



Xaashida Ka Qaybgalaha ee Daryeelka Dhaqanka Ku Habboon

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 U qabaysan Dhaqan ahaan: Hawlaha Tababarka

Bogga 5. Dib u milicsiga

- ◆ Dhallaanku waxay u baahan yihiin
- ◆ Dhallaanku way awoodaan
- ◆ Dadka waaweyn ee daryeela carruurta aadka u yaryar waa in ay
- ◆ Dadka waaweyn ee daryeela carruurta aadka u yaryar waa in aysan marnaba

Bogga 12. Tusaale Muuqaal ah: Fahanka Dhaqanka

- ◆ Ku qor halkan qoraalladaada aad ka fahantay muuqaalka.



Bogga 15. Sababaha Isticmaalka Daryeelka U Qabaysan Dhaqan ahaan

- ◆ Maxay muhiim ugu tahay daryeelka u qabaysan dhaqan ahaan dhallaanka iyo carruurta socod-baradka ah?

- ◆ Sidee ayuu daryeelka u qabaysan dhaqan ahaan u taageeraa gaarista natiijooyin wax ku ool ah ee carruurta?

Bogga 27. Tusaale Muuqaal ah: Macallinku Wuxuu Soo Dhaweynayaa Carruurta

- ◆ Maxaad ka fahantay isdhexgalkan?

Bogga 32. Aqoonso Tallaabo Kasta oo Yar oo Loo Qaado Daryeelka U Qabaysan Dhaqan ahaan ... Sababtoo ah muhiim ayay u tahay Ilmo kasta!

- ◆ Qor tallaabooyinka yaryar ee lagu hirgelin karo daryeelka u qabaysan dhaqan ahaan ee adiga kugu habboon,



Bogga 33. Fikradaha Muhiimka ah

- ◆ Maxaa si gaar ah kuu soo jiidatay?
- ◆ Maxaad dooneysa inaad xasuusataa?
- ◆ Sidee ayay tani ula xiriirtaa shaqadaada?

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 natijoooyinka carruurta iyo qoysaska. SCBC waxaa maalgelisa Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Maamulka Carruurta iyo Qoysaska, Xafiiska Daryeelka Carruurta.

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Daryeelka U qabaysan Dhaqan ahaan

U isticmaal kheyraadkan si uu kaaga caawiyo caddaynta muhiimadda ay leedahay daryeelka u qabaysan dhaqan ahaan. 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 u qabaysan dhaqan ahaan**—kaas oo ah ku daryeelidda carruurta ka imanaya qoysas dhaqan ahaan kala duwan si waafaqsan hababka iyo qiyamka ay ku dhaqmaan.

Daryeel-bixiyayaashu waxay qaadaan tallaabo muhiim ah oo ku aaddan ku-dhaqanka daryeelka u qabaysan dhaqan ahaan marka ay la shaqeeyaan qoysaska si ay u bartaan hababka daryeelka iyo caadooyinka ka jira dhaqanka guriga ee carruurta, ka dibna ay xogtaas u adeegsadaan hagidda isdhexgalka iyo habraacyada daryeelka (Derman-Sparks, 2013). Daryeelka la xiriira waayo-aragnimada guriga ee dhallaanka iyo carruurta socod-baradka ah wuxuu ka caawiyaa inay horumariyaan fahamka cidda ay yihiin iyo qiimeynta dhaqankooda guriga (Virmani & Mangione, 2013). Taageeridda daryeel joogto ah oo ka jira guriga iyo goobaha daryeelka carruurta waxay taageertaa kobac caafimaad qaba ee dhallaanka iyo carruurta socod-baradka ah, waxayna udub-dhexaad u tahay waxbarashada isku dhafan (Derman-Sparks, 2013; National Research Council, 2000).

Maxay Daryeelka U Qabaysan Dhaqan ahaan Muhiim Ugu Tahay Dhallaanka iyo carruurta socod-baradka ah?

