



Daryeelka Ku habboon Jugta Maskaxda ee Dhallaanka iyo Ilmaha socod baradka ah ee ku jira Daryeelka Carruurta

Xaashida Waxqabadka Ka qaybgalaha ee Kulanka 2: Ka caawinta Dhallaanka iyo Saanqaadka Tubtooda Adkeysiga

Isticmaalka la soo jeediyay: Waxqabadka xaashidan waxaa loo isticmaali karaa in lagu qorto qoraalada sida macluumaadkani ula xiriiro shaqadaada la xiriirta dhallaanka, carruurta socod baradka ah, iyo qoysaskooda. Waxaad sidoo kale u isticmaali kartaa inaad uga qaybqaadato hawlaha inta lagu jiro kulankan.

Xusuus-qorka Tababarka



Kulanka 2: Waxqabadyada iyo Milicsiyada

Bogga 6. Deegaankeena Waxbarashada

- ◆ Ka fikir sida ugu wanaagsan ee aad wax u barato.
- ◆ Taageeradee ayaad jeclaan lahayd inaad ka hesho dadka kale inta lagu jiro taxanaha tababarkan?
- ◆ Qor qaar ka mid ah heshiisyada waxbarashada la wadaago ee la go'aamiyay.

Bogga 8. Waxqabadka Wax Ka Warqabka

- ◆ Milicso waxqabadka wax ka warqabka.
- ◆ Maxaad doonaysaa inaad ka xasuusato khibradan?

Bogga 10. Muhiimada Xiriirka Xiliga Hore

- ◆ Ka fikir saaxiib kuu dhow, qof kaa qosliya ama ku siiya dhoola cadeyn oo keliya ka fakar qofkaas. Qor magaca qofkan.
- ◆ Waa maxay waxa ku saabsan qofkaas oo qaas kuu ah?



Bogga 11. Su'aal

- ◆ Maxay yihiin dabeecadaha, falcelinta, ama tilmaamaha dhallaanka iyo socod-baradku nasiyaan ee tilmaamaya inay la kulmeen jugta maskaxda?

Bogga 15. Garaadka

- ◆ Maxaa ku soo jiita adiga?

- ◆ Maxay yihiin saamaynta kale ama calaamadaha aad ku dari lahayd?

Bogga 16. Xiriirku

- ◆ Maxaa ku soo jiita adiga?

- ◆ Maxay yihiin saamaynta kale ama calaamadaha aad ku dari lahayd?

Bogga 17. Kobaca Dabeecada

- ◆ Maxaa ku soo jiita adiga?



- ◆ Maxay yihiin saamaynta kale ama calaamadaha aad ku dari lahayd?

Bogga 18. Xakamaynta

- ◆ Maxaa ku soo jiita adiga?

- ◆ Maxay yihiin saamaynta kale ama calaamadaha aad ku dari lahayd?

Bogga 19. Kobaca Jireed

- ◆ Maxaa ku soo jiita adiga?

- ◆ Maxay yihiin saamaynta kale ama calaamadaha aad ku dari lahayd?

Bogga 22. Muuqaalka

- ◆ Maxaa si gaar ah kuu soo jiidatay?

- ◆ Waa maxay wax aad maqashay oo aad jeclaan lahayd inaad wax badan ka ogaato?



Bogga 23. Nasashada Caafimaadka: Jimicsiga Neefsiga

- ◆ Jidhkaaga deji oo samee waxyaabaha soo socda:
 - "Ku bilow inaad si caadi ah u neefsato oo noqo qof diiradda saaraya neeftaada. Way ku caawinaysaa inaad dareento tusmeyn jireed, sida kor u kaca iyo dhicista calooshaada ama dareenka hawada ee duleelada sankaa (hawo qabow oo soo galaysa, hawo diiran oo baxaysa). Marka maskaxdaadu si dabiici ah u warwareegto (oo ay wareeyagso—taasi waa lama huraan), samee qoraal, ka dibna si fudud ugu soo noqnoqashada neef kasta oo kor neefso aadna qaadato."
 - "Neefsashada habkaan, xitaa hal ama laba daqiiqo, waxay ka caawisaa baabi'inta mashquulinta, sii deynta fikradaha xun, wanaajinta wacyiga nafta, iyo dejinta maskaxda buuqsan. Hadba inta badan ee aad sameyso, way sahlanaan doontaa—iyo intaa ka badan waxaad bilaabi doontaa inaad ogaato faa'iidooyinka nolol maalmeedkaaga. "

Tixraaca

Seaver, M. (2020). *5 jimicsiga neefsashada maskaxeed oo ku aad samayn karto meel kasta, wakhti kasta (5 mindfulness breathing exercises you can do anywhere, anytime)*. <https://www.realsimple.com/health/mind-mood/breathing-exercises>

Bogga 25. Su'aalaha

- ◆ Maxaa kaa caawiyay inaad ka gudubto dhibka?
- ◆ Maxaa kaa caawiyay inaad si fiican uga soo baxdo dhinaca kale ee dhibaataada?
- ◆ Markaad la kulanto caqabado iyo dhibaatooyin adag oo aad ka guulaysato duruufahaas, maxaad odhan lahayd waa sababay?

