



Xaashida Ka-Qaybgalaha Daryeelka Shakhsiyeed

Tilmaamaha: U isticmaal xaashidan si aad u qorto sida macluumaadkani ula xiriirayo shaqadaada la xiriirta dhallaanka, carruurta yaryar, iyo qoysaskooda, iyo si aad uga qaybqaadato hawlaha kulankaan. Haddii aad u baahato meel dheeraad ah oo aad wax ku qorto, isticmaal dhabarka dambe ee boggan.

Qoraallada Qodobbada Muhiimka ah ee Tababarka



Daryeelka Shakhsiyeed: Hawlaha Tababarka

Bogga 5. Sidee Ayaad Rabtaa Inaad U Barato?

- ◆ Halkan ku qor fikradahaaga kadib dhammaystirka dib u milicsiga la hagay.

Bogga 7. Maxay Muhiim u Tahay Daryeelka Shakhsiyeed?

Ka fikir dhallaanka ama ilmaha yar ee aad daryeesho ama ilmo aad taqaan ama aad hore u taqaanay. Qor astaamaha uu leeyahay ilmahan. Aqoonso siyaabaha gaarka ah ee ilmahan loo daryeelo iyo sababta ay muhiim u tahay in loo sameeyo daryeel shakhsiyeed.

Bogga 8. Sababaha Daryeelka Shakhsiyeed

- ◆ Maxay daryeelka shakhsiyeed muhiim u tahay dhallaanka iyo carruurta socod-baradka ah?

- ◆ Sidee ayuu daryeelka shakhsiyeed u taageeraa natiijooyin wanaagsan oo carruurta ah?



Bogga 10. Tusaale Muuqaal ah: Daryeelka Shakhsiyeed

- ◆ Sidee ayay daryeel-bixiyahani u gaaryeelayasaa daryeelkeeda si uu ugu habboonaado ilmo kasta?

Bogga 15. Dib u Eeg Xirfadahaaga Ka-war-haynta

- ◆ Sideen uga war-hayaa una dhageystaa carruurta?
- ◆ Sideen u fahmaa waxa ay carruurta ay leeyihiin?
- ◆ Sideen u adeegsadaa waxa aan bartay si aan u waafajiyo habka aan carruurta u daryeelo?
- ◆ Maxaa taageera habka ka-war-hayntayda? Maxaase iga hor taagan?

Bogga 16. Feejignaantu Waxay Gacan ka Geysataa Ka-war-haynta

- ◆ Halkan ku qor fikradahaaga kadib dhammaystirka dib u milicsiga la hagay.



Bogga 24. Tusaale Muuqaal ah: Gaaryeelidda Jadwalada Daryeelka

- ◆ Sidee ayay suurtagal u tahay in daryeel-bixiyahani u gaaryeelayo jadwalkan daryeel?

Bogga 26. Talooyin ku Saabsan Sameynta Jadwal Maalinle ah

- ◆ Qor fikradahaaga ku saabsan sameynta jadwal maalinle ah oo loogu talagalay dhallaanka iyo carruurta socod-baradka ah.

Bogga 27. Tusaale Muuqaal ah: Ciyaarta Xorta ah

- ◆ Sidee ayuu ilmahan yar ula falgalaa deegaanka ku hareeraysan?

Bogga 29. Ka Fakar Ilmaha Ku Jira Daryeelkaaga

- ◆ Aqoonso astaamaha ilmaha ee aad hore u sharaxday. Sidee ayaad u gaaryeelaysaa ama sidee ayaad jeclaan lahayd inaad u gaaryeelso habraacyada, jadwalada, iyo qorshaynta si ay ula jaanqaadaan danaha iyo baahiyaha ilmahan?

Bogga 30. Dardargelinta Daryeelka Shakhsiyeed: Heerar Taageero oo Badan

- ◆ Sidee ayaa daryeelka shakhsiyeed u taageeraan siyaasadaha ama hindisayaasha ka jira gobolkaaga, maamulkaaga, ama qabiilkaaga; barnaamijkaaga daryeelka carruurta, iyo la falgalkaaga maalinlaha ah?

Bogga 33. Aqoonso Tallaabo Kasta oo Yar oo Loo Qaado Daryeelka Shakhsiyeed ... Sababtoo ah muhiim ayay u tahay Ilmo kasta!

- ◆ Qor fikradaha tallaabooyinka yaryar ee lagu hirgelin karo daryeelka shakhsiyeed ee adiga kugu habboon.

Bogga 34. Fikradaha Muhiimka ah

- ◆ Maxaa si gaar ah kuu soo jiidatay?



Daryeelka Shakhsiyeed

U isticmaal kheyraadkan si uu kaaga caawiyo caddeynta muhiimadda daryeelka shakhsiyeed. Waxa uu gacan ka geysanayaa dhiirrigelinta hab-dhaqannada muhiimka ah ee barnaamijyada si loo hubiyo tayada daryeelka qoysaska ee carruurta lagu daryeelo guryaha iyo xarumaha, kuwaas oo u adeegaya dhallaanka iyo carruurta yaryar.

Mabda'a

Daryeelka tayada sare leh ee ku saleysan xiriirka ayaa door muhiim ah ka ciyaara Waynaanta Maskaxda carruurta yaryar, xakamaynta shucuurta, iyo barashada (Center on the Developing Child, 2012). Barnaamijka Daryeelka Dhallaanka iyo Carruurta Yaryar (Program for Infant/Toddler Care) wuxuu ku talinayaa lix hab-dhaqan oo muhiim ah oo barnaamijyada ah, kuwaas oo u ah qaab-dhismeedka daryeelka ku saleysan xiriirka. Mid ka mid ah hab-dhaqannadan waa **daryeelka shakhsiyeed**—kaas oo ah ka jawaabidda iyo la-qabsiga xiisaynta, baahiyaha, iyo awoodaha dhallaanka iyo carruurta socod-baradka ah si loo taageero kobacooda caafimaadka ku salaysan (Lally & Mangione, n.d.). Dabeecadda gaarka ah, habka barasho, danaha, iyo marxaladaha korriineed ee dhallaanimada waxay u baahan yihiin daryeel iyo taageero shakhsiyeed (Lally & Mangione, 2006; Lieberman, 1995; Raikes & Edwards, 2009). Daryeelka tayada sare leh ee dhallaanka iyo carruurta socod-baradka ah, daryeel-bixiyayaashu waxay hirgeliyaan istaraatiijiyadooda si ay u daboolaan baahiyaha gaarka ah ee ilmo kasta, iyaga oo bixinaya daryeel ku saleysan xiriir iyo ka jawaab celin ku habboon (Raikes & Edwards, 2009).

