**Gross Motor Skills**

Xirfadaha motor Gross yiihinirfadaha aan u isticmaalno si ay u guuraan our gacmaha, lugaha, iyo jir hab functional.

Xirfadaha motor Gross lug muruqyada waaweyn ee jirka in awood hawlaha sida socosho, haraati, ku fadhiya qumman, u qaadeen, oo tuuray kubad.

Xirfado socod Qof ayaa ku xiran tahay midab muruq iyo xoog labadaba. midab muruqa Low, ama hypotonic, waa dabeecadda u ah dhowr xaaladaha naafada sida Down syndrome, hiddo ama muruq, ama xanuunada habdhiska dhexe.

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Gross motor skills are the skills we use to move our arms, legs, and torso in a functional manner. Gross motor skills involve the large muscles of the body that enable such functions as walking, kicking, sitting upright, lifting, and throwing a ball. A person's gross motor skills depend on both muscle tone and strength. Low muscle tone, or hypotonic, is a characteristic of several disabling conditions such as Down syndrome, genetic or muscle disorders, or central nervous system disorders.

Reference:

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**Think Small** invests in the lives of young children through quality early childhood education and educational resources. Since 1972, Think Small has educated, advocated, and supported thousands of parents, child care providers, and other early childhood professionals in the state of Minnesota and across the country.

**Our mission.** To advance quality care and education of children in their crucial early years.

Family Child Care Licensing Orientation

Ka codso arji wakaaladda shati-bixinta degmadaada ee ku taal xaaftadada. Tag kulan wacyi-gelin ah si aad u qaado arjiga, u barato heerarka iyo noocayda shatiga iyo nadaamka shati-bixinta. Arjiga shatiga oo aad soo buuxisay keen wakaaladda shati-bixinta degmada.

Orientation Meetings
To be considered for licensure, you must attend a free, 2-hour large group meeting. The meeting covers licensing rules, process, and other information. You will learn about many of the specific child care licensing requirements and have the opportunity to ask questions.

- Do not bring children as there is no child care.
- Applications are available only at these meetings.
- You must attend the orientation in the county you plan to operate your daycare.
- Must give 2 weeks notice if requesting an interpreter.

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<thead>
<tr>
<th>Ramsey County</th>
<th>Hennepin County</th>
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<tr>
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<td>7001 York Avenue South</td>
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<td>Edina, MN 55435</td>
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www.thinksmall.org

Somali Child Care Talk is published quarterly. For subscription inquiries, please contact us at 651-641-6673
Somali Story

Warbixin Loogu Talagalay Adeeg-bixiyeyaasha/Bareyaasha

La shaqee hay’addaada Child Care Resource and Referral (CCR&R) (Ilaha iyo Gubinta Sii-haynta Ilmaha) si aad diyaar ugu noqotid qiimeynta tayada ee Parent Aware. Barnaamijyada u qalma waxay heli doonaan tababarka Dhisidda Tayo: Sida Waxa Fiiican Loo Sii Fiicneeyo lacag taageero oo ah hagaajinta, la-talin xirfadle oo ah horumarinta iyo tababar. Dhamaan bixiyeyaasha adeeg sii-hayn ilmo/bareyaasha waxa lagu martiqaadayaa inay ka soo galaan adeegyada CCR&R ee taageera hagaajinta tayada. Fadlan Kaa qaab qaado barnaamijkaan oo ah mid aad u waanagsan.

Sheekoo Bisad Iyo Jiir


Dhulucda Sheekada. Has isku dayin in aad walaal ka dhigato qof aanad aqoon u lahayn. Soomalidu waxay tidhaahdaa, cadow ciirsimaad mal eh.
Winter Activity Ideas

Be prepared for the cold. If you want to enjoy yourself, then make sure you won’t freeze outside. Don’t just head out in sneakers, jeans and a sweater under your coat. **Think layers.** Wear thermal leggings and several layers under your sweater. Wear a hat and gloves. If you’re not cold and uncomfortable, you’re more likely to have fun and not run back inside after 5 minutes. It’ll also help prevent you from having to come up with natural cold and flu remedies and treatment.

**Outdoor Activity**

When it snows, it sets the stage for an ultra-fun family activity: Tracking animals. Grab a camera and your kids and check out the animal tracks in your freshly fallen snow. Take photos too, so you can compare them to photos of animal tracks later.

