



Isku-xirddada Adeegyada Carruurta iyo
Dhalinyarada Qaxootiga ah



CARRUURTA OO LAGU BARBAARIYO DAL CUSUB:
Buugyare la Sharxey

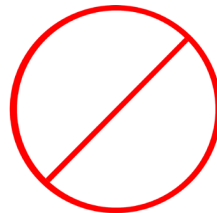
BRYCS

Isku-xirddada Adeegyada Carruurta iyo Dhalinyarada Qaxootiga ah (BRYCS), oo ah mashruuc Shirka Mareykanka ee Wadaadada Katooliga (USCCB), waxay bixisaa gargaarka farsamada qaranka in ay “daboolidda farqiga” u dhaxeeya daryeelka ilmaha guud iyo hay'adaha kale ee caadiga ah, hay'adaha u adeegaya qaxootiga iyo muhaajiriinta, iyo bulshooyinka dalka ku cusub. Yoolka dhammeystiran ee BRYCS waa xoojinta awoodda hay'adaha adeegga Mareykanka oo dhan si loo hubiyo guusha horumarka ee qaxootiga iyo carruurta, dhalinyarada, iyo qoysaska dalka ku cusub iyada oo loo marayo tababar la beegsado, la-talin, horumarinta khayraadka ugu horumarsan, iyo ururrada wax ururiya ee ku dhisan shabakada internetka. Fadlan booqo www.brycs.org hadaad rabto macluumaad badan.

BRYCS waxaa taageera Xafiiska Dib-u Dejinta Qaxootiga, Maamulka Carruurta iyo Qoysaska, Waaxda Adeegyada Caafimaadka iyo Aadanaha, Lam. Deeqda 90 RB 0022. Aragtiyo kasta ee lagu sheego kaabayaasha xogta ee BRYCS waa kuwa qoreyaasha macnaheedu ma ah in ay matelaan aragtiyada uu qabo Xaqiiska Dib-u Dejinta Qaxootiga.

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Tani waxaa loola jeedaa “maya”.

Hordhac

Qoysaska muhaajiriinta iyo qaxootiga waxay Mareykanka la yimaadaan awoodo barbaarin oo tiro badan, sawir ku saabsan dhaqanka, waayo-aragnimo qoys iyo hidaha. Sida waalidiinta badankooda ee ku dhaqan dalka Mareykanka, waxay u muuqdaan in ay yihiin kuwo mas'uul ah oo barbaarinaya, waxayna inta badan u hureen wax weyn si ay u siiyaan carruurtooda fursad ammaan iyo guul dalkan cusub. Isla mar ahaantaana waxaa iska cad in waalidiinta dalka ku cusub ay inta badan u baahan yihiin gargaar ay kula qabsanayaan: deegaanka cusub ee leh khataro aanan lala qabatimin; waayidda taageerada qoyska ballaaran iyo bulshada; waxtardarrada (iyo mararka qaar sharci-darro ahaanta) ee hababka edbinta ee dhaqanka; iyo deecadaha ama akhlaaqda (Mareykanka) cusub ee carruurtooda ee inta badan aan la aqoon. Nasiib-xumo, caqabadaha barbaarinta ee deegaanka cusub, oo la socda daruufaha maaliyeed ee adag iyo cadaadis ka isbeddelka doorka qoyska, waxay mararka qaarkood horseedayaan ku lug yeelashada dadka cusub ee dalka yimid nidaamka daryeelka carruurta.

Buugyarahan waxaa loo sameeyey hay'adaha u adeegyada qaxootiga iyo muhaajiriinta si ay u taageeraan dadaaladooda oo ay u xaqiijiyaan in waalidiinta ku cusub dalka in ay helaan macluumaadka aasaasiga ah ee ay uga baahan yihiin sharciyada mareykanka iyo habdhaqanada waalidnimada. Inkasta oo ay kuwa dalka ku cusub u arki karaan buugyaraha mid muhiim ah laf ahaantiisa, waxaa aasaasi ahaan loogu talagalay maareyaasha kiisaska iyo adeeg bixiyeyaasha kale si ay ula isticmaalaan macaamiishooda muhaajiriinta iyo qaxootiga ah. Buugyaraha waxaa loogu talagalay waalidiinta dalka ku cusub ee leh heerarka si fiican u aqoonista Ingiriiska oo hooseeya iyo/ama heerarka akhris-qoraalka hooseeya. Maadaama fikradaha inta badan adag ee halkan lagu sharxay loo fududeeyay sida lama huraanka ah, qaybta kaabayaasha (bogagga 28-31) waxay bixinaysaa macluumaad si sahlan lagu helo ee loogu talagalay bixiyeyaasha adeegga si loogu kordhiyo qodobbada muhiimka ah ee ku qoran buugyarahan. Si loo gaaro natiijooyinka ugu fiican, BRYCS waxay ugu talinaysaa buugyarahan kooxaha taageera waalidka ee dhaqan ahaan habboon, iyada oo la doorbidaya in uu maamulo ugu yaraan hal waalid dalka ku cusub oo waayo-arag ah oo ay isku qowmiyad yihiin iyo hal waalid oo Mareykanka u dhashey, halkaa oo ay waalidiinta muhiijiriinta ama qaxootiga ahna ay su'aalo wayddiin karaan, iskuday dhaqamo cusub, waxaadna heshaa taageero wanaagsan oo ku caawinaya kala-guurkooda (eeg daabacaadda BRYCS Waalidnimada ee Dal Cusub: Xidhmo-war ah oo Loogu Talagalay La Shaqeynta Waalidiinta Dalka Ku Cusub, http://www.brycs.org/documents/upload/raisingchildreninnewcountry_web.pdf hadaad rabto macluumaad badan oo ku saabsan kooxaha taageeridda waalidka, oo ay ka mid yihiin manhajka iyo macluumaadka kale ee waxbarashada).

Daabacaadaha iyo gargaarka farsamo ee BRYCS, oo ay ka mid yihiin buugyare, waxaa haga aaminsanaantan soo socota:

- 1) Carruurta iyo dhalinyarada qaxootiga iyo kuwa muhaajiriinta, waa muhiim in la ilaaliyo (ama, haddii ay ku imaadeen da'yar, in ay horumaraan) xiriir adag oo wanaagsan oo ay la yeelanayaan qomiyadda hidahooda, waxaa intaa dheer aqoonsi wanaagsan sida Ameerikan ah (laba dhaqanle). Tani waxay ku caawinaysaa in ay ka dhigto qoysaska kuwo xoog leh waxayna siinaysaa taageerada ay carruurta u baahan yihiin si ay ugu guulaystaan dalkan.
- 2) Adeeg bixiyeyaasha, waa muhiim in loo isticmaalo habab qoyska iyo bulshada ay xuddun u tahay, oo ku dhisan awoodo qaxootiga iyo muhaajiriinta. Hababkan waxay badinayaan fursadaha in adeegyada la aqbalo iyo in ay waxtar u yeeshaan qoysaska dalka ku cusub.
- 3) Bulshooyinka, wadashaqeynta adeeg bixiyeyaasha gudahooda waxay muhiim u tahay adeegyada wax-ku-oolka ah. BRYCS waxay si gaar ah kor ugu qaadaysaa wadashaqeynta u dhaxeeya hay'adaha u adeegyada qaxootiga/muhaajirka iyo hay'adaha caadiga ah sida Adeegyada Ilaalinta Ilmaha (CPS). Tusaale ahaan, hay'adaha ku saleysan bulshada qowmiyad iyo hay'adaha dib-u dejinta qaxootiga waxay inta badan bixinayaan in la helo adeeg turjumaan, la-talin xagga dhaqanka ah iyo tababar, qiimeyn dhaqan ahaan la yeeli karo, iyo adeegyo takhasus, oo dhaqan ahaan habboon si loo hubiyo in jawaabaha hay'adahan ee dadka dalka ku cusub ay yihiin kuwo wax-ku-ool ah, iyada oo CPS ay bixin karto u gudbinta adeegyo kala duwan ee laga yaabo in dadka dalka ku cusub aysan had iyo jeer helin.

