



Center for Early Education and Development

Su'aalo Ku Saabsan Caruurta

Ilmaheyga Maan Kibrinaayaa?

Waalid badan ayaa waxey ka walwalaan iney ilmahoodu kibraan hadey u soo cararaan marwalba oo ey ooyaan. Dhinaca kalena waalidku waxey jecelyihiin iney si dhaqso ah ugu tagaan markey ilmuhu ooyaan. Islamarkaasna waxey dareemaan inuu u tagitaankaas ama qaaditaankaas marwalba oo ey ooyaan inuu kibrinaayo ilmaha uuna baraayo iney kaheli karaan wax walba oo ey karabaan waalidka. Mararka qaarkood waxa dhacda in martida iyo waalidka waalidkooduba iney dhahaan "Maxaad ugu carartaa marwalba oo u ilmuhu ooyo? mataqaanid miyaa iney u fiicantahay ilmaha iney ooyaan!"

Kawarheynta ilmuhu kibir makeento

Wey wanaagsantahay in ilmaha laga war hayo markey ooyan. Waalidkuna wey saxsan yihiin markey u ordaan markey ilmahoodu ooyaan. Baaritaan la sameeyey ayaa wuxuu noo sheegayaa ka warheynta ilmuhu markey ooyaan ineyna kibir keeneynin. Run ahaantii ilmuhu wey u baahan yihiin ka warqab dhaqsi ah, gaar ahaantii illaa iyo inta ey gaaraan lix amma sideed bilood. Ilmaha laga war hayo way ka oohin yar yihiin ilmaha oohin lagu dhaafey. Waxana la hubaa in ilmaha dhaqso loogu yimaado marka ey ooyaan iney ka firfircoonaan badan yihiin kuwa kale.

Waxaa muhiim ah oon ogaanay in ay ilmuhu bartaan marka ey ooyaan inuu waalidku dhaqso ugu yimaado ayna si fiican u xanaaneeyaan. Taasina waxa ey tustaa ama ey dareemsiisaa ilmaha iney waalidku dhahayaan "Waad ii shegi kartaa waxaad rabtid ilmaheygow anna waan kuu qabanayaa." Imuhu marka wuxuu horumar ku gaadhayaa inuu kalsooni nafsadiisa iyo dadka kaleba ka qabo. Wuxuuna ogaadaa inuu aduunku yahay meel wanaag iyo nabad qabta uuna ka qeyb

qaadan karo.

Marka ay nabadaasi u suuro gasho inta ay caruurta yar yihiin, waxay bilaabaan in ay si ikhtiyaarkoogu jecel yahay addunyada ula qabsadaan. Sababtoo ah waxey dareemayaan inay caawimaad helayaan marwalba ay rabaan. Taasi waxey na tuseysaa in loo yimaado marka ey ilmuhu ooyaan in ay aad u wanaagsan tahay.

Ka war Heyntu wey Badan Tahay

Waalidku waxey is dhihi karaan "Ma ka jawaabi karo marwalba uu ilmaheygu ooyo." Waana run ma awoodi kartid in aad u orodu marwalba oo uu ilmahaadu ooyo, qof awoodi kartana ma jirto. Laakiin guud ahaan waxa muhiim ah inaad waqti ku filan ilamahaaga siisid. Waxo kale oo muhiim an in aad garatid in marwalba uu ilmahaada ooyo in aanad kor u qaadin amma cunto siinin ammaba aad sariirta la seexanin. Waayo haddii aad marwalba uu ooyo aad u qaadato in uu rabo waxyaabahan aan kor u soo sheegnay waxa dhaceysa in uu ilmuhu kibro. Sababtoo ah ilmuhu waxey baranayaan in si kaliya oo loo caawiyo ey jirto taasina ey tahey cunto lasiiyo ammaba ey aabo iyo hooyo sariirta la seexdaan. Waxa jirta siyaabo badan oo lagu xanaaneeyo ilmaha. Mararka qaarkood hadaad caawiso marka ey billaaban oohinta waxa ku filan in ey maqlaan codkaada eyna joojiyaan oohintaas. Waxa kale oo jitra, markey ciyaalku yaryihiin iney waalidku aamusiin karaan caruurtooda hadeey tartiib dhagaha ugu hadlaan. Waalidku waxey kale ey sameeyn karaan markey ilmuhu ooyaan in ey u dhawaadaan oo ey ka salaaxaan caloosha taasina ey dajineyso ilmaha. Waxa kale oo muhiim ah oo la agaadey in ay ooyinta ilmuhu tahay in ay qoyan yihiin oo ay doonayaan in laga bedelo



dhaybarka ama ay gaajoonayaan oo ay doonayaan in cunto la siiyo.

Oohintu waa is Afgaradka ilmaha iyo Waalidka

Muhiimku waa inaad ogaato in oohinta ilmahaadu ay tahey wax weydiintooda. Waasida ugu muhiimsan oo ilmahaadu wax kuugu weydiisto, sida aad adigu u jeceshahay in laguu dhageysto markaad hadleyso ayey ilmahaaguna doonayaan marka ay ooyayaan iyaguna in aad dhageysato.

By Martha Farrell Erickson, Director (Retired), Children, Youth and Family Consortium, University of Minnesota, Minneapolis, Minnesota.

Hadii aad u baahan tahay wax faah faahin ah

Waxa aad la xiriirtaa Early Childhood Family Education Program oo laga helo meesha ay caruurtaadu wax ku bartaan ama wac 1-1800-KIDS-709. Haddii kale aad <http://www.zerotothree.org> (English).

Su'aalo Ku Saabsan Caruurta waxa laga laga heli karaa:

<http://cehd.umn.edu/ceed>

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"Am I Spoiling My Baby?" Somali translation by PEACE African Community.