Kalsonida iyo Koritaanka Caruurta

Caruurta waxay u diyaarsanyihiin inay kalsoni kaligood gaaraan. Kalsonida waxay ka mid tahay koritaanka caruurta ee habka larabay ah. Intay koraanba waa intay bartaan inay kaligood waxyabo cusub qabsadaan.


Afar meelo baa caruurta laga bari karaa inay iscaawiyaaq:  
1. Inuu kaligii wax cuno.  
2. Inuu kaligii labisto.  
3. Inuu isnadiifyo oo musqusha uu gali karoo.  
4. Hawsha guriga uu wax kaqaban karoo sida miiska qadada uu diyaariyo ama  
alaabtiisa uu guro.  


Faahfaahin kale hadaad rabtid:  
Hadaad rabtid inaad si baratid sida caruurta ay isku caawiyaaqama ama ay isku qabtoon, waxaad dawataa eXtension Alliance for Better Child Care article.

Ways to Encourage Self-Help Skills in Children

Children have a drive to be independent and do things on their own. This is a healthy part of normal child development. As children grow, they learn to do more and more tasks. Child care providers can help young children become independent by allowing and encouraging them to take responsibility for themselves whenever possible. It can be faster and less messy to do things for children, but they learn so much from doing things for themselves. When children practice self-help skills such as feeding and dressing themselves, they practice their large and small motor skills, gain confidence in their ability to try new things and build their self-esteem and pride in their independence.

There are four main types of self-help skills:

- **Self-feeding.** The best way to build independent feeding skills is to learn the normal developmental stages of self-feeding.
- **Independent dressing and grooming.** Encourage children to dress and groom by themselves; just provide minimal assistance.
- **Hygiene and toileting.** Look for signs of readiness for toileting. Encourage children learning to use the toilet to climb on and off the toilet seat, pull clothing up and down, and wash their hands independently.
- **Helping with daily chores like table setting and picking up toys.** Encourage children to help with clean-up early on.

Self-help skills are worth the time and effort in a child care program. The secret to success is to give children age-appropriate experiences and provide the appropriate supports to help children be successful. Child care providers can offer opportunities for children to develop self-help skills and give them ample time to work on these important tasks. Remember that adults are important role models. We model self-help skills; children learn a great deal from watching us.

Moving toward autonomy

Children continue developing self-help skills as they move through the early years and adolescence. They learn to bathe themselves, wash their clothes, use a telephone, prepare meals, ride a bicycle, and drive a car. The foundation for self-care tasks is laid during the toddler years. Our role as caregivers is to provide a safe environment and the guidance to help them begin learning to do things for themselves.

Self-help skills are healthy, developmentally appropriate and certainly worth the effort and time it takes to implement them. Try not to make it harder than it has to be. Make it a fun time with your children. It is certainly a wonderful learning opportunity for the entire family. And how great is it that we as parents, are not only able to guide and support them, but have front row seats to witness our kids growing into independent little people. Enjoy! [http://articles.extension.org/pages/26436/ways-to-encourage-self-](http://articles.extension.org/pages/26436/ways-to-encourage-self-).
HORDHAC

Magaceygu waa Salado Hasan waxaan mardhow ku soo biiray Think Small oo la i i qaataa tobabaraha ama kalkaaliso oo la shaqeeyn doonto macalimiinta iyko kor ka hayyaasha xarumooyinka caruuta lagu xanaanayo (Parent Aware Quality Coach). Takhasuus keegu waa macalimad oo afar sano ah (Bachelor of Science in Education), haatan waxaan ka shaqeeynaya tallaabada ka sareeyso oo labo sano oo kala lagu darraayo (Masters of Science in Education). Fadlan iga la soo xariir: shasan@thinksmall.org ama 651-366-6796 ha dii aad su’aalo qabtiid.

My name is Aisha Galaydh and I was recently hired as a Special Initiative Recruiter for Think Small. I will be helping with the new Pathways to Quality program that helps child care providers advance their work in a variety of areas.