Hordhac, sii-socda

Buugyarahan la bayaamiyey wuxuu xoogga saarayaa shantan mawduuc ee soo socda:

- 1) Barbaarinta: Maadaama xawaaraha nolasha uu inta badan ku dhaqso badan yahay Mareykanka labada waalidiina laga yaabo in laga filayo in ay shaqeeyaan, in la helo waqti lala qaadanayo carruurta waxay noqon kartaa mid caqabad ah. Hawlaha sida raashiinka qoyska iyo waqtiga-jiifka waxay noqon karaan fursado muhiim u barbaarinta iyo sii-wadidda caadooyin dhaqameedka.
- 2) Kormeeridda/Ilaalinta: Waalidiinta waxay mas'uul ka yihiin kormeeridda carruurtooda marka la jooga Mareykanka —gudaha iyo dibadda guriga—iyo in ay ka ilaaliyaan carruurtooda wixii waxyeelo.
- 3) Qaab-dhismeedka/Xadadka: Noloshan xawaaraha dhaqsaha badan, waxay caawinaysaa carruurta haddii waalidiinta ay ilaaliyaan jadwalka maalinlaha/joogtada ah oo ayna dejiyaan sharciyo iyo xadad (oo ku saabsan waxyaabaha sida cunidda cunto aan dheef lahayn; isticmaalidda Internet-ka, ciyaaraha fiidiyowga, ama telefoon; caawinta hawlaha guriga; iyo la ciyaaridda saaxiibo). Qaab-dhismeed noocas waxay sidoo kale caawimo ka geysan karaan taageeridda iyo xoojinta anshaxa iyo ixtiraamka.
- 4) Edbinta/Ixtiraamka: Hababka edbinta waxay ku kala duwan yihiin dhaqan ahaan. Hababka caadiga ah ee Mareykanka waxaa ka mid ah xoojin wanaagsan, Edbin waqti qaadasho u baahan, xadididda dhawrsanaanta, ama sameynta cawaaqibyo. Waa muhiim in la oggaado waxa halkan laga oggol yahay iyo waxa aan laga oggolayn, sidaa awgeed qoysaska dalka ku cusub waxay qaadanayaan hababkan si ay u isticmaalaan, ama waxay la imaanayana habab isku-qas ah ee u shaqeeya qoysaskooda. Iyada oo aan la eegayn, anshax-barinta ama edbinta waxay inta badan waxtar leedahay marka loo adeegsado si joogto ah iyo marka dabeecadda la rabo ay qaabeeyaan waalidiinta.
- 5) Ka qayb qaadashada waxbarashada: Filashad ku lug yeelashada waalidka waxbarashada carruurta waa wax ku cusub waalidiinta qaxootiga iyo muhaajiriinta qaar, maadaama waxbarashada loogu arko ugu horrayn in ay tahay mas'uuliyadda macalinka dalal badan. Mareykanka, waalidiinta waxaa laga filayaa in ay ka qaybgalaan waxbarashada carruurtooda iyaga oo la kulmaya macalamiinta oona ka imaanaya munaasabadaha dugsiga; guriga marka la joogo, waalidiinta waxay ku caawin karaan shaqo guriga carruurtooda waxayna ku dhiirrigelin karaan akhriska joogada iyo hawlaha kale ee waxbarashada.

Buugyarahan wuxuu diirrada saarayaa inta badan barbaarinta carruurta da'da yar. Dhisidda wadahadalka wanaagsan iyo anshaxa marka ay carruurta yar yihiin waxay bixinaysaa aasaas muhiim ah oo loogu talagalay joogteynta xiriirada wanaagsan ee lala yeelanayo da'yarta. Hadaad rabto macluumaad badan oo ku saabsan dhalinyarta qaxootiga iyo kuwa muhaajiriinta, eeg Ku Koridda Dalkaaga Cusub ee BRYCS: Xirmada Warka Horumarinta Dhalinyarada Wanaagsa ee loogu talagalay La Shaqeynta Qaxootiga iyo Muhaajiriinta (<http://www.brycs.org/documents/GrowingUpInANewCountry-Web.pdf>).

Buugyarahan sharxaadda leh wuxuu ahaanayaa shaqo socota. Waxaanu ke helnay talooyin la taaban karo adeeg bixiyeyaasha inta lagu guda jiray sameyntiisa (eeg Mahadnaqa, bogga 32), hase yeeshaa, waxaanu rajaynaynaa in aanu sii wadno qabashada jawaab-celin inta la sii adeegsanayo oo lagu sii tijaabinayo goobta gudaheeda. Yoolkeena waa in aanu sii-wadno wanajinta buugyarahan sidaa awgeed wuxuu waxyar u yeelanayaan hay'adaha iyo dadka dalka ku cusub oo ay u adeegaan. Fadlan ku soo dir dhammaan soojeedimada loogu talagalay soosaarita mustaqbalka cinwaankan info@brycs.org.



Seexinta iyo Soo-kicinta

Carruurta da'da yar sida caadiga ah waxay u baahan yihiin hurdo badan marka loo eego dhalinyarada. Guud ahaan:

Carruurta ay da'doodu ka yar tahay 5 sano waxay u baahan yihiin 10-12 saacadood oo hurdo ah habeenkii.

Carruurta jirta da'da dugsiga waxay u baahan yihiin 9-10 saacadood oo hurdo ah habeenkii.

Da'yarta waxay u baahan yihiin 8-9 saacadood oo hurdo ah habeen kasta.

Habeenka dugsiga ka horeeya, waalidiinta iyo carruurta qaarkood waxay caawimo waxtar leh u arkaan in ay meel dhigtaan oo diyaarsadaan dharka iyo buugaagta ay ugu baahanayaan dugsiga maalinta xigta.



Aadidda Dugsiga

Dhammaan gabdhaha iyo wiilasha ku dhaqan Mareykanka, oo ay ka mid yihiin carruurta naafada ah, waxaa uu sharciga ka doonayaa in ay aadaan dugsii.

Carruurta waa in ay imaadaan dugsiga waqtiga laga doonayo. Carruurta dugsiga u raaca baska waa in ay joogaan boosteejada baska shan daqiiqo ka hor waqtiga baska u jadwaleysan in uu imaado.

Haddii carruurta ay ka soo daahaan ama ka maqnaadaan dugsiga, waalidiinta waa in ay soo wacaan dugsiga si ay ugu sharxaan sababta. Wayddiiso turjumaan, haddii loo baahan yahay. Marnaba ha u adeegsan ilmo turjumaan ahaan.



Raashiinka iyo Nafaqada

Carruurta waxay u baahan yihiin in ay cunaan quraac caafimaadqab leh ka hor dugsiga sidaa awgeed waxay helayaan tabar ay wax ku bartaan.

Carruurta ku dhaqan Mareykanka, sida caadiga ah waxay cunaan 3 waqti raashiin maalintii, oo leh 1 ama 2 waqti cunto fudud maalintii. Raashiinka waa in uu ka mid noqdo cunto muhiim ah ama weyn sida (bariis, galey, ama khamadi); borotiin (hibil ama digir); iyo miro iyo khudaar badan. Waxay cabaan biyo badan, iyo qaddar xaddidan oo cabbitaan miro iyo caano.



Ammaanka Jidka

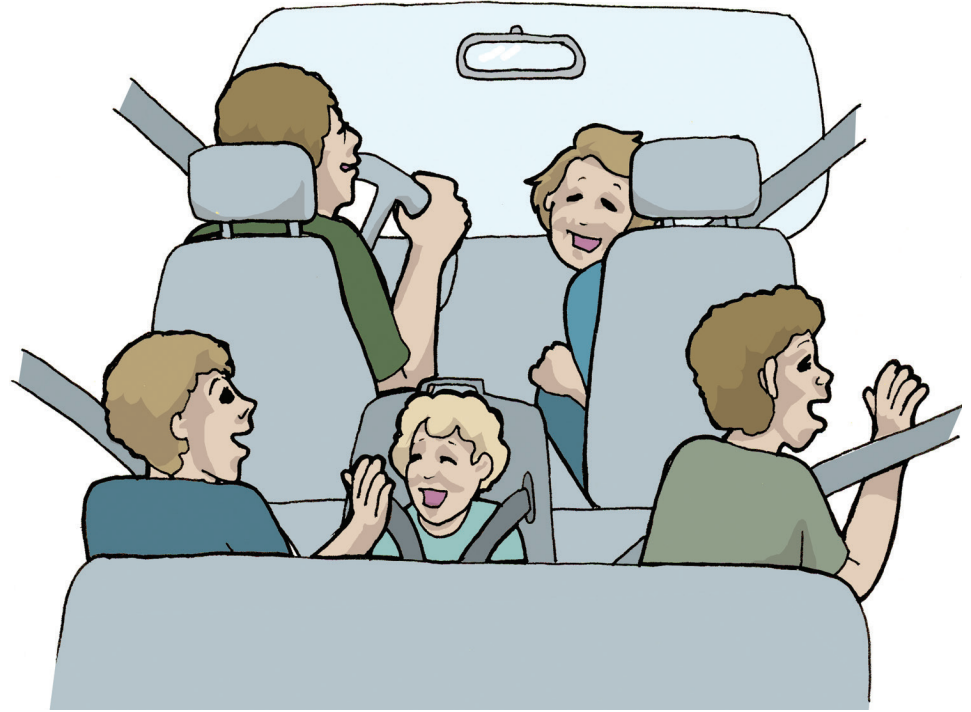
Dadka waaweyn waa in ay ku caawiyaan carruurta in ay si ammaan ah ay jidka u gudbaan. Isticmaal meelaha calaamadeysan ee jidka, waxaadna bartaa carruurta da'da yar in ay "istaagaan, eegaan oo ay dhageystaan" ka hor inta aysan ka gudbin jidka.