Bogga 30. Sababta Difaaca Gudaha Ilmaha: Xiriirku

- ◆ Ku sharax erayo ama sawir waxa aad ku daawan lahayd barnaamijka ama fasalka kaas oo ku tusi doona in qof weyn iyo ilmo ay yeesheen isku xirnaan adag, caafimaad qaba ama xidhiidh.



Bogga 33. Muuqaalka: Dhisidda Xiriirka

- ◆ Maxaa kaaga muuqda muuqaalkaan?

- ◆ Sideed ku sifayn lahayd xidhiidhka ka dhexeeya labada socod baradka iyo macalinka?

- ◆ Sidee ayuu macalinku u taageeraa ku-xidhnaanta, xidhiidhka, ama ku xirnaanta socod baradka?

- ◆ Sidee bay uga jawaabaan socod baradku marka ay wax ka weydiiso qoyskooda? Maxay tani muhiim u tahay?

- ◆ Sideed u dareemi lahayd is dhexgalkaan bixiyaha ama macalinka ahaan? Sabab? Sideed dareemi lahayd socod baradka ahaan?

Bogga 34. Sababta Difaaca Gudaha Ilmaha: Hindise

- ◆ Sidee ilmaha ama socod baradku u muujiyaa hindise?

- ◆ Sidee ayay u egtahay marka dhallaanka ama socod-baradku ay isticmaalaan fikir ama ficil madax-bannaan si ay u daboolaan baahidooda?



Bogga 36. Muuqaal la Xiriira Dhisidda Hindise

- ◆ Sidee bay socod baradkaanu u muujiyeen hindise?
- ◆ Maxaad ka dareentay hindisaha wiilka yar (Elliot)?
- ◆ Waa maxay siyaabaha qaar uu daryeel bixiyuhu uga jawaabo taageeridda hindisaha socod baradka?
- ◆ Siyaabohee ayuu macalinku u dhiirigeliyaa hindisaha socod baradka marka ay ogaadaan wasakh iyo caws?
- ◆ Maxaad u malaynaysaa in ilmo kasta la kulmaayo?

Bogga 37. Sababta Difaaca Gudaha Ilmaha: Is-Xakamaynta

- ◆ Sidee is-xakamaynta caafimaad qabta ugu eeg tahay socod baradka?
- ◆ Maxay yihiin waxyaalaha qaar oo ay socod baradku sameeyaan oo ku tusin kara inay is-xakameyn karaan?
- ◆ Maxay yihiin waxyaalaha qaar oo ay ilmuhu sameeyaan oo ku tusin kara inay isdejin karaan?



Bogga 39. Arrimaha Ilaalinta

- ◆ Waa maxay qodobka ilaalinta ilmaha ee "baaldi" oo aad inta badan ka xasuusanayso waayo-aragnimadaada?
- ◆ Ma jiraa mid aad odhan lahayd, "Kaasi waa kan aan arko oo wax weyn ka beddelaya dhallaanka aan u adeego," ama, "Taasi waa midda aan u malaynayo inay noloshayda wax weyn ka beddeshay?"

Bogga 41. Qodobada Difaaca Qoyska

- ◆ Marka loo eego waayo-aragnimadaada la shaqaynta dhallaanka iyo socod-baradka, qodobbada ilaalinta ee ku taxan boggaan waa kuwee arrimaha ugu muhiimsan ee ilaalinta qoyska?
- ◆ Ma jiraan arrimo kale oo qoyska la xiriira oo ilaalin kara oo aad uga fikiri karto dhallaanka iyo socod baradka oo aan ku jirin liisnaan?

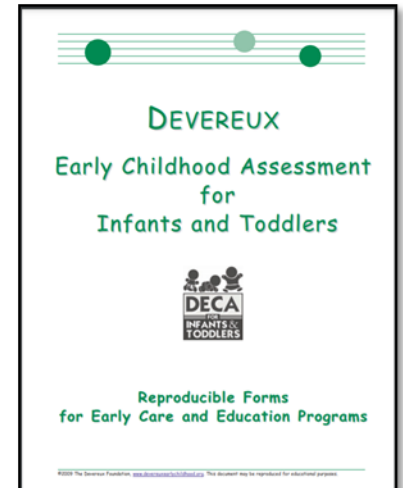
Bogga 42. Qodobada Difaaca Bii'ada

- ◆ Ma jiraan arrimo kale oo ilaalin ah oo aad ka aragto liisnaan oo ah kuwa ugu muhiimsan dhallaanka iyo socod-baradka?
- ◆ Sidoo kale, ma jiraan taageerooyin bulsho oo lagama maarmaan ah oo laga yaabo inaan lagu aqoonsan cilmi baarista, laakiin aad ka garanayso waaya-aragnimadaada inay u adeegaan sidii taageerooyin muhiim u ah carruurta aadka u yaryar iyo qoysaskooda oo ay taageeri karaan xilliyada baahida weyn?

