

# Walidiinta iyo Ciyaarta

Marka aad carruur leedahay mararka qaar noloshu waxay u ekaataa in ay tahay hawllo taxana ah, waalidiintuna waxay ku calaa-calaan in waqtiyadii qoyska in uu noqdo waqti fiican oo la wada qaato uu iskugu soo ururay hawl kale oo dheeraad ah. Laakiin waqti fiican oo la wada qaataa wuu jiraa waxaana dib loogu soo noolayn karaa aduunka cajiibka ah ee ciyaarta ay carruurta yaryari furiihiisa hayaan. Aduunka haddi la la galo carrurta wuxuu keeni fursado lagu ogaado aragti cusub waxaanu xoojiyaa xidhiidhka qoyska.

## Waqtiga Si kale u arag

Inta ay dadka waaweyni ka walaac-sanyihiin waqti tegey qorshaynayaana wax soo socoda, carruurta way ciyaarayaan oo waxay mashquul yihiin waqtiga taagan. Waxay xiiseeyaan in ay daawadaan sawirka jeegaanta meelaha biyo-fadhiisiga ah laga arko halkay meel ka tegi-lahaayeen waqti sugan. Tani way ku diiqadayn-kartaa, laakiin run-ahantii faa'iidooyin baa ku jira in loo soo noqodo heerka ilmaha. Farsamooyinka la iskaga yareeyo diiqada waxay ku salaysanyihiin in ahmiyada la siiyo waqtiga taagan, si looga nasto culayska maalin-nololeedka. Dabcan waa loo baahanyahay waxyaabaha qaar in la sameeyo, mase aha in goor walba isla marka la sameeyo. Hadaad hawla-haaga aad yara dhigatid muddo gaabanna, waxaad ka dhigan karta ciyaaraha aan qorshaysnayn ee ilmuhu kugu casumo barnaamij gaar ah oo hoose aad ugu dhigeysid cidhiidhiga gurigaaga dhexdiisa.

## Dhisida xidhiidh qoys

Aduunka ciyaarta, waalidiinta iyo carrurta si sidii hore ka duwan ayay isku bartaan, waxay dhisaan xidhiidh waalid iyo ilmo oo qiimo-leh. Ilko cadeynta iyo qosolka la waadaagaa waxay u abuuraan sal xoog-leh cilaqaadyada marka quwado badan oo kale ay ka jiidayaan qoyska.

## Farxado fudud

Inta badan waqtiyada ay ciyaaro fudud wada wadaagaan ayay carruurta dareemaan in ay ku dhaw-yihiin waalidiintooda. Marka aad carruurtaada la joogtid waxaad xususataa waqtiyadii fiicnaa ee carrurnimadaadii...ama waxaad sameysaa waxyaabo aanad fursad u helin markaad yareyd. Marka dadka waaweyn ay carruurta la ciyaaraan, waxay sameyn- karaan (sida inay iyagoo wadada jooga boodboodaan ay korna u heesaan) taasi waxay u ekaan kartaa wax lala yaabo hadii ay kalidood ahaayeen. Kuwani waa fikrado aad waafajin kartid da' da ilmaha.

- Cunug dhumaalaysiga la ciyaar“peek-a-boo”
- Bulikeetiga sidii taallo u dhis oo ku qosol marka ay dunto
- dhex soco roobka oo biyaha ku batalaqeyso
- saar buste miiska dushiisa oo eeg wuxuu isku rogo (godka butida, qalcad/guri weyn oo qarsoodi ah,...)

- Ka samee faro warqado ah wax dad ama xayawaan u ego ku samee Biknic xiliga qabooba boste aad dhigtay jikada
- ururi dhagxaan qurxoon
- ka boodbood dhagxaanta harta ama webiga yaala
- fadhiso Jardiinka oo daawo shimbiraha iyo daba-gaalaha
- marka dhulku madoobaadana lugee

## Muusikada iyo qoob kaciyar

Hadii ay kugu adkaato in aad xidhiid sheekada madaxaaga ku jirta ee kugu odhnaysa “Run ahaantii waxyaabo badan oo ka muhiimsan ciyaarta ayaa ku sugaya in aad sameysid,” is ku day in aad ku wareejisid muusika ama qoob-kaciyar. Muusikada iyo dhaqdhaq waxay saameeyaan qeybo ka mid ah maskaxda gaar-ahaana carrurta iyo walidiintuba wey ku nafisaan.