Hubso in ay carruurta ay haystaan dharka ay ugu baahan yihiin jawiga markaasi jira.



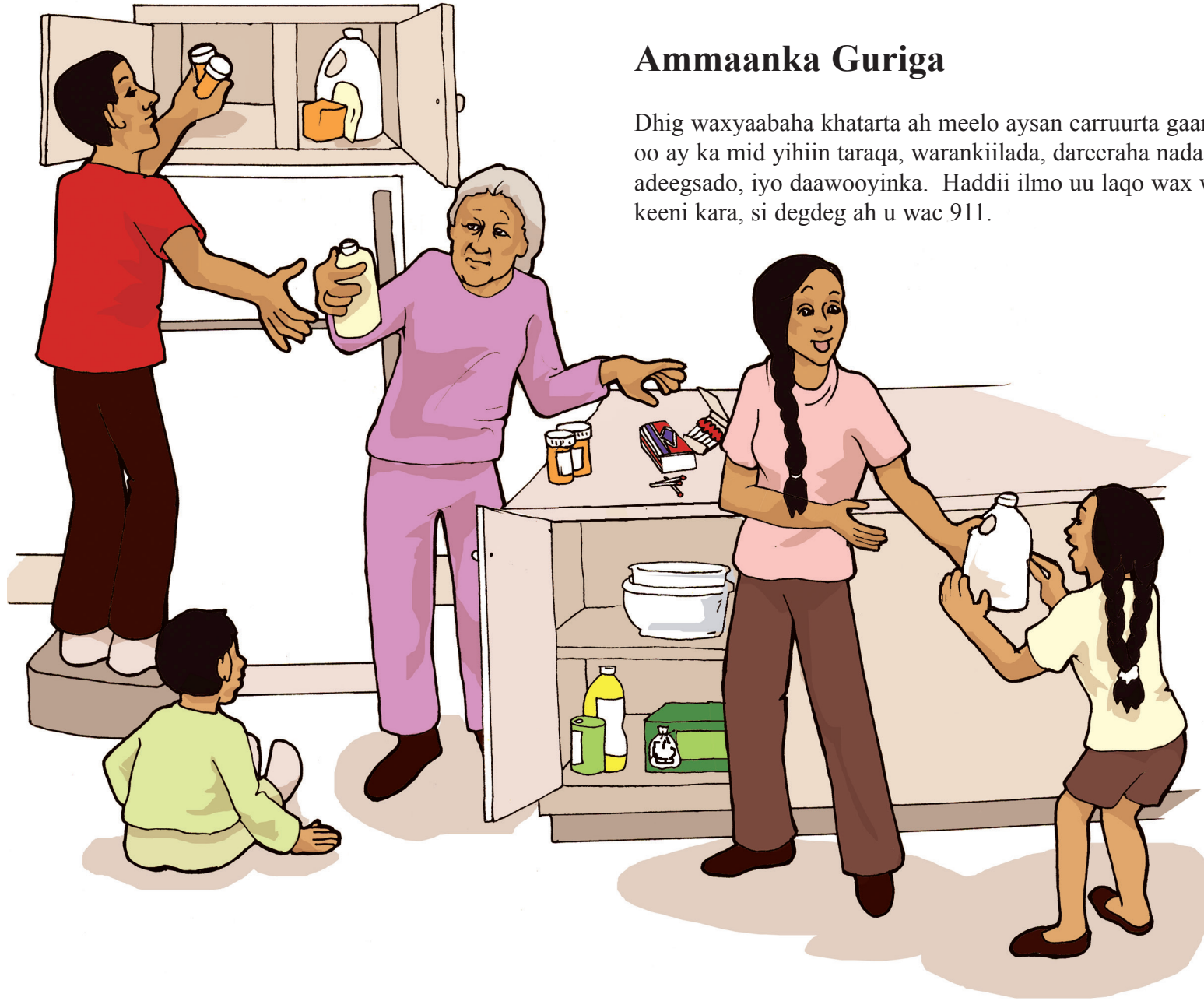
Ammaanka Gaariga

Marnaba ha uga tagin carruurta da'doodu ay ka yar tahay 10 sano gaariga kaligooda.



Suunka Kursiga

Gobolada badankooda waxay dadka ka doonayaan in ay adeegsadaan suunka kursiga marka ay saaran yihiin gaari. Sida caadiga ah, dadka fadhiya kursiga hore waxay xirtaan suunka gaariga, carruurta ka yar da'da 4 sano waa in ay saarnaadaan kursiga gaariga ee ilmaha yar, carruurta da'dooda u dhaxeysa 4 iyo 8 sano waxay u baahan karaan kuraas taageerta.



Ammaanka Guriga

Dhig waxyaabaha khatarta ah meelo aysan carruurta gaari karin, oo ay ka mid yihiin taraqa, warankiilada, dareeraha nadaafadda loo adeegsado, iyo daawooyinka. Haddii ilmo uu laqo wax waxyeello u keeni kara, si degdeg ah u wac 911.

Ilaalinta ilmaha

Waalidiinta waxaa laga filayaa in ay ilaalayaan carruurtooda iyo in ay oggaadaan waxa ay carruurtooda sameynayaan. Deriska ma ilaalinayaan qof kale carruurtiisa haddii la wayddiisto oo ay dhahaan haa mooyaane.

Tilmaamaha ilaalinta ilmaha waa ay ku kala duwan yihiin gobol kasta. Halkan waxaa ku qoran qaar ka mid ah tilmaamaha guud:



7 iyo ka yar
Haka tagin
kaligiisa.

8-10 sano
Haka tagin kaligiisa
in ka badan 90
daqiiqo maalintii
ama horraanta
fiidkii.

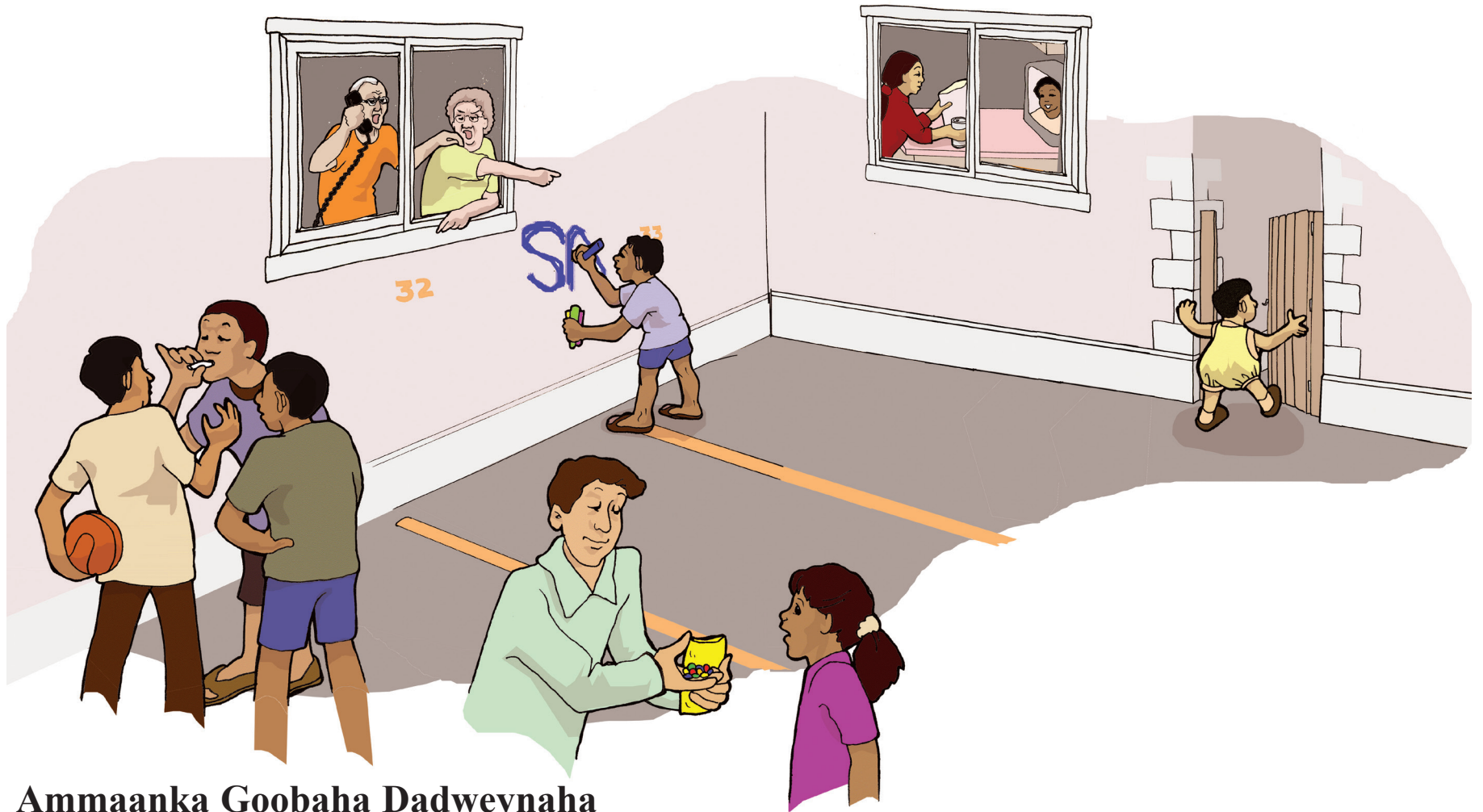
11-12 sano
Kaligiisa waa laga
tagi karaa ilaa 3
saacadood, balse haka
tagin habeen waqti
dambe.