Bogga 43. Liiska DARYEELKA Ku habboon

- ◆ Akhri Liiska Hubinta: **Buug-yaraha 2.5. [Liiska DARYEELKA Ku habboon](#)**
 - Waa maxay waxyaalaha aad samaynayso oo aad runtii ku faanto si aad kor ugu qaaddo adkeysiga dhallaanka/socod baradka? Waxaa laga yaabaa inaad tixgeliso wax aad ku calaamadisay inaad sameyso "ku dhawaad had iyo jeer."

 - Waa maxay hal shay oo aad u malaynayso inaad rabto inaad sii sahamiso oo aad samayso si aad u taageerto dhallaanka iyo socod baradka? Waxaa laga yaabaa inaad tixgeliso wax aanad weli samayn ama sameyso keliya "mararka qaarkood."



Bogga 45. Adkeysii

- ◆ Waqti qaado si aad uga fikirto qof noloshaada ka mid ah oo aad u malaynayso inuu adag yahay ama xoog badan yahay, ama haysta "xoog."

- ◆ Maxaad u malaynaysaa in uu qofkaan ka dhigay mid adkeysii leh?

- ◆ Waa maxay astaamaha qofkaan? Ka warran sifooyinka goobtiisa? Ka waran goobta uu ku koray?

Bogga 46. Muuqaalka: Sida Adkeysiga Loo dhiso

- ◆ Maxaa kaaga soo baxay waxaad maqashay ama aragtay?



- ◆ Ma jiraan wax kugu soo dhaweyay shaqadaada dhallaanka iyo socod baradka?
- ◆ Maxaa kale oo aad ku dari lahayd sida adkeysiga loo dhiso?

Bogga 53. Fariimaha Muhiimka ah ee Aad la Tagayso Guriga

- ◆ Waa maxay fariimahaaga ugu muhiimsan ee aad maanta baratay?

Bogga 54. Su'aalo iyo Dib u Milicsi

- ◆ Maxaa si gaar ah kuu soo jiidatay?
- ◆ Maxaad doonaysaa inaad ka xasuusato kullanka?
- ◆ Sidee ayay tani ula xiriirtaa shaqadaada?
- ◆ Su'aalo noocee ah ayaad weli qabtaa?
- ◆ Taageero noocee ah ayaad u baahan tahay?



Bogga 55. Riyada Weyn ee Dhallaanka iyo Ilmaha Socod Baradka: Qorsheynta Isbeddelka

<p>Anigoo adeegsanaya macluumaadka iyo agabka kulankaan, waxaan ...</p>	<p>Kheyraadka aan haysto waa...</p> <p>Kheyraadyada aan u baahanahay waa ...</p>	<p>Qaybaha aan ugu kalsoonahay waa...</p>
<p>Tallaabo Qadis</p> <p>Tallaabooyinka aan qaadi doono waa ...</p>		

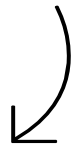
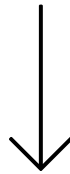
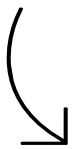


Sidoo kale waxaan sameyn doonaa ...

Kheyraadka aan haysto waa...

Qaybaha aan ugu kalsoonahay waa...

Kheyraadyada aan u baahanahay waa ...



Tallaabo Qadis

Tallaabooyinka aan qaadi doono waa ...



Ilo Dheeraad ah:

- ◆ Buug-yaraha 2.2. [Qodobbada Ilaalinta ee Qiimeynta Carruurnimada Hore ee Devereux ee Dhallaanka \(DECA-I\) Dhallaanka: 1–18 Bilood Jir](#)
- ◆ Buug-yaraha 2.3. [Qodobbada Ilaalinta ee Qiimeynta Carruurnimada Hore ee Devereux \(DECA-T\) ee Socod-baradka: 18–36 Bilood Jir](#)
- ◆ Buug-yaraha 2.4. [Waxqabadyada Kor u Qaadista Adkeysiga Dhallaanka iyo Socod Baradka: Diirad Saaridda Qodobada Difaaca ee Hiloowga/Xiriirada](#)
- ◆ Buug-yaraha 2.5. [Liiska DARYEELKA Ku habboon](#)
- ◆ Buug-yaraha 2.6. [Ordinary Magic: Casharro laga soo qaatay Cilmi-baadhis ku saabsan Adkeysiga Horumarinta Aadanaha](#)

Xarunta Awood-dhiska Gobolka (SCBC) waxay la shaqaysaa hoggaamiyeyaasha gobolka iyo dhulalka iyo shuraakadooda in ay u abuuraan nidaamyo iyo barnaamijyo carruurnimada hore ah oo hal-abuur leh kuwaas oo sare u qaada natiijooyinka carruurta iyo qoysaska. SCBC waxaa maalgeliya Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Maamulka Carruurta iyo Qoysaska, Xafiiska Xannaanada Carruurta.