Maxay daryeelka shakhsiyeed muhiim u tahay Dhallaanka iyo carruurta socod-baradka ah?

- ◆ Qiimeynta iyo ka jawaabidda awoodaha horumarineed ee gaarka ah iyo baahiyaha shakhsiyeed ee ilmaha waxay horseedaan daryeel ixtiraam leh oo ka jawaab celin ku dhisan (Lieberman, 1995; Mangione, 2006).
- ◆ Daboolidda baahiyaha gaarka ah waxay farriin u dirtaa dhallaanka iyo carruurta socod-baradka ah in ay muhiim yihiin, baahiyahoodana la dabooli doono, isla markaana doorashadooda, danahooda, iyo rabitaankooda la ixtiraamayo (Lally & Mangione, 2006).
- ◆ Bixinta daryeel shakhsiyeed waxay aqoonsataa awoodaha, baahiyaha, dabeecadda, iyo dhaqamada iyo ikhtiyaarrada dhaqan ee qoyska ilmaha (Bernhard & Gonzalez-Mena, 2000; Lieberman, 1995).

Sidee Ayu Daryeelka Shakhsiyeed U Taageeraa Natiijooyin Wanaagsan oo Carruurta ah?

- ◆ Istaraatiijiyadaha lagu bixiyo daryeel shakhsiyeed ee daboola baahiyaha gaarka ah ee dabeecadda, luqadda guriga looga hadlo, iyo hababka barasho ee ilmo kasta waxay sare u qaadaan korrinka wanaagsan (Virmani & Mangione, 2013).
- ◆ Ka jawaabidda degdegga ah ee baahiyaha gaarka ah ee ilmaha waxay taageertaa awooddiisa ama awooddeeda is-xakamaynta (Tarullo et al., 2009; Vallotton, 2008).
- ◆ In la yeesho ku-xirnaan ammaan ah oo lala yeesho daryeel-bixiye raaca baahiyaha gaarka ah iyo qaabka xiriir ee ilmaha waxay dhiirrigelisaa dareen caafimaad qaba oo nafsadeed, sidhexgal bulsheed, iyo fayyo-qab guud (Ahnert et al., 2006).

Qorshaynta Hirgelinta Daryeelka Shakhsiyeed ee Goobaha Daryeelka Carruurta ee Kala Duwan Yoolka

Yoolka: Barnaamijyada tayada sare leh ee dhallaanka iyo carruurta socod-baradka ah waxay buuxiyaan baahiyaha gaarka ah ee ilmo kasta iyada oo loo marayo istaraatiijiyoyin muhiim ah.

- ◆ Samee hagitaan qoraal ah oo ka tarjumaya istaraatiijiyoyinka lagu hirgelinayo hab-dhaqannada daryeelka shakhsiyeed. Tani waxaa ka mid ah samaynta buug-gacmeedyo loogu talagalay shaqaalaha iyo qoysaska kuwaas oo sharxaya muhiimadda daboolidda baahiyaha gaarka ah ee ilmo kasta. Buug-gacmeedyadani sidoo kale waxay bixin karaan habab indha-indheyn, qiimeyn dhanka korrinka ah, iyo qaabaynta howlaha daryeel-bixiyeyaasha si ay u taageeraan dhallaanka, carruurta socod-baradka ah, iyo qoysaskooda.
- ◆ Qorshee manhaj aqoonsanaya oo taageeraya heerka korriineed, dabeecadda, iyo asalka dhaqan iyo luqadeed ee ilmo kasta.
- ◆ Samee sharraxaado cad oo shaqo oo loogu talagalay daryeel-bixiyeyaasha dhallaanka iyo carruurta socod-baradka ah kuwaas oo ku jira filashooyin la xiriira hababka daryeel-bixinta shakhsiyeed. Tani waxa ay ka mid tahay fahamka kala duwanaanshaha dabeecadda iyo baahiyaha korriineed, iyo sida loola xiriiro qoysaska kala duwan ee dhaqan ahaan iyo luqad ahaan ku saabsan hababka daryeelka gaarka ah ee dhallaankooda ama ilmahooda yar. Waxa kale oo qayb ka ah tahay indha-indheynta iyo dib u milicsiga sida ilmo kasta ula falgalo dadka iyo deegaanka ku xeeran.
- ◆ Bixi horumarinta xirfadeed oo ku saabsan sida loo hirgeliyo hababka daryeelka shakhsiyeed. Taageer xiriirka joogtada ah oo lala yeesho daryeel-bixiyeyaasha iyo qoysaska ku saabsan sida loo waafajiyo hababka daryeel-bixinta si loo daboolo baahiyaha gaarka ah ee dhallaanka iyo carruurta socod-baradka ah.
- ◆ Adeegso hab dib-u-eegis qorshaysan si joogto ah loo xoojiyo hababka daryeelka shakhsiyeed ee guud ahaan xarunta ama barnaamijka daryeelka carruurta ee qoyska.

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Xarunta Dhisidda Awoodda Gobollada (State Capacity Building Center, SCBC) waxay la shaqaysaa hoggaamiyeyaasha gobollada iyo dhulalka ay dawladdu xukunto iyo la-hawlgalayaashooda si ay u abuuraan nidaamyo iyo barnaamijyo carruurnimada hore ah oo hal-abuur leh kuwaas oo sare u qaada natiijooyinka carruurta iyo qoysaska. SCBC waxaa maalgelisa Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Maamulka Carruurta iyo Qoysaska, Xafiiska Daryeelka Carruurta.

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U Qorshaynta Gaarka ah Dhallaanka iyo carruurta socod-baradka ah ee Gudaha Daryeelka Kooxeed Habraciyada Daryeelka Shakhsiyeed iyo Jadwalada Maalinlaha ah

Habraacyo joogto ah, kuwaas oo ah hawlo dhaca wkaht isku mid ah isla markaana si la mid ah loo sameeyo maalin kasta, waxay siiyaan carruurta socod-baradka ah xasilloni iyo dareen ammaan. Hadday noqoto xilliga wakhtiga ciyaarta, wakhtiga la cunayo cunto fudud, wakhtiga hurdada, ama wakhti qof ay jecel yihiin uu soo laabanayo, ogaanshaha waxa xiga ee dhici doona wuxuu siiyaa dhallaanka iyo carruurta socod-baradka ah xasillooni iyo degganaansho shucuureed.

