



Daryeelka Ku habboon Jugta maskaxda ee Dhallaanka iyo Ilmaha Socod- baradka ah ee ku jira Daryeelka Carruurta

Xaashida Waxqabadka Ka qaybgalaha ee Kulanka 3: Xeeladaha Daryeelka Ku habboon Jugta Maskaxda iyo Dhaqamada

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 3: 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 12. Su'aal

- ◆ Waa maxay siyaabaha ugu muhiimsan ee aad kula xiriiri karto dhallaanka iyo socod baradka ku jira daryeelkaaga?



Bogga 15. Isdhexgalka Macnaha Leh

- ◆ Ka fikir dhallaanka ama socod baradka aad dhawaan daryeeshay.
 - Ma ula xiriirtay ilmahan si macno kuu leh?

 - Sidee ku ogaatay inay macno leedahay?

 - Haddii aadan hubin, ama haddii jawaabtaadu tahay "maya," is weydii waxyaabaha soo socda:
 - Maxaan sameyn karaa si aan xiriir macno leh ula sameeyo ilmahan berri?

- ◆ Si taxaddar leh u tixgeli mid kasta oo ka mid ah su'aalahaan soo socda:
 - Maxaan sameyn karaa si aan u taageero xiriiro macno leh?
 - Sideen u gaabin karaa oo aan dadaal miyir qaba u sameyn karaa si aan si buuxda ula falgalo marka aan la macaamilayo ilmaha?

 - Maxaan sameyn karaa si aan maskaxdayda uga nadiifiyo waxyaabaha kale ee mashquulinaya si aan diiradda u saaro ilmahaan?

 - Sideen waqti ugu heli karaa nadiifinta iyo hawlaha kale ee nadaafadda marka carruurta aysan joogin?
 - Ma jiraan hawlo aan qaban karo marka carruurta hurdaan, kahor intaysan imaan, ama kadib markay baxaan maalinta?



- Sideen ula heshiin karaa qof kale si aan u beddelo hawlo gaar ah oo aan waqti badan ula qaato ilmahan?

- Ma jiraan siyaabo ku habboon oo carruurta loogu dari karo mid ka mid ah hawlaha aan u baahanahay inaan sameeyo?

- Sideen diiradda u saari karaa baahiyaha ilmahan shaqsi ahaan oo aan weli u tixgelin karaa baahiyaha kooxda?

- Sideen u gaabin karaa oo aan dadaal miyir qaba u samayn karaa inaan si buuxda ula joogo waalidka(waalidiinta) si aan wax badan uga barto iyaga shaqsi ahaan iyo ilmahoodaba?

- ◆ Magacaw laba shay oo aad sameyn doonto usbuuca soo socda si aad u noqoto mid feejignaan badan, feejignaan badan, iyo jawaab celin badan leh marka aad la macaamilayso ilmahan.

Bogga 16. Muuqaalka: Hadalka ilmaha

- ◆ Sidee ayay macallmadu u muujisaa xiisaha ay u qabto dhallaanka?

- ◆ Maxaad ka dareentay goobta ilmaha yar iyo macallinka marka ay wada fadhiyaan?

- ◆ Waa maxay noocyada faallooyinka uu macallinku sameeyo marka ilmuhu wax sahaminayo?



◆ Maxaad ka ogaatay aragtida macallinka? Ka waran codkeeda?

◆ Dhammaystir weedhahan soo socda ee ku dhisan aragtida ilmaha:

- Waan dareemayaa _____.
- Daryeelayaashu waa _____.
- Dunidu waa _____.
- Waxaan ahay _____.

Bogga 19. Su'aal

◆ Markaad indhahaaga xirto oo aad ka fikirto meel ammaan ah, diirran, soo dhawayn leh, oo ka jawaab celinaysa jugaha maskaxda ee carruurta aadka u yaryar, maxaad

- aragtaa?
- urisaa?
- maqashaa?
- dareentaa?

Bogga 21. Goobaha

◆ Sidee kale ayay daryeelayaashu u isticmaali karaan jawiga goobta—ha ahaato fasal, meel lagu daryeelo carruurta qoyska, ama guri qoys—si ay u taageeraan dhallaanka iyo socod baradka?

- Fasalka:
- Daryeelka carruurta ee guriga ku saleysan:
- Guriga ilmaha:

Bogga 22. Meel bannaan

- ◆ Marka aad sawirkan eegto adigoo ku eegaya fikir ku habboon jugta maskaxda oo aad aqoonsaneyso in deegaan kastaa uu leeyahay culeys dareen oo ka kooban aragtiyo, codad, iyo ur saameeya dareenkeena, tixgeli waxyaabahaan soo socda:
 - Ka warran goobtaan oo taageeraysa "culayska dareenka " ee ilmaha?

- ◆ Marka aad ka fikirto badbaadada, ka mid ahaanshaha, iyo raaxada, tixgeli waxyaabahaan soo socda:
 - Maxaad jeceshahay?

 - Maxaad beddeli lahayd?



Bogga 23. Goobaha iyo Meelaha

- ◆ Marka aad sawirkan eegto adigoo ku eegaya fikir ku habboon jugta maskaxda oo aad aqoonsaneyso in deegaan kastaa uu leeyahay culeys dareen oo ka kooban aragtiyo, codad, iyo ur saameeya dareenkeena:
 - Ka warran goobtaan oo taageeraysa "culayska dareenka " ee ilmaha?

- ◆ Ka fikirka badbaadada, ka mid ahaanshaha, iyo raaxada:
 - Maxaad jeceshahay?

 - Maxaad beddeli lahayd?



Bogga 24. Aagaga iyo Meelaha

- ◆ Marka aad sawirkaan eegto adigoo ku eegaya fikir ku habboon jugta maskaxda oo aad aqoonsaneyso in deegaan kastaa uu leeyahay culeys dareen oo ka kooban aragtiyo, codad, iyo ur saameeya dareenkeena:
 - Ka warran goobtaan oo taageeraysa "culayska dareenka " ee ilmaha?