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ADMINISTRATION FOR
CHILDREN & FAMILIES



Daryeelka Ku habboon Jugta Maskaxda ee Dhallaanka iyo Ilmaha Socod-baradka ah ee ku jira Daryeelka Carruurta: Shuruudaha Taxanaha Tababarka iyo Qeexitaannada

Macluumaadka soo socda waxaa loogu talagalay inuu ka caawiyo daryeel bixiyaasha dhallaanka/carruurta inay xoojiyaan fahamkooda ereyada iyo qeexitaannada lagu falanqeehay *Taxanaha Daryeelka Ku habboon Jugta maskaxda ee Dhallaanka iyo Socodka Carruurta*. Shuruudaha iyo qeexitaannada la taxay waxay bixiyaan macluumaad laga helo ilo kala duwan.

Ereyada iyo Qeexitaannada Jugta Maskaxda

Nooca Jugta Maskaxda	Qeexitaan iyo Sharaxaad
Jugta maskaxda Ba'an	<ul style="list-style-type: none"> ◆ "Natiijooyinka ka dhasha la kulmida hal dhacdo oo aad u daran" (Crisis Prevention Institute [CPI], 2020, bogga 4). ◆ "Dhacdooyinkaani waxay wiiqayaan dareenka ilmaha ee badbaadada jireed iyo/ama shucuureed" (Sorrels, 2015, bogga 13).
Jugta maskaxda ee Balaaran	<ul style="list-style-type: none"> ◆ "Natiijooyinka ka dhasha la kulmida muddada badan xaaladaha naxdinta leh" (CPI, 2020, bogga 4). ◆ "Jugta maskaxda ee balaaran wuxuu qeexayaa la kulanka carruurta ee labadaba dhacdooyin naxdin leh oo badan—badanaa ah mid duullaan ah, oo dad la xiriira—iyo saameynta ballaaran ee muddada dheer ka soo gaadhaysa. Dhacdooyinkaani waa kuwo daran oo baahsan, sida xadgudub ama dayacaad qoto dheer. Badanaa waxay dhacaan goor hore nolosha waxayna carqaladeyn karaan dhinacyo badan oo ka mid ah horumarka ilmaha iyo sameynta dareenka nafta." (Shabakadda Qaranka ee Walbahaarka Carruurta [NCTSN], nd-a, baaragaraafka 1)
Jugta Maskaxda Carruurnimada Hore	<ul style="list-style-type: none"> ◆ "Waayo-aragnimada dhacdo uu cunuggu la kulmo oo dareen ahaan xanuun badan ama walwal leh, taasoo inta badan keenta saameyn maskaxeed iyo jireed oo waarta" (Machadka Qaranka ee Caafimaadka Maskaxda, nd). ◆ Dhaawacu waa "waayo-aragnimo gaar ah oo kicitaanno xooggan oo khatar ah ay ka buuxiyaan awoodda ilmaha ee uu ku xakameyn karo shucuurta" (Shabakadda Daaweynta Jugta Hore, nd).
Jugta maskaxda Taariikhi ah	<ul style="list-style-type: none"> ◆ "Jugta taariikhiga ah waa Jugta maskaxda jiilal badan soo maray oo ay la kulmaan koox dhaqan, jinsiyad ama qowmiyad gaar ah" (Maamulka Carruurta iyo Qoysaska, n.d., baaragaraafka 1).