—Zero To Three (2010, p. 2)

Howlaha Daryeelka

Daryeelidda dhallaanka ama carruurta socod-baradka ah waxay u baahan tahay in wakhti iyo fiiro badan lagu bixiyo howlaha daryeelka. Goobaha daryeelka kooxeed, halkaas oo ay ku jiraan dhalliin iyo carruur yaryar oo badan, howlaha daryeelka ayaa qaabeeya qorshaha maalinlaha ah. Dukumenti bixinayo taageero farsamo ah oo cinwaankiisu yahay [Gaaryeelidda Daryeelka Dhallaanka iyo carruurta socod-baradka ah](#), kana timid Xarunta Kheyraadka Qaranka ee Early Head Start (EHSNRC), ayaa sheegaysa, “Howlaha daryeel-bixinta—imaanshaha iyo bixitaanka, cunto siinta, siinta cuntooyinka fudud, beddelidda xafaayadda iyo howlaha musqul gaynta, labbiska, iyo hurdada—waxay bixiyaan qaab-dhismeedka maalinlaha ee dhallaanka iyo carruurta socod-baradka ah” (EHS NRC, 2014, bogga 6). Howlaha maalinlaha ah waa fursado ay qofka weyn iyo ilmuhu ku xiriiri karaan, ku wada falgeli karaan, isla markaana si wadajir ah u dhammaystiri karaan hawlo. “Howluhu waxay bixiyaan fursado lagu dhiso xiriirro lala yeesho dhallaanka iyo carruurta socod-baradka ah kuwaas oo kobciya ku-xirnaan iyo kalsooni” (EHS NRC, 2014, bogga 6). Sidoo kale, dhallaanka iyo carruurta socod-baradka ah waxay horumarinayaan fahamka cidda ay yihiin—dareen kalsooniyeed. Iyadoo la adeegsanaayo habraacyo daryeel shakhsiyeed oo lala yeesho qof weyn oo ka jawaab celin leh oo la aamini karo, ilmuhu wuxuu baran karaa in la qiimeeyo, qayb ka noqdo bulshada, isla markaana uu ka mid yahay bulshada. Marka dhallaanka iyo carruurta socod-baradka ah laga qaybgaliyo iyagoo ah ka-qaybgalayaal firfircoon inta lagu jiro habraacyada sida cuntada iyo beddelidda xafaayadda, waxay bartaan xirfado nololeed, is-daryeel, iyo dhisidda xiriirro iskaashi. Sida ay sheegtay Zero To Three, “Howluhu waxay bixiyaan laba qodob oo muhiim u ah barashada: xiriirro iyo ku-celcelin” (Zero To Three, 2010, bogga 1).

Gobollo badan ayaa ka doonaya barnaamijyada daryeelka carruurta inay yeeshaan jadwal maalinle ah oo qoran. Ururka Qaranka ee Waxbarashada carruurta socod-baradka ah (NAEYC) wuxuu dhiirrigeliyaa hab-dhaqan uu “manhajku hagayo samaynta jadwal maalinle ah oo la saadaalin karo balse dabacsan kana jawaaba baahiyaha gaarka ah ee carruurta” (NAEYC, 2015, p. 9). Sidee ayaad u samayn kartaa jadwal maalinle ah oo loogu talagalay koox dhallaanno iyo carruur yaryar ah oo mid kasta leeyahay waqti u gaar ah? Tani waa su’aal muhiim ah maadaama dhallaanka iyo carruurta socod-baradka ah aanay weli kobcin awoodda ay ku maareeyaan shucuurtooda iyo dabeecaddooda. Waa wax habboon in macallimiinta daryeelka dhallaanka iyo carruurta socod-baradka ah ay sameeyaan jadwal maalinle ah oo ku saleysan habraacyo daryeel oo ka jawaab celin leh. Cilmi-baareyaasha waxbarashada hore waxay si ballaaran isugu raacsan yihiin in dadka waaweyn ay sida ugu wanaagsan u taageeri karaan barashada hore marka xiisaha ilmaha ay udub-dhexaad u noqdaan howlaha waxbarashada (Shonkoff & Phillips, 2000).

Howlaha daryeelka ee dhallaanka iyo carruurta socod-baradka ah, sida beddelidda xafaayadda, cunno siinta, dhaqid, iyo hurdada, waxay qaataan waqti badan maalin kasta. “Caadooyinka iyo habraacyadu waxay si wadajir ah u shaqeeyaan si ay u abuuraan jawi ammaan ah oo kobciya xiriirka ka dhexeeya dhallaanka iyo daryeel-bixiyeyaashooda” (Gillespie & Peterson, 2012, p. 77). Nasiib wanaag, barasho iyo horumar muhiim ah ayaa ka dhaca inta lagu jiro howlahan daryeelka. Xaqiiqdii, jadwalka maalinlaha ah waa qayb ka mid ah manhajka dhallaanka iyo carruurta socod-baradka ah.

Tixyaarada

[California Infant/Toddler Curriculum Framework](#) (2012) waa hagitaan ka socda Waaxda Waxbarasha ee California oo ka kooban macluumaad ku saabsan habraacyada daryeelka.

[Individualizing Care for Infants and Toddlers—Part 1 \(Technical Assistance Paper No. 1\)](#) (2014) oo ay diyaarisay Early Head Start National Resource Center waxay bixisaa tusaalooyin iyo macluumaad ku saabsan habeynta habraacyada daryeelka iyo isku-dubaridka habraacyada u dhexeeya guriga iyo barnaamijka daryeelka carruurta bogagga 6–7.

[Aan ka Hadalno Hawlaha Joogtada ah \(Let’s Talk About Routines\)](#) (2017) waa qaybta saaxaada ee taxanaha warbaahinta *Xiriirada Daryeelka Leh (Caring Connections)* ee Xafiiska Head Start, Head Start Early Childhood Learning & Knowledge Center (Xarunta Barashadiyo Aqoonta Dhallaanka ee Head Start). Podcast-kan wuxuu sahminayaa qiimaha habraacyada la saadaalin karo. Wuxuu sharxayaa sida habraacyadu uga caawin karaan dhisidda kalsoonida iyo amniga carruurta socod-baradka ah. Waxa la socda [Warqad Macluumaad ah](#) oo leh ilo la xiriira.