- ◆ Ka fikirka badbaadada, ka mid ahaanshaha, iyo raaxada:
 - Maxaad jeceshahay?

 - Maxaad beddeli lahayd?



Bogga 26. Su'aal

- ◆ Waa maxay dhaqanka ama xeeladda aad ku faanayso ee ka jawaabaysa baahiyaha carruurta iyo socod baradka ee la kulmay jugta maskaxda?

Bogga 29. Dhaqamada Taageeraya Is-Xeerarka

- ◆ Waa maxay siyaabaha dheeraadka ah ee isdhexgallada ku taageeraan is-Xakamaynta?



Bogga 31. Fahmida Dabecada: Wax walba waxay leeyihiin Macno!

- ◆ Ka fakar waxaad ka maqashay dabecada carruurta yaryar ee la kulmay jugta maskaxda. Waa maxay wax:
 - Fikradahaaga u weeciyay jiho cusub?

 - Waa maxay wax aad hadda ka aragto xagal cusub?

Bogga 39. Su'aal

- ◆ Sidee bay jadwallada iyo hawlaha joogtada ah u horumarin karaan daryeelka ku habboon jugta maskaxda ee dhallaanka iyo socod baradka?

Bogga 44. Taageeridda Caafimaadka Shucuurta iyadoo la adeegsanayo Hababka Caadiga ah

- ◆ Ka fikir sida hababka daryeelka ee soo socda ay u noqon karaan kuwo wax ka qabanaya jugta maskaxda:
 - Imaatinka:

 - Wakhtiyada Cuntada:

 - Wakhtiyada hurdada:

 - U gudubka bannaanka:



- Dhaqida Gacmaha:

- Hawlaha koox yar:

- Wakhtiga sahanka:

- Musqusha ama xafaayadda:

- Bixitaanka:

Bogga 47. Su'aal

- ◆ Ciyaaro noocee ah ayaad ugu jeceshahay inaad la sameyso dhallaanka iyo socod-baradka?

Bogga 50. Isticmaalka Laxanka iyo Muusiga ee dhallaanka iyo socod-baradka

- ◆ Haddii aad muusig shidi lahayd markaad seexanayso, noocee muusig ah ayaa shidi lahayd?

- ◆ Heeso noocee ah ayaa la dhageysan lahaa haddii aad xaflad qoob ka ciyaar ah la qabanaayo?

Bogga 52. Ciyaar Labo geesood ah

- ◆ Samee liiska hawlaha aad ugu jeceshahay ciyaarta laba-geesoodka ah ee aad la samayn karto carruurta dhallaanka iyo socod baradka ah:

- ◆ Ma jiraan wax kale oo aad ku dari lahayd boggaan?



Bogga 53. Niyad dejinta iyo Neefsasho Carruurta Yaryar

- ◆ Raac tilmaamaha hoose, kuwaas oo laga soo qaatay [Farsamada Bilaabidda Niyad Dejinta](#). Hubi inaad ka fikirto sida aad ugu dari karto hawlaha ciyaarta niyad dejinta iyo neefsashada carruurta iyo socod baradka aad daryeesho.

■ Jimicsiga Shanta Dareeme (2–3 daqiiqo)

- "Qoraallo kooban oo ku saabsan jimicsigaan: Mid ka mid ah siyaabaha wax ku oolka ah ee lagu beddeli karo qaababka fikirka caadiga ah waa in aan ka baxno madaxeena oo aan si badan ula xiriirno waayo-aragnimada hadda jirta ee jirkeena. Waxaan tan ku samayn karnaa annagoo dareenkeenna ku mashquulinayna. Tababarkan kooban waxaa la samayn karaa wakhti kasta oo aan rabno inaan dib u eegno xilligan xaadirka ah ama marka aan ku jirno xaalad walaac leh oo aan u baahannahay inaan si dhakhso ah dib ugu soo celino nafteena.
- "Fiiro gaar ah u yeelo shan shay oo aad arki karto." Eeg hareerahaaga, fiiro gaar ah u yeelo oo magacaw shan shay oo aad arki karto."
- "Fiiro gaar ah u yeelo afar shay oo aad dareemi karto." La soco dareenkaaga taabashada, fiiro gaar ah u yeelo oo sharax qaab-dhismeedka afar shay oo aad taaban karto.
- "Fiiro gaar ah u yeelo saddex shay oo aad maqli karto." Si taxaddar leh u dhegeyso, fiiro gaar ah u yeelo oo magacaw saddex dhawaaq oo aad ka maqasho deegaankaaga."
- "Fiiro gaar ah u yeelo laba shay oo aad urin karto." Fiiro gaar ah u yeelo oo magacaw laba ur oo aad aqoonsato."
- "Fiiro gaar ah u yeelo hal shay oo aad dhadhamin karto." Diiradda saar oo magacaw hal shay oo aad hadda dhadhamin karto. Waad cabi kartaa ama qaniin kartaa wax, ama waxaad dareemi kartaa dhadhanka hadda ku jira afkaaga.