Nooca Jugta Maskaxda	Qeexitaan iyo Sharaxaad
Jugta Jiilalka Soo jiray	<p>"... dhacdo ay faracyada qof la kulmay dhacdo naxdin leh ay muujiyaan falcelin shucuureed iyo dabeecad ah oo ku saabsan dhacdada oo la mid ah tan qofka. Falcelinadaan way ku kala duwan yihiin jiilba jiilka ka danbeeya laakiin badanaa waxaa ka mid ah ceeb, walaac iyo dambiilenimada oo kordha, dareen sii kordhaya oo nuglaansho iyo gargaar la'aan ah, kalsooni darro, niyad-jab, is-dilid, isticmaalka maandooriyaha, kala-goynata, feejignaan xad-dhaaf ah, fikrado faragelin ah, dhibaato xiriirka iyo ku xidhnaanta dadka kale, dhibka xakamaynta gardarrada, iyo falcelin xad-dhaaf ah oo ku aaddan walbahaarka. Hababka saxda ah ee dhacdadan weli lama oga laakiin waxaa la rumeysan yahay inay ku lug leeyihiin saameynta xirfadaha xiriirka, dhaqanka shaqsiyeed, iyo dabeecadaha iyo caqiidooyinka saameeya jiilalka soo socda." (American Psychological Association, n.d.)</p>
Jugta maskaxda ee Jinsiyada	<ul style="list-style-type: none"> ◆ "Dhacdooyinka naxdinta leh ee ka dhasha aragtida ama la kulanka cunsuriyadda, takoorka, ama nacaybka qaab-dhismeedka (oo sidoo kale loo yaqaan cunsuriyadda hay'adaha) waxay yeelan karaan saameyn qoto dheer oo ku saabsan caafimaadka maskaxda ee shakhsiyaadka la kulma dhacdooyinka." Jugta jinsiyadda (oo sidoo kale loo yaqaan walbahaarka ku salaysan jinsiyadda) wuxuu tilmaamayaa saameynta walaaca leh ama xanuunka shucuureed ee qofka la kulma cunsuriyadda iyo takoorka." (Carter, 2007, bogga 15)
Jugta Labaad ama Jugta Dadban	<ul style="list-style-type: none"> ◆ "... waxaa loola jeedaa waayo-aragnimada dabeecad iyo shucuurta ee dadka daneeya, ama ku lug leh, kuwa si toos ah u soo gaaray dhaawac. Kuwa la shaqeeya dadka Jugta ah waxay la kulmi karaan fikrado faragelin ah, riyooyin xunxun, dareemid go'doon iyo go'doon, dareemaan niyad jab, waxay ku adkaan kartaa inay diiradda saaraan, waxayna dareemi karaan inay yihiin kuwo aan caawin karin. Sababtan awgeed, kuwa la shaqeeya carruurta iyo qoysaska ay saameysay Jugta ayaa u baahan nidaam taageero oo joogto ah si loola tacaalo xoojinta falcelintooda xiriirka ay la leeyihiin dhibbanaha, ama dambiilaha." (Center for Early Childhood Mental Health Consultation, n.d.) ◆ "... cadaadiska shucuureed ee ka dhasha marka qofku maqlo waayo-aragnimada naxdinta leh ee qof kale. Astaamahaedu waxay la mid yihiin kuwa xanuunka walbahaarka kadib (PTSD)." (NCTSN, 2011, p. 2)
Jugta Maskaxda	<ul style="list-style-type: none"> ◆ Maamulka Adeegyada Xadgudubka Maandooriyaha iyo Caafimaadka Dhimirku wuxuu ku qeexayaa Jugta shaqsiyeed inuu ka dhashay "dhacdo, dhacdooyin taxane ah, ama xaalado uu qofku la kulmo oo ah kuwo jidh ahaan ama shucuur ahaan waxyeello u leh ama halis gelinaya noloshu oo saameyn xun ku leh shaqada qofka iyo fayoobida maskaxeed, jireed, bulsho, shucuureed, ama ruuxi ah" (Maamulka Adeegyada Xadgudubka Maandooriyaha iyo Caafimaadka Dhimirka, n.d., baaragaraafka 2). ◆ Jugta maskaxdu waa "waayo-aragnimada gaarka ah ee shakhsi ahaaneed ee dhacdo ama xaalado waara oo awoodda qofku u leeyahay inuu isku daro waayo-aragnimadiisa shucuureed ay aad u liidato oo khibradaha shakhsi ahaaneed (si ujeedo leh ama si shakhsi ah) ay khatar ugu yihiin noloshiisa, daacadnimada jidheed, ama tan daryeelaha ama qoyska" (Center for Early Childhood Mental Health Consultation, n.d.; Saakvitne et al., 2000). ◆ "Arkidda ama la kulanka dhacdo khatar dhab ah ama la dareemayo" (Harden, 2015, bogga 1).

