WISCONSIN OFFICE OF Children's Mental Health

Taageeridda Ilmahaaga ee Daaweynta

TALOOYIN KA YIMID WAALID

"Daawashada in gabadha aan ayeeyada u ahay ay ka faa'iidaysato daaweynta ayaa i tustay **sida ay muhiim u tahay in waalidiintu ay xogogaal noqdaan oo ay ka qaybqaataan**. In ka badan 20 sano ka hor, markii wiilkaygu ku jiray daaweynta, si buuxda uma fahmin geeddisocodka. **Ka qaybgalka maanta wuxuu sameeyaa farqi dhab ah oo ka caawinaya gabadha aan ayeeyada u ahay inay dareento ammaan, in la fahmay, iyo in la taageeray."**

– Angela Clements

- **Adiga ayaa ah taageeraha iyo u doodaha ugu weyn ee ilmahaaga.** Weydii su'aalo haddii aadan fahmin geeddisocodka.
- Xusuusnow, doorkaagu maaha inaad "xalliso" dhibaatada, waa inaad **tusaale u noqoto, ku tababbarto, oo aad dhiirrigeliso xirfado cusub** adiga oo garab taagan ilmahaaga. Waxaana laga yaabaa inaad u baahato inaad adiguna dhisato xirfadahaas!
- **Tababbarku wuxuu keenaa horumar, ee maaha kaamilnaan.** U dabaaldeg tallaabo kasta oo yar oo ilmahaagu qaado oo xasuusi iyaga (iyo naftaadaba) in barashada xirfado cusub ay waqti qaadato.
- **Dareen-wadaaggu waa mid ka mid ah qalabka ugu awoodda badan ee aad haysato.** Kaliya inaad dhegaysato ilmahaaga ayaa xoojinaysa xiriirkiina waxayna ka caawisaa inay dareemaan ammaan si ay wax u wadaagaan.
- **Bogsashadu waqti bay qaadataa, horumarkuna had iyo jeer si toos ah uma dhaco.** Sii wad dhiirrigelinta ilmahaaga iyo la xiriirka dhaqtarka inta jidka lagu jiro.
- Inta lagu jiro safarka bogsashada ilmahaaga, waxaa laga yaabaa inaad naftaada ku aragto waxyaabo aad u baahan tahay inaad ka shaqayso. **Waxa aad soo martay ma aha qaladkaaga, laakiin bogsashadaadu waa masuuliyaddaada.** La xisaabtan naftaada xagga bogsashada iyo korriinka adiga oo la jira ilmahaaga!

WISCONSIN OFFICE OF Children's Mental Health

children.wi.gov