

6/3/20

Qoysaska sharafta leh ee VOA,

Waxaan wajaheynay caqabado badan inta lagu jiro masiibada adduunka. Waxaan dhammaanteen la kulannay dareenno jahwareer, go'doon, kalinnimo, iyo murugo. Waxaan ka xunahay khasaaraha nolosheenii hore ee faafa ka dib hadana waxaa jira khasaare dheeri ah... mid ay adag tahay in la fahmo, iskaba daa in carruurteenna loo sharraxo: Khasaaraha nin kale oo Mareykan Mareykan ah, George Floyd, oo ku dhacay gacanta booliska. In kasta oo aysan jirin ereyo lagu yareyn karo saameynta arintan, waxaan dhihi karaa, in ka badan sidii hore, sida ay muhiim utahay inaan uhelaan carruurtayada iyo dhalinyarada. Waa inaan dhageysanno oo aan siinaa fursad ay wax ku maqlaan. Hoos waxaa ku yaal, fadlan ka hel tilmaamo ku saabsan sida aad u taageeri kartid qofka dhalinyarada ah sida ay uga baaraandegayaan dareenka badan ee ay hadda qabaan. Sidoo kale ogow inaan haysanno shaqaale u jooga inay taageeraan. Fadlan nala soo xiriir. Haddii aad soo wacdid 612-375-0700, Olga, soo-dhowrahayagu wuxuu kugu xiri doonaa qof awood u leh inuu kula hadlo.

Wada shaqeynta,
Shaqaalaha Dugsiga Sare ee VOA

Sidee Qoysaska iyo Daryeelayaashu u Taageeri karaan Ardayda

1. Is ilaali naftaada. Runtii. Adiga iyo dareenkaagu waa muhiim.
2. Caruurtu way kaa qaadan doonaan fikradooda. Sida ay ula wadaagaan waqtiyadaada farxadda, iyaguna way la wadaagi doonaan xanuunkaaga. Fadlan hubso inaad siinin xanuunkaaga wax kabadan inta ay maarayn karaan.
3. Bixi inta ugu badan ee suurtoogalka ah. Soo hel xitaa haddii aysan u muuqanaynin inay kuu baahan yihiin. Kaliya joog. Tani waxay gacan ka geysaneysaa kor u qaadida dareenka amniga iyo amniga.
4. Ka qaybgal baahiyaha jidhka; u samee tixraacyo iyo xiriiryo kuwa caawin kara.
5. Waxaad xooga saartaa wixii wadahadal ah ee ku saabsan dareemmada oo noqo mid firfircoon, dhagaystayaal xiiso leh.
6. Mararka qaarkood maysan rabin inay ka hadlaan. Taasina waa hagaag.
7. Dhageyso. Dhageyso. Dhageyso.

Taageerista Dhageysiga Iyada oo Murugada, Khasaare, ama shucuur kale oo xoog leh

- Badiyaa, waxa dadku aad u doonayaan waa qof ay kala hadlaan khibradooda:
 - Qof daryeela
 - Qof si dhab ah u dhagaysanaaya
 - Qof inuu ku tiirsado ama ooyo
- Sida dadka loogu wargaliyo inaad dhageysatid
 - Si firfircoon u dhagayso marka qof u baahan yahay inuu hadlo: u jeedi dhinaca hadalka, si deggan u hadal, dhegeyso wax ka badan hadalka, soo koobid, ka tarjumid. Inta lagu jiro isku xirnaanshaha fog, tani waxay sidoo kale ka dhigan tahay isku dayeynta inuu ka dhigo meeraha madfac ka madax bannaanaanta waxyaabaha kale.
 - Indhaha ku hay indhaha haddii ku habboon oo ku dadaal wejiga diiran
 - Dhageyso in badan, hadalka yari
 - Jiritaankaaga naxariis badan ayaa ka muhiimsan ereyadaada..
 - Isku day inaad an carqaladeyn.
 - Markaad hadashid, ku hadal si deggan, cod dabacsan.
 - Calaamadee, soo koobo, ookiyaa dareenka uu qofka kale muujinayo.
 - Weydii su'aalo aad ku caddeyso.
- Waxyaabaha aan la dhihin
 - Waan ogahay sida aad dareensan tahay.
 - Aynu ka hadalno wax kale.
 - Waa inaad ka shaqaysaa sidii looga gudbi lahaa tan.
 - Waxaad awood u leedahay inaad tan la tacaasho.
 - Waan ogahay sida aad dareensan tahay. (Laakiin waa caadi in la yiraahdo, "Aad ayaan u murugoonayaa.")
 - Dhawaan waad fiicnaan doontaa.
 - Waxaad u baahan tahay inaad is dejiiso
 - Sidookale, ha xukumin. Su'aalaha sida "Sabab?" iyo "Waa maxay sababta?" iyo qiimeynta qiimaha waxa qof kale sameeyay ama uusan caawinaynin.

