

# Sheekooyin ku Xiriiridda

Marka caruurtaada aay sheeko ku weydiiyaan, ma aadaa buugaagta meesha la saaro, ama ma raadisaa DVD aad shidi karto? Haddii aad sidan sameyso, waxaa ku dhaafaya fursad dahabi ah oo aad ku sameyso la-xiriirid iyo tababar. Wax walba oo aad u baahan tahay waxaad heleysaa adiga oo aan far dhaqaajin. Bal wax yar ka fikir oo xusuuso, ka dibna fariiso oo u sheeg sheeko qoyseed. Marka hore laga yaabee in aay u ekaato mid aan isku toosneyn, laakiin waxaad ogaan doontaa in aad sameysay aalad barbaarin oo madadaalo u ah dadka oo dhan.

## Xusuuso qoyseed

Ka sheekeynta qoyska waxaa ku jira xusuus iyo in aad nolol u sameyso xusuusta. Waa kuwan fikradaha qaarkood:

- U sheeg wax ku saabsan naftooda: halka magacyadooda ka yimaadeen; maalinta aay dhasheen; markii ugu horeysay ee awoowahood/ayeeyadood aay arkeen.
- Ka hadal naftaada iyo xusuusahaada; sida adiga iyo lamaanahaada aad ku kulanteen, hadiyadii kuugu weyneey ee aad abid hesho, markii aad yareyd waqtigii kuugu cabsi badnaa.
- Dib u eeg reerkaaga halkuu ka yimi: isku day in aad xusuusato sheekooyinka ku saabsan waalidkaa markii aay soo korayeen; haddii qoyskaaga uu ka yimi meel kale, u sheeg caruurtaada sheekooyin ku saabsan meeshaas, haddii aay ahayd 500 ama 5000 kiiloomitir meel jirta.
- Fikrad ka hel waxyaabaha agagaarkaaga ah: u sheeg sida saxanka saaran shelfiska uu kugu soo galay; ka hadal fasaxa aad tagtay markii aad soo iibsatay qaadada xusuusta loogu talagalay.
- U sheeg sheeko ku saabsan xiliga: haddii aay tahay deyr, u sheeg wax ku saabsan dharka Halowiinka; haddii aay tahay jiilaal, soo xusuuso xeeqada iyo sheekooyinka howlaha barafka.

Sheeko sheegidda waxaa lagu sameyn karaa meel walba oo adiga iyo caruurtaada aad wada jooqtaan. Waxaad ku sameyn kartaa adigoo kala saaraya dharka aad dhaqday, u socda dukaanka cuntada, u lugeynaya joogsiga baska... ama idinkoo qolka jifka isla jooga dhamaadka maalintii.

## Sheekooyinka waa la sheegaa, ee lama aqriyo

Sheeko sheegidda waa isgaarsiin laba-dhinac ah, sida adinkoo wada hadlaya. Ka filo in caruurta aay su'aal soo dhexgelin karaan ama ku sixi karaan. Sheekadaada waxaad u qaabeyn kartaa si ku haboon iyaga. Sheekada waxay bilaabataa marka aay diyaar noqdaan waxaana la soo gabagabeeyaa marka aay deganaanta ka lunto.

Baro in aad isticmaasho dhaqaaqa gacmaha iyo codka dhererkiisa si aad u hagaajiso sheekada. Marka aad wax badan sameyso waxaad awood u yeelanaysaa in aad codkaaga kor u dhigto ama yareyso iyo in aad isticmaasho dhaqaaqa gacmaha iyo hakad in aad geliso sheekada. Ku dar-daridda hab dhaqanka caadiga ah ayaa soo jiidan doona dhegeystayaashaada da'da yar. Sheeko walba sida aay tahay, hilmaamidda waxyaabo yar-yar dhibaato weyn ma leh. Sheeko sheegayaasha badanaa waxay sameeyaan ka wareegasho iyagoo isticmaalaya erayada sida, "Tan ma sheegay..." ama

"Waxay hilmaantay hadda wixii ka horeeyey in..."

Sheekooyinka iyo hadalka waxay ku kala duwan yihiin sheekada waxay leedahay ujeedo. Wax dhacay oo aay tahay muhiim in la ogaado. Laga yaabee in jilaha ugu weyn uu daacad, bakheyl, qof-isku-kalsoon ama qof kibir badan yahay, oo aay taas keentay dhibaato, ama madadaalo lagu qoslo.

## Dhegeystayaashaada u jil

Mar dhow waxaad ogaan doontaa nooca sheekada caruurtaada aay ku raaxeystaan. Marka aay aad u yar yihiin, caruurta waxay ka helaan in aay maqlaan sheekada in loogu soo celceliyo. Sidoo kale waxay ka helaan hadalka soo noqnoqda sheekada dhexdeeda, sida hoorinta heeska. Dhawaaqa codadka, sida lo'da ciyiddeeda iyo koorta dhawaaqeeda, waa la hubaa in aay soo jiidanayaan maskaxda ilmaha.

Caruurta waaweyn iyaga waxay ka helaan dhaqahaqaaqa, jilidda iyo waxyaabaha lama filaanka ah. Dhowr-iy-toban-jirada waxay ka helaan sheekooyin waayoaragnimo shaqsiyeed, gaar ahaan kuwa ku saabsan waqti aad ceebowday ama walaacsaneyd ama khalad sameysay. Waa aay ku degaan in aay ogaadaan in caadifadaha dhibka leh ee aay qabaan oo kale in aad lahayd markii aad da'dooda ahayd.

