Ku caawi Cunugaaga sidi oo u dhisilaha murqaha yaray
Waxa yaa la ha oo noolal malmadka ka mid ah oo carrurtu qabtaan waxa ka mid ah:
Waxay ilmaha isticmaalan muruqaha yaray oo gacmaha ku yaalo oo dhisaayo xirfada qoraalka.
Xirfadaha ka soo baxo marki u cunugu isticmaalo murqaaha yaray, waxay qabaan karaan in aay dharka gashtaan, cuntada cunaan, eey na wax qoraan.
Waxa lagu dhiisi kara quwada murqaha waxqabasho lah firfircooni ka mid ah:
1. Miiskaa oo la hagajiyoo
2. Gacmo cuntada lugu cuno
3. Lugu shubo cabitanka koob
4. Maryo la xirtoo
5. La furo amala xidho albaabka

Help Your Child Build Fine Motor Skills

Many of your child’s daily activities—like getting dressed, eating, and writing—require control of small muscles in the hands. We call these skills fine motor skills. Your child can do more things for himself when he has opportunities to practice these skills. There are lots of activities that can increase muscle strength and coordination, preparing children for more advanced skills, from writing with a pencil, using a computer mouse, or playing a musical instrument. Help your child build fine motor skills at home by providing opportunities to...

- Set the table
- Hold knives, forks, and spoons to eat
- Pour juice into a cup
- Wipe the table with a sponge
- Help with meals—stir, shake, chop, cut, and mix
- Get dressed—button, zip, snap, buckle, and fasten
- Use Velcro tabs
- Open and close containers with lids
Fall Time Activity Ideas

Create Fun Crafts With the Children

Crafting is one of the great ways to spend time with your children indoors and create a fun environment during the harsh Minnesota winter. You can use whatever you have in your house. For example, children can create thank you cards for their teachers during the winter break. You will need blank paper, markers, crayons, colored pencils, or other drawing supplies. Hole puncher and ribbon is optional.

Get Active

If fall weather suddenly turns into winter, you can go ice skating, snow boarding, sledding, skiing, snowshoeing, ice fishing and more! Cold weather is never an excuse not to get outside and exercise. Plus, in the winter, your workout can always be followed by a hot chocolate. Score!

Bed Sheet Ping Pong

This is fun game where children can play during the cold days of fall or winter. Players stand and hold a bed sheet on opposite ends. A ping pong ball is placed onto the sheet. The sheet is then raised or lowered. The object of the game is to get the ping pong ball to fall off the other team's side of the sheet.

Visit these sites for more ideas and printable activities:
- http://www.simplydaycare.com/summer-activities-for-kids.html
- http://www.ivillage.com/fun-things-do-winter-kids/6-b-300886#300943
TARBIYADDU WAA BARASHO

Erayga discipline (tarbiyad) waa eray Laatiin ah macnihiisuna yahay “barid.” Marka aad waalid tahay, waxaad tahay bare/macalin. Qaabka aad u tarbiyeyso ilmu wuxuu kaa caawinaya inay bartaan akhlaaqda. Halkaan waxaa ku qoran saddex siyaalood oo wax loo tarbiyeeyo: Hagidda ilmahaaga Caruurtu waxay kaaga baahan yiihin inaad barto sida loo dhaqmo, bar sida loo maamulo dareenkooda ay mas’uuliyad u baran karaan. Waa in dhaqankooda aad sharci u dejisaa. Lamahaagu wuxuu u baahan yahay inuu ogaado waxa dhacaya haddii ay sharciga jebiyaan.

Halkaan waxaa ku qoran fikrado:

- Ka caawi ilmahaaga sida loo xaliyo qilaafaadka
- Tus sida wax loo sameeyo
- Dheh “haa” marka aad awodo iyo “maya” markii loo baahdo
- Fursad u sii inay saxaan wixii qaldan

Marka ilmahaaggu si xun u dhaqmo, ugu jawaab qaab ka caawin kara sida wanaagsan ee loo dhaqmo hada ka dib.

Halkaan waxaa ku qoran fikrado:

- Adigoo aan dillin, tus cinkaabta wixii qaldan ee ay sameeyaan
- Ka jooji wax loo ogolaa
- Cinkaab ahaan u sheeg in wax horey loogu ogolaa aan hada loo ogoleyn
- Istitmaal “waqti xaddidan” (time out)

Muxuu yahay macnaha “cinkaab”?

Cinka ab wa a waxa ka soo baxa marka qofku qalad sameeyo. Marka caruurtu si xun u dhaqma an, wa alidku wa a inay jawa ab ka bixiya an. Jawa abta as wa a in ilmshu ka bartaa waxa laga rajeynayo hadda ka dib. Haddii ilmu u darbiga guriga qalin ama midab ku haleeya an, bar in laga suga ayo inuu nadiifiyo darbiga. Haddii ilmu u bushkaleetiga bana anka uga soo tago, hal ma alin u diid inuu bushkaleetiga isticma alo.