■ Neefsashada Starfish (3 daqiiqo)

- "Dooro gacan si ay u noqoto kalluunkaaga starfish, kadib gacantan fidi, oo farahaaga si ballaaran u kala firdhi—sida kalluunka starfish. Isticmaal farta murugsata gacantaada kale si aad ula socoto kalluunka starfish oo la jaanqaadaya neeftaada. Ka bilow suulkaaga, markaad si qoto dheer u neefsato, kor u qaad suulkaaga ilaa meesha ugu sarreysa. Tan si taxaddar leh u samee, si dhaqdhaqaaqaagu ula mid noqdo neeftaada. Hadda, neeftaada dibadda u soo bax, ka raadraac gudaha suulkaaga. Mar labaad, si tartiib ah u dhaqaaq adigoo fiiro gaar ah u leh inaad neefta iyo dhaqdhaqaaqa isku hayso. Sii wad neefsashada kor iyo hoos far kasta, adigoo si taxaddar leh u fiirinaya dhaqdhaqaaqaaga iyo neeftaada. Markaad neefsato oo aad raad raacdo, fiiro gaar ah u yeelo dareenka dhaqdhaqaaqa jirkaaga—laabtaada iyo calooshaadu waxay u dhaqaaqayaan gudaha iyo dibadda halka fartaaduna ay u dhaqaaqayso kor iyo hoos. Markaad gaarto salka curcurkaaga oo ka hooseysa fartaada yar, naso muddo yar. Naftaada hubi. Fiiro u yeelo sida aad dareemayso adigoo falanqayn ama xukumin. Kadib sii wad tababarka adoo gacmahaaga isku beddelaya" (Zero to Three, 2019).

Tixraaca

Ebar ilaa Saddex (Zero to Three). (2019). *Farsamada bilaabida niyad dejinta (Getting started with mindfulness toolkit)*. <https://www.zerotothree.org/resources/2896-getting-started-with-mindfulness-a-toolkit-for-early-childhood-organizations>

Bogga 55. Fariimaha Muhiimka ah ee Aad la Tagayso Guriga

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



Bogga 57. 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>		

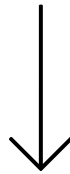
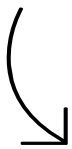


Sidoo kale waxaan sameyn doonaa ...

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 3.3. [Taageeridda Horumarinta Is-Xakamaynta Carruurta Yaryar: Talooyin loogu talagalay Dhakhaatiir La shaqaynaysa dhallaanka ee goobaha fasalka](#)
- ◆ Buug-yaraha 3.4. [Taageeridda Horumarinta Is-Xakamaynta Carruurta Yaryar: Talooyin loogu talagalay Dhakhaatiir La shaqaynta socod baradka ee goobaha fasalka](#)
- ◆ Buug-yaraha 3.6. [Liiska Dhaqamada lagu Kordhinayo Kartida Dareenka Bulshada ee Dhallaanka iyo Socod baradka](#)
- ◆ Buug-yaraha 3.7. [Buugaagta Ku Saabsan Dareenka Ilmaha Yaryar iyo Socod Baradka](#)
- ◆ Buug-yaraha 3.8. [Liiska hubinta ee Dhaqamada Carruurnimada Hore ee Taageera Horumarinta Dareenka Bulshada iyo Daryeel Jugta Maskaxda fahansan](#)
- ◆ Buug-yaraha 3.9. [123 Daryeelka: Farsamada Xasaasiga ah ee daryeel bixiyaasha Carruurta](#)
- ◆ Buug-yaraha 3.10. [Awoodda Ciyaarta ee wax ka qabashada Jugta Maskaxda Sannadaha Hore](#)
- ◆ Buug-yaraha 3.11. [Bilaabidda Niyad-dejinta: Qalabka loogu talagalay Ururada Carruurnimada Hore](#)

Xarunta Awood-dhiska Gobolka (SCBC) waxay la shaqaysaa hoggaamiyeyaasha gobolka iyo dhulalka iyo shuraakadooda in ay u abuuraan nidaamo 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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Ku lug lahaanshaha Isdhexgalka Macnaha leh

Calaamad muujinaysa xiriir ixtiraam leh oo jawaab celin leh ayaa ah in carruurta iyo daryeelayaashu ay leeyihiin isdhexgal macno leh oo kala duwan inta ay wada joogaan. Marka aad la yeelato xiriir macno leh dhallaanka iyo socod baradka waxaad tahay qof:

- ◆ feejigan;
- ◆ korinaaya;
- ◆ diirran;
- ◆ jawaab celin leh;
- ◆ ixtiraam leh;
- ◆ hagaaya, iyo
- ◆ ku qanacsan inuu raaco hogaaminta carruurta.

Waxyaabaha soo socda waa siyaabo aad ula sameyn karto isdhexgalka macno leh oo aad la yeelan karto dhallaanka iyo socod baradka ku jira daryeelkaaga.

Dib isku-Milicsiga

Maalin kasta waqti siinta si aad uga fikirto sida hadalkaaga iyo dhaqankaagu u saameeyaan dhallaanka, socod baradka, iyo dadka waaweyn ee aad la shaqeyso waa hab awood leh oo lagu horumarin karo wacyigaaga iyo jawaab celintaada. Ka fikir sida isdhexgalkaaga shaqsiyeed uu u saameyn karo xiriirkaaga. Tusaale ahaan, sidee bay codkaaga, muuqaalka wejigaaga, iyo qaabka jirkaagu ugu gudbiyaan fariimaha dadka kugu xeeran?

