

CAAFIMAADKA AFKA



NATIONAL CENTER ON
Early Childhood Health and Wellness

Tallooyinka qoysaska ee National Center ee Early Childhood Health iyo Wellness

Waxaad ku dhiirigalin kartaa caafimaadka afka adigoo:

- Ogaanaya sida loo hubiyo adiga iyo qoskaaga in aad yeelataan af iyo ilko caafimaad leh.
- Caawinya ilmahaada in ay bartaan dabecado af iyo ilko fiican ah

Maxay u tahay mid muhiim ah?

Marka ilmihu ay leeyihiin af caafimaad qaba, waa ay:

- Hadli karaan si cad
- Cuni karaan cunto caafimaad leh
- Dareemayaan si wacan ayaga nafsad ahaantooda

In aad yeelato af caafimaad qaba waxay ka macno tahay:

- Koriimo iyo horumar caafimaad leh
- In aad ahaato mid wax fiirada saara oona waxbarta
- Af ka madax banana xanuun
- Qarash ilko xanaanayn ee hooseeya oo qoysku helo



Waxyaalaha aad samayn kartoo si aad u caawiso ilmahaaga

- Ugu caday afka ilmahaaga daawada ilkaha ee folorayd laba jeer maalin walba..
- Haddi ilmahaagu uu ka yaryahay 3 sano , ugu caday dufnid daawada folorayd ah.
- IHaddii ilmahaagu uu yahay saddex sano jirila lix sano jir, ugu caday qayaas xoogaa ah ee daawada ilkaha folorayd.
- Ilmaha yaryar waxay doonayaan in ay cadayaan ilkahooda, laakiin waxay u baahanyihiin garab ilaa xirfadooda gacameed ay ka wanaagsanaato. U caday ilkaha ilmaha ama ku caawi ilmaha in ay cadaydaan ilkahooda ilaa ay ka gaaraan 7 ama 8 sano jir.
- U noqo tusaale wacan ee caafimaadka afka! Ku Caday ilkahaaga daawada folorayd laba jeer maaliinta (subixii iyo xiliga seexashada) iyo daawo jilicsan hal mar maaliinta.
- Sii cunto caafimaad leh iyo cunto fudud sida miraha, khudaarta, caano xeedh ku yartahay, ukun, iyo digir.
- Xadid tirade cuntada fudud u ilmahaagu qaadanayo maaliinta.
- Ha siinin ilmahaaga cunto abaal marin ahaan.
- U qaad ilmahaaga dhaqtarka ilkaha si loo hubiyo maaliinta ugu horaysa oo ay dhalato oona sii wad in aad gaysanyso.
- Haddii ilmahaagu uusan aadin dhaqtarka ilkaha u gay.
- Waydii dhaqtarka ilkaha waxa aad samayn karto si aad ugu ilaaliso ilkahaaga iyo kuwa ilmahaaga caafimaad.
- Hubi in aad aado dhaqtarkaaga ilkaha sida dhaqtarku uu rabo in aad u aado.
- U ogalaw ilmahaaga in uu xanaaneeyo, Early Head Start, ama barnaamijka Head Start ha ogaado haddii aad u baahantahay garab ama aad wax su'aal ah qabto oo ku saabsan caafimaadka afka.