**Why teaching discipline is important?**

Teaching children to understand what is expected of them and how to behave in public is important. All parents need a little advice now and then on how to teach your child to eat properly, behave appropriately in public and at home, and more.
**Curriculum (habka wax barashada ama Manhajka)**

La hadal, u akhri una qor ilmahaaga maalin walba!

Ilmahaagu wuu korayaa wuuna jecel yahay inuu wax barto. Isku day wax yaalahan fudud oo aad ku samayn karto gurigaaga.

Fiiri buugta. Laga biababo maalinta ilmuhu dhasho, ilma walbaaba wujiyay inuu wax akhriyo ama loo akhriyo. Ka hadal sawirada buugta ku yaala una ogolow minay su’aalo kaa waydiyaan.

Su’aalo waydii. Ku dhiiiri geli ilamahaaga inuu ka jawaabo su’aalaha ku saabsan wixii agaarkooda ka socda.

Tus xaruufta. Ku deji firinjeerkaaga ama talaagada xaruuf magnat leh kana caawi sidii ilmahaagu u isbeelin lahaa ama u higaadin lahaa kelmadaha gaagaaban sida (Mom, Dad, magacooda). Tus ilamahaaga boodhadhka xarfaha ku yaala una sheeg sida loogu dhawaaqo.

U ogolow inuu feegaro. Warqad iyo qalini sii ilmahaaga una sheeg inay kasoo qaadaan inay warqad u qorayaan qof xigtadooda ah kuna “saxeexaan” magacooda sawirana ku sameeyaan.

Aad laybareeriga. Laybareeriga xaaftadaada u dhow ayaa ka caawini sidii aad uga heli lahayd buugaag ilmahaagu jeclaysto -oo lacag la’aan ah! Laybareeriga waxa kale oo ay hayaan buugaaga oo cajal ah; ilamaagu isaga oo cajalka dhegaysanaya ayuu buugana kala soconayaa.

U akhri heesaha ciyaalka. Heesta kasta oo laxankeedua ay jecel yihii kana caawi sidii ilmahaagu u baran lahaa dhawaaqista.

Samee boog. Isku laab si is leeg xaashi, sawirana kasoo jar magaasiinada, kuna dheji xashaishi sidii buuga aad isugu laabtay, dabadeedna sheeko ka hadlaysa sawika samee ama mala awaal.


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**Parent Aware, Universal Pre-Kindergarten, Early Learning Scholarships.**

These are just a few policies that state government decides.

YOUR VOICE MATTERS in discussions about these and other early learning policies. You can help shape these policies by participating in the process.

One way to participate is by **voting**.

Election day is Tuesday, November 8. For information about how to register and where to vote, check out the Minnesota Secretary of State’s website: [http://www.sos.state.mn.us/](http://www.sos.state.mn.us/)

Or, give them a call: **651-215-1440**
**Maa la socota?**


**Qaymehey kugu fadhido?**

Isbadalkaani wuxu saamaynaya qof kasta oo dhigto korinta ilmaha iyo tababarkooda oo kana qaayay Child Care Aware of Minnesota. Waa inad gasha [www.mnstreams.org](http://www.mnstreams.org) oo galisa Develop numbarkaaga, si aay shahaadooyinkii fasalaaddada iyo taariikhda tobabarkaga loo gudbiyo ama logu wareejiyo Develop.

**Ha daadan hisaani Develop nambar? Istilaaboyinkaah raac:**

1. Halkaan aad [www.developtoolmn.org](http://www.developtoolmn.org)
2. Waxaad riixdaa “Log In” oo laga helo geeska kora ee midigtaa
3. Riix “Create an Individual Account” markaa waxaad raacda haginta kumbuyuutarkaa sheegayaa

**Fahfahinta Macluumaadka:**

Haddaa su’aalo ka qabtid Develop Individual Account Cinwaankan u dir farriin: [support@mncpd.org](mailto:support@mncpd.org).

Haddaa su’aal ka qabtid isbadalka, la xiriirataliyaha xirfada koorinta, cinwaankaan tag:

[childcareawaremn.org/local-resources](http://www.childcareawaremn.org/local-resources)

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**Did you know?**

MNStreams.org will no longer be accessible after June 30, 2016. Instead, training searches & registration, professional development tools, training records, and resources for early learning & school-age professionals will be located at [www.developtoolmn.org](http://www.developtoolmn.org).

**What does this mean for you?**

This change affects everyone who has taken early childhood training in through Child Care Aware of Minnesota. Before June 30, 2016, log on to [MNStreams.org](http://MNStreams.org) to make sure your Develop ID has been entered, so that your training history will transfer over to Develop.

**Don’t have a Develop ID yet? Follow these steps:**

1. Go to [www.developtoolmn.org](http://www.developtoolmn.org)
2. Click the “Log In” button on the upper right-hand corner.
3. Click “Create an Individual Account” and follow the directions on the screen.