[News You Can Use—Transitions](#) (November 2011) oo ay diyaarisay Early Head Start Early Childhood Learning & Knowledge Center waxay sharxaysaa sida loo taageeri karo kala-guurrada kala duwan ee ay carruurta iyo dadka waaweyn la kulmaan. Ilahani waxa kale oo uu ka kooban yahay macluumaad ku saabsan habeynta kala-guurrada iyo talooyin marka xaaladaha kala-guurradu adkaadaan.

Ilaaha loogu talagalay Waalidiinta

[Abuuridda Habraacyo Jacayl iyo Barasho](#) (2010) oo ay diyaarisay Zero To Three waxay la wadaagaysaa sida habraacyada maalinlaha ah ee u dhexeeya guriga iyo barnaamijka ay u taageeraan is-xakamaynta, badqabka, xirfadaha bulsheed, kala-guurrada, farxadda waalidiinta, iyo barashada.

[Caadooyin iyo Habraacyo: Taageeridda Dhallaanka, Carruurta Socod Baradka ah, iyo Qoysaskooda](#) Qoraalkan kooban ee ka socda National Association for the Education of Young Children (NAEYC) wuxuu sharxayaa muhiimadda ku darista caadooyinka si looga caawiyo carruurta inay aqbalaan habraacyo laga yaabo inay culays ku noqdaan, sida kala-tagga waalidiinta.

Jadwalada Maalinlaha ah

Markaad tixgeliso habraacyada daryeelka iyo jadwalka dabiiciga ah ee gaarka u ah dhallaanka iyo carruurta socod-baradka ah ee aad daryeesho, waxaad bilaabi kartaa samaynta jadwal maalinle ah oo shakhsiyeed, taas oo ah saldhig muhiim u ah daryeel tayo sare leh (Raikes & Edwards, 2009). Manka ku hay in, si looga jawaabo baahiyaha shakhsiyeed ee isbeddelaya ee dhallaanka, ay muhiim tahay in jadwalka maalinlaha ah uu ahaado mid dabacsan. Jadwalka adag wuxuu abuuri karaa walaac aan loo baahnayn oo ku yimaada dhallaanka, iyo culays ku yimaada macallimiinta isku dayaya inay ku dhegganaadaan qorshe go’an. Tusaale ahaan, dhallaanka aadka u yaryar, kuwaas oo leh jadwal hurdo oo u gaar ah, ayaa laga yaabaa inay seexdaan inta lagu jiro waqtiga bannaanka, isla markaana ay diyaar u noqdaan ciyaar iyo ka-qaybgal xilli ay dhallaanka waaweyni hurdaan. Tani macnaheedu ma aha inaysan jirin nidaam ama habraac; weli waxaa la hubinayaa in dhammaan habraacyada daryeelka maalinlaha ah ay sidoodii ku socdaan. Si kastaba ha ahaatee, haddii hal dhallaan u baahdo inuu cuno ama seexdo ka hor inta aanay kuwa kale u baahnayn, waa suurtagal in baahidiisa la xalliyo. Waxaa laga yaabaa in ilmo 2 jir ah oo guriga ku leh walaal yar oo cusub uu u baahdo waqti dheeraad ah oo la isku xirnaansho xiriireed ah marka loo eego toddobaadkii hore. Ama dhallaan u baahan daaweyn neefsasho waqtiyo gaar ah oo maalinta ka mid ah, adiguna aad jadwalka u hagaajisay inaad buugaag u akhrido isaga iyo carruur kale inta lagu jiro daaweyntiisa.

Isbeddelladan noocan ah badanaa si dabiici ah ayay u sameeyaan daryeel-bixiyeyaasha. Marka aad ogaato in habraac kasta, isdhexgal kasta, iyo waayo-aragnimo kasta ay tahay fursad wax cusub lagu barto, waxay kuu noqotaa xusuusin wanaagsan in jadwalka maalinlaha ah uu ahaado mid dabacsan isla markaana lagu habeeyo carruurta gaarka ah ee ku jira kooxda. Maqaalkooda cinwaankiisu yahay “Caadooyinka iyo Howlaha: Taageeridda Dhallaanka, carruurta socod-baradka ah, iyo Qoysaskooda”, Linda Gillespie iyo Sandra Peterson waxay sheegeen in “gaaryeelidda howlaha ay ka dhigan tahay in isku xigxiga howlaha ay isku mid yihiin balse ficillada iyo waqtigu ay kala duwanaa karaan si loo daboolo baahiyaha carruurta gaarka ah” (Gillespie & Peterson, 2012, p. 76). Marka carruurta socod-baradka ah ay koraan, waxay bilaabaan inay yeeshaan xakamayn badan oo ku saabsan jirkooda iyo shucuurtooda, waxayna si tartiib ah u noqdaan kuwo awood u leh inay si guul leh ula falgalaan kuwa kale dhanka cunto isla cunista, doortaan inay ku biiraan howlaha kooxo yaryar ah, isla markaana ay wada seexdaan ama nastaan waqti la mid ah carruurta kale.

Talooyin loogu talagalay Samaynta Jadwal Maalinle ah oo Ku Habboon Heerarka Korriinka

Waxyaabahan soo socda waa astaamo ka mid ah jadwal loogu talagalay dhallaanka iyo carruurta socod-baradka ah oo taageera daryeel ka jawaab celin leh oo shakhsiyeed. Fikradahani waxay kaa caawin karaan inaad samayso jadwal maalinle ah oo ka jawaaba baahiyaha isla markaana u nugul dhallaanka iyo carruurta socod-baradka ah ee goobtaada ku jira.

Bixi Joogteyn

Habraacyo maalinle ah oo la saadaalin karo waxay ka caawiyaan carruurta socod-baradka ah inay ogaadaan waxa dhici doona iyo waxa laga filayo, taas oo keenta dabeecadaha carqaladeynaya oo yaraada. Howlaha maalinlaha ah waa inay u socdaan si joogto ah oo u oggolaanaya dhallaanka inay diiradda saaraan ciyaartooda iyo barashadooda. Fursadaha ay carruurta ku sahmiyaan kuna ku-celceliyaan xirfadaha waxay ka caawiyaan inay dhistaan kalsooni ku saabsan awoodahooda (Harms, Clifford, & Cryer, 1998).

