

Daryeelka Carruurta Ee Qoyska	Hagaha Kaqaybqaataha Kormeerka Firfircoon: Kahortagga Dhaawacyada Carruurta ku jirta Goobaha Daryeelka Carruurta ee Qoyska
Qaybtan labada saacadood ah waxay buuxinaysaa shuruuda tababarka Xeerka 2 ee tababarka kormeerka. La Cusboonaysiiyay 2/2024	2 Saacadood

Xuquuqda lahaanshaha iyo Xadidnaanta Isticmaalka iyo Mas'uuliyadaha Ka Dhalanaya

Manhajkaan waxaa lagu diyaariyay maalgalin ay bixisay Waaxda Adeegyada Aadanaha ee Minnesota. Waaxda Adeegyada Aadanaha ee Minnesota wax wakiil ah kama ahan wax mas'uuliyad ahna kama saarna isticmaalkiisa ama natiijadiisa. Manhajkaan dib looma soo saari karo, lama koobin karo, lama iibin karo ama si kale looma qaybin karo ayada oo aan oggolaansho qoraal ah laga haysan Waaxda Adeegyada Aadanaha ee Minnesota.

Si aad u codsato oggolaansho qoraal ah oo ku saabsan isticmaalka ama dib usoo saarista qayb kamid ah manhajkaan, iimayl u dir:

DHS.Child.Care@state.mn.us

Guudmarka Casharka

Knowledge and Competency Framework (KCF, Qaab-dhismeedka Aqoonta iyo Kartida) ee Minnesota ee Aagga Mowduuca Xirfadlayaasha Carruurnimada Hore, Aagga Maadada Child Development Associate (CDA, Isku Xirka Horumarinta Carruurta)

Qaab-dhismeedka Aqoonta iyo Kartida (KCF) ee Minnesota ee Aagga Mowduuca Xirfadlayaasha Carruurnimada Hore iyo Aagga Maadada Isku Xirka Horumarinta Carruurta (CDA) waxay halkan ugu qoran yihiin si ay uga caawiyaan ka qaybgalayaasha inay fahmaan kartida, nuxurka, iyo maadooyinka looga hadlayo tababarka.

Qaybta Nuxurka KCF: VII.B. Xaqiijinta Badbaadada

Aagga Maadada CDA: Qorshaynta deegaan waxbarasho oo badbaado ah, oo caafimaad qaba.

Ujeedooyinka Waxbarashada:

Dhammaadka tababarkan, kaqaybgalayaashu waxay awoodi doonaan inay:

- Qeex heerarka ruqsad bixinta ee Xeerka 2 aad ee Minnesota Department of Human Services (MN DHS, Waaxda Adeegyada Aadanaha ee Minnesota) ee ku aadan kormeerka goobaha daryeelka carruurta ee qoyska.
- Aqoonsadaan waxyaabaha sababaha hormuudka u ah dhaawacyada iyo khatarada guud ee ay carruurtu la kulmaan xilliga carruurnimada hore.
- Gorfeeyaan xeeladaha looga hortago dhaawacyada soo gaara carruurta iyo habraacyo la raaco haddii dhaawac uu dhaco.

Ujeedooyinka Waxbarashada waa in dib loogu eegaa bilowga kulan kasta oo lagu dadaalo in la isku xiro nuxurka iyo jawaabaha ka qaybqaataha dib loogu noqdo ujeedooyinka kulanka.