Waqti qaado si aad ula xiriirto Carruurta

- ◆ **Tartiibso.** Noloshu waa mashquul, waxaadna haysataa hawlo badan oo aad qabato maalin kasta. Daryeele ahaan, waxaad bixisaa adeegga aadka u qiimaha badan ee daryeelka dhallaanka iyo socod baradka. Halkii aad si joogto ah uga fikirto lahayd waxa xiga, neef qoto dheer qaado si aad naftaada uga caawiso inaad si miyir leh u tartiibiso oo aad si buuxda u fahanto waxa dhacaya xilligaan. Tusaale ahaan, halkii aad ku degdegi lahayd quudinta ilmaha yar, waxaa laga yaabaa inaad isdejiiso, si taxaddar leh u fiirsato tilmaamaha ilmaha yar, aad ku lug yeelato wada hadal isdaba joog ah, oo aad ku quudiso sida uu ilmuhu doonaayo.
- ◆ **Xaadir ahoow.** Joogitaanka macnaheedu waa inaad waqti qaadata si aad maskaxdaada uga nadiifiso wax kasta oo mashquulin kara si aad diiradda u saarto oo keliya la xiriirka carruurta (Dombro, Jablon, & Stetson, 2011). Iyada tan oo diiradda la saarayo, waxaad si taxaddar leh uga fikirto kartaa ka jawaabista tilmaamaha iyo baahiyaha carruurta ee shakhsi ahaaneed waqtigaas.
- ◆ **Xusuuso in la joogista carruurta ay tahay mudnaanta koowaad.** Ka caawinta taageeridda koritaanka iyo horumarka carruurta aad daryeesho waa doorkaaga ugu weyn uguna muhiimsan, adigoo mas'uuliyadaha kale oo dhan ka dhigaya mid labaad. Marka aad la kulanto hawlo badan maalintii oo dhan, waxaa laga yaabaa inay fududahay inaad mashquuliso dharka dhaqidda, nadiifinta sariiraha, ama dhammaystirka waraaqaha. Ma fududa in la joogo marka hawlo kale la qabanayo. Is xasuusin in joogitaanka carruurta uu yahay doorka ugu horreeya uguna muhiimsan ee aad ciyaarto wuxuu kaa caawinayaa inaad mudnaanta siiso waqtiga iyo hawlaha kale ee u baahan in la dhammaystiro. Waa la fahmi karaa, waxaa jira hawlo badan oo la dhammaystirayo marka aad tahay macallin ilmo yar iyo socod baradka ah oo ku jira xarunta daryeelka carruurta ama guriga daryeelka carruurta ee qoyska. Haddii ay kugu adag tahay inaad isku dheellitirto hawlahaan iyo inaad la joogto carruurta, waxaa laga yaabaa inaad rabto inaad la hadasho agaasimahaaga ama asxaabtaada oo aad horumariso habab kaa caawin doona inaad diiradda saarto carruurta.



- ◆ **Waqti qaado si aad u fahamto baahiyaha gaarka ah ee carruurta.** Marka aad la shaqeyneyso dhallaanka iyo socod baradka, waa muhiim inaad barato iyaga oo ah shakhsiyad leh dano gaar ah, baahiyo, iyo doorbido. Ka shaqaynta fahamka danaha, baahiyaha, doorbido, iyo dhaqanka ilmo kasta waxay dhistaa aasaas lagu xiriir dhallaanka iyo socod baradka siyaabo macno leh.
- ◆ **Taageer waxbarashada carruurta.** Markaad la jaanqaadayso baahiyaha gaarka ah ee carruurta, waxaad awood u leedahay inaad sameyso go'aanno jawaab celin leh oo xasaasi ah oo ku saabsan tallaabada xigta ee waxbarashada ilmo kasta (Dombro, Jablon, & Stetson, 2011).

Ilaha

[Sheekooyinka Ilmaha, Siminaarka 1—Carruurta Hadaagaya: Horumarinta Waxbarashada Ilmaha](#) (2017) waa siminaar saacad soconaya kaas oo sahaminaya sida isdhexgalka bulshadu u taageero horumarinta luqadda dhallaanka iyo socod baradka iyo xeeladaha ay macallimiintu u isticmaali karaan isdhexgalka carruurta si ay u taageeraan horumarkan. Siminaarkan waa qayb ka mid ah taxanaha Siminaarka BabyTalks kaas oo soo bandhigaya cilmi-baaris hadda socota oo ku saabsan dhallaanka, oo ay soo saartay Xarunta Qaranka ee Horumarinta Carruurnimada Hore, Waxbaridda iyo Barashada.

[Early Essentials, Webisode 8—Responsive Interactions](#) waa muuqaal 20 daqiiqo ah oo ka hadlaya muhiimadda ay leedahay isdhexgalka jawaab celinta iyo isdhaafsigu ku dhisan. Muuqaalkan waa qayb ka mid ah taxanaha Early Essentials, kaas oo bixiya farriimo muhiim ah iyo agab waxtar leh si ay shaqaaluhu la bilaabaan carruurta ugu yar iyo qoysaskooda. Muuqaalka waxaa ku jira [Tilmaamaha Bilowga oo Kooban](#) oo ay ku jiraan farsamooyinka waxbaridda iyo agabka.

Tixraaca

Dombro, A. L., Jablon, J., & Stetson, C. (2011). *Isdhexgal xooggan (Powerful interactions): Sida loola xiriirto carruurta si loo ballaariyo waxbarashadooda*. Washington, DC: Ururka Qaranka ee Waxbarashada Carruurta Yaryar.

Xarunta Dhisidda Awoodda Gobollada (SCBC) waxay la shaqaysaa hoggaamiyayaasha 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 maalgeliya Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Maamulka Carruurta iyo Qoysaska, Xafiiska Xannaanada Carruurta.

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CHILDREN & FAMILIES

WAA MAXAY JUGTA MASKAXDU?

Merriam-Webster waxay ku qeexday jugta maskaxda inay tahay xanaaq shucuureed. Jugta Maskaxdu waxay noqon kartaa waayo-aragnimo walaac jireed, shucuureed, iyo maskaxeed leh oo ku dhacda nololsha qofka. Jugta Maskaxda ayaa beddeli kara sida ay maskaxdu u fahanto khibrada.

Dhammaanteen waxaan leenahay dareenno kala duwan, dhammaanteenna si kala duwan ayaan wax u la kulannaa, markaa waxa jugta maskaxda leh ee hal qof ku dhaca waxaa laga yaabaa inaysan u noqon mid naxdin leh qof kale. Tusaale ahaan, hal ilmo, ka guurista asxaabta iyo qoyska waxay u noqon kartaa mid naxdin leh, halka ilmo kale, laga yaabo inaysan u ahayn.