Ereyo Dheeraad ah oo la xiriira Jugta

Ereyga La Xiriira Jugta	Qeexitaan iyo Sharaxaad
Khibradaha Xun ee Caruurnimada (Adverse Child Experiences)	<ul style="list-style-type: none"> ◆ “khibradaha Xun ee Caruurnimada (Adverse childhood experiences, ACEs) waa dhacdooyin naxdin leh oo saameyn xun ku yeelan kara caafimaadka iyo fayoobaanta. Waayo-aragnimadani waxay u dhaxaysaa xadgudub jireed, shucuureed, ama galmo ilaa furriinka waalidka ama xarigga waalidka ama mas'uulka.” (Sacks et al., 2014, baaragaraafka 1).
Daal badan	<ul style="list-style-type: none"> ◆ “... nooc gaar ah oo walaac shaqo la xiriira - xaalad daal jireed ama shucuureed oo sidoo kale ku lug leh dareen ah guul la'aan iyo luminta aqoonsiga shaqsiyeed” (NCH Healthcare Systems, 2020, baaragaraafka 1). ◆ “... Waayo-aragnimada daalka jireed, shucuureed, iyo maskaxeed ee la xiriira la kulanka xaaladaha shucuureed ee adag, sida daryeelka kuwa la kulmay dhaawac. Calaamadaha daalka waxaa ka mid noqon kara calaamadaha jirka ee daalka, dhibaatooyinka hurdada, dhibaatooyinka somatic; calaamadaha shucuureed ee dabeecada, walwalka, niyad-jabka, dambiga, caawin la'aanta; calaamadaha dhaqanka ee xanaaqa, gardarrada, isticmaalka maandooriyaha; calaamadaha la xiriira shaqada sida hoos u dhaca waxtarka shaqada, dib u dhaca ama maqnaanshaha shaqada; ama dhibaatooyinka dadka ee dhibaataada xiriirka, dhibaataada diiradda saarista, ka fogaanshaha dadka kale, ama la'aanta naxariista.” (Center for Early Childhood Mental Health Consultation, n.d.)
Daal Naxariiseed	<ul style="list-style-type: none"> ◆ “[A] fikrad si ballaaran loo qeexay oo ay ku jiri karto dhibaato shucuureed, jireed, iyo ruuxi ah oo ku dhacda kuwa daryeel siiya qof kale” (Mashruuca Wacyigelinta Dhibaataada (Compassion Fatigue Awareness Project), n.d., baaragaraafka 1).
Cortisol	<ul style="list-style-type: none"> ◆ “... Hormoon isteerooydh ah oo ay soo saarto qanjirka 'adrenal' si looga jawaabo walbahaarka; mararka qaarkoodna loo yaqaan 'hormoonka walbahaarka' (Center for Early Childhood Mental Health Consultation, n.d.).
Jawaabta Walaaca ee Togan	<ul style="list-style-type: none"> ◆ “... waa qayb caadi ah oo muhiim u ah horumarka caafimaadka qaba, oo lagu garto koror kooban oo ku yimaada garaaca wadnaha iyo kor u kaca heerarka hoormoonka. Xaaladaha qaarkood ee laga yaabo inay kiciyaan jawaab celin walaac wanaagsan waa maalinta ugu horreysa ee daryeele cusub ama la siiyo tallaaf la isku duro.” (Center on the Developing Child, n.d.-a, baaragaraafka 3)
Xanuunka Walwalka Kadib Jugta (PTSD)	<ul style="list-style-type: none"> ◆ “... waa cudur ku dhaca dadka qaar ee la kulmay dhacdo naxdin leh, cabsi leh, ama khatar ah.” Waa wax dabiici ah in la dareemo cabsi inta lagu jiro iyo kadib xaalada jugta maskaxda. Cabsidu waxay kicisaa isbeddello badan oo ilbiriqsiyo gudahood ah oo jirka ku dhaca si ay uga caawiso ka hortagga khatarta ama looga fogaado. Jawaabtan 'dagaal ama baxsi' waa falcelin caadi ah oo ku aadan in qofku iska ilaaliyo waxyeelada. Ku dhawaad qof walba wuxuu la kulmi doonaa falcelin kala duwan kadib Jugta, haddana dadka badankiisu si dabiici ah ayay uga soo kabtaan astaamaha bilowga ah. Dadka sii wata dhibaatooyinka waxaa laga yaabaa in laga helo PTSD. Dadka qaba PTSD waxay dareemi karaan walbahaar ama cabsi, xitaa marka aysan khatar ku jirin” (National Institute of Mental Health, n.d., baaragaraafka 1–2)