Guudmarka Casharka

Wakhtiga Qaybta	Fikradaha Muhiimka Ah	Xeeladaha Waxbaridda
15 daqiiqo	Soo Dhawaynta/Hordhacyada Guudmarka Ujeedooyinka	Khudbo yar Dooda kooxda ballaaran
30 daqiiqo	Arrimaha la xiriira dhaawacyada carruurta	Dooda kooxda ballaaran Milicsiga shakhsi ahaaneed
30 daqiiqo	Qorshaynta badbaadada iyadoo la isticmaalayo qiimaynta khatarta	Dooda kooxda ballaaran Hawsha koox yar Milicsiga shakhsi ahaaneed
20 daqiiqo	Qiimeynta xogta dhaawacyada carruurta iyadoo la adeegsanayo khariiradaynta khatarta	Hawsha koox yar Dooda kooxda ballaaran
15 daqiiqo	Waxa la sameeyo marka dhaawacyo ay dhacaan	Khudbo yar Howl koox ballaaran
10 daqiiqo	Dib-u-eegista Ujeedooyinka/ Soo Xirista	Milicsiga shakhsi ahaaneed Dooda kooxda ballaaran
Wadarta Guud ee Wakhtiga: 2 saacadood		

Supervision Definitions

MN Rule 2 for Family Child Care	Best Practice: Caring for our Children
Minnesota DHS Rule 2 (9502.0315, subp. 29a) defines supervision as: "Supervision" means a caregiver being within sight or hearing of an infant, toddler, or preschooler at all times so that the caregiver is capable of intervening to protect the health and safety of the child. For the school age child, it means a caregiver being available for assistance and care so that the child's health and safety is protected."	Caring for our Children: National Performance and Safety Standards defines best practice: "Caregivers/teachers should provide active and positive supervision of infants, toddlers, preschoolers, and school-aged children by sight and hearing at all times, including when children are resting or sleeping, eating, being diapered, or using the bathroom (as age appropriate) and when children are outdoors.

Ilaha

Khariiradaynta Khatarta Barnaamijyada Daryeelka iyo Waxbarashada Carruurta
 Suuq Ka Celinta Guddiga Badqabka ee Alaabada Macaamiisha (CPSC)
 Rukumo iimaylada suuq ka celinta CPSC
 Gargaarka Degdegga ah ee Cilmi Nafsiga (PFA) ee MDH

Liinkiyada Shati-bixinta iyo Qawaaniinta

- [Xeer 2 ee MN ee Daryeelka Carruurta ee Qoyska](#)
- [Qawaaniinta Minnesota, Cutubka 142B Xeerka Shati-siinta Adeegyada Aadanaha](#)
- [Macluumaadka iyo Foomamka Daryeelka Carruurta ee Qoyska](#)
- [Liiska Hubinta Kormeerka Shati-siinta Daryeelka Carruurta ee Qoyska \(ELICI\)](#)
- [Shuruudaha daryeel bixiyaasha kaydka beddelka ah iyo kuwa beddelka degdegga ah ee daryeelka carruurta ee qoyska](#)

Ilo Xirfadeed oo Dheeraad ah

- [Caring for Our Children: Heerarka Waxqabadka Caafimaadka iyo Badbaadada ee Qaranka, Tilmaamaha Barnaamijyada Daryeelka iyo Waxbarashada Carruurta](#)
- [Xeerka Anshaxa ee National Association for the Education of Young Children \(NAEYC, Ururka Qaranka ee Waxbarashada Carruurta Yaryar\) iyo Bayaanka Ballanqaadka](#)
- [Tilmaamaha lagu ilaaliyo badbaadada carruurta: Hagaha koritaanka](#)
- [Marxaladaha Koritaanka ee Help Me Grow MN](#)
- [Center for Inclusive Child Care \(CICC\)](#)

Arrimaha Saameeya Dhaqamada Badbaadada iyo Go'aamada

Sifooyinka Daryeel-bixiyaha

Mawqifyada ku aadan:

- Caadaysiga 'badbaadada' (Yoolalka waalidnimada, oggolaanshiyaha, shakhsiyadda daryeel-bixiyaha, damiirka, welwelka waalidka ama walaaca ku saabsan dhaawaca)
- Faa'iidada, waxtarka ama muhiimada qalabka badbaadada (faa'iidada koofiyadaha difaaca madaxa)
- Khatar qaadashada cunugga (koritaanka shakhsi iyo walaacyada dhaawacyada)

Caqiidooyinka ku saabsan:

