

Heesidda Maalinta oo Dhan

Caruurta waxay bilaabaan in aay maqlaan oo ka jawaabaan codadka caloosha hooyadood iyagoo ku jira. Xaqiiqadii, xitaa maalmaha ugu horeeya ee noloshooda weey gartaan codka hooyadood. Ileen, waxay dhegeysanayeen hadalkeeda bilo badan.

Xiriirka ka caawinaya in aay fahmaan iyo in aay hadlaan horey ayuu maskaxdooda ugu sameysmay, laakiin sannadaha soo socda, waxay u baahan yihiin fursado fara badan oo aay ku maqlaan kuna bartaan afkaan. Heesaha ayaa fursadahaas si madadaalo qof walba u ah ugu sameeya.

“hadal dhalaaneed”

Dadka waaweyn ee meelaha kala duwan ee adduunka waxay leeyihiin habab gaar ah oo aay dhalaanka ula hadlaan. Marka aay yar yihiin, badanaa cod hees la isla-qaadayo anagoo isticmaaleyna, codkeena sare ayaan ugu qaadnaa, erayo iyo jumlado fudud ayaan isticmaalnaa, si tartiibsan ayaan ula hadalnaa, hakad ayaan gelinaa jumladaha dhexdooda, waxaana ku celcelinaa erayada.

“hadal dhalaaneedka” noocan oo kale ah dhalaanka maskaxdooda ayuu soo jiitaa sababtoo ah wuxuu waafaqsan yahay awooddooda ah in aay si ka fiican u maqalaan dhawaaqa dheer kan gaaban. Dhalaanka waxay si fudud u fahmaan waxa dadka waaweyn aay ka hadlayaan marka aay isticmaalaan erayo fudud oo aay badanaa ku celceliyaan. Erayada fudud, ku celcelinta, dhawaaqa halaasiga ah – waxay noqon karaan tilmaamaha heeso caruureed fara badan. Xaqiiqo ahaan, heesaha waxay door gaar ah ka ciyaaraan isgaarsiinta dhalaanka, waqtiga ciyaarta ilaa waqtiga hurdada, koritaanka caruurta inta aay socoto muhimadooda weey sii socotaa.

Firfircoonow

Heesaha aay ku jiraan dhaqdhaqaaqa gacmaha iyo jirka caruurta weey ka qeybqaataan, xitaa ka hor erayada dhawaaqidooda ayagoo aan kareyn. Heesahan badankood waxay magacaabaan qeybo ka mid ah jirka. Ugu horeyn, waxaad dhaqaajin doontaa ilmahaaga gacmhiisa si aad u tilmaanto qeybaha kala duwan ee jirkiisa ama jirkeeda. Ka dibna si-tartiib ah, ayuu ugu dari doonaa erayo dheeraad ah ilaa aad ka wada heestaan.

Laxanka, luuqda iyo ku-celcelinta

Muusiga iyo heesaha waxay kobciyaan xirfadaha dhegeysiga, oo ah qeyb lagama maarmaan u ah isgaarsiinta. Heesaha, laxanka iyo luuqda erayada muhiimka ah ayeey soo saaraan si si-fudud loogu maqlo. Sidoo kale, heeso badan waxay leeyihiin beydad lagu soo celceliyoo dhowr jeer, caruurta waxay helaan fursad aay ku bartaan oo sidaa awgeed ku xusuustaan erayada iyo jumladaha.

Xoogga saar laxanka

Laxanka waa waxa marka hore ku soo jiida caruurta muusigga iyo heesaha. Laga yaabee in aay xusuusineyso garaaca wadnaha hooyadood, kaasoo ah codadka ugu horeeya ee aay dhici karto in aay maqleen. Waxaad laxanka ku sii xoojin kartaa adigoo ilmaha jilibkaaga dushiisa ku bootbootinaya ama sacbinaya ama la wareejinaya caruurta waaweyn. Haddii aad ka hesho, maad isla ciyaartaan qoob-ka-ciyaar.

Heesaha ka dhig kuwo fudeyd lagu barto

Waad u fududeyn kartaa caruurta in aay bartaan heeso cusub adigoo si tartiib ah ugu heesaya marka hore. Laga yaabee in uu yahay hees xowli ah xoog leh, laakiin sug ilaa aay si fiican uga baranayaan inta aadan dedejin. Marka aay caruurta bartaan heesta, waad hakan kartaa si aad ugu ogolaato in aay erayga ku xiga ku daraan. Tusaale ahaan, badanaa, luuqda ayaa ka caawineysa in aay xusuustaan eraygii ugu dambeeyey sadarka.

