

## Carruurta iyo Edbinta: Habraaca Waalidiinta

Somali

Caruurta yar yar ma dhashaan iyagoo yaqaan sida si wanaagsan loogu dhaqmo. Waxay u baahin yihiin kaalmo iyo hagid waalidiintu u fidiyaan iyo xannaanooyin kale iyo sida waalidiin badani ay ogyihiinba in aan arrintu aysan sahlaneyn.

### Faham wax ay tahay akhlaaqda 'caadiga ah', da'deese laga fishaa

#### (Know what is 'normal' behaviour for what age)

In la furo armaajda kushiinka iyo in dhulka lagu jiido sufriyadaha ayaan ahayn arrin lagula yaabo canug labo sano jir ah kuma ah mid dhega adag oon wax maqleyn mitalan, micnaheedu waa kali ah canuga oo doonaya inuu wax badan ka ogaado waxyaabaha ku waregsan. Waxaa iyana caadi in canug afar sano jir ihi la dagaalamo walaalahiisa yar yar. Inaad la hadasho waalidiinta kale ee dhalay caruur afaf jir ah sida adigoo kale ayaa ka mid ah hababka lagu ogaado waxa caadiga ah waase da'dee. Waalidiin badan ayaa inta badan qabooba marka ay ogaadaan in caruur kaleba ay u dhaqmaan sida kuwooda oo kale.

### Wax ku bar tusaaleyn (Teach by example)

Hab ka mid ah hababka ay caruurta wax ku bartaan waxaa ka mid ah iyagoo ku dayda dadka kale. Arrintaan ayaa ah sababta waalidiinta looga baahan yahay iney u dhaqmaan hab caruurtooda ay tusaale ugu noqon karaan. Waxaa lagama maarmaan ah, haddii aan waalid nahay, inaan tusno caruurta ixtiraam. Caruurta iyaga la tuso xushmad iyana qaarka kale ayey xushmad tusaan. Inkastoo caruurta u baahanyihiin iney ogaadaan in ay yihiin kuwo gaar ah, sidoo kale waxaa ay u baahanyihiin inay ogaadaan iney iyaguna yihiin qayb ka mid ah kooxda. Sababtaan waaye waxa loogu baahanyahay in iyaga la baro wax wadaagga, dhegeysiga dadka kale iyo in mid waliba kalkiisa sugo.

### Bal ka fikir waxa aad tiraahdo iyo sida aad u tiraahdo

#### (Think about what you say and how you say)

U isticmaal caruurta codka aad adiguba jeceshay in dadka kale kuula isticmaalaan. Ula hadal si xushmadi ku jirto ugana hadal arrimahooda si xushmad leh intii aad dhihi lahayd waxyaabaha ay ka mid yihiin "heblaayo wey dhega adagtahay" and hebena weligiisba waa caajis. Mararka qaar ayey ku jiidaneysaa inaad caruurta aad eedeysa adigoo rajo ka qaba in haddii si joogto ah farta loogu fiiqo akhlaaqdiisa xumi ay sahli doonto inuu joojiyo akhlaaq xumida.. Laakkiin arrintaasi waxay inta badan dhalisaa cagsigeega. Caruurta si dhaqsi ah ayey u bartaan iney waalidka soo jiidanayaan marka ay sameeyaan waxa aan waalidku uusan jeclayn

Dariiqo wanaagsan ee caruurta loogu dhiirin geli karo iney akhlaaq wanaagsan la yimaadaan waa in la xasuusto in ammaan iyadoo lagu ammaanayo in yarba ha ahaatee, sida " maantay heblayo way kaalmo badnayd. Markastaba waxay aruurisaa oo ay xereysaa lucbadaheeda (her toys). Taas micnaheedu ma aha yaan la canaanin marka ay khalad sameeyaan. Laakiin waa muhiim in aad dhaleeceyso ficilka canuga uu suubinayo inta aad dhaleecayn lahayd isaga naftiisa. Matalan, intaad dhihi lahayd "waad dhegadag tahay, dheh sidan oo kale " ma jecli waxa aad sameynayso, "ama dhaqankaas oo kale kuuma ogolaan karo".

### Xuduudyo sameeyso ( Set limits)

U ogolow in caruurta ogaadaan akhlaaqiyaadka laga oggol yahay iyo kuwa aan laga ogolayn. Xuduud cad in loo sameeyo caruurta waxay keentaa iyagoo dareema isku kalsoonaan. Waa inaad ahaato mid had iyo jeer ku taagan waxa la oggol yahay iyo waxa aan la ogolayn.

### Ogolow in canugu xaq u leeyahay inuu "Maya" yiraahdo mararka qaar.

#### (Accept a child's right to say "No" sometimes)

Gaar ahaan waxyaabaha sida gaarka ah u sameeya canuga, sida dharka uu canugu doonayo inuu xirto. Xasuuso in caruurta u baahan tahay iney bartaan iney yiraahdaan 'maya' ay tahay mid wanaagsan.

In la yiraahdo dadka aan la garanayn "Maya" matalan, ay noqon karto samaynteedu mid lagu badbaado.

**Ammaan, oo hab sii haddii ay wada shaqavn muujiyaan**

**(Praise and hug children when they co-operate)**, arrintani waxay ku dhiirigelinaysaa in ay akhlaaq wanaag la yimaadaan.

**Ha ka sugin ilmaha wax aysan awoodin**

**(Do not expect more from children than they are capable of doing)**

Inkastoo canug shan jir ah laga filan karo in uu si wanaagsan u fadhiisto qolka dhakhtarka lagu sugo, kama filan kartid arrin noocaas ah canug labo sano jir ah. Mar kastaba dulqaad lahaaw maskaxdana ku haay canuga da'diisa.

**Iska ilaali inaad ilmaha disho (Avoid hitting children)**

taasi waxaa kali ah oo ay bareysaa in xooggu uu yahay kan kali ah ee lagu hayn karo kala dambeynta arrintaasina waxay ku dhiiri gelineysaa inuu isna caruurta kale dilo.

This material in this brochure has been adapted from documents produced by NSW Multicultural Health Communication Service. (Qalabkan ku qoran broshuurkan waxaa laga soo qaatay dokumentiyaal ay diyaarisay Multicultural Health Communication Service.)

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Canadian Mental Health Association - Edmonton Region Phone (780) 414.6300 [www.cmha-edmonton.ab.ca](http://www.cmha-edmonton.ab.ca)  
Edmonton Mennonite Center for Newcomers Phone (780) 424.7709 [www.emcn.ab.ca](http://www.emcn.ab.ca)  
Multicultural Health Brokers Co-op Phone (780) 423.1973