- Faa'iidooyinka ay carruurta ka helayaan dhaawaca (tusaale, cunugga "wuxuu ka baranayaa cashar")
- Suurtagalnimada Kahortagga dhaawacyada
- Xeeladaha ugu wanaagsan ee looga hortago (kormeerka, barista, dhimista khatarta)
- Awooda ay u leeyihiin inay ku guulaystaan hirgelinta dhaqamada kahortagga
- Filashooyinka, caadooyinka bulsho, iyo dhaqan ee ku saabsan dhaawaca iyo tallaabooyinka ee ay dadka kale sheegaan

Qiimaynta Garaadka – sida shakhsiyaadka u aqoonsadaan una fasirtaan:

- Khataraha iyo halisaha deegaanka
- U nuglaanta carruurta ee dhaawaca, khatarta soo gaaraysa cunugga
- Suurtagalnimada dhaawac ama darnaanta dhaawaca
- Kharashaadka iyo faa'iidooyinka hirgelinta taxadarrada (wakhtiga, culayska, ku habboonaanta)
- Waxyaabaha gacan ka gaysta dhaawacyada (nasiib xumo, cunugga, daryeel-bixiyaha, xaaladaha deegaanka)

Mashquulsanaanta daryeel-bixiyaha (Feejignaanta daryeel-bixiyaha)

- Xaaladda niyadda ama shucuurta daryeel-bixiyaha
- Xaaladda caafimaad oo ay ku jirto caafimaadka maskaxda ee daryeel-bixiyaha, caafimaadka jirka
- Ku lug yeelashada waxyaabo mashquuliya oo joogta ah ama hawlo indhahooda, dhegahooda, iyo maskaxdooda ka jeedinaya carruurta oo ay ku jiraan hawlaha guriga, aaladaha tignoolajiyadda - wicitaanada taleefanka, farriimo-dirista, la sheekaysiyada dadka kale ee waawayn ama carruurta, baahiyaha carruurta iyo heerka dhaqdhaqaaqa deegaanka, iwm.

Sifooyinka Cunugga

- Heerka koritaanka (koritaanka jirka, fahanka garaadka, feejignaanta)
- Sifooyinka dabeecada – taariikhda khatar-qaadashada, heerka tamarta
- Dabciga/shakhsiyadda
- Taariikhda dhaawaca

Sifooyinka Deegaanka

- Tirada iyo noocyada khataraha iyo halisaha deegaanka
- Noocyada khataraha iyo halisaha deegaanka

Waaqaca Heerka Xaaladaha Ballaaran Saamaynta hadda ee:

- Dhaqaalaha
- Caadooyinka iyo filashooyinka dhaqan iyo bulsho

Laga soo xigtay Morrongiello BA, Corbett M. Faahfaahinta qaabka fikradeed ee khatarta carruurta yaryar ee dhaawaca aan ula kaca ahayn: muhiimadda ay leedahay in la tixgeliyo waxyaabaha loo aaneeyo. Dib-u-eegista Cilmi Nafsiga Caafimaadka 2008; 2:191-205.

Risk Assessment :

Children involved	Who is at risk?	Identify Hazards	Identify Safety Measures

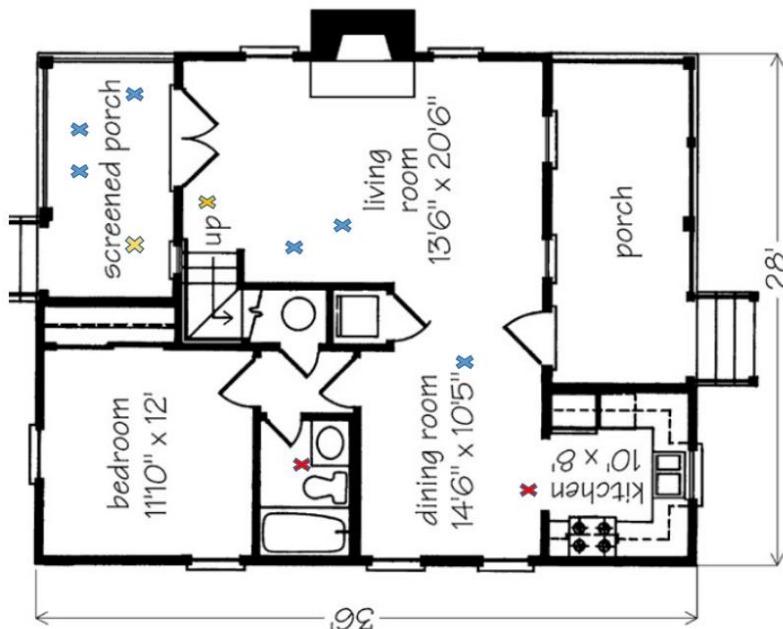
What is the likelihood of harm occurring? Almost certain Likely Possible Unlikely Rare
 What is the severity of impact? No first aid necessary First Aid required Medical treatment required Hospital Admission Death