Tusaalooyin ka mid ah dhacdooyinka jugta maskaxda leh ee dhici kara waa xadgudub jireed, shucuureed, iyo galmo, dayacaad, aragtida qof aad jeceshahay oo si uun wax u dhimaya, luminta qof aad jeceshahay, furriin, guuritaan, masiibooyin dabiici ah, isticmaalka maandooriyaha ee daryeelaha, ogaanshaha cudur naafiisa ama kuwa aad jeceshahay, iyo ku noolaanshaha bulshooyinka rabshadaha wata.

Jugta Maskaxda isku dhafan waxay dhacdaa marka jugtu socoto, sida xadgudubka qoyska ee muddada dheer ama bulshooyinka rabshadaha badan.

CALAAMADHA IYO ASTAAMAHA JUGTA MASKAXDA

Calaamadaha iyo astaamaha Jugta Maskaxda waxaa ka mid noqon kara:

- Dhibaato la xiriirta naftaada iyo dadka kale
- Dhibaatooyinka maareynta shucuurta
- Walaaca
- Isbeddellada dabeecadda (ilmo had iyo jeer aamusnaa ayaa laga yaabaa inuu bilaabo inuu si qariban u dhaqmo ama ilmo hadaaq badan ayaa laga yaabaa inuu aamuso oo ku dhegganaado daryeel bixiyaasha)
- Dhibaatooyinka sameynta xiriirada dadka kale
- Dhibaato dhanka hurdada ah
- Riyooyin xunxun oo soo noqnoqda
- Isbeddellada ku yimaada oomateedka
- Xanuuno Jirka ah
- Dhibaato dhan Diiradda saaridda ah
- Dhibaatooyinka la xiriira dugsiga
- Firfircooni xad dhaaf ah
- Daal
- Cilad dhanka iiradda saaridda ah

Calaamadaha ama astaamaha aad si caadi ah ugu arki karto dhalinyarada:

- Isticmaalka khamriga ama daroogada
- Ku lug yeelashada fal galmo oo aan habboonayn
- Noqoshada mid niyad jabsan
- Iskudayadda ismiidaaminta
- Dhaawacidda Nafta

Qalabka Jugta Maskaxda



Kuwaani waxay dhici karaan isla markiiba kadib ama inta lagu jiro dhacdo socota, ama wuxuu dib u dhici karaa biloowgoodu mararka qaarkood sannado. In kasta oo qaar ka mid ah calaamadahan ay u ekaan karaan xanuunno kale, haddana waxaa muhiim ah in wax laga qabto sida

Qalabka Jugta Maskaxda



inay yihiin jugta maskaxda oo la raadsado daawayn. Haddii aan la daaweyn, calaamadaha Jugta Maskaxda carruurnimada waxay sii jiri karaan muddo dheer, taasoo saameyn ku yeelan karta nolol maalmeedka, xitaa waxay maskaxda iyo habdhiska neerfaha gaarsiin karaan qaangaarnimo.

ACES?

Bartamihii 90-meeyadii, CDC iyo Kaiser-Permanente waxay sameeyeen daraasad lagu baarayo saameynta muddada dheer ee waxa ay ugu yeereen khibradaha Xun ee Caruurnimada (oo sidoo kale loo yaqaan ACES). ACES waxaa lala xiriiyay dhibaatooyin caafimaad oo badan iyo dhibaatooyin shucuureed oo dambe nololshaha ah, oo ay ku jiraan isticmaalka maandooriyaha, cudurrada wadnaha, kansarka, niyad-jabka, iyo isdilka. Daraasadda ACES waxay hoosta ka xariiqaysaa baahida loo qabo daaweyn hore oo wax ku ool ah oo ku saabsan Jugta Maskaxda.

Nasiib darro, ACES waa wax caadi ah, waxaana ka mid ah waayo-aragnimada xadgudubka, dayacaadda, iyo cilladaha qoyska, sida la noolaanshaha qof weyn oo si xun u isticmaala khamriga ama daroogada, markhaati ka noqoshada rabshadaha qoyska, furiinka, iyo waayo-aragnimo kale oo naxdin leh. Haddii ilmuhu uu la kulmay hal ACE, waxay u badan tahay inuu la kulmay dhowr. Tusaale ahaan, rabshadaha qoyska iyo xadgudubka khamriga badanaa way isku xiran yihiin, badanaana waxay keenaan furriin.

Si kastaba ha ahaatee, waxaa jirta rajo. Adkeysiga ayaa kaa caawin kara inaad ka gudubto saameynta ACES.

WAA MAXAY ADKEYSIGU?

Adkaysigu waa awoodda dib loogu soo kabsado waqtiyada adag kadib. Waa muhiim in la xasuusto in inkastoo ay jiraan waxyaabo xun, haddana ay jirto rajo. Carruurta waxay dib u heli karaan dareen fayoobaaneed inkastoo ay dhaawacmaan, mararka qaarkoodna way sii xoogaystaan. Isdhexgalka carruurta iyo deegaankooda ayaa kor u qaadi kara adkeysiga. Habka ugu muhiimsan ee lagu caawin karo carruurta inay adkaystaan waa in la hubiyo inay xiriir adag oo deggan la leeyihiin daryeel bixiyaasha, xubnaha qoyska, asxaabta qoyska, iyo xubnaha bulshada oo ay ku kalsoonaan karaan oo ay ku tiirsanaan karaan si ay uga caawiyaan inay ilaaliyaan dareenka badbaadada oo ay u arkaan adduunka meel ammaan ah.

Si kale oo lagu kobciyo adkeysiga waa in la caawiyo carruurta inay dareemaan awood. Marka ilmaha la siiyo qalab iyo xirfado oo laga caawiyo sidii uu ula qabsan lahaa waayo-aragnimada jugta maskaxda leh, waxay bilaabaan inay rumaystaan awooddooda ay ku bogsiiin karaan oo ay is dejin karaan. Jimicsiga jirka, hawlaha farshaxanka iyo farsamada gacanta, iyo ciyaartu, iyo waxyaabo kale, waxay abuuri karaan dareen karti iyo hagaajin nidaamin. Intaa waxaa dheer xirmadan qalabka ah waxaan ku bixinaynaa tusaalooyin hawlo gaar ah oo kaa caawin kara bogsashada.