- U hees ilmahaaga heeso aad ka xususantahay markaad yarayd. (heesaha carrurta loogu heeso, heesaha ardaaga, kuway qoysku jecelyihiin)
- Hadaad wax heeso ah xususan weydo, maktabada ka soo deynso kutub iyo cajalado oo qaar ka baro
- Cajaladuhu ma gali-karaan halkii codkaaga; hadaad ka sheexaysid in aad kaligaa heestid, la hees dadka kale. Hadii carruri ku dhageysaneyso waxaa la arkaa in aad codkaaga heshid.
- Saar muusikada aad rabti— Dhaanto, Qaaci —oo kula ciyaar ilmaahaga yar qolka fadhiga. (Kuwa waaweyn qudhoodu way jecelyihiin).

## Qoslid

Hadii ay ciyaaridu kaa dhigto wax doqon u eg ,qosol! Qosolka waa lagu raaxaystaa wuxuna sii daysaa shucuurta; dabiiba-yaasha qaarkood waxay ku taliyeen sodon daqiiqo oo qosalihi maalintii in uu daawo u tahay diiqada. Maadda, hadii waxyaabaha qaar si aan sidooda ahayn loo dhigo, waxay toosin karaan iska-horimaad waxayna qaboojin karaan xaalado kacsan.

## Aragti ciyaar jecel

Hadii aad ku celcelisid waxaa la arkaa in aad awoodid in ciyaar inaad ku fulisid liiska hawlaha in aad qabato ay ahayd. Kala soocida dharka aad maydhaysid waxaad ka dhigan kartaa ciyaar. Heesida heeso maad-lihi waxay gaabin karaan waqtiga aad adeega ku baxdid. Aduunka ciyaarta, wixii cuslaa ayaa u muuqda fudayd carrurta iyo waalidiintuna way isku soo dhawaadaan.

*Qoreh Betsy Mann*

# Parents at Play

Sometimes life with children seems to be one long string of tasks, and parents lament that family times that were supposed to be fun are reduced to one more thing to do. But the fun is there to be rediscovered in the magical world of play to which young children hold the key. Entering that world with them brings opportunities to discover a new point of view and to strengthen family ties.

## Another view of time

While adults are worrying about the past and planning the future, children at play are absorbed in the present. They are more interested in looking at the rainbows in the oil slick on a puddle than in getting somewhere on time. This can be frustrating, but in fact there are benefits to slowing down to child speed. Many stress reduction techniques are based on the principle of focussing in the moment in order to relax from the constant pressures of daily life. Of course, some things do need to get done, but not always right away. If you can put aside your list of things to do for even a short time, you can think of your children's invitation to spontaneous play as your private, in-home stress-reduction program.

## Building intimacy

In the world of play, parents and children get to know each other in a different way, building a precious intimacy. Shared smiles and laughter create a strong basis for relationships when many other forces seem to be pulling families apart.

## Simple joys

It is often moments of very simple play that help children feel close to their parents. With your children, you can relive good times you remember from your own childhood ... or do things you never had a chance to do when you were young. When adults play with children, they can do things (like skip down the street singing a song out loud) that would look *weird* if they were alone. Here are a few suggestions you can adapt to the age of your own children.

- play peek-a-boo with a baby
- build a tower of blocks and laugh when they fall down
- walk in the rain and splash in puddles

- put a blanket over a table and see what it turns into (a bear's cave, a secret castle, ...)
- make paper finger puppets together and invent a puppet show
- have a winter picnic on a blanket in the kitchen
- collect pretty rocks
- skip stones on a lake or river
- sit in the park and watch the birds and the squirrels
- go for a walk after dark

## Music and dance

If you have trouble turning off the message in your head that says "You really have more important things to do than play," try short-circuiting it with music or dance. Music and movement involve different parts of our brain and are especially relaxing, for both parents and children.

- Sing your children songs you remember from when you were young (lullabies, camp songs, family favourites).
- If you can't remember any songs, borrow books and tapes from the library and learn a few.
- Tapes are no substitute for your own voice; if you're too shy to sing alone, at least sing along. With children for an audience, you may find your voice.
- Put on whatever music you like—baroque to hip-hop—and dance your little one around the living room. (Bigger ones like this too.)

## Laughter

If playing makes you feel kind of silly, laugh! Laughter is relaxing and releases emotions; some therapists recommend thirty minutes of laughter a day as a remedy for stress. Humour, by putting things into another perspective, can smooth out moments of conflict and defuse tense situations.

## A playful attitude

With practice, you may be able to play your way right through some of those tasks on your list of things to do. Sorting laundry can turn into a game; singing funny songs will make the time spent doing errands seem shorter. In the world of play, the load seems lighter, and children and parents can draw closer together.

by Betsy Mann