Dib-u-qiimaynta Khatarta ee Barnaamijyada Waxbarashada iyo Daryeelka Carruurta:

- Aqoonso cidda khatarta ugu jirta.** Waa maxay da'da ama heerka koritaanka ee loogu taliyay hawshan? Yaa joogi doona deegaanka (tusaale, carruur guuguuranayso oo aan ku lug lahayn laakiin ka agdhow)?
- Aqoonso khatarta imaan karta.** Maxay carruurta halis ugu jiraan waxyeello? Waa maxay khataraha ku lugta leh? Halkee ku taashaa? Maxaa dhici kara?
- Aqoonso tallaabooyinka badbaadada.** Qiimee khataraha oo go'aanso taxadarrada loo baahan yahay in la qaado. Sidee u kormeeri doontaa xaaladda haddii aadan meesha ka saari karin khataraha?
- Qiimee saamaynta guud.**
 - Waa maxay suurtagalnimada in ay waxyeello dhacdo? (Ku dhawaad la hubo, laga yaabo, suurtagal, lagama yaabo, naadir)
 - Waa maxay darnaanta saamaynta? (Looma baahna gargaar degdeg ah, loo baahan yahay gargaar degdeg ah, loo baahan yahay daaweyn caafimaad, isbitaal-dhigis, dhimasho).
- Dooro sida loo sii wado.** Go'aanso sida loo sii wado adigoo ku salaynayo qiimayntaada. Hawshani badbaado ma u tahay carruurta ku jirto daryeelka? Waa maxay wakhtiga iyo meesha ugu wanaagsan in lagu qabto hawshan, mise waa in laga fogaado hawshan?

Khariiradaynta Khatarta Barnaamijyada Daryeelka iyo Waxbarashada Carruurta:

1. Samee khariirad muuqaal ah oo ku saabsan gurigaaga daryeelka carruurta ee qoyska iyo aagga lagu ciyaaro bannaanka. Xaqiiji in aad ku darto aagaga ruqsadda loo haysto iyo kuwa aan ruqsadda loo haysan.
2. Ku dhig “dhibic” ama “X” khariiradda dusheeda si aad u muujiso halka dhaawaca uu ka dhacay. Ku dar dhammaan dhaawacyada yaryar ama waawayn.
3. Qor qoraal aad ku qeexayso faahfaahinta dhaawaca. Xusuusnow, waxaad dib u eegi doontaa qoraaladaan 3-6 bilood, marka si fiican u faahfaahi. Ku dar:
 - **Cidda** ku lugta lahayd? (cunugga keligii, carruur kale, adiga, qof kale oo qaangaar ah, iwm.)
 - **Halkee** ayuu ka dhacay dhaawaca?
 - **Maxaa** dhacay? Haddii aad ujeeday dhaawaca marka uu dhacayay, maxaa sababay? **Waa maxay** darnaanta dhaawaca? Tusaale ahaan, jaris yar oo u baahan saarista Band-Aid iyo cagsigeeda jaris wayn oo u baahanaysa tolmo.
 - **Goorma** ayuu dhacay dhaawaca? (waqtiga maalinta, maalinta toddobaadka, xilliga).
4. Gorfee xogta. Isticmaal warbixinadi aad diyaarisay 3-6 bilood ee la soo dhaafay si aad u aqoonsatid meelaha inta badan ay dhaawacyada ka dhacaan.
5. Aqoonso tirada dhacdooyinka ee keenay dhaawac yar (saris, far meel qabsatay, murux yar) iyo dhaawac wayn (ku gubashada biyo kulul, ama dhaawac u baahday inuu fiiriyo dhakhtar).
6. Qiimee **sida** loo yareeyo ama looga hortago inay dhaawacyada dhacaan adigoo ku salaynayo xogta aad soo ururisay. Go'aanso isbeddellada lagama maarmaanka u ah in lagu sameeyo deegaanka ama habdhaqanada kormeerka si kor loogu qaado badbaadada carruurta.