Rajada dib u soo nooleyneysa iyo aaminaadda naftaada iyo kuwa kale, iyo aragtida mustaqbal wanaagsan, dhammaantood waxay kor u qaadi kartaa adkeysiga.

XAQIJIJINTA SHUCUURTA

Qalabka Jugta Maskaxda



Xaqiijinta waayo-aragnimada dadka kale waa muhiim marka la daaweynayo dhaawacyada iyo kor u qaadista adkeysiga. Sida hore loo sheegay, Jugta Maskaxdu waa xanaaq shucuureed, waxaana u kala duwan tahay sida dadka kala duwan u dareemaan. Waxa qof u arko dhaawac ma noqon karto mid qof kale u geysta dhaawac. Jugta Maskaxdu waxayqusaysaa waayo-aragnimada iyo sida waayo-aragnimada loo arko.

Marka la xaqiijinayo shucuurta, waa kuwaan qodobbo muhiim ah oo ay tahay in la xasuusto:

- Waqti sii si aad u dhageysato
- Ku dadaal inaad fahamto aragtida qofka

- U dhimri
- Bixi jawaabo afka ah si aad u muujiso dhageysigaaga
- Xaadir ahoow
- Weydii su'aalo caddayn raadin ah

Xaqiijinta shucuurtu waxay u oggolaan kartaa qofka inuu dareemo in la fahmay iyo in waxa uu dareemayo ay fiican yihiin. Markaad xaqiijiso shucuurta waxaad dhisi kartaa/xoojin kartaa xiriirka oo aad ka caawin kartaa qofka inuu noqdo mid adkeysiga badan.

SIDA WAQTIGA LOOLA QAATO CARRUURTA

Waqtii la qaadashada carruurta waxay ka caawin kartaa inay yeeshaan adkeysiga. Xiriirka daryeelka leh, ha ahaadaan waalidiin, macallimiin, ama dadka kale ayaa ka caawin kara la qabsiga. Marka carruurta dareemaan taageero aan shuruud lahayn waxay dareemaan awood iyo kalsooni ay ku xallin karaan xaaladaha adag. Marka aad waqtii la qaadanayso carruurta, waa muhiim inaad yarayso waxyaabaha mashquuliyaha. Waxaa jira farqi u dhexeeya waqtii wada qaadashada dhabta ah iyo inaad qol isku mid ah ku wada joogtid oo aad isku ag joogtid. Sidoo kale waa muhiim inaad joogtid waqtigaas oo aad waqtii qaadata si aad runtii ugu jirto isdhexgalka.

Waxaa jira siyaabo badan oo aad waqtii kula qaadan karto carruurta, tusaalooyin qaar waxaa ka mid ah:

- casho qoys
- wada akhrinta buug
- Socod wada aadista
- Ciyaar ciyaarta
- sameynta farshaxan
- Ku ciyaaridda alaabta carruurta ku ciyaarto
- wada karinta/wada dubidda cuntada
- ciyaarista ciyaar
- Baaskiil wadista
- La wadaag waxyaabihii aad ku guuleysatay iyo waxyaabihii kaa xumaaday maalinta
- lahaanshaha jadwalka wakhtiga hurdada gaarka ah
- ka caawi layli guriga
- wax ka waydii maallintiisa
- tag beerta raaxada

Bogagga soo socda waxaan ku bixinaynaa hawlo gaar ah oo ay dadka waaweyni ku sameyn karaan carruurta si ay gacan uga geystaan dhiirrigelinta adkeysiga iyagoo siinaya carruurta qalab ay ku caawiyaan inay is dejiyaan marka ay ka bogsanayaan Jugta Maskaxda. Hawlahaani waxay si fiican u shaqeeyaan haddii la isticmaalo marka ilmuhu xaalad deggan ku jiro. Way ku adag tahay maskaxdu inay barato xirfado cusub marka ilmuhu hore u xanaaqsan. Haddii xirfadaha la baro marka ilmuhu dareemayo deganaansho iyo nabad, ugu dambayntii, iyadoo la tababarayo, ilmuhu wuxuu baran karaa calaamadaha muujinaya inuu xanaaqsan yahay wuxuuna isticmaali karaa qalab uu isku dejiyo ka hor inta uusan aad u xanaaqin.

FARSAMADA AASAASKA NIYAD DEJINTA

Ujeedada hawshaAn waa in laga caawiyo carruurta inay is dejiyaan ama ay is qaboojiyaan marka ay xanaaqaan. Hawshaani waxay adeegsataa fikradda Niyad Dejinta ama joogitaanka waqtiga. Hawshaan waxaa sidoo kale la samayn karaa wakhtiga hurdada si looga caawiyo carruurta inay seexdaan oo ay yareeyaan walwalka.

Tilmaamaha: Weydii ilmaha inuu magacaabo 5 shay oo uu hadda arki karo, sug inta ilmuhu taxayo. Waxaad sidoo kale caawin kartaa ilmaha haddii ay u muuqdaan inay ku xayiran yihiin. Marka xigta waxaad waydiisanaysaa ilmaha inuu magacaabo 4 shay oo uu hadda dareemi karo. U ogolow ilmaha inuu kaco oo uu dareemo waxyaabaha ku xeeran. Marka xigta weydii ilmaha inuu taxo saddex shay oo uu hadda maqli karo, ka dibna 2 shay oo uu urin karo iyo 1 shay oo uu dhadhamin karo. Dhadhanku wuu ku adkaan karaa carruurta, markaa waxaad sidoo kale weydiisan kartaa inay liis gareeyaan hal shay oo ay dhadhamiyeen maalintaas.

