



“Waan kacbsanayay in aan uwaco markii hore, laakiin waan kufarasanahy in aan wacay. Hadeer ilmahayga laba jirka ahi waxa uu baranayaa socodka anguna waxa aan bartay sidii aan ucaawin lahaa”.

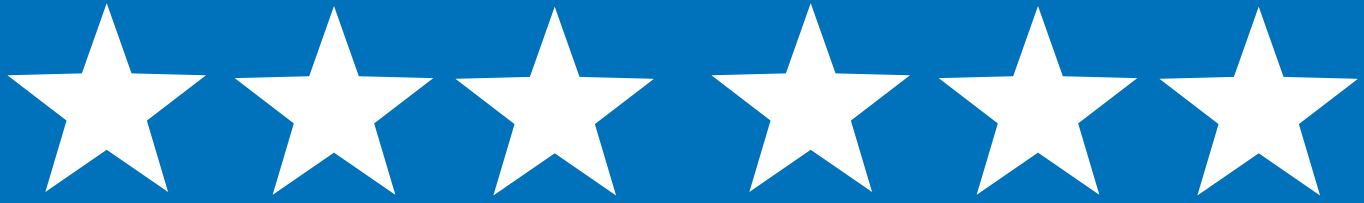
Hadalka waxa tiri hooyo ku nool gobolka Minnesota

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Waxa dhici karta in ay noolasho idiin hagaagto ilamahaaga iyo goyskaba

Waxqabadka hore ee ilmaha marka aad hesho, waxaad:

- caawinaysaa dhamaan qoyskaaga
- in aad barato goobaha ilmahaagu ku fiicanyahay iyo baahida gaarka ah ee uleeyahay.
- isku kalsoonato marka aad go'aaminaysid wixii waxqabad ah ee ilmahaaga u roon.



Waa in aad wacdaa

Ilmo waliba waxu ubaahanyahay in uu si fiican, ukor, ukalbaxo, iyo in uu waxbarto caawimaadka si dagdag iyo hawl yaraan ah ayaad u heli kartaa.

- Hadii aad wax su'aal ah qabtid amase aanad hubin su'aalaha qaarkood waxa aad soo wacdaa —PACER Center telafoonka ah 952-838-9000 ama 800-537-2237(lacg la'aan). Waxa aanad codsataa in aad lahadasho Abdi Omer Abdilahi oo ah nin waalidka la shaqeeya ahna nin leh ama lahaa ilmo baahi gaar ah leh. Waxa aad kala Hadli kartaa wixii su'aal ah ee aad qabto iyo goobaha aad kaheli kartio caawimaad. Waxa kale oo aad ka helikartaa qoraal ku qoran af Somali.
- Waxa aad wacdaa dagmada iskuulku kuyaal adiga oo ka codsanayaa in aad lahadasho qofka uqaabilsan waxbarashada gaarahaaneed. Waxa kuu banana in aad codsan karto qof turjubaan ah. Waxa aanad waydiisaa in ilmahaagu uqalmi karo waxqabadka hore ee caruurta (childhood services).



Maka fikirta sida ilmahaagu uu:

**Wax uarko ama umaqlo
Usocdo ama uciyaaro?
Uhadlo ama ubarto?
Udhaqmo?**

**Ku dadaal sida aad u ogaan karto
wixii aad qaban lahayd...**

PACER Center
Opening Doors of Possibilities for
Children with Disabilities

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Waxa dhacda in warwarku kaa yaraado hadii aad baadhitaan samayso

Waalid badan ayaa ka warwara sida ilmahoodu u koraan, waynaadaan, ama Wax ubartaan. Haddii fikirko iskubadalo warwar:

- Waxa aad lahadashaa dhakhtarka ilmahaaga.
- Haddii aanad ku qancin baadhtaankale samee.

Waad ku farxi doontaa in aad sidaa yeeshay.

Waxa ilmahaaga u roon kolba sida dagdaga ah ee aad wax ugu qabato

Caruurta qaarkood waxa ay ubaahanyihiin caawimaad dheraad ah dhinaca gurguuradka, Socodka, iyo hadalka. Sida dagdaga ah ee ay kolba uhelaan caawimada ayaa:

- Ufudaydisa in hore wax ubartaan
- Waxa ay udiyaarisa waxbarashda

Dagmada skuulku kuyaal ayaa kaacaawin karta in ilmahaagu leeyahay baahi gaar ah si uu uhelo waxabarshada gaarahaaneed.



Somali Quote



somali quote

Waxa jirta caawimaad lacg la'aan ah

Haddii ilmaahgu uu uqalmo waxbarashada gaarahaaneed, dagmada skuulku ka tirsanyahay ayaa waxa ay uxil saareysaa qof u duwaan galiya (coordinator) waxqabadka iyo taageerada ilmaha iyo qoyskaba. Waxqabadka waxa ka mid ah:

- Waxbarashda hore ee ilmaha iyo waxqabadka tusaalo ku saabsan sida hadalka (speech therapy), dhaqdhaqaaqa ama socodka (occupational), iyo duugmada jidhka (physical therapy).
- Tusaalo kussaban sidii aad ilmaha uga caawin karto xaga barashada xirfadaha.
- Laxiriirka ururada kale ee fidiya caawimaadka.

Haddii ay dhacdo in ilmahaagu uqalmi waayo waxqabadka, dagmada skuulka ayaa dhici karta in ay kaa caawiyaan goobaha kale ee kaheli karto waxqabadka.