

Kor u Qaadida Akhlaaqda Wangnaasan

Cidina ma jecla yuuska, qaylada iyo ciqaabta, dadka waa weyn ee sameeya carruurta laagu sameeyo midkoodna ma jecla . Kuwani waa dhawr siyaabood oo aad ku dhiirigelisid noca akhlaaqda qof walba anfadda.

Habee si looga hortago dhibaatooyinka.

- Habee degaan u fudaydiya carruurta si ay wax hagaagsan u sameeyaan. Tusaal ahaan ku rakib biraha koodh ka la sudho iyo shalfyada lagu kaydiyo qalabka ciyaarta meel ay carruurta gaadhikarto;ka fogee waxyaabaha jabi kara.
- U diyaari qalab haboon oo ku filan carruurta oo dhan.
- Si taxadir leh u ilaali, fiiro u yeelo oo isku day in aad xaalada wax ka beddashid, inta ayna akhlaaqdu faraha ka bixin.

Nidaam Joogto ah u samee

- Deji hab iyo nidaam lagu dhaqmo maalintoo dhan.
- U diyaari carruurta waxyaabaha imandoona. “Marka aan qalabka ciyaarta xerayno, waxaynu xidhan koodh keena oo dibadda ayaynu ku soo ciyaari.
- Hubi in ay carruurta helaan cunto nafaqa leh.
- Ka taxadir in la daawado telefisyoonka waqti badan ama la fadhiyo in badan.

Go’aan ka gaadh wixii laga wada xaajoon karo ama aan laga wada xaajoon karin

- Dhig xadad fudud, waadax ah, oo xoog leh, kuwaas oo khuseeya qof walba
- Ka dib marka aad xadadka dhigtid, ku adkaw.
- Xadadka aad dhigtay waa in ay u o’golaadaan in ay ilmuhu dooran karaan wixii ku haboon xaalada iyo da’dooda.

Sidaad ula hadlaysid wanaaji

- Sidaad u dhaqantidi tusaale ha u noqoto sida aad doonaysid in ay u dhaqmaan.

- U sheeg waxa ay sameeyaan halkaad uga sheegi lahayd waxa aany ahayn in ay sameeyaan: “Marka aad guriga jootid codkaaga hoos u dhig”.
- Iska illaali inaad aad u isticmaashid erayada sida “maya”, “ha sameyn” iyo “jooji”
- Tus ilmaha in aad jeceshahay in aad waqti la qaadatid, u ilka-caddee, xidhiidh indhaha ah samee, in-badan ugu yeedh magacooda, isticmaal erayo dhiirigaliya habna sii.
- U isticmaal codkaaga qalab wax la gu barto. U hadal,si miyir ah, degan,hufan oo toos ah.
- Ogeysii ilmaha marka ay akhlaaq doodu fiicantahay. Wax yar oo fiican oo ay sameeyaan oo aad la wadaagtay meel fog bay gaadhaa.

U foojignaw dareemada

- Dhegayso dareemada ka dambeeya erayada carruurta iyo waxay sameeyaan kuna celi: “waxay u ekaanaysaa in aad dareensantahay...”
- Xusuusnaw in, sida dadka waaweyn. carruurtuna mararka qaarkood ay maalin xun la kulmaan taasna waxba kuma jabna.

Daris sidaad wax u aragtid

- Baro akhlaaqaha da’aha kala duwan lagu yaqaan. Taasi ha hoggaamiso go’aankaaga la xidhiidha waxa macquulka ah ee aad ka filaysid ilmo kasta gaar ahaantii.
- Dooro waxyaabo aad jeceshahay lana wadaag carruurta. Himmadka waa la is -qaasiiyaa
- Ogaw heerka diiqadaada oo naftaadana daryeel.

Qoraalkan keydka ah waxa laga soo qaatay qoraalo ay diyaariyeen Janice MacAulay, Jane Fox iyo Cindy Helman oo ay u qoreen Tababarkii bixiya-yaasha daryeelka, waxana la sameeyay barnaamijka Family Resource Services iyo Home Child care Agencies of Ottawa-Carleton.

Promoting Positive Behaviour

No one likes nagging, yelling and punishing, neither adults who do it nor children who are on the receiving end. Here are a few ways to encourage the kind of behaviour that can make the day go more smoothly for everyone.

Organize to prevent problems

- Organize the environment to make it easy for children to do the right thing. For example, install coat hooks and toy storage shelves where children can reach them; put away breakables.
- Provide enough appropriate supplies and materials for everyone.
- Supervise carefully, be observant and act to change the situation *before* behaviour gets out of control.

Keep a routine

- Establish some structure and routines throughout the day.
- Prepare children for upcoming activities. “After the toys are put away, we’ll put on our jackets and go outside to play.”
- Make sure that children have nutritious snacks and meals.
- Avoid too much TV or any long periods of inactivity.

Decide what’s negotiable and what’s not

- Set simple, firm, clear limits which apply to everyone.
- Once you’ve set the limits, stick to them.
- Within the limits you set, allow children to make choices that are appropriate to the situation and to their ages.

Keep your language positive

- Show children how you want them to behave by setting a good example.
- Say what *to do* instead of what *not to do*: “Use your quiet voice in the house.” Avoid overuse of words such as “no”, “don’t” and “stop”.
- Show children that you like being with them: smile, make eye contact, call them frequently by their name and use words of encouragement and hugs.
- Use your voice as a teaching tool. Speak slowly, calmly, distinctly and directly.
- Let children know you notice when you like their behaviour. A little positive feedback goes a long way!

Pay attention to feelings

- Listen for the feelings behind children’s words and actions and reflect them back: “It sounds like you’re feeling”
- Remember that, just like adults, children sometimes have a bad day and that is okay.

Examine your attitude

- Know what behaviour is typical for different ages. Let this guide you as you decide what you can reasonably expect from a particular child.
- Choose activities that *you* enjoy and do these with children. Enthusiasm is contagious.
- Be aware of your own stress level and take care of yourself.

This resource sheet was adapted from material developed by Janice MacAulay, Jane Fox and Cindy Helman for Caregiver Training, a collaborative training program of the Family Resource Services Group and Home Child Care Agencies of Ottawa-Carleton.