayaa halkaan ku qoran si ay uga caawiyaan ka qaybgalayaasha inay fahmaan waxa kartiyadu yihiin, maadooyinka iyo/ama cabirada lagu sheegay tabbabarka

Heerka: 1

Maadada KCF: VIIA: Caafimaadka, Badqabka iyo Kartida Nafaqada - 2 saacadood

Maadada CDA: Maadada 1: Qorshaynta goob waxbarasho oo amaan iyo caafimaad leh

Cabirka Tabbabarka Parent Aware: Ma jirto

Higsiyada Waxbarashada:

Inkastoo aan tababar kaliya xaqiijin karin ujeedooyinka waxbarashada, waxaa loo samayn karaa inay buuxiyaan hiigsiyada arday kasta. Haddii ardaydu ay falgal iyo qaybqaadasho leeyihiin, waxay awooddi doonaan:

- Inay aqoonsadaan ayna ka difaacaan carruurta u banbixida khataraha la xariira bay'adda (sida Sunta cayayaanka, agabka cawska jara, xayawaanada/rabaayada, dhiiqada, falgalka, qashinka, xafaayada, cayayaanka, agabka tayada hawada, iwm.)
- Inuu aqoonsado uuna ka dheeraado khataraha la xariira cuntada, sida saxashada, iyo xasaasiyaadka.
- Inuu aqoonsado uuna ka difaaco ilmaha yaryar iyo carruurta asagoo adeegsanaaya qiimaynta yaraynta khatarta iyo qorshaha yaraynta khatarta.
- Wuxuu qeexi karaa uuna raaci karaa xeerarka iyo farsamooyinka ugu wanaagsan ee gaariyaasha badqabka u leh carruurta.

Qaybta 3– Dulmarka

Kulanka 3: Dulmarka Qaybta

Qaybta	Guudmarka
Gudbinta Layliyada Kulanka 2 Dib u eegista Horudhaca Higsiga	<ul style="list-style-type: none"> • Bandhigga • Dooda koox badan
Badbaadada Cuntada, Nafada iyo Xasaasiyaadka Cuntada <ul style="list-style-type: none"> • Nadaafada Cuntada • Nafaqada iyo Biyaha • Xasaasiyaadka Cuntada iyo Dulqaad la'aanta • Qorshaha Gurmadka Degdega ah 	<ul style="list-style-type: none"> • Dooda koox badan • Shaqada koox yar
Badqabka Dhismaha iyo Guryaha <ul style="list-style-type: none"> • Aqoonsiga Khataraha • Qorshayaasha Yaraynta Khatarta 	<ul style="list-style-type: none"> • Dooda koox badan • Muujinta iyo Tabbabarka
Kahortaga Agabka Khatarta ah <ul style="list-style-type: none"> • Aqoonsiga, Maamulida, Kaydinta iyo Fogaynta sunta noolayaasha 	<ul style="list-style-type: none"> • Dooda koox badan • Dooda koox yar
U diyaar Garoowga Khatarta <ul style="list-style-type: none"> • Qorshayaasha Jawaabta • Masiibada Dabiiciga ah • Dhacdooyinka Khatarta ah 	<ul style="list-style-type: none"> • Dooda koox badan
Gadiid Ku qaadista Carruurta si Badqab leh	<ul style="list-style-type: none"> • Dooda koox badan • Shaqada koox yar
Qaybaha Isdhexgalka Xirida	<ul style="list-style-type: none"> • Shaqada koox yar • Qiimeynta

Qaybta 3 - Xogta Tilmaamaha

- #1 **Badqabka Cuntada** <http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases/food-safety.pdf?la=en>
- #2 **Qorshaha Daryeelka Xaalada Degdega ah ee Xasaasiyaadka cuntada**
<http://www.foodallergy.org/file/emergency-care-plan.pdf>
- #3 **Tusmada Qorshaha Yaraynta Khatarta ee MN**
http://www.dhs.state.mn.us/main/groups/licensing/documents/pub/dhs16_152915.pdf