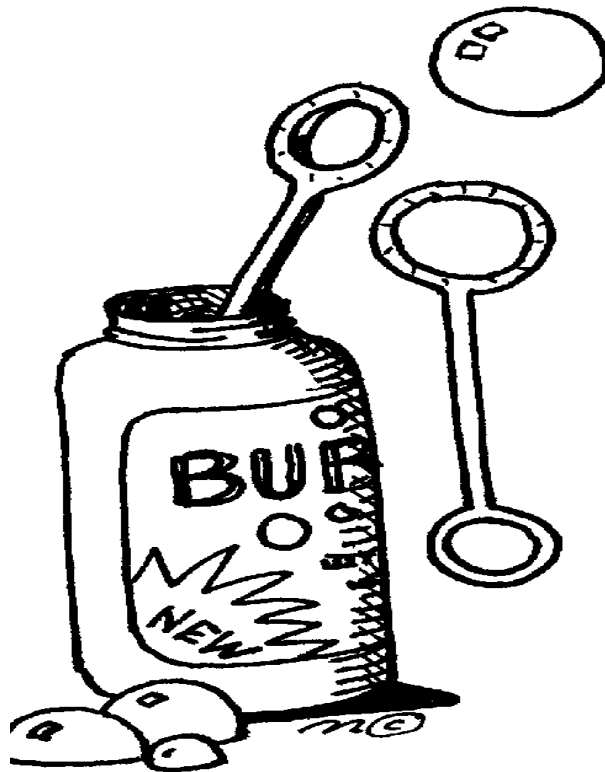


FARSAMADA AASAASKA NIYAD DEJINTA

Ujeedada hawshan waa in la baro carruurta farsamooyinka neefsashada qotada dheer. Neefsashada qotada dheer waxay ka caawisaa carruurta inay waqti ku qaataan nasashada oo ay ka shaqeeyaan sidii ay ugu soo laaban lahaayeen xaalad deggan. Hawshaan waxaa la samayn karaa wakhti kasta oo ilmuhu dareemayo xanaaq. Farsamadaan waxaa ugu fiican in la sameeyo maalin kasta si ay u noqoto mid labaad oo ilmaha u gaar ah. Waxaad u baahan doontaa dareere xumbo ah iyo usha xumbada hawshaan.

Tilmaamaha: Qaado dareeraha xumbada iyo usha oo u sheeg ilmaha "Waxaan maanta baran doonnaa wax xiiso leh annagoo adeegsanayna xumbo". Marka xigta weydii ilmaha haddii uu yaqaanno sida loo sameeyo xumbo waaweyn oo balaaran. Haddii ilmuhu haa yiraahdo, ha muujiyo. U sheeg ilmaha si aad u abuurto xumbo waaweyn oo balaaran, waxaad u baahan tahay inaad neefsato. Qaado dareeraha xumbo oo muuji neefsasho degdeg ah adigoo samaynaya xumbo yaryar ama aan lahayn xumbo. Ku jawaab "Fiiri marka aan neefta yar isticmaalo, xumbahdaygu way yar yihiin oo way adag tahay in la soo baxsho". Marka xigta muuji neefsasho degdeg ah.

Ku jawaab "Fiiri marka aan si dhakhso ah u neefsado xumbooyinku si dhakhso ah ayay u soo baxaan". Ugu dambeyntii, isticmaal neefsasho qotada dheer oo gaabis ah oo afuuf xumbo. Ku jawaab "Eeg sida aan neef qoto dheer u qaatay oo xumbodaydu ay u weynaatay oo aysan u soo bixin". U sheeg ilmaha in neefsashada gaabiska ah oo qotada dheer ay faa'iido leedahay marka la afuufayo xumbo waaweyn iyo marka la dareemayo xanaaq. La shaqee ilmaha si aad u tababarto saddexda neefsasho ee xumbada. Kadib, dhowr jeer ku celceli neefsashada qotada dheer. Marka ilmuhu xanaaqo waxaad xasuusin kartaa inay isticmaalaan "neeftooda xumbada" oo ay iska dhigaan inay afuufayaan xumbo weyn. Intaa waxaa dheer, waxaad gacanta ku haysan kartaa dareere xumbo ah oo aad dhab ahaantii ilmaha u sheegaya inuu ku afuufto xumbo marka uu xanaaqo si uu u barto neefsashada qotada dheer.



FARSAMADA AASAASKA NIYAD DEJINTA

Ujeedada hawshaan waa in la sameeyo sanduuq ay carruurta ku ridi karaan alaabo kala duwan sanduuqa si ay u caawiyaan marka ay xanaaqaan. Sanduuqa waxaa lagu kaydiyaa meel ay macaamiilka iyo qofka weynba geli karaan. Ilmuhu wuu qabsan karaa sanduuqa marka loo baahdo, ama qofka weyn wuxuu soo jeedin karaa sanduuqa la qabsiga iyo/ama wuxuu kala qayb qaadan karaa ilmaha ka qayb qaadashada sanduuqa la qabsiga. Tani waa hawl iskaashi oo dhexmarta qofka weyn iyo ilmaha. Fiiro gaar ah: helitaanka sanduuqa waxaa lagu go'aamiyaa aqoonta qofka weyn ee ilmaha iyo awoodda ilmuhu u leeyahay inuu isticmaalo sanduuqa marka loo baahdo si uu ula qabsado. Sanduuqyadan waxaa sidoo kale loo isticmaali karaa goobaha dugsigta.