- ◆ Aqoonsiga kala duwanaanshaha waxay xoojisaa xiriirka lala yeesho qoysaska iyo carruurta, taas oo kor u qaadda tayada daryeelka iyo waxbarashada (Virmani & Mangione, 2013).
- ◆ Marka daryeel-bixiye uu xiriir la yeesho dhallaanka, awoodda dhallaanka ee kalsooni yeelashada iyo raadsashada taageerada ayaa korodha (Howes & Spieker, 2008).
- ◆ Dhaqanku waa tiirka aasaasiga ah ee aqoonsiga qofka (Lally, 1995).
- ◆ Dhisidda xiriir lala yeesho qoysaska iyo u aragidda sida la-hawlgalayaal daryeel waa arrin lama huraan u ah bixinta waayo-aragnimo daryeel oo tayo sare leh, u qabaysan dhaqan ahaan, oo loogu talagalay dhallaanka iyo carruurta socod-baradka ah (Raikes & Edwards, 2009).
- ◆ Daryeelka aasaasiga ah wuxuu bixiyaa fursad lagu dhiso xiriir lala yeesho qoysaska. Xiriirrada xooggan waxay u sahlayaan qoysaska inay wadaagaan caqiidooyinka, caadooyinka, iyo habraacyada qiimaha u leh dhaqankooda (Gilford et al., 1993).

Sidee ayey daryeelka u qabaysan dhaqan ahaan u dhiirrigelisaa natiijooyin wanaagsan oo carruurta ah?

- ◆ Daryeelka u qabaysan dhaqan ahaan wuxuu ixtiraamaa habka uu ilmo walba u wada xiriiro, wuxuuna taageeraa horumarinta luqadda (Center on the Developing Child, n.d.; National Institute of Child Health and Human Development Study of Early Child Care and Youth Development, 2005).
- ◆ Carruurta fahanta dhaqankooda gaarka ah waxay horumariyaan dareen ka mid ahaansho, taariikh shakhsiyeed, iyo kalsooni ku saabsan ogaanshaha cidda ay yihiin iyo halka uu qoyskoodu ka yimid. Astaamahani waxay kordhiyaan awooddooda ay ku horumarin karaan faham ixtiraam ku salaysan oo ku wajahan aragtiyada dhaqammo kale (Lally, 1995)
- ◆ Waxaan barannaa sida loo wada xiriiro loona fahmo dunideenna iyada oo loo adeegsado dhaqanka aan ku dhex noolnahay (Ray, 2015).
- ◆ Siyaasadaha iyo adeegyada u qabaysan dhaqan ahaan waxay taageeraan barashada iyo kobaca dhallaanka iyo carruurta socod-baradka ah (National Research Council & Institute of Medicine, 2000).

Qorshaynta Hirgelinta Daryeelka U Qabaysan Dhaqan ahaan ee Goobaha Daryeelka Carruurta ee Kala Duwan

Yoolka: Barnaamijyada tayada sare leh ee dhallaanka iyo carruurta socod-baradka ah waxay siiyaan carruurta iyo qoysaskooda daryeel u qabaysan dhaqan ahaan.

- ◆ Hirgeli hagitaan qoraal ah oo taageera daryeelka u qabaysan dhaqan ahaan dhammaan barnaamijka. Hagitaankan waxa ku jira buug-gacmeedyo loogu talagalay shaqaalaha iyo qoysaska kuwaas oo wadaaga muhiimadda daryeelka u qabaysan dhaqan ahaan, iyo sidoo kale hab-dhaqannada lagu hirgelinayo.
- ◆ Samee sharraxaado cad oo shaqo oo loogu talagalay daryeel-bixiyeyaasha dhallaanka iyo carruurta socod-baradka ah kuwaas oo ku jira filashooyin la xiriira hababka daryeelka u qabaysan dhaqan ahaan. Filashooyinkani waxa ka mid ah in qofku eego qiyamkiisa iyo waxa uu aaminsan yahay, in xiriir lala yeesho qoysaska, in la barto dhaqamada guriga iyo habraacyada daryeelka ee qoysaska, iyo in waayo-aragnimada daryeelka guriga lagu dhex daro ku-dhaqanka maalinlaha ah ee adeegyada daryeel-bixinta.
- ◆ Ka qaybgal, samee, ama dhiirrigeli horumarinta xirfadeed ee ku saabsan hababka daryeel-bixinta u qabaysan dhaqan ahaan.
- ◆ Taageer wada-hadallo joogto ah oo lala yeesho qoysaska iyo daryeel-bixiyeyaasha ku saabsan dhaqanka iyo kobaca dhallaanka iyo carruurta socod-baradka ah.
- ◆ Adeegso hab dib-u-eegis qorshaysan si joogto ah loo xoojiyo hababka daryeelka u qabaysan dhaqan ahaan ee guud ahaan xarunta ama barnaamijka daryeelka carruurta ee qoyska.

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