

Ka caawi ilmahaagu inuu horumariyo xirfadihiisa

Xirfadaha sida qaadida tallaabada ugu horeysa, dhoolacadeynta markii ugu horeysay, iyo gacan haadinta "nabadey, nabadey" waxaa la yiraahdaa calaamadaha koritaanka.

Laga bilaabo dhalashada ilaa 5 sanno, ilmahaagu waa inuu gaaraa calaamadaha sida uu isagu u ciyaaro, wax u barto, hadlo, wax u sameeyo oo u dhaqaaqo.

Wixii fikrado ah ee ku saabsan waxyaalo maalmeedka sahlan ee aad la sameyn karto da'a kasta, kala soo bax app ka bilaash ka ah **Love, talk, sing, read, play** ee ku jira

www.lovetalksingreadplay.com.au

La socio ilmahaaga koritaankiisa

Ka jawaab Barashada Calaadaha. Hore wax u samee. Su'aalaha ku jira **Diiwaanka Caafimaadkayga Shakhsiyeed (Blue Book)** si aad u aragtid in ilmahaaga koritaankiisu marayo meeshii loogu talagalay.

Si joogta ah u gee ilmahaaga dhakhtarka guud ama kalkaalisada caafimaadka qoyska iyo ilmaha wixii ah jeegareynta koritaanka iyo caafimaadka.



Ha sugin. Hore wax u qabo

Haddii ilmahaagu uusan gaareynin calaamadaha da'dooda, la wadaag waxaad saluugtay.

La hadal dhakhtar ka guud ama kalkaalisada caafimaadka qoyska iyo ilmahaaga.

Hore wax u qabo inta xirfaduhu korayaan. Ka caawi ilmahaagu inuu gaaro meesha ugu sareysa oo buuxda.

Ogow wax intaa ka sii badan

Diiwaankayga Caafimaadka Shakhsi (Blue Book)

wuxuu ka kooban yahay macluumaad badan oo ku saabsan Calaadaha iyo website -yada muhiimka ah.

CALAAMADAH MUHIIMKA AH



La socio koritaanka ilmahaaga. Hore wax u qabo haddii aad wax saluugto.

Ka raadi adeega caafimaadka qoyska iyo ilmaha ee xaafadaada:

www.health.nsw.gov.au/child-family-health-services

Faahfaahinta xiriirka

Somali - Milestones Matter



BARRO CALAAMADHA. HORE WAX U QABO.

Koritaanka hore ee ilmahaagu waa safar.



HALKAN KA BILOW

6-8 TODDOBAAD

- Wuxuu bilaabaa inuu dadka u ilko caddeeyo
- Madaxa ayuu u jeediya coddadka
- Madaxa ayuu kor u hayaa
- Wuxuu bilaabaa inuu indhaha la raaco waxyaalaha



6 BILOOD

- Wuxuu jilaa coddadka
- Wuxuu bilaabaa inuu fariisto isagoon la taageerin
- Wuxuu jecel yahay inuu la ciyaaro kuwa kale, khaas ahaan waalidka
- Wuxuu u jawaabaa magaciisa
- Iskuxiraa shaqalada markuu hadaaqayo ("ah", "eh", "oh")



- Wuxuu isticmaalaa baaqyo sahlan sida ruxida madaxa ee "maya" ama ruxida "nabadey"



- Wuxuu jilaa baaqyada
- Ka jawaabaa codsiyada hadalka ee sahlan



12 BILOOD



18 BILOOD

2 SANNO

- Raacaa tilmaamaha sahlan

- Laadaa bannooni

- Tilmaamaa waxyaalaha sawirka ka muuqda marka la magacaabo



- Yiraahdaa jumlado leh 2 ilaa 4 kelmadood
- Farxaa markuu la joogo carruurta kale

- Iskudayaa ciyaar sahlan, sida quudinta boombalada
- Wax tilmaamaa si uu u tuso kuwa kale wax xiiso leh

- Yaqaan waxa waxyaalaha caadiga ahi yihiin, tusaale, taleefan, burush, isbuunyo

- Yiraahdaa waxoogaa erayo kali kali ah
- Kaligii ayuu socdaa

- Wuxuu yiraahdaa "mama" iyo "baba"
- Wuu soo jiidata si uu u istaago



- Jilaa saaxiibada iyo dadka waaweyn (sida ordida marka carruurta kale ordaan)



- Sii wadaa wada sheekaysiga isagoo isticmaalaya 2 ilaa 3 jumladood
- Si fiican wax u fuula

3 SANNO

- Ciyaaraa run ka dhiga boombalada, xayawaanka iyo dadka
- Tusaa kalgacal saaxiibada isagoon ku kedineynin

- Sheekooyin ayuu sheegaa
- Boodboodaa oo uu ku istaagaa hal lug ilaa laba ilbiriqsi

4 SANNO

- Wuxuu doorbidaa inuu la ciyaaro carruurta kale halkii uu kaligii sameyn lahaa
- U ciyaaraa si iskaashi leh

- Sawiraa qof leh 2 ilaa 4 qaybood oo jireed



DIWAANKAYGA CAAFIMAADKA SHAKHSIYEED wuxuu ka kooban yahay macluumaad badan oo ku saabsaan calaamadaha. La wadaag ilmahaagaa horumarkiisa iyo wixii aad ka saluugsan tahay dhakhtarka guud ama kalkaalisada caafimaadka qoyska iyo ilmaha booqasho kasta. Ha sugin. Hore wax u qabashadu isbedel weyn ayey sameyn kartaa! Si aad u hesho Xaruntaada Caafimaadka Qoyska iyo Ilmaha gal www.health.nsw.gov.au/child-family-health-services.

Wixii fikrado dheeraad ah ee ku saabsan wakhti la qaadashada ilmahaaga, gal go to Love, talk, sing, read, play. <http://itsrp.resourcingparents.nsw.gov.au/>