Ka barashada heesaha CD-yada

Haddii aadan aqoon heeso caruureed oo aad u baahan tahay caawinaad bilowga, waxaad ka soo amaahan kartaa CD-yada maktabadda. Lakiin heesaha ha dhageysan oo kaliya. Barato oo aad la heesto caruurta. Xitaa haddii codkaaga uusan ahayn sidii la rabay, ma jiro duubitaan heesaha ah oo waafajin kara xiisaha iyo da’da caruurtaada sida aad adiga u sameyso oo kale.

Alifidda heeso cusub

Hal si oo lagu soo jiito caruurta waa iyadoo magacyadooda heesta lagu isticmaalo. Sidoo kale waxaad u alifi kartaa erayo cusub heeso la yaqaan si aad u raaciso howlahaada iyo waxa aad qabaneyso. Tusaale, marka la gaaro ka tagidda guriga saaxiibkaa, isku day in aad heesto “Waa waqtigii bixidda, macsalaama dhe” adigoo isticmaalaya dhawaaqa hees uu ilmahaada jecel yahay. Caruurta qaar bedelidda howsha aay qabanayaan waxay ku noqon kartaa mid culeys-maskaxeed leh. Hees noocan oo kale ah oo loo alifo ayaa ka caawini karta in aay bedesho dareenkooda una tilmaanto waxa dhici doona.

Heest ayaa mararka qaar ka natiijo fiican amarka. Isku day in aad ku sheegto waqtiga cuntada “if you are hungry and know it, come and eat”, adigoo dhawaaqa aay garanayaan ku heesaya.

Heesaha xaaladaha oo dhan loogu talagalay

Waxaa jira heeso xaaladaha oo dhan loogu talagalay: tilmaamidda howlo aay garanayaan, ka dhigidda howlaha caadiga ah kuwo fudud, bedelidda dareenka xun iyo is-dabcinta hurdada ka hor. Wadaagidda muusigga waxay dhista xiriirka dadka weeyna ka farxisaa qof walba.

Waxaa qoray Betsy Mann

Singing through the Day

Children start hearing and responding to sounds before they are born. In fact, even in the first few days of life, they recognize their own mother's voice. After all, they've been listening to her talk for months.

Connections have already been made in their brain that will help them understand and speak, but in the next few years, they need lots more opportunities to hear and practice language. Songs give children those opportunities in a way that's fun for everyone.

"Baby talk"

Adults all over the world seem to have a special way of talking to babies. When they are little, we make our voice higher, use simple words and sentences, speak more slowly, pause between sentences, and repeat the same phrases over and over, often in a sing song tone of voice.

This kind of "baby talk" gets infants' attention because it fits with their ability to hear higher pitched sounds better than lower pitched sounds. Babies understand more easily what people are talking about when adults use simple words and repeat them often. Simple words, repetition, lilting tone... that could be a description of many children's songs. Indeed, songs have a special place in communication with babies, from playtime to bedtime, and they continue to be important as children grow.

Get active

Songs that include gestures and movement allow children to join in, even before they can say the words. Take the song "Head and shoulders, knees and toes". At first, you will move your baby's hands to point to the different parts of his or her body. Later, your little one will participate by imitating your hand and body movements. Then gradually, he or she will be able to add more and more words until finally you're singing along together.

Rhythm, rhyme and repetition

Music and songs develop listening skills, an essential part of communication. In songs, rhythm and rhyme make the important words stand out so that they are easier to hear. Also, because many songs have a chorus that is repeated several times, children get a chance to practise and therefore remember words and whole sentences.

Emphasize the rhythm

Rhythm is what first attracts young children to music and songs. Maybe it reminds them of the beat of their mother's heart, probably one of the first sounds they heard. You can emphasize the rhythm by bouncing a baby on your knee or by clapping and swaying with older children. If you feel like it, why not dance together!

Make songs easy to learn

You can make it easier for children to learn a new song by singing it very slowly at first. It may be a lively song, but wait till they know it better before speeding up the pace. Once children become familiar with a song, you can pause to let them fill in the next word. Often, the rhyme will help them remember the last word in a line, for instance.

Learning songs from tapes

If you don't know any children's songs and need some help getting started, you can borrow tapes from the library. But don't just listen to the songs. Take a bit of time and learn to sing them with the children. Even if your voice isn't perfect, no tape can adapt the songs to the age and interests of your particular children the way you can.

Making up new songs

One way to get children's attention is by using their names in a song. You can also make up new words for familiar songs to accompany your routines and activities. For example, when it's time to leave a friend's house, try singing "Time to leave, say good-bye" to the tune of "Frère Jacques". Some children find moving from one activity to another very stressful. A made-up song like this can help by changing the mood and by giving the signal for what will happen next.

A song sometimes gets better results than an order. Try announcing mealtime with "If you're hungry and you know it, come and eat", sung to the tune of "If you're happy and you know it".

Songs for all occasions

There are songs for all occasions: for describing familiar activities, for making routines go more smoothly, for changing a bad mood and for relaxing before nap time. Sharing music can build bonds and add good times to everyone's day.

by Betsy Mann