Ku Dar Waayo-aragnimooyin Daboolaya Baahiyaha Gaarka ah

Tani waxay si gaar ah muhiim ugu tahay dhallaanka iyo carruurta socod-baradka ah ee aan weli awoodin inay si madax-bannaan u maareeyaan baahiyahooda iyo jirkooda si ay ula jaanqaadaan jadwal kooxeedka. Habraacyada daryeelka ee joogtada ah sida beddelidda xafaayadda, hurdada, iyo cunno siinta waa in la sameeyaa marka ilmo kasta u baahdo, halkii la raaci lahaa saacad ama jadwal adag (EHS NRC, 2014; Harms et al., 1998; NAEYC, 2015).

Bixi Fursado iyo Isdhexgal Lagu Dhiirrigeliyo Korriinka Jirka, Bulshada, iyo Shucuurta

Waxaad taageeri kartaa horumarka dhammaan dhinacyada inta lagu jiro isdhexgalka iyo hawlaha maalinlaha ah. Tixgeli tusaale ahaan beddelidda xafaayadda dhallaank. Inta lagu jiro daryeelkan caadiga ah, waxaad taageeri kartaa horumarka bulsheed iyo shucuureed adigoo siinaya fiiro gaar ah oo toos ah, taas oo ay ku jiraan indha ku hayn, dhoolla-caddayn, kala hadlidda waxa hadda socda, iyo tilmaamidda waxyaabaha ilmaha u yaqaanno (tusaale ahaan, “Oh! Waxaan arkayaa inaad xiratay xafaayadda Bear subaxan. Waad jeceshahay marka hooyadaa kuu keento xafaayadaha Bear, miyaanay ahayn?”). Isdhexgalka fudud ee sidan ah, macallinku kaliya ma taageerayo horumarka bulsheed iyo shucuureed ee ilmaha, balse sidoo kale horumarka luqadeed iyo garasho (EHS NRC, 2014; Harms et al., 1998; NAEYC, 2015).

U Oggolow Wakhti Dheer oo Ciyaar Xor ah

Carruurta waxay wax ku bartaan ciyaar (Fromberg & Gullo, 1992; Ginsburg, 2007; Meltzoff, Kuhl, Movellan, & Sejnowski, 2009; Piaget, 1962). Ciyaarta uu ilmuhu isagu hogaaminaya waxay siinaysaa carruurta fursado ay ku celceliyaan waxa ay arkeen oo ay ka barten dunida ku xeeran, ku tijaabiyaan fikrado cusub, isla markaana ku dhisaan xirfado dhammaan dhinacyada korriinka. Marka carruurta isu yimaadaan si ay u ciyaaraan, waa in ay ka timaaddaa rabitaankooda inay wada joogaan, xitaa haddii ay taasi ka dhigan tahay inay isu dhow yihiin iyagoo

samaynaya waxyaabo kala duwan. Hawlaha uu macallinku bilaabo ee kooxda oo dhan ah, sida waqtiga heesaha, qoob-ka-ciyaarka, ama akhrinta buugaagta, waxay si wanaagsan ugu shaqayn karaan carruurta socod-baradka ah ee waaweyn haddii ay awoodaan inay doortaan inay ka qaybqaataan ama aanay ka qaybqaadan. Kulammada kooxeed waa in ay ahaadaan kuwo waqti kooban, dabacsan, isla markaana tixgeliya danaha gaarka ah ee carruurta oo dhan. Tusaale ahaan, guri daryeel carruur oo qoys ah oo ay joogaan carruur yaryar oo badan, qaar badan oo ka mid ahi waxay jecel yihiin inay u dhowaadaan macallinka inta ay heesayso. Hal ilmo wuxuu u dhaqaaqaa geeska buugaagta marka ay taasi dhacdo, wuxuuna ka eegaa kooxda dusha shelf-yada. Hooyada ilmaha ayaa sheegtay in marka la joogo guriga ay gabadheedu qaaddo dhammaan heesaha, balse marka la joogo goobta daryeelka carruurta aysan si dhab ah ugu biirin kooxda ilaa bilo ka dib, marka ay diyaar noqoto (Harms et al., 1998; NAEYC, 2015)

Bixi Waqti iyo Taageero Ku Filan Xilliyada Kala-guurka

Jadwal si wanaagsan loo qaabeeyey oo loogu talagalay dhallaanka iyo carruurta socod-baradka ah wuxuu ku daraa kala-guurro si taxaddar leh loo qorsheeyey kuwaas oo taageera carruurta marka ay ka guurayaan hal hawl ama hal meel una guurayaan mid kale. Xilliyada kala guurku waa kuwo muhiim ah, waxayna bixiyaan fursado waxbarasho oo badan, sida qayb kasta oo kale oo ka mid ah maalinta ilmaha (Harms et al., 1998; NAEYC, 2015).

Xilliyada kala-guurka ee inta badan ka dhaca maalinta ilmaha ee goobta daryeelka waxaa ka mid ah:

- ◆ waqtiga keenista iyo qaadista;
- ◆ waqtiyada cuntada;
- ◆ beddelidda xafaayadda iyo musqul gaynta;
- ◆ waqtiyada hurdada;
- ◆ ka guuridda gudaha loona guuro bannaanka; iyo
- ◆ ku biiridda ama ka bixidda hawlaha kooxeed (kaliya carruurta waaweyn).

Kheyraad Lagu Taageerayo Xilliyada Kala-guurka

“Movin’ On: Kala Guurka Taageerada Leh ee Dhallaanka iyo Socod-Baradka (Supportive Transitions for Infants and Toddlers)” (Maajo 2010) oo laga soo xigtay buuga *Carruurta Yaryar (Young Children)* ee NAEYC, Mujalladka. 65, Lambarka 3, oo ay qoreen Emily J. Adams iyo Rebecca Parlakian, wuxuu bixiyaa hab-dhaqanno lagu taageero carruurta iyo qoysaska inta lagu jiro xilliyada kala-guurka.

[Taageeridda Kala-guurrada: U adeegsiga Kobaca Ilmaha Tusmo Ahaan \(Using Child Development as a Guide\)](#) (n.d.) wuxuu muujinayaa sida xilliyada kala-guurku u saameyn karaan horumarka ilmaha ee dhinacyo kala duwan. Hagahan waxaa si wadajir ah u diyaariyey Xarunta Qaranka ee Ka-qaybgalka Waalidiinta, Qoysaska, iyo Bulshada iyo Xarunta Qaranka ee Horumarinta Carruurnimada Hore, Wax baridda, iyo Barashada.