Dabeecadaha La Daaweeyo

Ilmahaaga waxaa laga yaabaa inuu muujiyo qaar ka mid dabeecadahaan isla markiiba ama maalmo, toddobaadyo, ama xitaa bilo kadib dhacda. Haddii kuwanu sii socdaan muddo dheer ama ay umuuqdaan inay ka sii darayaan halkii ay ka roonaan lahaayeen, la xiriir daryeel caafimaad bixiyahaaga.

- Naxdin / diidid
- Nasasho la'aan, xanaaq, dabeecad dagaal
- Hurdada ama dhibaatooyinka cunnada
- Hurdada ama dhibaatooyinka cunnada
- Ka bixitaan

- Murugo, ilmada
- Feejignaanta liidata
- Cabsi iyo walwal aan la fileyn
- Ku dhaqaaqista da'dooda kayar
- Ka fogaanshaha iskuulka

Macluumaad Dheeraad ah oo loogu talagalay taageerada ilmahaaga:

Tara Tappe, Dhakhtarka shatiga shatiga leh ee Dugsiga Sare ee VOA, ayaa diyaar u ah ardaygaaga.

Tara.tappe@voamn.org

612-505-1069

Betsy Walter, Shaqaalaha Bulshada Bulsho ee Shatiga Leh ee Dugsiga Sare ee VOA, ayaa diyaar u ah ardaygaaga.

Betsy.walter@voamn.org

612-375-0700

Xannaaneynta Caruurta ee Dugsiyada Dadweynaha ee Minneapolis waxaa ku jira uruurinta maskaxda iyo ilaha daryeelka oo ay kujiraan talo bixin, hawo iyo dhaqdhaqaaqyo dhaqdhaqaaq iyo waliba fikradaha lagu daryeelo kuwa kale. Xiriirka hoose ee bulshada waa u furan yahay dhammaan.

<https://sites.google.com/view/mpscaringcorner/home>

Tilmaamaha waalidiinta ee Ku Caawinta Dhalinta Kadib Dhacdada Halis ah

https://docs.google.com/document/d/1uU8lqBhioUoJcC6_cpcVuKWB1Nc4YgTh5ZqIkO0VuNs/edit

[Minneapolis Public Schools Mental Health Support Page](#)

Toddobo qaab oo lagu dejiyo Maskaxda Maskaxda ee Trauma, Edutopia

<https://www.edutopia.org/article/7-ways-calm-young-brain-trauma-lori-desautels>

Ururka Minnesota ee Caafimaadka Maskaxda ee carruurta: Ka wadhadalka Dhacdooyinka Naxdinta leh ee Dhallinta.

<http://www.macmh.org/2017/10/resources-for-navigating-conversations-with-young-people-about-traumatic-events/>

PTA-ga Qaranka: ka wada hadalka mowduucyada adag carruurtaada:

<https://www.pta.org/home/family-resources/health/Emotional-Health/Discussing-Difficult-Situations-With-Your-Children>

Maskaxda Ilmaha: Taageeridda Ooysaska Muddada Wada-19: <https://childmind.org/coping-during-covid-19-resources-for-parents/>