

Nidaamyo wax-qabad oo Qoysku Dhigto

Korista carruurta way adkaan kartaa, mararka qaarna farahay ka baxdaa. In la dhigto nidaam wax-qabad wuxuu kuu keeni karaa hab ka dhiga fudayd nolasha waalidka iyo ta carruurta . Nidaamka wax-qabasho kama dhigna jadwal adag ; carruurta yar yari waxay u baahanyihiin qaab yar dabacsan (gaar ahaan maalmaha fasaxa ah ee todobaadka). Waxay hawlaha si fiican ugu hirgalaan marka waxyaaba maalin-kasta la qabto ay raacaan nidaam la sii saadaalin karo.

Wax-tarka ay Carruurta u leedahay

- **Dareen nabad-gelyo** – Marka ay arrimuhu u dhacaan si isku mid ah maalin walba, carruur tu waxay bartaan in ay saadaaliyaan waxa soo socda. Waxay dareemaan nabad iyo badbaado waayo qof kale ayaa illaalinaya oo daryeelaya; in ay warwaraan maaha.
- **Kalsooni** – carruur tu waxay bartaan in ay ku kalsoo-naadaan marka dadka iyaga daryeelayaa ay raacaan nidaam wax-qabasho oo lagu kalsoonaan karo. Taasi waa aasaaska ay ku dhisaan kalsoonida ay ku qabaan aduun-weynaha.
- **Isku-kalsoonaansho** - isku – kalsoonaanta carrurta waxa ay korodhaa marka ay saadaalin karaan waxa soo socda.
- **Caadooyinka wanaagsan** – Nidaamka wax-qabad, sida jimicsiga joogtada ahi waxay carruurta ku abuuraa dabeecado caafimaad qaba oo ay naftooda ku daryeelaan.

Wax-tarka ay waalidada u leedahay

- **Qorsheyn** – Inay waalidiintu dhigtaan nidaam wax-qabad wuxuu ka cawiyaa in ay dhammeystiraan hawlaha guriga laga qabto ee lagama maarmaanka ah. Siiba marka ay heystaan cunug yar, in waqti loo helo in la qabaysto(maydho) iyo inla soo adeegto waa hawl adag!
- **Edbin** – badiyaa ma dhacto in ay carruurta edab-daraadaan hadii hawlaha joogtada loo qabtaa ay raacaan nidaamka wax-qabadka ee loo dajiyay. Hadii ururinta qalabka ciyaartu mar kasta ay ka horeyso in gacmaha la maydho iyo in la fadhiisto si wax loo cuno, carruurta badan-koodu waxaba ma diidaan hawshana si fiican oo dhakhsa ah ayay u qabtaan. Hadii maydhashadu mar walba ka horayso marka carruurta la seexinayo, loo sheekaynayo, loo heesayo, dhunkasho-habeen-wanaagsan la siinayo, gacantana looga haad-sho albaabka qolka hurtada, hurdadu si fudud bay ugu timaada.

Maxaa sameeya nidaam wax-qabad oo wanaagsan?

Dhammaan waxan nahay shakhsi-yado kala duwan, ma jiro hab gaar ah oo la raaco si loo dajiyo nidaam wax-qabad oo qoys kasta u shaqeeya. Waxyaabahan qaarkood tixgali, marka aad qorshaysanaysid nidaam wax-qabad, xusuunaw in aad tixgalisid baahiyaha iyo waxay doorbidaan carruurta iyo waalidku.

- **Baahiyoyinka Jidhka** – Qof kastaa ma cunteeyay oo ma nastay inta aanu ka qayb-galin hawlaha kale? Ma jiraa waqti loogu talagalay jidh dhis (in loo lugeeyo jardiinka, in si firfircoon qoob-ka ciyaar lagu sameeyo qolka fadhiga) maalin kasta? Nidaam-wax qabadkaasi ma awoodsiiya qof kastaa in uu hurdo ku filan helo?
- **Baahiyaha Bulshanimo** – Carruurta socod-baradka ihi ma u yimaadaan kuwa facooda ah? Waalidiintu ma arkaan saaxiibadood? (Kooxaha wada ciyaara ayaa ka jawaabi kara baahiyahaas)
- **Baahiyaha Caqliga** –Carruurta ma helaan waqti ay u ciyaaraan siyaabo dhiirrigeliya fahamka agagaar-kooda? Waalidiintu ma helaan sheeko dad waayweyn oo ku filan?