13-15 sano
Kaligiisa waa laga
tagi karaa, balse haka
soo dhaxin habeenkii.

16-17 sano
Kaligiisa waa laga
tagi karaa, xaaladaha
qaarkood haka soo
dhaxin ilaa 2 habeen.

Carruurta kaligooda laga tago waa in ay had iyo jeer oggaadaan sida loola xiriiro waalidiinta ama qaangaar kale oo mas'uul ah iyo in ay wacaan 911 haddii ay dhacdo xaalad degdeg ah.

Carruurta ku dhaqan Mareykanka sida caadiga ah ma bilaabaan in ay ilmaha yaryar hayaan ilaa da'da 11 iyo 12 mana ilaalin karaan carruurta da'da yar ilaa ay ka gaaraan da'da 15.



Ammaanka Goobaha Dadweynaha

Carruurta ay da'doodu ka yar tahay 8 waa in la kor joogteeyo waqti kasta, gaar ahaan goobaha guud. Carruurta ka weyn da'da 8 sano waa in ay wayddiistaan fasaxa waalidka kahor inta aysan kaligooda dibadda aadan ama aysan saaxiibo raacin.

Waalidiinta waa in ay baraan carruurta in aysan nactac ama hadiyad ka qaadan dadka aysan qoyskooda garanayn, iyo in ay u sheegaan qof weyn oo ay ku kalsoon yihiin haddii qof uu dhibaato u geysto.

Ka waani ama uga dig carruurka khataraha ay leeyihiin daroogada, khamriga iyo sigaarka.



Feejignaan u Muujinta Carruurta

Mararka qaarkood carruurta waxay u dhaqmayaan si xun si ay u helaan dareenka waalidka. Carruurta waxay sii faraxad badan yihiin marka ay waalidiinta la qaataan waqti, oo ay ka mid yihiin la-hadalka, dhageysiga, iyo madadaalo wada qaadashada.



Edbinta

Edbinta jirka ah ee daran, sida dharbaaxidda, wax ku dhufashada, garaacidda, ama si xoog ah u ruxidda oo uga tageysa calaamad ama in la dhaawaco ilmo, waxay ka tahay sharci-darro Mareykanka. Dadka qaarkii, sida macalimiinta, takhaatiirta iyo shaqaalaha bulshada, waa in ay u soo sheegaan calaamadaha ku yaala ilmo ee noqon kara calaamadaha xadgudubka ilmaha.

Maadaama edbin jireed kasta waxay noqon kartaa mid adag, iyada oo sabab u ah in carruurta ay wax fiican ka baran karaan hababka kale ee edbinta, dad badan oo ku dhaqan Mareykanka ma isticmaalaan edbin jireed maanta.

Saddexda boggag ee xiga waxay muujinayaan hababka edbinta caadiga ah ee lagu adeegsada Mareykanka.

Edbin waqti qaadasho u baahan

“Edbin waqti qaadasho u baahan” waxaa inta badan loo adeegsadaa carruurta jirta da'da ilaa 8 sano, iyada oo la sameynayo meel joogto ah oo ilmaha loo dirayo in uu kaligii fadhiisto, isku dejiyo kadibna oo ka fakaro tallaabooyinkiisa ama tallaabooyinkeeda.

U isticmaal da'da ilmaha hage ahaan: tusaale ahaan, 2 daqiiqo loogu talagalay 2-sano-jir, iyo 3 daqiiqo 3-sano-jir.

Waalidiinta waa in ay si degan ugu sharxaan ilmaha sida saxa ah ee loo dhaqmo mustaqbalka.



Abaalmarinta iyo Cawaaqibta

Carruurta da'doodu u dhaxeeyso 6-12 waxaa lagu edbin karaa abaalmarino iyo cawaaqib.

Ku abaal mari carruurta dabecadda wanaagsan, tusaale ahaa, adiga oo u oggolaanaya in ay daawadaan barnaamij telefisyoon marka ay goglaan sariirtooda maalin kasta ama adiga oo u oggolaanaya in ay la ciyaaraan saaxiib haddii ay kugu caawiyaan dhaqidda suxuunta.

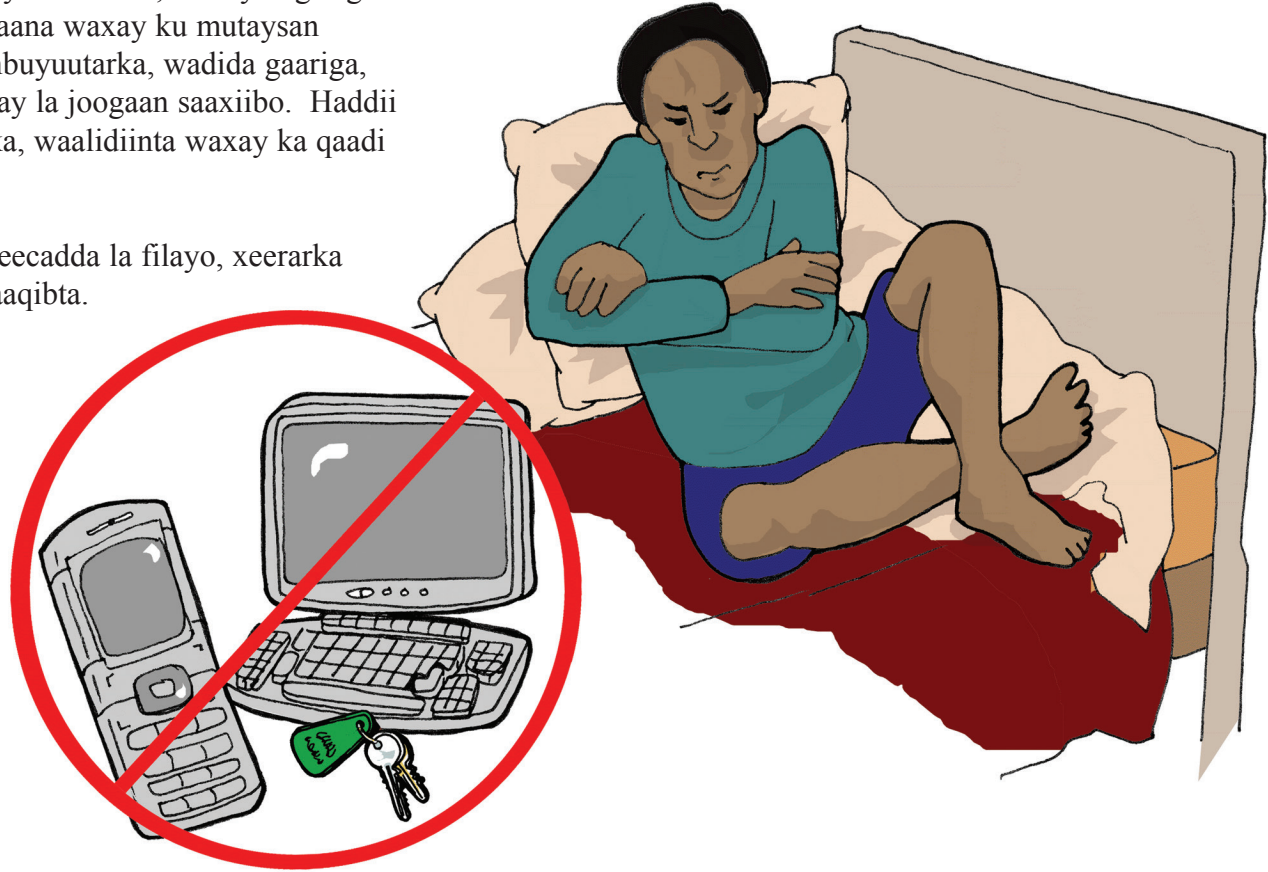
Ka qaad wax carruurta marka ay u hoggaansami waayaan waalidiinta, tusaale ahaan, in aan loo oggolaan carruurta dibadda kadib dugsiga iyada oo sabab u ah in aysan nadiifin qolkooda jiiifka.