Ereyga La Xiriira Jugta	Qeexitaan iyo Sharxaad
Arrimaha Ilaalinta	<ul style="list-style-type: none"> ◆ "... Tayada shaqsiga, kartida, xeeladaha la qabsiga, ama astaamaha kale ee deegaanka [sida] qoyska, iskuulka, bulshada iyo xiriiraha kale oo gacan wanaagsan ka geysta adkeysiga qofka" (Center for Early Childhood Mental Health Consultation, n.d.). ◆ "... astaamaha, xaaladaha, ama dhacdooyinka kor u qaada horumarka caafimaadka qaba oo yareeya khatarta ama suurtagalnimada in qofku la kulmo cudur ama dhacdo gaar ah, ama natiijooyinka taban ee la xiriira" (Bartlett & Steber, 2019, baaragaraafka 16; Smart, 2017). ◆ "... astaamaha, dadka iyo taageerada ka caawisa qofka inuu ka gudbo waqtiyada adag. Waa 'dalladeenna roobku ku da'ayo.' Arrimaha ilaalinta ayaa la dhisi karaa oo la xoojin karaa waqti kadib." (Devereux Center for Resilient Children, n.d., baaragaraafka 1)
Adkeysiga	<ul style="list-style-type: none"> ◆ Xarunta Carruurta Soo Koreysa waxay adkeysiga u qeexaysaa "awoodda looga gudbi karo dhibaataada daran" (Center on the Developing Child, n.d.-b, baaragaraafka 1). ◆ "Yaraynta saameynta dhibaatooyinka waaweyn ee ku yimaada horumarka caafimaadka leh ee carruurta waa lama huraan u ah horumarka iyo barwaaqada bulsho kasta. ... Fahmida sababta carruurta qaar ay si fiican u sameeyaan inkastoo ay jiraan khibrado hore oo aan wanaagsanayn waa muhiim, sababtoo ah waxay ku wargelin kartaa siyaasado iyo barnaamijyo wax ku ool ah oo ka caawiya carruur badan inay gaaraan awooddooda buuxda" (Center on the Developing Child, n.d.-b, baaragaraafka 1) ◆ "... hab-socod firfircoon oo ka kooban la qabsi togan oo ku jira macnaha guud ee dhibaataada weyn" (Luthar et al., 2000, bogga 1). ◆ "... awoodda nidaamku u leeyahay inuu si guul leh ula qabsado caqabadaha khatarta ku ah shaqada, badbaadada, ama horumarka mustaqbalka ee nidaamka" (Masten, 2014, bogga 10).
Arrimaha Khatarta ah	<ul style="list-style-type: none"> ◆ "... Eray lagu qeexayo dhinacyada ama duruufaha shaqsiga ah ee laga yaabo inay la xiriiraan saameyn xun oo ku yeelan karta koritaanka caafimaadka qaba, horumarka, iyo la qabsiga ama adkeysiga, sida dhalashada ka hor, dhibaatooyinka caafimaadka, saboolnimada, iwm." (Masten, 2014, bogga 10). ◆ "Xaaladaha, astaamaha, xaaladaha, dhacdooyinka, ama sifooyinka heerka shakhsiga, qoyska, bulshada, ama dhaqanka ee kordhin kara suurtagalnimada in qofku la kulmo dhibaato" (Bartlett & Steber, 2019, cutubka 14; Smart, 2017).
Welwelka Loo dulqaadan karo	<ul style="list-style-type: none"> ◆ "Jawaab culus oo ku meel gaar ah oo walaac leh, oo ay ku xiran tahay xiriiraha taageero leh" (Center on the Developing Child, n.d.-a, baaragaraafka 3.).
Jawaabta Cadaadiska loo Dulqaadan Karo	<ul style="list-style-type: none"> ◆ "... waxay si heer sare ah u dhaqaaqisaa habdhiska feejignaanta ee jirka taasoo ka dhalatay dhibaatooyin daran oo waara, sida luminta qof la jecel yahay, masiibo dabiici ah, ama Jugta maskaxda cabsi leh. Haddii firfircoonidu ay waqti xaddidan tahay oo ay xannibayso xiriirka dadka waaweyn ee ka caawiya ilmaha inay la qabsadaan, maskaxda iyo xubnaha kale waxay ka soo kabtaan waxa haddii kale saameyn xun ku yeelan kara." (Center on the Developing Child, n.d.-a, baaragaraafka 3.)
Walbahaarka sunta ah	<ul style="list-style-type: none"> ◆ "Kacsi dheer oo ku yimaada nidaamyada ka jawaab celinta walbahaarka marka aysan jirin xiriiraha ilaalin ah" (Center for the Developing Child, n.d.-a, baaragaraafka 3).