Gelinta Falcelinta Xasaasiyada

Qaybta 2 - Waxaabaha lasoo gaabshay / eray la abuurshay / liiska xarfaha

MN	Minnesota
MDH	Minnesota Department of Health
DHS	Department of Human Services
CCC	Child Care Centers
CDC	Center for Disease Control
CFO3	Caring For Our Children 3 rd Edition
IDCCS	Infectious Diseases in Child Care Settings and Schools
SIDS	Sudden Infant Death Syndrome
SUID	Sudden Unexpected Infant Death
Saqiirka	Ilmo yar oo jira ugu yaraan lix asbuuc laakiin ka yar 16 bilood
Ilmo kobcay	Ilmo yar oo jira ugu yaraan 16 bilood laakiin ka yar 33 bilood
Da'da dugsiga barbaarinta	Ilmo gaaray ugu yaraan 33 bilood laakiin wali aan gaarin maalinta koobaad fasalka birimada
Da'da dugsiga	Waa ilmo jira ugu yaraan da' ku filan inuu dhigto fasalka koobaad ee birimada, ama u qalma inuu galo fasalka birimada afarta bilood ee soo socda, laakiin kayar 13 sano jir
Xeerka 3	Sharciga Xeerakra MN, Cutubka 9503 oo maamula xarumaha daryeelka carruurta
CSHN	Carruurta qaba baahiyaha Caafimaadka Gaarka ah
OSHA	Maamulka Badqabka iyo Caafimaadka Shaqada

Kulanka 2 - Aasaasiyaadka Kobaca

Markay dhashaan ilaa Da'da 3	ILmaha dugsiga barbaarinta
Kobaca Dareenka iyo Bulshanimo <ul style="list-style-type: none"> • Kalsoonida iyo Amaanka Dareenka • Ka warqabida Nafta • Maaraynta Nafta • Xariirada Kala dhaxeeya Ilmaha Kale 	Kobaca Dareenka iyo Bulshanimo <ul style="list-style-type: none"> • Kobaca Dareenka • fikrada shaqsigah • Karitda Bulsho iyo Xariirada
Kobaca Luuqada iyo Hadalka <ul style="list-style-type: none"> • Dhagaysiga iyo Fahanka • Hadalka iyo Codka • Luuqada Degdega ah 	Kobaca Luuqada iyo Fanka <ul style="list-style-type: none"> • Dhagaysiga • Hadalka • Akhriska Degdega ah • Qoraalka Degdega ah
Kobaca Fahanka <ul style="list-style-type: none"> • Dulmarka iyo Helitaanka • Memory • Xalinta Cilada • Kudayashad aiyo Ciyaarta Tusaalaha ah 	Kobaca Fahanka <ul style="list-style-type: none"> • Fakarka Xisaabta iyo Garashada <ul style="list-style-type: none"> - Tiro fikrado iyo shaqooyin ah - Qaybaha iyo xariirada - Xariirada fikirka iyo cabirka - Cabirka - Sababaynta xisaabta • Fakarka Sayniska iyo Xalinta Cilada <ul style="list-style-type: none"> - Kormeerid - Su'aal waydiinta - Baarista • Fahanka Nidaamyada Bulshada <ul style="list-style-type: none"> - Xariirada Aadanaha - Fahanka aduunyada
Kobaca Jirka iyo Dhaqdhaqaaqa <ul style="list-style-type: none"> • Kobaca Dhaqdhaqaaqa Guud • Kobaca Dhaqdhaqaaqa lafaha • Caafimaadka Jirka iyo Fayaqabka 	Kobaca Jirka iyo Dhaqdhaqaaqa <ul style="list-style-type: none"> • Kobaca Dhaqdhaqaaqa Guud • Kobaca Dhaqdhaqaaqa lafaha • Caafimaadka Jirka iyo Fayaqabka
	Hal abuurka iyo Farshaxannada <ul style="list-style-type: none"> • Abuuris • Jawaabida • Qiimeyn
	qaababka Loo waajaho Waxbarashada <ul style="list-style-type: none"> • Diihaalka • Khatar u Badheedhida • Fakarka iyo Hal abuurka • Joogtaynta • Muujinta iyo Fasiraada

Kulanka 2 - Muujin

Qaado dhawr daqiiqo si aad u muujiso waxa aad ku baratay "kormeerka joogtada ah" ee xiisadaan fasalka. U adeegso meelaha banaana ee hoose si aad u qabato fikrado iyo qorshayaasha talaabada. U diyaar garoow inaad ka doodo biloowga Kulanka 3.

Kulankaan waxaan ku bartay...

Marka laga eego waxaan bartay, waxaayabaha aan samayn doono ...

Kulankaan waxay igu abuurtay inaan ka fakaro...