- **Baahiyaha shucuurta** –Carrurta yaryari ma helaan raaxada ay u baahanyihiin? Carrurta ma dareemaan nabad-galyo marka ay walidkoodu hayaan? Waalidiintu ma helaan kaalmo?
- **Marxalada Koritaanka** – Nidaamka wax-qabadku ma tixgeliyaa in baahiyaha carrurta is bedelaan sida da'doodu isu bedesho? Cuno fudud oo badan ma helaan waqtiyada ay aad u koraan? Doorashooyin madax-banaan ma loo ogolaada socod baradka? (tusaale-ahaan, “Ma waxaad cadayan maydhashada ka hor mise ka dib?”). Masuuliyado dheeraad ah ma loo gudbiyaa carrurta waaweyn. (tusaale-ahaan in uu ka qeyb-qaato diyaarinta cunnada fudud ama sameynta qadada dugsiga loo qaato).
- **Faraqa shakhsiyadka** – Nidaamka wax-qabad ma ogolaadaa dabeecad ilmo u gaar ah? Tusaale-ahaan, koobta inta jeer ee la baxo si wax yar oo degdeg ah loo soo qabsado waayo waxaa ilmaha ku adag is bedbeddelka tagida dukaanka, baabuurka, dukaanka, baabuurka... ama dabacsanaan badan, waayo ilmahan baahida jidhkiisaa is bedbeddesha, oo ma gaajoodo waqti isku mid ah maalin kasta. Ama waa in mar walba la isticmaalaa isla nidaam kaa wax-qabad waayo ilmahani ma jecla waxyaabaha aanu filayn.

Beddelaada nidaamka wax-qabad

Mararka qaarkood in la beddelo nidaamka wax-qabadku wuxuu xalilaa dhibaatooyinka akhlaaqda.

- **Bedal isku xidhiidhsanaata** – Xataa hadii dadku kuu sheegaan in u maydhida jifka(hurdada) ka hor inay ilmaha dejiso, waxaa dhici karta in ilmahaagu dareenkiisu kaco oo ay seexashadu ku adagaato. Waxaa la arkaa in dhibaataada loo marayo hadii aad maydhista ka hor- marisid cashada.
- **Aqoonso baahi** – Hadii ilmahaagu goor kasta dhirfo cashada ka hor, ma laga yaabaa inay gaajoonayso. Ku dar nidaamkaaga wax-qabad cuno fudud gelinka dambe, ama waxaa laga yaabaa inay u baahantahay in ay habsato in aad u foajigan-tahay. Intaanad wax kariska bilaabin wax yar la ciyaar, ama u dhiib saladhka agtaada ha ku gogoysee.
- **Isbedel marxalladood oo fiican** – carrurta inta badan way edeb daroodaan marka ay tahay in la bedelo waxyaaba la qabanayey. Si aad uga hor-tagtid dhibaataada, isku day in aad hees ku dartid nidaamka wax-qabad si ah ilmahu u sii garto isbedilada soo socda. Tusaale ahaan hadii ay tahay in ilmo socod barad ahi joojiyo ciyaarta si uu walaalkiisa weyn ugu la kulmo meesha baska dugsiga dhigo, hees, “dhawaan baskii Cali ayaa imanaya, waan tagaynaa si aan ula kulanno” ugu hees sida luuqda uu sameeyey “Frère Jacques.” Heestu waxay siisaa carruurta waqti ay la qabsadaan isbedelka koristooda.

Nidaamyada wax-qabadku ma aha kuwa aan isbeddelin; Mar kasta waxay u baahanyihiin in la waafajiyo xaaladaha isbedala. U firsashada ilmahaaga iyo garashada baahidu waxad kari kartaa in aad saadaalisid nidaam wax-qabad oo ku haboon qoyskaaga.