[Transition Strategies: Sii wadida iyo Isbeddelka Nololaha Dhallaanka iyo Socod-baradka \(Continuity and Change in the Lives of Infants and Toddlers\)](#) (n.d.) wuxuu sharraxayaa arrimaha badan ee la tixgeliyo marka qoys lagu wareejinayo daryeel ama laga saarayo daryeelka. Waxaa diyaariyey Xarunta Kheyraadka Qaranka ee Early Head Start, Xafiiska Head Start (hore loo yaqaanay Head Start Bureau), Maamulka Carruurta iyo Qoysaska, Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka.

Jadwal Tusaale ah

Bogagga soo socda waxaa ku jira laba tusaale oo jadwal maalinle ah oo qoran oo loogu talagalay dhallaanka iyo carruurta socod-baradka ah, kuwaas oo loo qaabeeyey inay noqdaan kuwo dabacsan oo ka jawaaba baahiyaha carruurta gaarka ah. Mid ka mid ah jadwalada wuxuu ka kooban yahay waqtiyo la cayimay, halka kan kalena loo habeeyey qaybo ka mid ah maalinta. Labaduba waxay muujinayaan muhiimadda ay leedahay qaab dhismeed yar iyo waqti furan oo badan inta lagu jiro maalinta si loogu oggolaado sahamin iyo ciyaar. Hab socodkan furan ee maalinta wuxuu u oggolaanayaa daryeel-bixiyeyaasha inay daboolaan baahiyaha shakhsiyeed marka ay soo baxaan; isdhexgalka iyo waayo-aragnimaduna waxay u dhacaan si dabiici ah inta lagu jiro maalinta.

Tusaale A: Jadwalka Dhallaanka iyo carruurta socod-baradka ah (Iyadoo Aan Waqtiyo La Cayimin)

Howlaha daryeelka sida beddelidda xafaayadda, musqul-gaynta, hurdada, iyo waqtiyada cuntada waxay ku salaysnaan doonaan baahiyaha gaarka ah ee ilmo kasta. carruurta socod-baradka ah ee waaweyn waxaa lagu casuumayaa inay wada cunaan cuntada.

Loogu talagalay Waalidiinta: Fadlan nala wadaaga sida ilmahiinnu u kobcayo, iyo haddii aad qabtaan wax walaac ah, su'aalo, ama faallooyin. Waanu idin dhageysanaynaa!

◆ Bilowga maalinta

- Beddelidda xafaayadda, hurdada, iyo cunno-siinta marka loo baahdo
- Salaanta iyo hubinta: Waxaan weydiinnaa sida uu ilmuhu u seexday, u cunay, dareenkiisa ama dareenkeeda, iyo faahfaahin kale.
- Sahminta agabka iyo walxaha; iyadoo la isticmaalayo miiska dareenka si loo sahmiyo walxaha
- Akhrinta iyo sahrinta buugaagta
- Dhaqdhaqaaq iyo sahamin xor ah iyo isdhexgal
- Socod bannaanka ah oo gaariga ilmaha lagu riixo ama ciyaar lagu ciyaaro barxadda

◆ Bartamaha maalinta

- Beddelidda xafaayadda, hurdada, iyo cunno-siinta marka loo baahdo
- Muusig deggan, akhrin, iyo iftiin hoose
- Sahminta agabka, walxaha, iyo buugaagta
- Dhaqdhaqaaq iyo sahamin xor ah iyo isdhexgallada
- Ciyaar bannaanka ah, oo ay ku jiraan alaabta la riixo, qalabka fuulista, iyo meelaha jilicsan ee bustayaal ama ciid lagu diyaariyey

◆ Dhammaadka maalinta

- Beddelidda xafaayadda, hurdada, iyo cunno-siinta marka loo baahdo
- Akhrinta iyo sahrinta buugaagta
- Sahminta agabka, walxaha kala duwan, iyo walxo yaryar
- Dhaqdhaqaaq iyo sahamin xor ah iyo isdhexgal
- Ciyaar bannaanka ah
- Sagootinta: Waxaan la wadaagnaa waalidiinta indha-indheynta maalinta ilmaha, iyo sidoo kale faahfaahin ku saabsan cuntada, hurdada, beddelidda xafaayadda, iyo musqul-gaynta.

Tusaalaha B: Jadwal Maalinle ah oo loogu talagalay Dhallaanka (Iyadoo Waqtiyo La Cayimay)

Waqtiyada cuntada, beddelidda xafaayadda, iyo hurdadu waxay ku salaysnaan doonaan baahiyaha gaarka ah ee ilmo kasta. Waxaan jadowalka u hagaajin doonnaa maalinta oo dhan si aan uga jawaabno danaha iyo baahiyaha ilmahaaga, iyo sidoo kale xaaladaha cimilada.

◆ 7:00–8:30: Imaatinka iyo salaanta.

- Soo dhaweynta qoysaska iyo barashada xaalka carruurta.

◆ 8:30–9:30: Wakhtiga Bannaanka. Fursadaha waxaa ka mid ah:

- Sahminta iyo raacista danaha, sida taabashada caleemaha iyo ka hadalka wax ku saabsan geedaha, daruuraha, iyo shimbiraha;
- Hab isa siinta, hadalka, iyo wada akhrinta buugaagta iyadoo hawada cusub la qaadano;
- Dhageysiga iyo ku heesidda laxamada; iyo
- Rogrogashada, fuulidda, iyo gurguurid.

◆ 9:30–11:30: Ku ciyaarista dhulka. Alaab iyo walxo la heli karo si loo sahmiyo.

- Taabashada iyo dareemidda buugaagta iyo dushooda kala duwan;
- Hadal, hab isasiinta, iyo ruxidda;
- Dhageysiga iyo ku heesidda laxamada; iyo
- Rogrogashada, fuulidda, iyo gurguurid.

◆ 11:30–12:30: Sahminta dareenka.

- Agab leh qaabab kala duwan, dhawaaqyo kala duwan, iyo midabbo kala duwan.

◆ 12:30–2:30: Ku ciyaarista dhulka. Alaab iyo walxo la heli karo si loo sahmiyo.