Tilmaamaha: Sanduuq fudud ayaa ah waxa kaliya ee loogu baahan yahay weelka. Sanduuqaani wuxuu noqon karaa mid weyn ama yar sida ay go'aamiyaan ilmaha iyo qofka weyn. Sanduuqa waa la qurxin karaa ama waa la simi karaa. Ilmuhu ha dareemo xor inuu hal-abuurkiisa ku isticmaalo sanduuqa. Waxaa lagu talinayaa in sanduuqa la xidho si loo ilaaliyo waxa ku jira. Marka sanduuqu dhammaado, dadka waaweyn iyo carruurta waxay go'aamiyaan alaabta ilmuhu jeclaan lahaa inay ku jiraan sanduuqa. Hoos waxaa ku qoran talooyin ku saabsan qaar ka mid ah agabka lagu dari karo sanduuqa la qabsiga.

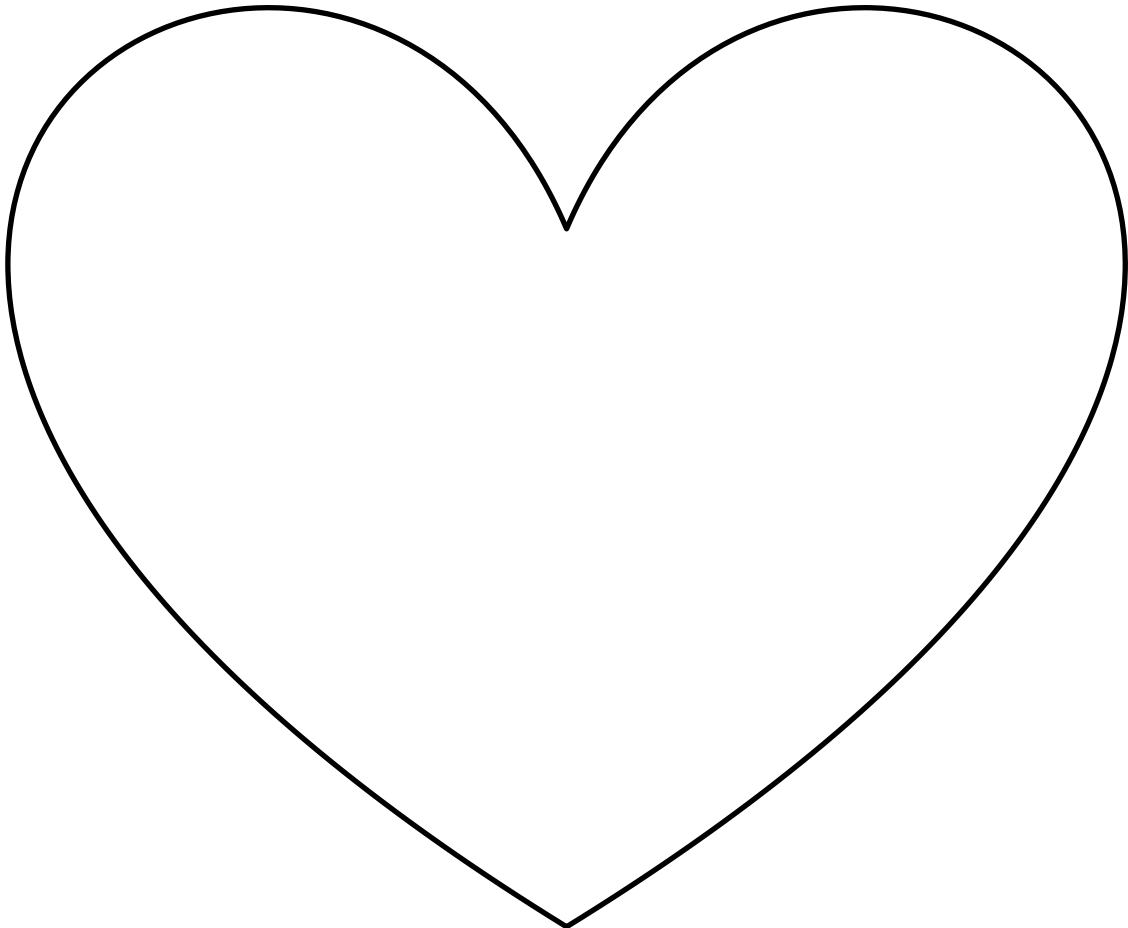
- Tuubo nadiifiyayaal
- Slime ama putty
- Xayawaan boonbale yar oo jilicsan
- Boonbaleyaasha dac-falaadka
- Qalin iyo warqad
- Xumbooyin
- Xasuus qor (carruurta waa weyn)
- Xujo yar
- Buuggaag
- Playdoh
- Garaafaha qalinka
- Dhar jilicsan ama buste
- Sawirrada waxyaabaha ilmaha iyo/ama qoysku ku raaxaystaan ama waxyaabaha xasuusta wanaagsan leh
- Duub xunbo
- Pom poms
- Shay leh caraf udgoon oo dagan (kuwaani waxay noqon karaan shumacyo, buufin iyo/ama kareemo)

HUBINTA WAD-NAHA

Ujeedada hawshaan waa in la hubiyo shucuurta ilmaha. Tani waxay kaa caawin doontaa adiga iyo ilmahaba inaad fahamtaan waxa ay dareemayaan oo aad sahamiso dareenkaas.

Tilmaamaha: Adigoo isticmaalaya Buug-gacmeedka Wadnaha, weydii ilmaha inuu midabeeyo meelaha wadnaha isagoo isticmaalaya midabyo kala duwan si uu u matalo shucuur kala duwan. Dareenkan ku calaamadee dhinaca warqadda. U sheeg ilmaha qaybaha uu midabkoodu ku jiro inay u weynaadaan ama u yaraadaan sida uu dareemay dareenkaas inta lagu jiro muddada aad tilmaamayso.

Tusaale ahaan: Johnny wuxuu casaan u midabeeyay badh ka mid ah wadnaha xanaaq sababtoo ah wuxuu dareemay caro aad u badan maanta intii uu dhiganayay dugsiga.





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 haboon 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 haboon 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 haboon 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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