Ereyga La Xiriira	Qeexitaan iyo Sharaxaad
Jawaabta Walbahaark	<ul style="list-style-type: none"> ◆ "... waxay dhici kartaa marka ilmuhu la kulmo dhibaato xooggan, soo noqnoqota, iyo/ama daba dheeraatay - sida xadgudub jireed ama shucuureed, dayacaad joogto ah, xadgudubka maandooriyaha ee daryeelaha ama jirro maskaxeed, la kulanka rabshado, iyo/ama culaysyada ururay ee dhibaataada dhaqaale ee qoyska—iyada oo aan la helin taageero qof weyn oo ku filan. Noocan oo kale ah kicinta dheer ee nidaamyada jawaab celinta walbahaarka waxay carqaladeyn kartaa horumarinta qaab dhismeedka maskaxda iyo nidaamyada kale ee xubnaha waxayna kordhin kartaa khatarta cudurrada la xiriira walbahaarka iyo
Daryeel Fahansan Jugta Maskaxda	<ul style="list-style-type: none"> ◆ "... macnaheedu waa in daryeel bixiyaasha iyo macallimiintu ay fahmaan sida waxyeelladu u beddesho maskaxda una saamayso xiriirka, is-xakamaynta, habaynta dareenka, waxbarashada, iyo dabeecada. Dadka waaweyn ee aqoonta u leh waxay aqoonsadaan calaamadaha dhaqanka ee Jugta waxayna yaqaanaan sida loo abuurto jawi bixiya dareen badbaado shucuureed iyo bogsiin." (Sorrels, 2015, p. 9) ◆ "Qaab-dhismeed feker iyo faragelin ah oo ay hagto faham qoto dheer oo ku saabsan saameynta qoto dheer ee neerfaha, bayoolojiga, cilmi-nafsiga, iyo bulshada ee qofka ku leh—aqoonsashada baahiyaha joogtada ah ee isku-tiirsanaanta qofkaas ee badbaadada, xiriirka, iyo siyaabaha loo maareeyo shucuurta/shucuurta" (CPI, 2020, p. 3).
Daryeelka Ku habboon Jugta Maskaxda	<ul style="list-style-type: none"> ◆ "... eegitaanka dhinac kasta oo ka mid ah barnaamijyada, deegaanka, luqadda, iyo qiyamka urur iyo ka qaybgalka dhammaan shaqaalaha si ay si wanaagsan ugu adeegaan carruurta la kulantay dhaawacyada" (Covington & Bloom, 2018, baaragaraafka 1). ◆ Bixinta daryeelka ku habboon jugta maskaxda waxay la macno tahay in laga gudbo in la helo xog iyo in la siiyo daryeelka ugu wixtarka badan uguna naxariista badan kuwa ay saameysay jugta maskaxda. ◆ Habka jawaab celinta Jugta ayaa aqoonsanaya oo ka jawaabaya saameynta walbahaarka naxdinta leh ee carruurta, daryeel bixiyaasha, iyo bixiyeyaasha adeegga. Waxay sidaas ku samaysaa iyadoo kordhinaysa wacyigelinta dhaawacyada, aqoonta, iyo xirfadaha iyo ku darista siyaasadaha iyo dhaqamada barnaamijyada. Habkaani waxa kale oo uu ku lug leeyahay iskaashi gacan ka geysta kor u qaadista badbaadada jirka iyo maskaxda isla markaana taageera awoodda carruurta iyo qoysasku ay u kobci karaan.
Nidaamka Ku habboon Jugta Maskaxda	<ul style="list-style-type: none"> ◆ Shabakadda Qaranka ee Walbahaarka Carruurta waxay qeexaysaa nidaamyada adeegga carruurta iyo qoyska ee ku salaysan Jugta inay yihiin kuwa "kuwaas oo dhammaan dhinacyada ku lugta leh ay aqoonsadaan oo ay ka jawaabaan saameynta walbahaarka naxdinta leh ee ku yeelan kara kuwa la xiriira nidaamka, oo ay ku jiraan carruurta, daryeel bixiyaasha, shaqaalaha, iyo bixiyeyaasha adeegga." (NCTSN, n.d.-b) ◆ "Barnaamijyada iyo hay'adaha ku jira nidaamkan oo kale waxay ku shubaan oo ay sii wadaan wacyigelinta dhaawacyada, aqoonta, iyo xirfadaha dhaqankooda, dhaqankooda, iyo siyaasadahooda" (NCTSN, n.d.-b) ◆ "Waxay la shaqeeyaan dhammaan kuwa ku lug leh ilmaha, iyagoo adeegsanaya cilmiga ugu fiican ee la heli karo, si loo kordhiyo badbaadada jirka iyo maskaxda, loo fududeeyo soo kabashada ama la qabsiga ilmaha iyo qoyska, iyo si loo taageero awooddooda ay ku kobcaan" (NCTSN, n.d.-b)

Ereyga La Xiriira Jugta	Qeexitaan iyo Sharaxaad
Kiciyeyaasha	<ul style="list-style-type: none"> ◆ "Calaamadaha u dhaqma sida calaamadaha khatarta suurtagalka ah, oo ku salaysan waayo-aragnimo naxdin leh oo taariikhi ah oo horseeda jawaabo shucuureed, jir ahaaneed, iyo dhaqan oo ka dhasha adeegga badbaadada iyo badbaadada (tusaale ahaan, muuqaallo, dhawaaqyo, ur, taabasho). Wax-soo-saarayaashu waxay ku saabsan yihiin aragtida qofka ee uu u arko inay tahay mid dhab ah. Xiriirka maskaxda/jirka wuxuu dhaqaajiyaa jawaab dagaal, carar, ama baraf. Qof kiciya wuxuu la kulmaa cabsi, argagax, xanaaq, iyo kacsanaan." (CPI, 2020, p. 3) ◆ "... Waayo-aragnimo, qof ahaan, u taagan xasuusin dhib badan oo ku saabsan dhacdo naxdin leh. Kicintu uma baahna inay noqoto mid cabsi leh ama naxdin leh, laakiin waxay keeni kartaa calaamado shucuureed ama jireed oo la xiriira Jugta asalka ah. Kiciyaha wuxuu qaadan karaa qaabab badan, sida qof, meel, buuq, sawir, ur, dhadhan, muuqaal, dareen jidh, iwm. Sidoo kale loo yaqaan xasuusinta dhaawacyada." (Center for Early Childhood Mental Health Consultation, n.d.)

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Xarunta Awood-dhiska Gobolka (SCBC) waxay la shaqaysaa hoggaamiyeyaasha gobolka iyo dhulalka iyo shuraakadooda in 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 U.S. Department of Health and Human Services, Administration for Children and Families, Office of Child Care.

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