About me:
Last year I graduated from the University of Minnesota with a degree in Global Studies and African Studies. Prior to working with Think Small, I conducted research with the U of M on the Contexts of Diaspora Citizenship. The research was a comparative case study on how Somali Minnesotans have integrated and participated as members in society, in comparison to Finnish Somalis (Finland). Additionally I’ve tutored children in northeast Minneapolis for over six years in writing, social studies and math. My experience as a researcher and a tutor has given me the opportunity to see the setbacks that the community and children face.
I’m excited to work closely with Child Care providers and I look forward to getting to know you!
For contact information: agalaydh@thinksmall.org 651-287-8588

Announcement
Think Small's West office is moving to a new office space in Hennepin Square on July 5th.
The new suite number is LL20. Our address will otherwise be staying the same, 2021 East Hennepin Avenue, and signs will direct visitors to our new office. Our St. Paul office location will remain the same.
Muhiimada aay leedahay Cayaartu:

Ilmaha badankoodu fursad uma hellaan in ay u ciyaaran sidii ay awoooweyinkood iyo ayeeyooyinkood u cayaari jireen. Dadkii hore siddey u cayaarihigare: aqal dhis, ciid ku ciyaar ama shushub, sheekeysi (sheekoy sheeko, sheeko xiriir), garrii ciyaar, dhuumeysi ama kii ceersi, lagdan, roobko lagu ordo, suugaanta oo la tixo ama maansoyinka oo lagu tartam iyo nuucya badan oo halkaan lagu soo koobin karin. Asaaska waxbarshada waxaa dhiso ciyaar qaymo ku fadhidu oo caruurta lasiiyay fursad eey ku dhexgalaan dadka waaweyn (ayagoo la sheeykasanayo ama la cyiyaarayo) iyo caruurta faccoodah. Markey caruurtu ciyaaraayan maskaxdooda ayaa korayso, jismiga muruqahooda ayaa dhismaayo, afkooda (luqad), suugaanta, caadoyinka, iyo dhaqanka eey ku nool yahiiin ayaa dhismaayo oo ka mid yahiiin maansoyinka. Ladhaqanka iyo dhex-galka bulshada iyo sida dareemoyinku loo maamulo ayeey barataan caruurtu markeey ciyaaran. Markastanah waxaa loo baahanyahay qof hago siday dareemada naaquiska ah ama sa'a'idada ah siddey carruuta ay u hagi lahaayeey. Caruurtu markaay ciyaareys oo maahan in ay waqtii dhuminayaan balse waxaa dhismeeyo maskaxdooda iyo faallaynta waxbarashada. Garrii ciyaarka ka soo qaad; carruutu waxaay ku bartaan xisaabta. Maskaxadu kuma korte “kalarkaani waa maxay?”. Marki carruutu ciyaarto, maskaxda qaabyo badan aaye ka shaqeysiiyin waa oo waxbarashada asaskeeda ah. Ciyaartu waa fidro oo ku aburan carruuta markeey ka dhargan ayeey maskaxdoodu waxbarashada u soo jeestaa.

Ciyaartu maxaay u tartaa carruurta:
1. Isku kalsoonida ayaa laga barta
2. Ra'yiga iyo faallo ka-bixiska noolasha ayaa laga barta
3. Biimeynta ayaa lagu barta
4. Xisaabta aay laga barta

Sida loo abaabullo ciyaar carruurta maskaxdooda dhiseeyso?
1. Caruurta 7 sanoo ka yar, waqtiga badaankii waa in loogalaada in ay ciyaaraan
2. Qof weyn waa inu hago carruurta si aay dareemadooda u hagi la haayeey( carruurtu markey xananaqaan / murugoodaan waa in la hago oo la tusaa si loo xaliyo)
3. Bannaanka inaad u saartid u badii oo carrada/ ciida si ay u baan
4. U ogalo dhaqadoqaaga badan
5. Sheeko, sheeko, sheeko xariir; carruuta u ogaloo in ay allidhaan sheekoo yin
6. Orad ama tartan u ogaloo in ay bannaaka ku sameeyaan
7. Garoonka ciyaarta u ogaloo in ay koraan, sabiibaxan, ka soo boodan iyo ay koraanba

Ogeysiiin

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

2021 East Hennepin Avenue, Suite LL20 Minneapolise, MN55413
Maa la socota?

MN Streams.org mordanbe ma siijiri doono, (lama isticmaalikarayo) laga belaabo Junu30, 2016 lakiin fasalada tooba barka, xirfada koorinta iyo warbixinta guud, waxa loo wareejinya www.developoolmn.org

Qaymehey kugu fadhido?