Fursadaha gaarka ah iyo Xadadka

Ilmaha dhalinyarada ah waxay mudan karaan fursado gaar ah marka ay u hoggaansamaan sharciyada waalidka waxayna wayn karaan fursado gaar ah marka ay ku caasiyaan xeerarka. Tusaale ahaan, dhalinyarta dhammeysata hawlahooda, waxay u sheegaan waalidiintooda halka ay u socdaan, waxayna guriga yimaadaan waqtigii la rabay sidaana waxay ku mutaysan karaan waqti ay ku qaataan kumbuyuutarka, wadida gaariga, isticmaalida telefoonka, ama in ay la joogaan saaxiibo. Haddii dhalinyarta aysan raacin xeerarka, waalidiinta waxay ka qaadi karaan fursadahan gaarka ah.

Si cad oo joogto ah u sheeg dabecadda la filayo, xeerarka guriga, abaalmarinada, iyo cawaaqibta.



Adeegyada Ilaalinta Ilmaha (CPS)

Mararka qaar, qoys la soo sheegay in uu geystay xadgudub ilmo ama dayacaad oo suurtagal ah waxaa guriga ku soo booqan kara shaqaale kiis ama sarkaal boolis oo ka socda Adeegyada Ilaalinta Ilmaha (CPS) si loo hubiyo in ilmaha uu ammaansan yahay.

Waxaa jira afar nooc ee ah waxyeellada carruurta:

- 1) Xadgudub jireed: Dhaawac ilmaha ka soo gaara tallaabooyinka sida garaacid, laadid, qaniinjo, gubid, ruxid ama siyaabo kale oo waxyeello gaarsiin kara ilmaha.
- 2) Dayacaadda ilmaha: Ka-tagidda, ama ilaalin la'aanta ilmaha; in aan laga soo bixin baahiyada jireed, waxbarasho, ama caafimaad ee ilmaha; si kastaba ha ahaatee saboolnimada macanaheedu ma ah in waalidiinta ay dayacaan.
- 3) Xadgudub galmo: Fal galmo kasta ee u dhaxeeya ilmaha iyo qof weyn.
- 4) Xadgudub shucuureed: Qaylo soo noqnoqota, magac ugu yeeris, ama diidmada ilmaha.



Qoysaska badankooda marnaba ma soo booqan hay'adda CPS. Si kastaba, qoysaska ee ay soo booqdaan CPS waa in ay isdejiyaan oo ay la shaqeeyaan, waana in ay hubiyaan in shaqaalaha uu keeno turjumaan ama sarkaalka isku-xirka dhaqanka si ay ugu caawiyaan wadhadalka iyo fahanka. Carruurta waa in aan marnaba loo adeegsan turjumaan ahaan.





Adeegyada Ilaalinta Ilmaha (sii socota)

CPS waxay ku caawinaysaa qoyska in uu barto xallinta khilaafaadka iyo in uu u adeegsado hababka edbinta wax-ku-ool ah carruurta. Waxay ku caawin karaan qoyska in uu ku helo adeegyada uu u baahan yahay guriga ama hay'adda.

Adeegyada Ilaalinta ilmaha (sii socota)

Haddii CPS ay aaminto in aysan ammaan u ahayn in ilmaha uu sii joogo guriga, ilmaha waxaa lagu meelaynayaa qaraabo, qoys koriin ama hoyga xaaladaha degdega ah. Haddii ay tani dhacdo, waalidiinta waa in ay la xiriiraan oday ama hoggaamiye bulsho iyo qareen si loo hubiyo in qoyska iyo CPS ay helaan macluumaad ku filann. Waxaa jiri kara dhageysi maxkamadeed halkaasi oo uu garsoore go'aaminayo haddii ay ammaan tahay in ilmaha uu ku noqdo guriga. CPS waxay la shaqeynaysaa qoyska si ay uga dhigto guriga mid ammaan u ah in ilmaha uu ku soo noqdo.



Mararka qaarkood carruurta waxay ku hanjabaan in ay wacayaan 911 mar waalidiintu aysan waxyeellayn, si ay u helaan wax ay doonayaan. Waalidiinta waa in ay gartaan sharciyada oo ayna u sheegaan carruurta in ay dhibaato kala kulmi doonaan sameynta warbixino been ah.

Loo Diyaariyey in uu Wax Barto

Carruurta leh hawlqabad maalmeed, edbin joogto ah, raashiin qoys, ee loo muujiya dareen iyo feejignaan way farxad badan yihiin waxayna si fiican u awoodaan in ay dugsiga wax ku bartaan.



Dugsiyada

Dugsiyada waxay ka filayaan waalidiinta in ay ku lug yeeshaan waxbarashada carruurtooda. Waalidiinta waxay la kulmayaan macalimiinta dhawr jeer sannad dugsiyeed kasta.



Kulamada lala yeelanayo macalimiinta ama shaqaalaha kale ee dugsiya, wayddiiso turjumaan haddii loo baahdo. Marnaba ha u adeegsan ilmo turjumaan ahaan.

Waalidiinta waxaa la wayddiin karaa in ay waxyaabo qaar ku soo tabbaruqaan ama si iskaa wax u qabso ah ugu shaqeeyaan dugsiya. Tani waa mid ikhtiyaari ah.



Kormeer oo xaddidaad u samee telefisyoonka, ciyaaraha fiidiyowga, iyo isticmaalka kumbuyuutarka.

Dugsiyada iyo xarumaha bulshada inta badan waxay leeyihiin hawlo dugsiga kadib ah oo loogu talagalay carruurta.

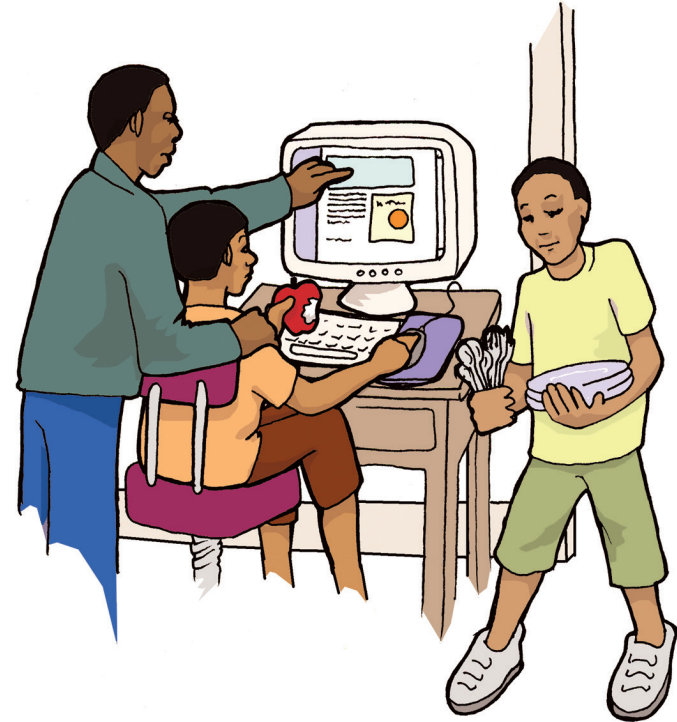
Dugsiga Kadib

Maalin kasta dugsiga kadib:

Wayddii carruurta maalintooda dugsiga ("Waxa ugu fiicnaa/xumaa ee ku saabsan maalinta dugsiga? Maxaa kaa qosol siiyey maanta? Kumaad la ciyaartay maxaadna ula ciyaartey?")

Ku caawi in ay dhammeystriaan shaqo guriga.