**For More Information:** If you have questions about your Develop Individual Account, e-mail [support@mncpd.org](mailto:support@mncpd.org)

If you have questions about this change, contact your Professional Development Advisor. Contact information for your PDA can be found at the Child Care Aware of Minnesota website: [www.childcareawaremn.org/local-resources](http://www.childcareawaremn.org/local-resources).
Think Small Somali Advisory Committee

Ujeeddo

Ujeddha Somali Advisory committee waa in Si horyaalka dhaqan ahaan Adeegyada awooda u leh ee Waalidiinta Soomaali, adeeg bixiyaha iyo bulshooyinka. Shaaqad guddigaann waaxawaye in ay u diyaariyaan.

- Provide guidance and insight to the staff of Think Small in the development of Child Care Resources and Referral (CCR&R) services within the Somali community.
- Serve as a resource and assisting in implementing Think Small goals of developing a culturally competent and culturally sensitive environment for working with the Somali community and meeting their needs.

Duties of Advisory committee

- Provide insight, guidance, and feedback to the development of child care services for Somali parents, providers and the community.
- Develop relationships, network with the community and share information on child care and Think Small.
- Advocate around the need for culturally competent child care.

Meetings

Think Small Somali Advisory Committee meets quarterly (every 3 months) at a convenient time for its members. Confidentiality is maintained regarding the opinions, experiences and ideas shared by team members during meetings. Minutes are kept of the meetings. Depending upon the work plan that the committee develops, work may be required between meetings.

Currently, we are recruiting new members, if you would like to join, please call Zeinab Abdalla at 651-665-0150 option 4.

Hadda, waxaan raadinayaan xubno cusub, haddii aad rabtid in add xubin ka noqto, fadlan soo wac Zeinab Abdalla at 651-665-0150 option 4.
### Tababar ku baxiya luqadada

**Bishii: Agoosto ila Disember 2016 Classes**

*Diwaan Galin Fadlan Soo Wac (651) 665-0150 Riix 4*

<table>
<thead>
<tr>
<th>Tababar</th>
<th>Waqtiga</th>
<th>Gobolka</th>
<th>Meel</th>
<th>Lacag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developmentally Appropriate Behavior Guidance.</td>
<td>Saturday, 8/27 8:30AM to 12:30PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$20</td>
</tr>
<tr>
<td>Sudden Unexpected Infant Death/DHS</td>
<td>Tuesday, 9/20 6:30PM to 8:30PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$10</td>
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<tr>
<td>Plan, Learn, Grow: Using the Minnesota Early Childhood Indicators of Progress</td>
<td>Thursday, 10/6, 10/13, 10/20 6:30PM to 9:30PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$88</td>
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<tr>
<td>Creating Cultural Connection in Childcare</td>
<td>Wednesday, 11/2, 11/9 6:30PM to 9:30PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>FREE</td>
</tr>
<tr>
<td>Tipping the Scales</td>
<td>Saturday, 11/12 9:00 AM to 3:30PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$66</td>
</tr>
<tr>
<td>Basic Child Development</td>
<td>Saturday, 12/13, 12/10 9:00AM to 1:00PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$88</td>
</tr>
<tr>
<td>Supervising for Safety</td>
<td>Tuesday, 12/6, 12/13 6:30PM to 9:30PM</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$30</td>
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</tbody>
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**Ogeysiin**

Think Small oo gobolka Minneapolis wuxu uu guurayaan basmatikaa ama qaybta dhulka hoosaysa.

**2021 East Hennepin Avenue, Suite LL20 Minneapolis, MN55413**
### Hennepin iyo Ramsey County Family Child Care Licensing Orientation

<table>
<thead>
<tr>
<th>Qobolka Ramsey</th>
<th>Qobolka Hennepin</th>
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</thead>
<tbody>
<tr>
<td>Ka codso arji wakaaladda shati-bixinta degmadaada ee ku taal xaafaddaada. Tag kulan wacyi-gelin ah si aad u qaadato arjiga, u barato heerarka iyo noocyada shatiga iyo nadaamka shati-bixinta. Arjiga shatiga oo aad soo buuxisay keen wakaaladda shati-bixinta degmada 651-266-3781</td>
<td>Ka codso arji wakaaladda shati-bixinta degmadaada ee ku taal xaafaddaada. Tag kulan wacyi-gelin ah si aad u qaadato arjiga, u barato heerarka iyo noocyada shatiga iyo nadaamka shati-bixinta. Arjiga shatiga oo aad soo buuxisay keen wakaaladda shati-bixinta degmada 612-348-3883</td>
</tr>
<tr>
<td><strong>September 27, 2016</strong> 3:00PM to 5:00PM</td>
<td><strong>October 3, 2016</strong> 1:05PM to 3:00PM</td>
</tr>
<tr>
<td>Community Action Building 450 N. Syndicate Street (Bruce Vento Room) St. Paul, MN 55104</td>
<td>Hennepin County Ridgedale Library - RHR Conference Room 12601 Ridgedale Drive Minnetonka, MN 55305</td>
</tr>
</tbody>
</table>