## Waa maxay faa'iidada?

Waxaa jira sababo badan oo aay tahay in aad caruurtaada afkaaga ugu sheegto sheekooyinka.

- Sheekooyinka waxay dhisaan xiriirka qoyska. Adiga iyo caruurtaada waxaad wadaageysaan waayoaragnimo madadaalo iyo hal-abuurnimo leh.
- Caruurta waxay bartaan in aay maskaxda wax ku qabtaan waxayna noqdaan dhegeystayaal firfircoon.
- Adigoo isticmaalaya sawirka aad erayada ku sameyneysa waxaad kor u qaadeysaa fikirka caruurta.
- Marka aad sheegeyso sheekooyinka ku shaqo leh wax ka qabashada caadifooyinka dhibka leh, waxaad ka saareysaa caruurta dareenadooda xooga leh. Tusaale, sheekada dhexdeeda, waxaad qiri kartaa cabsida caruurta adigoo qaboojinaya welwelkooda. Xitaa xusuusaha xun waxay soo saari karaan sheekooyin ku saabsan nolol adag ee la soo maray.
- Mararka qaar waxaad u isticmaali kartaa sheekooyinka in aad ku hagto caruurta adigoo aan u khudbeyneyn. Haddii ilmaha uu wajahayo xaalad adag, waxaad u sheegi kartaa sheeko uu jilaha ugu weyn uu la tacaalayo dhibaatooyin kuwaas oo kale ah. Habkan, ayaad kaga caawini kartaa ilmaha in uu eego xaaladda isagoo dibadda ka jooga. Badanaa weey ka fududahay in aad halkan adigoo ka jooga tixgeliso cawaaqibta. Inta aad joojiso ayaad weydiin kartaa, "Maxaad u maleyneysaa in aay hadda dhici doonaan?" ama "Maxay kula tahay in uu sameeyo qofkan?"

Markii aad bilowdo, waad la qabsaneysa oo waxaad bilaabeysaa in aad u keydiso sheekooyinka waqtiga la degan yahay. Sii wad, oo dhowr sheeko u sheeg!

*adapted from an original FRP Canada resource sheet written in 1997 by Jane Waterston*

# Connecting Through Stories

When your children ask for a story, do you head for the bookshelf, or look for a DVD you can play? If you do, you're missing a golden opportunity to do some easy connecting and coaching. You've got everything you need without moving an inch. Take a moment to think and remember, then sit down and tell them family tale. It may seem awkward at first, but soon you'll realize you've developed a useful parenting tool that's fun for all.

## Family memories

Telling a family story involves choosing a memory and giving it some life. Here are some ideas:

- Tell them something **about themselves**: where their names come from; the day they were born; the first time their grandparents saw them.
- Talk **about yourself** and your own memories: the way you and your partner met, the best gift you ever received, the time you were most scared when you were little.
- Look back to your **family's roots**: try to remember stories about when your own parents' were growing up; if your family came from elsewhere, tell your children stories about that place, whether it was 500 or 5000 kilometres away.
- Get inspiration from the **things around you**: tell them how that vase on the shelf came into your collection; talk about the holiday you went on when you bought that souvenir spoon.
- Tell a story about the **season**: if it's fall, tell about Hallowe'en costumes; if it's winter, remember back to skating and adventures in the snow.

Storytelling can happen anywhere you and your children are together. You can be sorting laundry, driving to the grocery store, walking to the bus stop... or cuddling together in a darkened bedroom at the end of the day.

## Stories are told, not recited

Telling a story is a **two-way communication**, very like having a chat. Expect your children to jump in to ask a question or correct a detail. You can tailor your story just to suit them. The story starts when they are ready and wraps up when they become restless.

Learn to use **gestures** and **tone** to enhance your story. With practice, you'll be able to pitch and pace your voice and use movements, gestures and pauses. A bit of exaggeration of usual mannerisms will captivate your young listeners. As in any conversation, forgetting a detail is not a big problem. Storytellers often make detours with phrases like, "Did I mention that..." or "What she'd forgotten until just this moment was that..."

The difference between stories and chatter is that stories have a **point to make**. Something happens that is worth knowing. Perhaps the main character is honest, stingy, confident or overbearing, and it caused a problem, a crisis or a humorous situation.

## Play to your audience

You'll soon learn what kind of story your children enjoy. When they're very young, children like to hear the same story over and over again. They also like repetition of phrases within the story, like the refrain in a song. Sound effects, like cows that moo and bells that go ding dong, are also a sure bet to get their attention.

Older children go for action, surprises and drama. Teenagers like personal experience stories, especially ones about times when you were embarrassed or anxious or made mistakes. It's reassuring to know that the same difficult emotions plagued you when you were their age.

## What's the benefit?

There are all sorts of reasons to tell your children stories in your own words.

- Story time builds **family connections**. You and your children share a fun, creative experience. At the same time, your children are learning more about your life, your reactions and your roots.
- Children learn to **concentrate** and become active listeners.
- You stretch children's **imagination** with the word pictures you draw in your stories.
- When you tell stories that involve **dealing with difficult emotions**, you can give children relief from their own strong feelings. For instance, in a story, you can acknowledge children's fears and calm their worries. Even bad memories can inspire tales about difficulties lived through and overcome.
- Sometimes you can use stories **to provide children with guidance** without lecturing. If a child is facing a tough situation, you can tell a story where the main character is dealing with a similar problem. In this way, you help the child look at the situation one step removed. Often it's easier to consider consequences from this distance. You can stop at one point and ask, "What do you think might happen now?" or "What do you think this person should do?"

Once you get started, you'll catch the bug and start saving up stories for quiet moments together. Go ahead, tell a few tales!

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