

# CAAFIMAADKA MASKAXDA

Tallooyinka ee qoysaska ka timid National Center ee Early Childhood Health iyo Wellness



NATIONAL CENTER ON  
Early Childhood Health and Wellness

## Waa maxay caafimaadka maskaxda ?

Caafimaadka maskaxda waxay ka macna tahay in ilmaha yaryar ay u koraan awoodooda si ay:

- u fahmaan ayna la wadaagaan dareemadooda
- yeeshaan xiriir fiican iyo mid xunba
- sahmiyaan ayna bartaan

### Maxay muhiim u tahay?

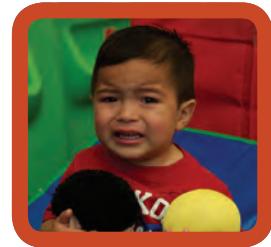
#### In la yeesho caafimaadka maskaxda ee fiican waxay fududaysaa ilmaha in:

- Yeeshaan xariir dhaw qoyska iyo saaxiibada
- Ay ka sameeyaan wax fiican dugsiga
- Ay bartaan waxyalo cusub
- Solve tough problems
- Ay xaliyaan dhibaatooyinka adag
- Ay la imaadaan dulqaad (ama aysan quusan)

- Ay diirada saaraad halsha
- Ay waydiistaan garab

#### Marka ilmaha yaryar ay walwalaan, cmurugoodaan ama ay xanaaqaan, waxaa ku adkaan karta in:

- Ay Saaxiibo samaystaan
- ay raacaan jihooinka
- Ay qeexaan dareemada iyo rajoooyinka
- Ay raacaan jihayn fudud
- Ay digtooni siyyaan fasalka
- Ay xaliyaan dhibaatooyinka qaab fiican
- Ay wanaag sameeyaan dugsiga dhexdiisa



## Waxyaalaha aad samayn karto iyo aad ku dhihi karto ilmahaaga

### • Ilmahaaga

- Hay ilmahaaga inta lagu guda jiro quudinta.  
“waan ku jeelhay ilmahaygow marka aan ku quudinayo”
- Fiir ilmahaaga oona dhoola caday, dhoola caday, dhoola caday! “hooy, marka aan dhoola cadeeyo, adigana dhoola iga daba dhoola caday”
- Ka hadal waxa aad samaynayo.  
“waxaan kaa badalayaa xafaayada”
- Isku in aad nasato aadna yeelato madadaalo  
“marka aan faraxsanahay, waad yartahay”
- Read una hees ilmahaaga maalin waliba.  
“waa xilgii hurdada, xiliga sheekada iyo sheekooyinka wacan”
- Ka taxadar nafsadaada.  
“marka aan nasto, waxaan kaaga taxadaraa si fiican”

### • Dooqaq sii.

“ ma waxaad doonaysaa shaatiga buluuga ah mise kan casaanka ah?”

### • Dulqaadka ku tababaro.

“aynu sugno ilaa heestu ay ka dhamaato kadibna banaanka ayaanu aadaynaa.”

### • Muuji wax garadnimo.

“DHAB ahaantii waxaad doonaysaa cunta kale! Way adagtahay mark aad cunaysid mid qura.”

### • Ka tag waqtiga dheeriga ah.

“waan arkaa ma rabtid in aad ka soo tagtid garoonka ciyarta. Hal mar oo kale sibiibixashada, kadibna waa in aan baxnaa.”

### • Wada Cayaara ugu yaraan 15 daqiqo maalin walb.

“ wax badan oo la qabto ma lahan laakiin waa muhiim in aan wada ciyarno.”

### • Raacraac waxa ay xiisaynayo.

“waan arkaa waxaad rabtaa in ku cuyaarto bulukeetig. Maxaad dhisi rabtaa?”

### • Amaan ilmahaaga marka ay isku dayaan.

“waan jeelhay qaabka aad iskugu dayaysid in aad hesho qaybta saxda ah ee xujada.”

### • Ku tababaro In aad raacraacdjo jihooinkooda.

“ ugu horayntii kor u qaad bulukeetiga, kadub qaad gaariga.”



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