Isbadalkaani wuxu saamaynaya qof kasta oo dhiigto korinta ilmaha iyo tababarkooda oo kana qaaday Child Care Aware of Minnesota. Waa inad gasha www.mnstreams.org oo galisa Develop numbarkaaga, si aay shahaadooyinkii fasalaadada iyo taariikhda tobabarka loo gudbiyo ama logu wareejiyo Develop.

Ha daadan hisaaniin Develop nambar? Istilaaboyinkaah raac:

1. Halkaan aad www.developoolmn.org
2. Waxaad riixdaa “Log In” oo laga helo geeska kora ee midigtaa
3. Riix “Create an Individual Account” markaas waxaad raacda haginta kumbuyuutarkaas sheegayaa

Fahfahinta Macluumadaa:

Hadaa su’aalo ka qabtid Develop Individual Account Cinwaankan u dir farriin: support@mncpd.org.

Hadaa su’aal ka qabtid isbadalka, la xiriir lataliyaha xirfada koorinta, cinwaankaan tag:

careawaremn.org/local-resources

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.developoolmn.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 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.developoolmn.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

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.
Birnaamijkaan wax u kugu caawinaa ama kugu tobabaray isda carruurta loo la macaamiltimo ama wax loo baro adigoo tix galinaayo dareenkaada iyo sida carruurtu aay u dhexgalaan bulshada.

Mashruucan maxu yahay?

Waxad helaysa tobabara bilaash ah oo ku baraayo sida ama xirfadaha loo isticmaalo carruurta iyo sida loo xannaaneyo ado tix galinaayo dareenkaada iyo sida loo carruuta lo tobabaro dhaqanka iyo nadaamka bulsho dhex-galka bulshada.

Fadlan la soo xarirr Zeinab Abdalla 651-641-6673.
Tababar ku baxiya luqadada

Bishii: Luulyo iyo Agoosto 2016 Classes

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

<table>
<thead>
<tr>
<th>Tababar</th>
<th>Required Area</th>
<th>Waqtiga</th>
<th>Gobolka</th>
<th>Meel</th>
<th>Lacag</th>
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<tbody>
<tr>
<td>Basic Child Development</td>
<td>CDA 8, CC I, ★ 1</td>
<td>Thursdays, 7/7, 7/14, 7/21, &amp; 7/28 6:30 to 8:30PM, 8 In Service Hours</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$40</td>
</tr>
<tr>
<td>Supervising for Safety</td>
<td>CDA 1, CC VI</td>
<td>Saturdays, 7/16 &amp; 7/23 9:00AM to 12:00PM, 6 In Service Hours</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$30</td>
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<tr>
<td>Developmentally Appropriate</td>
<td>CDA 1, CC VI</td>
<td>Saturday, 8/27 8:30AM to 12:30PM, 4 In Service Hours</td>
<td>Hennepin</td>
<td>Think Small West Minneapolis</td>
<td>$20</td>
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<tr>
<td>Appropriate Behavior Guidance.</td>
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Kulan

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New Americans Network meetings

Times: 6:30PM to 8:30PM
Monday: July 11, 2016

Kulanka New Americans

Waqtiga: 6:30PM to 8:30PM
Isniin: Luulyo 11, 2016

Somali Advisory Committee (SAC) meetings

Times: 6:30PM to 8:30PM
Wednesday: July 20, 2016

Kulanka guddiga la-talinta

Waqtiga: 6:30PM to 8:30PM
Arbaca: Luulyo 20, 2016
**Hennepin iyo Ramsey County Family Child Care Licensing Orientation**

<table>
<thead>
<tr>
<th>Qobolka Ramsey</th>
<th>Qobolka Hennepin</th>
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<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 heirarka iyo noocyada shatiga iyo nadaamka shati-bixinta. Arjiga shatiga oo aad soo buuxisay keen wakaaladda shati-bixinta degmada</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 heirarka iyo noocyada shatiga iyo nadaamka shati-bixinta. Arjiga shatiga oo aad soo buuxisay keen wakaaladda shati-bixinta degmada</td>
</tr>
<tr>
<td>651-266-3781</td>
<td>612-348-3883</td>
</tr>
</tbody>
</table>

**July 12, 2016**
3:00PM to 5:00PM

Community Action Building
450 N. Syndicate Street (Bruce Vento Room)
St. Paul, MN 55104

**June 30, 2016**
1:05PM to 3:00PM

Hennepin County Ridgedale Library - RHR Conference Room
12601 Ridgedale Drive
Minnetonka, MN 55305