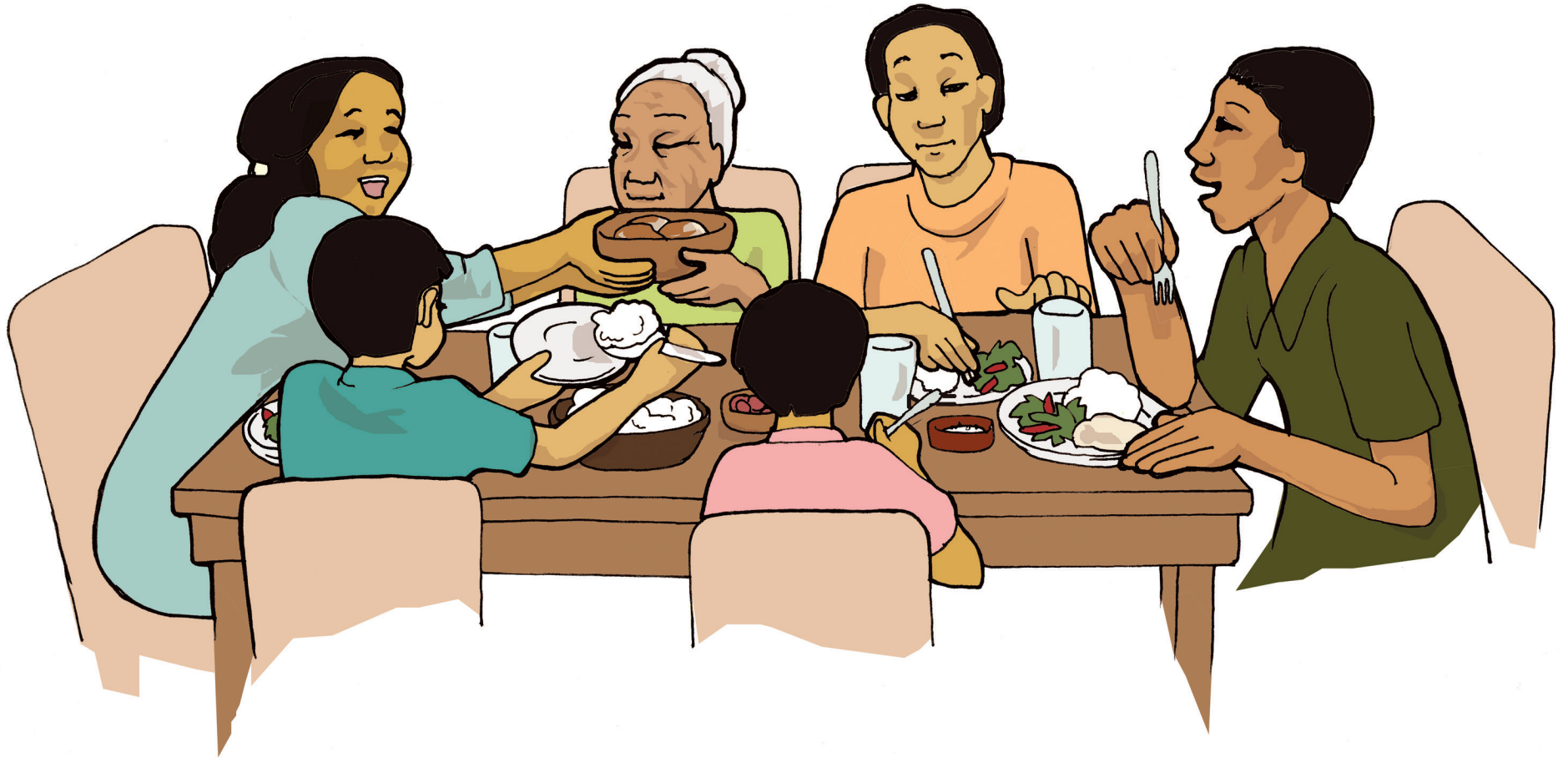
Eeg ogeysiisyada ee guriga looga soo diray dugsiga.





Cunto Aan Dheef Lahayn

Kadib dugsiga, xadid cuntada fudud oo ku dhiirrigeli carruurta in ay cunaan cuntooyin caafimaadqab ah sida miraha. Ha u oggolaan carruurta in ay cunaan buskut, jibiska, ama nacinaca badan waxaadna xaddidaa cabbitaanada soodhada.



Cunista Wadajirka ah

Waa muhiim in qoysaska ay raashiin wada cunaan. Wadaagidda ugu yaraan hal raashiin maalin kasta waxay caawimo ka dhegi karaan qoysaska kuwa adag, waxayna siin karaan waqti ay ku raaxaystaan cuntooyinka dhaqanka iyo caadooyinka si wadajir ah.



Hawlaha Guriga

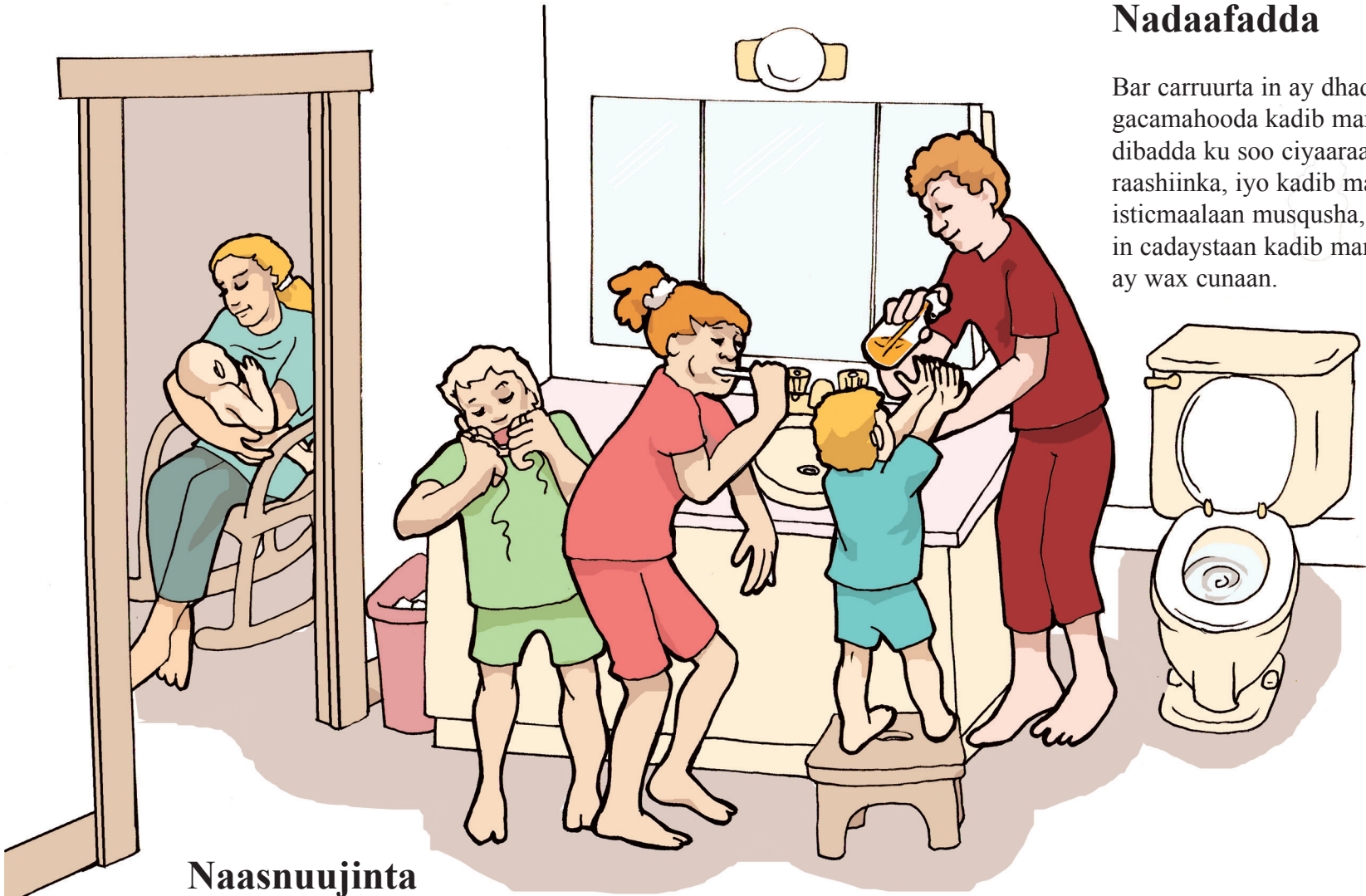
La wadaag mas'uuliyadaha guriga. Tusaale ahaan, qof kasta wuxuu caawimo ka geysan karaa in uu diyaariyo miiska iyo nadiifinta raashiinka kadib.

Carruurta inta badan waxay leeyihiin “shaqooyin” guriga ah, balse shaqadooda waa in ay caawiyaan waalidiintooda, ma ahan in ay si buuxda mas'uul uga noqdaan.

Qoysaska qaar waxay ku abaal mariyaan carruurta in ay dhammeystaan shaqadooda iyaga oo siinaya xoogaa yar oo lacag ah “gunno,” ama iyaga oo u oggolaanaya in ay sameeyaan waxqabadka qaar oo ay ku raaxaystaan.

Nadaafadda

Bar carruurta in ay dhaqaan gacamahooda kadib marka ay dibadda ku soo ciyaaraan, ka hor raashiinka, iyo kadib marka ay isticmaalaan musqusha, iyo in cadaaystaan kadib marka ay wax cunaan.