- X Jikada:** Cunug dhigta dugsiga barbaarinta hore ayaa galay jikada iyadoo daryeel bixiyaha uu diyaarinayo qado. Cunugi wuxuu taabtay digsi isagoo isku dayayo inuu “caawiyo,” taasoo keentay inuu faraha ka gubto. Dhaawici wuxuu u baahday in loo qaado Daryeel Degdeg ah. Dhakhtarku wuxuu ku sheegay dhaawac yar wuxuuna mariyay boomaatada gubashada kuna duubay faashad difaac ah.
- X Musqusha:** Cunug yar oo socod barad ah ayaa keligeed ku dhex war-wareegtay musqusha waxayna fuushay kursi si ay gacmaha u dhaqato. Way ku sibqatay wayna soo dhacday maadaama kursiga uu qooyay cunug hore. Cunugti waxay madaxa ku dhufatay shamiitadi dhulka taasoo keentay murux wayn. Waalidki ayaa loo yeeray waxaana cunugti loo qaaday daryeel degdeg ah. Cunugti waxaa qiimeeyay dhakhtar wuxuuna u diray guriga si ay u nasato xaalkeedana loola socdo.
- X Qolka fadhiga:** Gurigu waa guri is-dulsaaran oo aan albaabka badbaadada carruurta ku lahayn jaraanjarta kore ee qolka fadhiga. Cunug 9-bilood jira ayaa ku guurguuranayay jaraanjarta agteeda wuxuuna u dilindillooday jaraanjarta kore. Bixiyaha daryeelka wuu u dhawaa wuuna awooday inuu qabto cunugga si uu uga ilaaliyo inuu hoos ugu taraaraxo jaraanjarada. Carruur kale ayaa joogtay laakiin cunugga uma aanay dhawayn. Cunugi dhallaanka ahaa wuu argagaxay wuxuuna bilaabay oohin laakiin dhaawac ma gaarin.
- X Qolka fadhiga:** Cunug jirta da'da dugsiga ayay farta meel qabsatay iyadoo ku ciyaaraysa baabuurta carruurta ku ciyaarto ee carro-gediska ah inti lagu jiray ciyaarta xorta ah ee subaxdi. Carruur kale ayaa joogtay laakiin kuma lug lahayn. Cunugti waxay oydah dhowr daqiiqo. Bixiyaha daryeelka wuxuu ku arkay guduudasho yar wuxuuna saaray xirmo bac baraf ah muddo dhowr daqiiqo ah. Wax barar ah laguma arag. Cunugti waxay sii wadatay inay ku ciyaarto baabuurki carro-gediska ahaa.
- X Qolka fadhiga:** Labo cunug oo dhigata dugsiga barbaarinta hore iyo cunug socod barad ah ayaa kala tookaysanayay iyagoo koraya marna ka dagaya kursiga fadhi carbeedka ee lagu ciyaaro. Mid ka mid ah carruurti dugsiga barbaarinta hore ayaa ku dhacay cunugi socod baradka ahaa iyadoo cunugi socod baradka ahaa uu ku dhacay dhulka, isagoo lugta ku dhuftay aqal alaabo-alaabeyda carruurta ku ciyaarto oo u dhawaa. Bixiyaha daryeelka wuxuu ka fiiriyay wax dhaawac ah, waxbana kuma uusan arag. Goordambe, iyadoo xafaayadda laga badalayo cunugi socod baradka ahaa, bixiyaha daryeelka wuxuu ku arkay murux yar oo ku yaalla bawdada sare ee cunugga.