- Sahminta iyo raacista waxyaabaha xiisaynta, sida caruusadaha (doll) jilicsan, alaabta ruxruxda, iyo alaabta la isku dul dhigo;
- Taabashada iyo dareemidda buugaagta iyo dushooda kala duwan;
- Hadal, hab isasiinta, iyo ruxidda;
- Dhageysiga iyo ku heesidda laxamada; iyo
- Rogrogashada, fuulidda, iyo gurguurid.

◆ 2:30–3:30: Wakhtiga Bannaanka. Fursadaha waxaa ka mid ah:

- Sahminta iyo raacista danaha, sida taabashada caleemaha iyo ka hadalka wax ku saabsan geedaha, daruuraha, iyo shimbiraha;
- Hab isa siinta, hadalka, iyo wada akhrinta buugaagta iyadoo hawada cusub la qaadano;
- Dhageysiga iyo ku heesidda laxamada; iyo
- Rogrogashada, fuulidda, iyo gurguurid.

◆ 3:30–5:30: Waqtiga ciyaarta sagxada iyo bixitaanka.

- Dib-u-eegista maalinta ee lala sameeyo waalidiinta, wadaagidda waxyaabaha la arkay, iyo bixinta macluumaad marka loo baahdo.

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Xarunta Dhisidda Awoodda Gobollada (State Capacity Building Center, SCBC) waxay la shaqaysaa hoggaamiyeyaasha gobollada iyo dhulalka ay dawladdu xukunto iyo la-hawlgalayaashooda si ay u abuuraan nidaamyo iyo barnaamijyo carruurnimada hore ah oo hal-abuur leh kuwaas oo sare u qaada natiijooyinka carruurta iyo qoysaska. SCBC waxaa maalgelisa Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Maamulka Carruurta iyo Qoysaska, Xafiiska Daryeelka Carruurta.

State Capacity Building Center, A Service of the Office of Child Care

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Isdiiwaangeli si aad u hesho Wararka cusub
http://www.occ-cmc.org/occannouncements_sign-up/



ADMINISTRATION FOR
CHILDREN & FAMILIES

Isbeddellada Dabeecadda

Isbeddel kasta oo dabeecadeed waxaa hoos lagu qeexay, iyadoo la bixinayo sharraxaad iyo tusaalooyin muujinaya marka uu heerku yahay “sare” ama “hoose”. Dadka intooda badan waxay ku jiraan meel u dhaxaysa heerka sare iyo kan hoose ee isbeddel kasta.

Heerka firfircoonida

Waa xoogga (heerka tamarta) iyo xawaaraha (degdegga ama gaabnaanta) dhaqdhaqaaqa jirka iyo muujinta codka ee qofka.

Hoose

Carruurta leh **heer firfircooni oo hooseeya** waxay u badan tahay inay wax daawadaan, u dhaqaaqaan, una hadlaan si tartiib ah oo deggan.

Sare

Carruurta leh **heer firfircooni oo sareeya** badanaa mar walba way dhaqaaqayaan, waxayna u dhaqaaqaan una hadlaan si degdeg ah oo cod dheer.

Su'aallo Muhiim ah

Ilmahani ma mar walba wuu socdaa ama dhaqdhaqaaq muujiyaa?

Ilmahani ma inta badan aad buu u firfircoon yahay mise si tartiib ah ayuu u

dhaqaaqaa? Ilmahani ma cod dheer ayuu ku hadlaa mise si deggan?

Ilmahani caadi ahaan ma si degdeg ah ayuu u dhaqaaqaa ama u hadlaa mise si gaabis ah?

Falcelinta Xaaladaha Lama filaanka ah

Waa heerka feejignaanta ama taxaddarka uu qofku dareemo marka uu la kulmo dad, walxo, ama xaalado aan hore loo aqoon.

Hoose

Waa **heerka feejignaanta ama taxaddarka uu qofku dareemo** marka uu la kulmo dad, walxo, ama xaalado aan hore loo aqoon.

Sare

Carruurta leh **falcelin sare oo ku aaddan waxyaabaha lama filaanka ah** waxay u muuqan karaan kuwo aad u feejigan ama taxaddar badan marka ay la kulmaan xaalado cusub.

Su'aallo Muhiim ah

Marka ilmuhu la kulmo hawlo, goobo, dad, ama walxo cusub, ma u muuqdaa mid cabsi ama walbahaar dareemaya?

Marka ilmuhu la kulmo hawlo, goobo, dad, ama walxo cusub, ma rabaa inuu si firfircoon uga qaybqaato?

Ilmahani caadi ahaan ma si degdeg ah ayuu u dhaqaaqaa ama u hadlaa mise si gaabis ah?

Feejignaanta iyo is-xakamaynta

Waa awoodda uu qofku si ula kac ah u xakameeyo shucuurtiisa iyo dabeecaddiisa, oo ay ku jirto awoodda uu si ula kac ah diiradda u saaro, u sii hayo, una beddelo feejignaanta.

Hoose

Carruurta leh heer hoose oo feejignaanta iyo is-xakamaynta ah waxay u badan tahay inay si degdeg ah uga gudbaan hawl una gudbaan mid kale, waxaana mararka qaarkood ku adkaan kartaa inay si wax ku ool ah u maareeyaan dabeecaddooda iyo shucuurtooda.

Sare

Carruurta leh heer sare oo feejignaanta iyo is-xakamaynta ah waxay u badan tahay inay awoodaan inay diiradda saaraan waxyaabaha muddo dheer (iyadoo loo eegayo da'dooda), waxayna si fudud u maareyn karaan shucuurtooda iyo dabeecaddooda.

Su'aallo Muhiim ah

Ilmahani ma sii hayaa feejignaanta ama diiradda saaraa hawl uu samaynayo?

Ilmahani ma beddelaa feejignaanta hawl una beddelaa mid kale marka laga codsado, mise maya? Ilmahani ma si fudud ayuu u xakameeyaa shucuurtiisa ama dabeecaddiisa?

Haddii ilmuhu yahay dhallaan yar, ma is dejiyaa marka shucuurtiisa la kiciyo?

Haddii ilmuhu yahay ilmo yar, ma caadi ahaan ayuu si deggan u sugaa jeerkiisa marka uu la wadaagayo alaab ciyaareed ilmaha kale? Ilmahani caadi ahaan ma si degdeg ah ayuu u dhaqaaqaa ama u hadlaa mise si gaabis ah?