Naasnuujinta

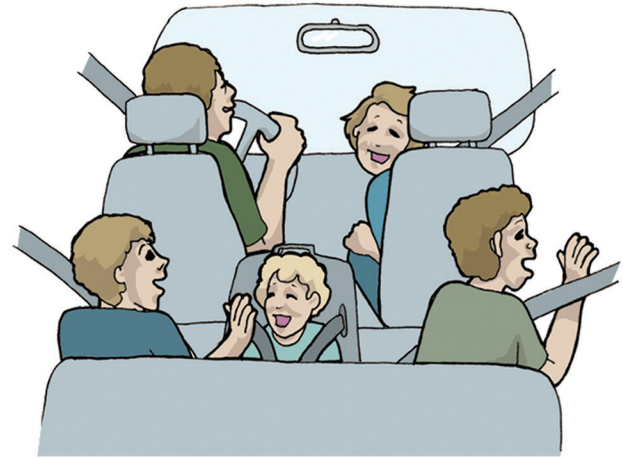
Caanaha naaska waa caanaha ugu fiican ilmaha. Marka hooyooyinka Mareykanka ah ay ku naasnuujinayaan meel fagaare ah, inta bdan waxay isku huwiyaan buste ama waxay galaan qol kale si ay u soo naasnuujiyaan ilmahooda.



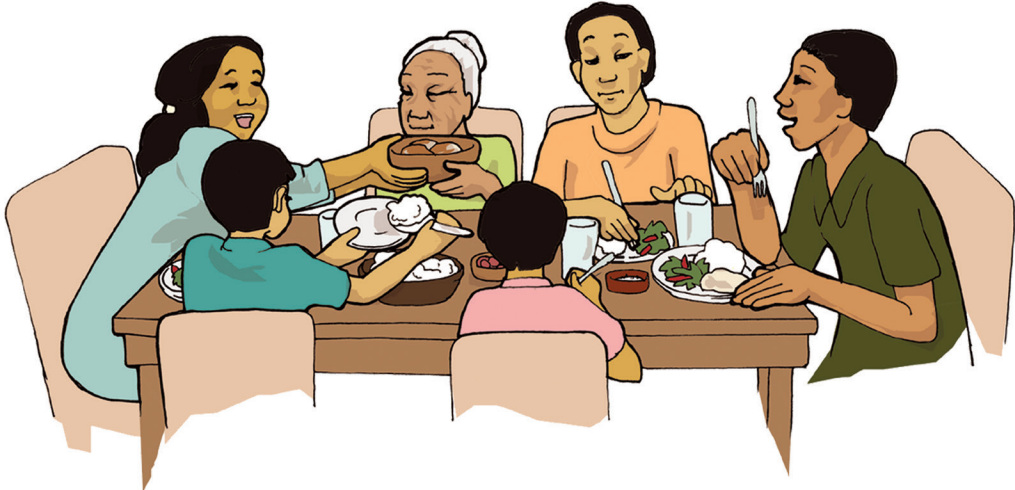
Waqtiga-jiifka

Carruurta waxay aad ugu fiican yihiin jadwal joogto ah. U samee wax joogto loo sameeyo waqtiga-jiifka, sida cadaysashada ilkaha, gasashada dharka jiifka, akhrinta sheeko ama heesid jiifka ka hor, iyo seexashada waqti isku mid ah habeen kasta. Kani wuxuu noqon karaa waqti wanaagsan oo aad la wadaagi kartid xasuusta fiican, sheekooyin, ama heeso dhaqankaaga ah carruurtaada.

Waalidnimada Dalka Cusub: Soo-koobid



Waalidnimada Dalka Cusub: Soo-koobid



Tixraacyo:

Bogga 2:

Hadaad rabtid warbixin kooban ee ah da'da dugsi xaadiridda khasabka ah, eeg:

http://nces.ed.gov/programs/digest/d05/tables/dt05_147.asp?referer=list

Bogga 3:

Hadaad rabto “Cunista Caafimaadqabka ah, Kaartada Nolol Caafimaaqad ah” ee Guddiga Mareykanka ee Qaxootiga iyo Muhaajiriinta, eeg:

<http://refugees.org/wp-content/uploads/2015/12/Healthy-Eating-Flip-Chart.pdf>

Hadaad rabto “Carruur Caafimaadqab ah, Doorashooyin Caafimaadqab” min Xarumaha Xakameynta iyo Ka hortagga Cudurka, eeg:

http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/quick_tips/healthy_children.htm

Hadaad rabto ahraamta cuntada ee Waaxda Beeraha ee Mareykanka, eeg:

<https://fnic.nal.usda.gov/dietary-guidance/myplate-and-historical-food-pyramid-resources>

Bogga 4:

Hadaad rabto “Gudbidda Jidka”, ee ka socda Jaamacadda Pittsburgh, eeg: <http://www.ocd.pitt.edu/Files/PDF/Parenting/CrossingTheStreet.pdf>

Bogga 5:

Hadaad rabto “Habka Waddada: Xirmada Warka Barnaamijka Ammaanka Taraafikada oo Dhammeystiran” oo ay ka mid yihiin “Uga-tagidda Carruurta Iyaga oo Aan Lala Joogin Gaariga” iyo mawduucyada kale, ee laga helay Fidinta Iskaashatada Texas, eeg:

<http://fcs.tamu.edu/passenger-safety/traffic-safety-program-toolkit/youth-traffic-safety/>

Bogga 6:

Hadaad rabto “Sharciyada Ilaalinta Saaranaha Gaariga oo Kooban” ee gobolka, eeg: <http://www.nhtsa.gov/staticfiles/nti/pdf/811458.pdf>

Hadaad rabto sharciyada celinta ilmaha, eeg: http://www.ghsa.org/html/stateinfo/laws/childsafety_laws.html

Hadaad rabto shuruudaha gobolka ee kuraas taageerta, eeg: <http://www.iihs.org/iihs/topics/laws/safetybeltuse>

Bogga 8:

Hadaad rabto khayraad badan oo ilaalin ama ilmo hayn, eeg: https://www.michigan.gov/documents/mdhhs/homealone_507734_7.pdf

Hadaad rabto “U-diyarinta Carruurta in ay Geligooda Joogaan” oo laga helayo Waaxda Adeegyada Carruurta iyo Qoyska ee IL, eeg:

<http://www.illinois.gov/dcf/safekids/safety/Pages/Preparing-Your-Children-to-Stay-Home-Alone.aspx>

Tixraacyo, sii socda:

Bogga 9:

Mareegtada “Waalidiinta. Lid Ku Ah Daroogada” waxaa ku qoran macluumaad ah Afafka Isbaanish, jaynees, Filipino, Korean and Vietnamese. <http://www.theantidrug.com/>

Bogga 10:

Hadaad rabto khayraad iyo cilmi-baaris ku saabsan habdhaqanada la isdhaafsadey ee wanaagsan, eeg: <http://bpl.bc.ca/kids/embracing-diversity/cross-cultural-understanding/professional-resources>

Bogga 11:

Hadaad rabto macluumaad ku saabsan warbixiyeyaasha waajibka ku ah, eeg “Warbixiyeyaasha Waajibka Ku Ah in ay Soo Sheegaan Xadgudubka Ilmaha iyo Dayacaadda”: http://www.childwelfare.gov/systemwide/laws_policies/statutes/manda.cfm

Hadaad rabto “Edbinta Wanaagsan” ee Jaamacadda MN ee Adeegga Dheeraadka ah, oo lagu heli karo luuqadaha Ingiriis, Hmong, Soomaali ama Isbaanish (gujri luuqadda ku habboon, markaasi “Eeg PDF ah daabacaadan”):

<http://www.extension.umn.edu/family/partnering-for-school-success/preview-and-order/positive-discipline-english/>; iyo “Carruurta iyo Edbinta: Hagaha Waalidka” oo lagu heli karo shan iyo toban luuqadood, oo laga helay Ururrka Caafimaadka Dhimirka ee Kanadiyan: http://www.cmha-edmonton.ab.ca/bins/content_page.asp?cid=284-1189-1690-1750&lang=1

Bogga 15:

Hadaad rabto sharaxaadda ee mashruuca “Mareykanka Cusub iyo Ilaalinta Ilmaha” ee St. Louis, MO, eeg: <http://www.brycs.org/documents/upload/StLouisBrochure.pdf>

Hadaad rabto “Hagaha Qoyska ee Nidaamka Daryeelka Ilmaha,” ee Ururka Mareykanka ee Daryeelka Ilmaha, eeg: <http://66.227.70.18/childwelfare/familyguide.htm>

Bogga 19:

Hadaad rabto agab macluumaad ku qoran Isbaanish ee ku saabsan “Wadahadalka Macalinka-Waalidka ee Wax-ku-oolka ah” ee ka yimaada Xarunta Waalidnimada Wax-ku-oolka ah eeg:

