Gross Motor Skills

Xirfadaha motor Gross yiihinirdahaa 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 xanuuunada habdhiska dhexe.

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:

**Ogaysiis (Announcements about Trainings)**

**Family Child Care Licensing Orientation**

**Orientation Meetings**
Ka codso arji wakaaladda shati-bixinta degmadaada ee ku taal xaafaddaada. Tag kulan waciy-gelin ah si aad u qaado arjiga, u barato heerarka iyo noocyada 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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<tbody>
<tr>
<td>TBD</td>
<td>January 26, 2017</td>
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<td>TBD</td>
<td>1:05 p.m.-3:00 p.m.</td>
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<td>TBD</td>
<td>Hennepin County Southdale Library</td>
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<td>7001 York Avenue South</td>
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<td>Edina, MN 55435</td>
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**Somali Story**

**Warbixin Loogu Talagalay Adeeg-bixiyeaasha/Bareyaasha**

La shaqee hay`addaada Child Care Resource and Referral (CCR&R) (Ilaha iyo Gudbinta Sii-haynta Ilmaha) si aad diyaar ugu noqtid qiimeynnta tayada ee Parent Aware. Barnaamijyada u qalma waxay heli doonaan tababarka Dhisidda Tayo: Sida Waxa Fiican Loo Sii Fiicneeyo lacag taageero oo ah hagaajinta, la-talin xirfadle oo ah horumarinta iyo tababar. Dhamaan bixiyeaasha 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.

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**Sheekoo Bisad Iyo Jiir**


Dhulucda Sheekada. Has isku dayin in aad walaal ka dhigato qof aanad aqoon u lahayn. Soomalidu waxay tidhaahdaa, cadow ciirsiimad 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

Big googly eyes
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 Dugsi Bilowga Waa maxay u diyaar garowga dugsigu?

U diyaar garowga dugsigu (school readiness) waa wax aad looga isticmaalaa goobaha ilmuhi 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 keeligii
- Inuu imaan karo dhegayansa karo waxa qofka kale leeyahay
- Inuu la heshi karo ilmaha ay is le'eg yihiin
- Inuu baran karo kana qayb qaadan karo nidaamyada sida wax akhriska iyo ciyaarta
- Inuu ahmiyada siiyo dhegaystona qofka dhiigaya fasalkiisa
- Inuu leeyahay xirfad uu bulshada kula dhaqmo, si ilmuhi ula qabsado goobaha waxbarashada iyo macalimiinta ama ardeyda kale
- Inuu la ciyaari karo ilamaha kale iyadoo la raacayo sidii loosoo kala horeeyey oo aan xadgudub jirin.

- Sidee meelaha carruurta ku nool yihiin, wax ku bartaan kuna ciyaaraan u saameeyaya caaafmaadkooda iyo korimadooda?
- Maxay xaaladaha caafimaad-darro ee carruurta sida neefta, autismka, cayilka xad-dhaafka ah iyo kaadi sokoroowga ay ugu muuqdaan kuwo kor u sii kacaya?

Su’aalaha sare ku xusan waxaa jawaabtooda isku dayaha daraasad loogu macadaray Cilmibaarista Qarantii ee Carruurta, taasoo ah daraasad muhiim ah oo soconaysa xilli dheer. Daraasuddu waxa ay sidoo kale ka jawaabaysaa su’aalo kale oo khuseeya doorka ay bii’adu ku leedahay caafimaadka iyo koritaanka carruurta.

Daraasaddiin waxa ay raadraaccaysa silsilida noolololeed ee 100,000 oo carruur ah kuwaasoo ka soo kala jeeda dhamaan qeybaha dalka isla markaana ay da’ooduu u dhexeeyso xilliga ay ku jiraan uurka illaa iyo inta ay ka gaaraan 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 raadineysaa qof imaha kuu haya? Waa dhaqanka cabsan in aan ku caawinno.

Waxaad noogu imaatay ama oo ka saabsan xanamadka cabsan, presheedsan, iyo barnaamijada xanamadka iskuudyska aad weeye ugu shaqayn ku saabsan xanamadka taayo leh.

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

Wac turjumaan tacaal’aan ah hadasho ku hadasho afka Soomaaliga.

1(888)291-9811
Call for free interpreting services in Hmong, Spanish, and Somali.