- X Qolka geeska guriga ee muraayadda ku wareegsan ee saddexda xilli:** Qolka wuxuu lahaa qalabka dhaqdhaqaaqa murqaha waawayn ee jirka, oo ay ku jiraan qalab yar oo la koro hoosna loogu taraaraxo, alaabo-alaabayda ay carruurtu isku riixdo, iyo miiska dareemada oo ay ka buuxaan waxyaabaha carruurtu ku ciyaarto xilliga lagu jiro. Bixiyaha daryeelka cunugga wuxuu awooday inuu qolka ku yaalla geeska guriga uu kala socdo qolka fadhiga. Cunug 2 sano jir ah iyo cunug 3 sano jir ah ayaa ku ordah qalabka la isku taraarixiyo. Labadoodaba way u “hormareen.” Waxay bilaabeen inay is-riixriixaan, cunugi 2 sano jirka ahaa ayaa qaniinay cunugi 3 sano jirka ahaa. Calaamadaha ilkaha ayaa ka muuqday, laakiin qaniinyadu ma dillaacin maqaarka. Bixiyaasha daryeelka carruurta wuxuu dhaqay dhaawici, wuxuu saaray xirmo baraf ah, wuxuuna wacay waalidka si uu ugu sheego dhaawaca.
- X Qolka geeska guriga ee muraayadda ku wareegsan:** 3 carruur ah ayaa ku ciyaaraysay ciyaarta “jilitaanka halyeeyada.” Hal cunug ayaa u yimid xannaaneeyaha isagoo oynaya oo ay dhiigayso xagtin kaga taallay gacanta. Bixiyaasha daryeelka carruurta ma uusan arkaynin marka uu dhaawaca soo gaarayay ilmihina ma aanay awoodin inay sharraxaan wixi dhacay. Xannaaneeyaha wuxuu gacanti cunugga ku dhaqay saabuun iyo biyo wuxuuna saaray sharooto.
- X Qolka geeska guriga ee muraayadda ku wareegsan:** 3 cunug oo dhigata dugsiga barbaarinta hore ayaa ku ciyaaraysay qalabka la koro. Cunug ayaa sibqaday wuxuuna garka ku dhufatay mid ka mid ah meelaha lagu istaago jaraanjarada. Bixiyaha daryeelka cunugga wuxuu ku jiraa qolka fadhiga isagoo daawanaya ciyaarta carruurta. Cunugi meeshi ayaa yeelatay guduudasho yar iyo barar, oo uu la socdo murux yar. Bixiyaasha daryeelka carruurta wuxuu saaray xirmo baraf ah.

✘ **Qolka geeska guriga ee muraayadda ku wareegsan:** 2 cunug oo afar sano jir ah ayaa ku ciyaaraysay kubbadaha cinjirka ah iyo meelaha lagu taraarixiyo. Cunug ayaa kubbad kor u tuuray. Waxay dhasada kaga dhacday cunug socod barad ah. Cunugi socod baradka ahaa ayaa u muuqday mid aysan waxbo soo gaarin. Falka ayaanan ka tagin wax calaamad ah.

✘ **Qolka cuntada:** Cunug socod barad ah ayaa daawanaysay xannaaneeyaha oo cunto fudud diyaarinayo waxayna ku booday kursiga dadka waawayn ay ku fadhiistaan qolka cuntada. Way sibxatay kadibna dhacday, iyadoo ku dul dhacday cududdeeda oo fidsan. Way oyday iyadoo aanan nuuxnuuxinaynin cududeeda. Bixiyaasha daryeelka carruurta ayaa wacay waalidka, waalidkuna wuxuu u qaaday Qaybta Xaaladda Degdegga ah halkaas oo laga daaweeyay jab ka soo gaaray cudduda.