

Shuruudaha Iswaafajinta Bayaanka Yoolka

Barnaamijka Hagista ee Waaxda Carruurta Degmada Washington waxay ka taageertaa dhallintarta khatarta ku jirta guusha iyaga oo siiya xidhiidh wanaagsan oo la yeeshaan si mid-mid ah qof wayn oo daryeela.

Shuruudaha Iswaafajinta

Iswaafajinta ficnan waxay ku salaysan tahay dhawr shardi oo ay kamid yihiin:

- ☆ Doorbididda hagaha, cidda la hagayo, iyo/ama waalidka/koriyaha
- ☆ Isku mid ahaanshaha jinsiga/qoomiyadda
- ☆ Dano isku mid ah
- ☆ Isku dhawaanshaha meesha ay deggan yihiin



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WAAXDA CARRUURTA
DEGMADA
WASHINGTON

BARNAAMIJKA
HAGISTA



STEP
Supervision, Training &
Employment Programs

**Dhisidd Rajada * Samaynta Isbaddal
Markiiba Hal Tallaabo**

Waxa la Filayo

Hage waa qof loo xilsaaro qofka dhallinyar ah si uu uga kaalmeeyo sidii uu u gaadhi lahaa yoolalka shakhsi ahaaneed, sida guusha waxbarasho, inuu helo shaqo, iyo in uu barto xirfadaha dhexgalka bulshada. Waxay kala qaybgali doonaan hawlo madadaalo ah, bulshada dhexdeeda qofka dhallinyarta ah iyo sidoo kale wuxuu wakhtigiisa ugu deeqi bulshada. Hawluhu waxay ku salaysnaan doonaan waxa uu qofka dhallinyarta ahi xiisaynayo.

Qofka tusaalaha ahi waxa uu qofka dhallinyarta ah la kulmi doonaa ugu yaraan 8 saacadood bishii muddo ah ugu yaraan lix bilood. Waalidka iyo qofka dhallinyarta ahi inay kasoo qaybgali doonaan madal hordhac ah oo barnaamijka shuruudihisa lagu sharaxayo marka si rasmi ah labada qof la isku keenayo.

Sideen U Helayaa Hage?

Haddii aad doonayso inaad la shaqayso hage, kala hadal La-taliyahaaga Carruurta oo ka dalbo arji. Nidaamka arjigu wuu fudud yahay, laakiin waalidka/koriyaha oggolaanshihiisa ayaa loo baahan yahay. Waalidka waxaa looga baahan yahay inay buuxiyaan arjiga, qofka dhallinyarta ahina waxa uu buuxin doonaa xog uruurinta rabitaanka. Marka barnaamijka ay soo gaadho arjiga dhammayskatirani waxaa kula soo xidhiidhi doonaa barnaamijka si uu waraysi kaaga qaado si lagu barto oo lagaaga caawiyo sidii aad u heli lahayd cid aad isqaadan kartaan. Marka la helo cida ay isqaadan karaan kulan ayay yeelan doonaan qofka dhallinyarta ah iyo waalidka iyo hagaha lagu taliyay.



Faa'idooyinka Hagista

Waaxda Carruurta Degmada Washington waxay siisaa qofka dhallinyarta ah fursadda inuu la shaqeeyo hage kaas oo heer kuuliyadeed ah ama qof wakhtigiisa ku deeqay oo bulshada ka socda ah. Faa'idooyinka hagista si wanaagsan ayaa loo yaqaan waxaana kamid ah in fursadaha ka qalinjabinta dugsigu korodho, in la yareeto in dugsiga sare la iskaga baxo, xidhiidh wanaagsan iyo ikhtiyaar qaab nololeed, aragti wanaagsan oo laga aamino dugsiga, gelidda kuuliyadaha oo badata iyo soo jiidashada waxabrashada sare oo badata, isku kalsoonida qofka oo xoogaysata, habdhaqanka oo hormara, guriga iyo dugsiga, xidhiidh wanaagsan oo waalidka, macallinta iyo lodkaba lala yeesho, xirfadaha dad dhexgalka oo kor loo qaado, iyo hoos u dhac isticmaalka maandooriyaha iyo khamrada bilaabistooda. (HAGAHA, 2009; Cavell, DuBois, Karcher, Keller, & Rhodes, 2009)

Kaalinta Waalidka iyo Qofka Dhallinyarta ah

Waalidku waxay ku caawin karaan dhisidda xidhiidhka hagista iyaga oo xidhiidh wanaagsan la yeelanaya hagaha, in ilmahaaga la xasuusiyo habdhaqanka looga fadhiyo marka uu la joogo hagaha, in la xasuusiyo ballamaha, in lala hadlo hagaha marka loo baahdo in ballan la baajiyo ama dib loo muddeeyo, in lala wadaago qofka hagaha ah mabda'a qoyska, iyo in lala socdo hawlhooda.

Qofka dhallinyarta ahi waxa uu gacan kaga gaysan karaa isaga dulqaad muujiya oo sahlaya xidhiidhka hagistu inuu koro marba marka ka dambaysa, in haguuhu markasta ku heli karo, xidhiidh joogto ah oo aad la samayso hagahaaga, gaar ahaan wixii ku saabsan saacadaha ballamaha iyo baajinta ballamaha.



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