Qoreh Betsy Mann, waxaa caawiyay Linda Martin, Family Visitor Program Coordinator, Better Beginnings, Better Futures, Ottawa.

Family Routines

Life with children can seem chaotic, at times even out of control. Establishing some basic routines can restore a sense of order that will make life easier for both parents and children. A routine doesn't mean a rigid schedule; young children need structure with flexibility (especially on weekends). For most families, things work better when everyday activities follow a predictable pattern.

Benefits for children

- **Sense of security** - When things happen in the same order every day, children learn to predict what comes next. They feel safe and secure because someone else is taking care of things for them; they don't have to worry.
- **Trust** - Children learn to trust when the people who care for them follow a dependable routine. This is the foundation on which they build their trust in the larger world.
- **Self-confidence** - Children's confidence in themselves also increases when they are able to predict what will come next.
- **Good habits** - Routines, such as regular exercise, build good health habits that teach children to look after themselves.

Benefits for parents

- **Planning** - Having a routine helps parents plan to accomplish necessary chores. Especially with a small baby, finding time to take a shower and buy groceries can be a challenge!
- **Discipline** - Children are less likely to test the rules by misbehaving when regular tasks become part of an established routine. If tidying up toys always comes before washing hands and sitting down to eat, most children will stop protesting and get to work fairly quickly. If bath is always followed by bed, a story, a song, a goodnight kiss and a wave from the bedroom door, sleep will come more easily.

What makes a good routine?

We are all individuals; there is no recipe for a routine that works for every family. Here are some factors to consider, along with examples of questions to ask yourself when planning a routine. Remember to take into account the needs and preferences of both parents and children.

- **Physical needs** - Is everyone fed and well rested before taking part in other activities? Is there time for physical activity (a walk to the park, energetic dancing in the living room) every day? Does the routine let everyone get enough sleep?
- **Social needs** - Are toddlers getting together with

other children their age? Are parents seeing friends? (Playgroups can answer both these needs.)

- **Intellectual needs** - Do children get time to play in ways that stimulate their understanding of their surroundings? Are parents getting enough adult conversation?
- **Emotional needs** - Are babies getting the comforting they need? Do children feel secure in their parents' attention? Are parents getting support?
- **Stage of development** - Does the routine take into account how needs change as children grow? More snacks during a growth spurt? More choices offered to toddlers? (For instance, "Will you brush your teeth before the bath or after?") More responsibilities transferred to older children. (For instance, helping to prepare snack or making a school lunch.)
- **Individual differences** - Does the routine allow for a child's particular temperament? For instance, limiting the number of errands because this child has trouble making transitions from store to car to store to car... Or lots of flexibility because this child has irregular body rhythms and isn't hungry at the same time every day. Or always the same routine because this child doesn't like surprises.

Changing the routine

Sometimes, changing the routine can solve behaviour problems.

- **Change the sequence** - Even if people tell you a bath before bed calms children, your child may get excited and have trouble going to sleep. The problem might disappear if you move bath time before supper.
- **Recognize a need** - If your child always has a tantrum before supper, maybe she's hungry. Try adding an afternoon snack to the routine. Or maybe she needs to be sure of your attention. Try a short playtime with you before you start cooking or let her shred the lettuce beside you.
- **Smooth transitions** - Children often misbehave when it is time to change activities. To avoid trouble, try adding a song to the routine to signal upcoming changes. For example, if a toddler has to stop playing to go meet an older brother's school bus, sing "Johnny's bus is coming soon, we will go to meet him," sung to the tune of "Frère Jacques." The song gives children time to adjust and make the transition.

Routines are never set in stone; they will always need to be adapted as conditions change. By observing your children, by knowing your own needs, you will be able to make a predictable routine that suits your family.

by Betsy Mann, with help from Linda Martin, Family Visitor Program Coordinator, Better Beginnings, Better Futures, Ottawa.