Reference

http://www.sheknows.com/parenting/articles/813166/10-outdoor-winter-activities-for-kids

**Indoor Activity**

Snowmen Paper Plate Winter Craft For Kids

**Materials Needed:**

- 2 Paper plates
- Black, orange, purple, and yellow paper
- Glue/Tape
- Scissors

**Instructions**

1. Tape the two paper plates together (the bottom plate turned backwards to make it look more round).

2. Cut out 3 black buttons from paper.

3. Cut out arms and feet with paper.

4. Glue google eyes on the face (the bigger ones look cute).

5. Either glue a piece of fabric or colored paper around the neck to make a scarf.

6. Make a hat and glue a cotton ball on the top.

U Diyaar Garowga Dugsiga, Ka Gudubka Xanaanada, U Gudubka Dugi Bilowga Waa maxay u diyaar garowga dugsigu?

U diyaar garowga dugsigu (school readiness) waa wax aad looga isticmaalaa goobaha ilmuhu uga gudubto xanaanada, una gudbayaan dugsiyada, macnaheeduna waxaa weeye ilmahaasi wuxuu diyaar u yahay inuu dhax galo bulshada iyo goobaha waxbarashada waxayna ku xidhan tahay deegaanka. Sida kale ee loo dhihi karaa waxaa weeye ilmahaasi wuxuu u diyaar yahay inuu bilaabo sidii uu wax ku baran lahaa isaga oon aan cidna ku tiirsanayn. Si uu markaa sidaa u sameeyo, ilmahaasi waa inuu awoodi karaa:

- Inuu wax qabsan karo keeliigii
- Inuu imaان karo dhegaysana karo waxa qofka kale leeyahay
- Inuu la heshii karo ilmaahay ay is le'eg yiihiin
- Inuu baran karo kana qayb qaadan karo nidaamyada sida wax akhriska iyo ciyaarta
- Inuu ahmiyada siyoo dhegaysstonaa qofka dhibiicay fasalkiisa
- Inuu leeyahay xirfad uu bulshada kula dhaqmo, si ilmuhu uga qabsado goobaha waxbarashada iyo macalimiinta ama ardeyda kale
- Inuu la ciyaarii karo ilmaaha kale iyadoo la raacayo sidii loosoo kala horeeyey oo aan xadgudub jirin.

- Sidaan meelaha carruurta ku nool yiihiin, wax ku bartaan kuna ciyaaraan u saameeyasa caafimaadkaada iyo korismaddada?
- Maxay xaaladaha caafimaad-darro ee carruurta sida neefta, autismka, cayilka xad-dhaafka ah iyo kaadi sokoroowga ay ugu muuqdaan kuwo kor u sii kacaaya?

Su’aalaha sare ku xusan waxaa jawaabtooda isku dayaha daraasad loogu macadaray Cilmibaarista Qaran ee Carruurta, taasoo ah daraasad muhiim ah oo soconaysa xilli dheer. Daraasaddu waxa ay sidoo kale ka jawaabaysaa su’aalo kale oo khuseeya doorka ay bii’adu ku leedahay caafimaadka iyo koritaanka carruurta. Daraasaddani waxa ay raadraacaysaa silsiladda nolololeed ee 100,000 oo carruur ah kuwaasoo ka soo kala jeeda dhammaan qeybaha dalka isla markaana ay da’doodo u dhexeyeyso xilliiga ay ku jiraan uurka illaa iyo inta ay ka gaaraya 21 sano.
Important Dates & Observances

December 24 - Christmas Eve
December 25 - Christmas (Think Small closed 12/26)
January 1 - New Year (Think Small closed 1/2)
January 16 - Martin Luther King Day (Think Small closed)
January 20 - Inauguration Day
February 14 - Valentine’s Day
February 20 - President’s Day
March 12 - Daylight Saving Time
March 17 - Saint Patrick’s Day

Looking for child care? We’re here to help.

Ma waxaad raadinesa qof imaha kuu haya? Waaan u joognaa halkan in aan ku caawino.

Waxaad nooga inaad ah isku xiran xaanashada iyo xanuunada. Waxaad u fahmi kasta iyo xanuunada. Isku xiran kooxda uga caawin karaa.

Turn to us for child care, preschool, and after school care referrals, and information on quality care.

ChildCare Aware of Minnesota
Bringing Up What Matters Most

Call for free interpreting services in Hmong, Spanish, and Somali.