Kulanka -3:

Qaybaha Isdhexgalka

Adigoo akhrinaaya qaybaha, ka jawaab su'aalahaan:

- A. Waa maxay caqabadaha caafimaadka iyo badqabka ee ka imaan kara xaaladaan?
 - B. Maxaa la samayn karaa si loo baabi'iyo (ama loo yareeyo) caqabadaha caafimaadka iyo Badqabka ee ka imaan kara xaaladaan?
 - C. Maxay noqonayaan xeeladaha ugu haboon ee xaalad kasta iyo sida ay uga duwanaan karto shuruudaha ruqsada?
-
1. Marwo Melissa, oo ah macalinka dhalaanka ayaa qado siinaysa ilmaha dugsiga barbaarinta. Waxaa jira hal ilmo oo xasaasiyad ku qaba lawska. Ilmo kale ayaa hadda dhamaysaytay farxalka farihiisa. Jidka loo maro miiska, wuxuu istaagay qaanadiisa wuxuuna qaatay nacnaca hallooween ka. Wuxuu la yimid miiska qadada. Wuxuu sheegay in hooyadiis u sheegtay inuu naqnaca wax ka siiyo saaxiibadiis markay qadaynayaan.
 2. U diyaar garoowga jiiska, Marwo Mary, oo ah macalinka daryeelka dhallaanka, ayaa ilmo ka badalaysa xafaayad oo gaynaysa musqusha. Sadex ilmood ayay musqusha kula jirtaa. Hal wuxuu u baahan yahay xafaayad halka labada kale musuqsha la baraayo. Waxay ku hagtay labada ilmood ee musqusha la baray dhanka musqusha. Intay xafaayada u xiraysay, mid kamid ah ilmaha yaryar ee musqusha ku jiray, ayaa dhankeeda soo aaday asagoo booynaaya kadibna Marwo Mary ayaa ogaatay inuu ilmaha yar shibmay ayna lugihiisa ka daadanayso.
 3. Tiro carruur ah ayaa isla ciyaaraaya kubada boorka. Mid kamid ah ilmaha oo ku jira kooxda ayaa ka kacay miiska, qaatay dhalo daawada nadiifinta ah oo ku jirta qasac kale kadibna ku buufiyay hawada ka koraysa ilmaha kale ee ciyaaraayay. Ilmaha daawada lagu buufiyay ayaa ku qaylinaaya in la buufiyay.
 4. Waxaad tahay macalinka hagaaya fasalka dugsigaaga barbaarinta. Agaasimaha Xarunta ayaa hadda kuu sheegay in ilmo cusub kusoo biiraayo fasalkaaga asbuuca soo socda uuna qabo xanuunka suuxdinta. Hase yeeshee, cunugu wuxuu daawo ku qaataa guriga wuxuuna suuxaayay muddo sanad ah.

Kulanka 3 - Tixraacyada

1. Xeerka MN 9503

<https://www.revisor.mn.gov/rules/?id=9503>

2. Xeerka MN 9503.0145 Cuntada iyo Biyaha

<https://www.revisor.mn.gov/rules/?id=9503.0145>

3. Daryeelida Carruurteena: Heerarka Qaran ee Dadaalka Caafimaadka iyo Badqabka; Tilmaamaha Barnaamijyada Daryeelka ilmaha yar iyo waxbarashada. Daabacaada 3aad

<http://cfoc.nrckids.org/index.cfm>

4. Buuga Tilmaamaha Cudurka Caabuqa wata ee Xarumaha Daryeelka Carruurta iyo Dugsiyada

<http://www.hennepin.us/childcaremanual>

5. Maaraynta Amaanka ah ee Caanaha Naaska

<http://www.hennepin.us/-/media/hennepinus/residents/health-medical/infectious-diseases/breast-milk.pdf?la=en>

6. Aasaasiyaadka Badqabka Cuntada si Looga Hortago Xanuunada Cuntada ka Dhasha iyo Fayaqabka Tilmaamaha Carruurta yaryar

<http://www.fns.usda.gov/sites/default/files/foodsafety.pdf>

7. Badqabka Dhismaha iyo Guryaha

https://childcareta.acf.hhs.gov/sites/default/files/public/brief_5_building_safety_final.pdf

8. Qorshayaasha Yaraynta Khatarta

http://www.dhs.state.mn.us/main/groups/licensing/documents/pub/dhs16_152915.pdf

9. Dhawrista Badqabka Carruurta: Tasmada Qorshaynta xaaladaha degdega ah ee Daryeelaha Carruurta 2016

<https://edocs.dhs.state.mn.us/lfsrserver/Public/DHS-7414-ENG>

10. Qorshaynta xaaladaha degdega ah ee Daryeelka Carruurta Minnesota 2016

<https://edocs.dhs.state.mn.us/lfservlet/Public/DHS-7415-ENG>