<http://parenting-ed.org/Spanish-Handouts/Parent-Involvement/Homework%20-%20Spanish.pdf>

Tixraacyo, sii socda:

Bogga 20:

Hadaad rabto agab macluumaad Isbaanish ah oo ku saabsan “Shaqo Guri: Sida Loo Dhiirrigeliyo Ilmahaaga” ee ka yimaada Xarunta Waalidnimada Wax-ku-oolka ah, eeg: <http://www.parenting-ed.org/Spanish%20handouts/Homework-%20How%20to%20motivate%20your%20child.doc>

Hadaad rabto talooyin ku saabsan Internetka iyo warbaahinta ay isticmaalayaan carruurta, ee Akadeemiyada Mareykanka ee Cuddurada Carruurta: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>

Hadaad rabto “Hagaha Waalidka ee Ammaanka Internetka” oo ka socda Hay'adda Dambibaarista Dowladda Dhexe, eeg: <http://www.fbi.gov/publications/pguide/pguidee.htm>

Hadaad rabto xaashiyada xaqiiqda Guddiga Ganacsiga Dowladda Dhexe ee ku saabsan “Baraha Ay Bulshadu ku Xiriirto: Hagaha Waalidka:” <http://www.ictliteracy.info/rf.pdf/FTC%20Social%20Networking%20Guide%20for%20Parents.pdf>;

iyo “Baraha Ay Bulshadu ku Xiriirto: Naseexooyin loogu Talagalay Dhalinyarta Da'yarta ah:”

http://www.casey.org/media/CLS_ResourceGuides_subdocs_SocialNetworkTweensTeens.pdf

Hadaad rabto khayraadka Ingiriis iyo Isbaanish ah oo ku saabsan ammaanka Internet-ka, waxaa horumariyey Degmada Dugsiga Madax-bannaan ee Waqooyi ee Bari San Antonio, TX, eeg: <http://www.neisd.net/health/InternetSafety.htm>

Bogga 24:

Hadaad rabto macluumaadka “Naasnuujinta” iyo “Soosaarista Caanaha Naaska” oo Ingiriis, Hmong iyo Isbaanish, oo laga helay Isbitaalada Carrurta iyo Rugaha Caafimaadka ee MN, eeg: <http://www.childrensmn.org/Manuals/PFS/Alphabetical.asp#PFSDocListB>

Hadaad rabto “Naasnuujinta” iyo khayraad kale oo Af Soomaali ah, oo laga helay Waaxda Caafimaadka ee MN, eeg:

<http://www.health.state.mn.us/divs/oshii/bf/somalibf.html>

Hadaad rabto khayraad naasnuujin oo ah afafka jaynees, Itaaliyaan, Ruushiyan iyo Isbaanish iyo luuqado kale, eeg: <http://www.lli.org/>

Hadaad rabto khayraadyo naas-nuujinta ee ah luuqadaha Vietnamese iyo Ingiriis, eeg:

<http://nature.berkeley.edu/departments/nut/extension/vietnamese.html>

Hadaad rabto “Naasnuujinta Ilmahaaga” oo Af Carabi ah, lagana helay hay'adda UNICEF, eeg:

<http://www.unicef.org.uk/BabyFriendly/Resources/Resources-in-other-languages/Arabic-leaflets/>

Khayraadka BRYCS:

Xirmada Warka ee BRYCS:

- o Daryeelka Ilmaha
<http://www.brycs.org/documents/upload/EnhancingChildCare.pdf>
- o Daryeelka Carruurta
<http://www.brycs.org/documents/upload/Refugee-and-the-US-Child-Welfare-System.pdf>
- o Waalidnimada
http://www.brycs.org/documents/upload/raisingchildreninnewcountry_web.pdf
- o Horumarinta Dhalinyarada ee Wanaagsan
<http://www.brycs.org/documents/upload/GrowingUpInANewCountry-Web.pdf>

Ballanqaadidda Habdhaqanada Barnaamijyada u Adeegyada Qaxootiga:

<http://brycs.org/promisingPractices/index.cfm>

Wareysiyada Waalidka Qaxootiga:

http://www.brycs.org/aboutRefugees/parenting_interviews.cfm

Daabacaadaha oo alfabeetada isugu xigto:

<http://www.brycs.org/publications/index.cfm>



Bridging Refugee Youth & Children's Services

Mahadnaq

Fikradda buugyarahan waxay dhalatey xilliga lagu guda jiray booqashada goobta ee BRYCS ay ku tagtey Denver, Colorado sannadkii 2005, waxaa mahadgaar ah iska leh Scott Robbins ee guryaynta Mercy Housing. Shaqaalahan iyo la-taliyeyaasha BRYCS waxay mudan yihiin ammaanta abuurista buugyarahan:

- Lyn Morland, MSW, MA, Agaasimaha BRYCS, ayaa horumariyay oo kobciyey fikraddan, bixiyey talo, qoray (Hordhaca/Mahadnaqa), tifaftirka ugu dameebya iyo isuduwidada guud.
- Susan Schmidt, MSW, waxay cilmi-baaris ku sameysay oo ay qortay qoraalka, waxayna bixisay isuduwidada mashruuca.
- Laura Gardner, MSW, oo ah Isuduwaha Caawimaadda Farsamo ee BRYCS, waxay bixisay talooyin la taaban karo, tifaftir, iyo isuduwidada maamulka la xiriira.
- Carol Kimball wuxuu si farsamo u soosaarey shaqada farshaxanka ee hal-abuurka ah, qaabka, iyo isuduwidada daabacaadda buugyarahan.
- Jan Goudreau iyo Cheryl McAfee ee Information Crossroads waxay kaga qaybqaateen khibrada tiknoolajiyadda macluumaadka ee khuseysa daabacaadda iyo Mareegtada BRYCS.

BRYCS waxay u mahadcelinaysaa Sue Benjamin, ee Xafiiska Dib-u Dejinta Qaxootiga, ee dhiirrigelinteeda iyo taageeridda mashruucan.

BRYCS waxay qaddarinaysaa talooyinka qiimaha leh ee laga helay qiimeeyayaal inta lagu guda jiray horumarinta buugyarahan oo dhan, oo ay ka mid yihiin: Gus Avenido, Waaxda Minnesota ee Adeegyada Aadanaha; Dawn Blankenship, Guddiga Mareykanka ee Qaxootiga iyo Muhaajiriinta; Jane Bloom, Guddiga Socdaalka Katooliga ee Caalamiga ah; Pam Bloom, Adeegga Qaxootiga iyo Socdaalka ee Lutheran; Marta Brenden, Xafiiska Dib-u Dejinta Qaxootiga; Alan Dettlaff, ee Jaamacadda Illinois ee Chicago; Ilze Earner, Kuleejka Hunter ee Dugsiga Shaqada Bulshada; Dyane Garvey, Machadka Mareykanka Hmong ee Barashada; Kate Hilton-Hayward, La-taliye; Jane Kim, Guddiga Badbaadinta Caalamiga ah (International Rescue Committee); Colleen Mahar-Piersma, Xarunta (Center for Applied Linguistics); Ralph McQuarter, Qaybta Ammaanka Ilmaha iyo Joogteynta ee Waaxda Minnesota ee Adeegyada Aadanaha; Bauz Nengchu, Minnesota Ombudsperson for Asian-Pacific Families; Jeanne Nizigiyimana, Hay'adda Samafalka (Catholic Charities Community Services), Phoenix, AZ; Danya Pastuszek, Guddiga Badbaadinta Caalamiga ah (International Rescue Committee); Scott Robbins, Guryanta Mercy Housing; Peter Salnikowski, Hay'adda Socdaalka Caalamka (International Organization for Migration/Thailand); Pindie Stephens, Hay'adda Socdaalka Caalamka (International Organization for Migration/Kenya); John Tuskan, Xafiiska Dib-u Dejinta Qaxootiga iyo Maamulka Adeegyada Caafimaadka Dhimirka iyo Daroogada; Sonia Velazquez, Ururka (American Humane Association); Esther Wattenberg, Jaamacadda (University of Minnesota School of Social Work); Millicent Williams, Ururka Daryeelka Ilmaha (Child Welfare League of America); Cecilia Wilson, Waaxda Cadaaladda ee Degmada Boulder.

Ugu dambeyn, BRYCS waxay u mahadnaqaysaa waalidiinta qaxootiga ah iyo muhaajiriinta safaradooda dhiirranaanta leh, hadiyadaha badan ee ay keenaan, iyo ballanqaadkooda caqabadaha aan caadiga ahayn ee ku barbaarinta carruur dal cusub; waxaanu gelney heshiis weyn si aanu midba midka kale wax uga barano.