Cadhada, Xanaaqa, iyo Niyad-jabka

Awoodda Shucuurta

Waa heerka awoodda ee falcelinta shucuuhood ee caadiga ah ee qofka

Hoose

Carruurta leh heer hoose oo **awoodda shucuurta ah marka ay timaaddo cadhada, xanaaqa, ama niyad-jabka** waxay muujiyaan falcelin shucuuhood oo khafiif ah, sida wejiga oo murugo ka muuqato marka ay ku sugan yihiin xaalad niyad-jab leh.

Sare

Carruurta leh heer sare ee **awoodda shucuurta ah marka ay timaaddo cadhada, xanaaqa, ama niyad-jabka waxay muujiyaan falcelin shucuureed oo** xooggan, sida ku tumashada cagaha dhulka iyo oohin marka ay ku sugan yihiin xaalad niyad-jab leh.

Su'aallo Muhiim ah

Intee le'eg ayay u xooggan yihiin falcelinta shucuureed ee ilmahan?
Ilmahani ma si xooggan ayuu u muujiyaa farxad, xamaasad, ama raynrayn mise si deggan oo fudud ah?

Heerka Kicinta Shucuurta

Waa heerka waxa loo baahan yahay si loo kiciyo falcelin shucuureed qofka

Hoose

Carruurta leh heer kicin shucuur oo hooseeya marka ay timaaddo cadhada, xanaaqa, ama niyad-jabka si fudud ayay u kacsadaan shucuur ahaan. Tusaale ahaan, ilmo kale oo si aan ula kac ahayn hortiisa u istaaga ayaa kicin kara ku tumashada cagaha dhulka ama oohin.

Sare

Carruurta leh heer kicin shucuur oo sareeya marka ay timaaddo cadhada, xanaaqa, ama niyad-jabka badanaa si sahlan uma saameeyaan inta badan waayo-aragnimada. Waxay qaadataa kicin badan si ay u muujiyaan falcelin shucuureed, sida kicin soo noqnoqda ama mid aad u xooggan.

Su'aallo Muhiim ah

Imisa ayay qaadataa in falcelin shucuureed uu sameeyo ilmahan? Ma u baahan yahay kicitaan yar mise mid badan si ilmuhu u muujiyo dareen shucuureed?

Muddada Ay sii jirto Shucuurta

Waa muddada ay caadi ahaan sii jiraan falcelinnada shucuureed ee qofka

Hoose

Carruurta leh muddo shucuur oo **hooseysa marka ay timaaddo xanaaqa, carada, ama niyad-jab** waxay si dhakhso ah u maareeyaan oo u dejyaan shucuurtooda. Inkasta oo ay aad u xanaaqi karaan haddana xanaaqoodu si degdeg ah ayuu u yaraadaa.

Sare

Carruurta leh muddo shucuur oo **sareysa marka ay timaaddo xanaaqa, carrada, ama niyad-jabka waxay leeyihiin** muddo xallin shucureed oo dheeraada, sida oohin sii socota muddo dheer kadib khilaaf ay la yeesheen ilmo kale.

Su'aallo Muhiim ah

Intee in le'eg ayay caadi ahaan sii jiraan falcelinnada shucureed ee ilmahan? Haddii ilmuhu niyad-jabo, ma ku sii jiri doonaa xaaladda niyad-jabka muddo dheer mise muddo gaaban?

Firfircooni badan, Xamaasad, Farxad

Awoodda Shucuurta

Waa heerka awoodda ee falcelinta shucureed ee caadiga ah ee qofka

Hoose

Carruurta leh **awood shucureed oo hooseeya marka ay timaaddo firfircooni badan, xamaasad, ama farxad**

waxay muujiyaan falcelin shucureed oo fudud, sida dhoolla-caddayn yar marka ay jirto xaalad qosol leh.

Sare

Carruurta leh **awood shucureed oo sareeya marka ay timaaddo firfircooni badan, xamaasad, ama farxad**

waxay muujiyaan falcelin shucureed oo xooggan, sida qoslidda ama qaylidda marka ay faraxsan yihiin.

Su'aallo Muhiim ah

Intee le'eg ayay u xooggan yihiin falcelinta shucureed ee ilmahan? Ilmahani ma si xooggan ayuu u muujiyaa farxad, xamaasad, ama raynrayn mise si deggan oo fudud ah?

Heerka Kicinta Shucuurta

Waa heerka waxa loo baahan yahay si loo kiciyo falcelin shucureed qofka

Hoose

Carruurta leh **heer-kicin shucuur oo hooseeya** marka ay timaaddo **firfircooni badan, xamaasad, ama farxad** si dhakhso ah oo fudud ayay u muujiyaan shucuurta. Tusaale ahaan, ilmo kale oo sameeya wejiyo qosol leh ayaa kicin kara qosol ilmaha leh heer-kicin hooseeya oo xamaasad ah.

Sare

Carruurta leh heer-kicin shucuur oo **sareeya marka ay timaaddo firfircooni badan, xamaasad, ama farxad** badanaa si fudud uma muujiyaan shucuurtooda marka ay la kulmaan xaaladdo kala duwan. Waxay u baahan tahay kicin badan si falcelin shucuureed looga helo, mararka qaarna xaaladdo soo noqnoqda ama aad u xooggan.

Su'aallo Muhiim ah

Muddo intee ah ayay qaadataa in falcelin shucuureed uu sameeyo ilmahan?
Ma u baahan yahay kicin badan mise kicin yar si ilmuhu u muujiyo shucuur

Muddada Ay sii jirto Shucuurta

Waa muddada ay caadi ahaan sii jiraan falcelinnada shucuureed ee qofka

Hoose

Carruurta leh **muddo shucuur oo hooseeya marka ay timaaddo firfircoono badan, xamaasad, ama farxad** waxay si degdeg ah u beddellaan shucuurtood kadib xaaladdo shucuureed.

Sare

Carruurta leh muddo shucuur **oo sareeya marka ay timaaddo firfircooni badan, xamaasad, ama farxad** waxay yeeshaan falcelin shucuureed oo sii jirta, sida farxad maalinta oo dhan ama xamaasad sii socota kadib ciyaar xiiso leh.

Su'aallo Muhiim ah

Intee le'eg ayay caadi ahaan sii jiraan falcelinnada shucuureed ee ilmahaan?
Haddii ilmuhu farxo ma sii jiri doontaa farxadda? mise si degdeg ah ayay isu beddeli doontaa?

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