

Daryeelka ilmaha iyo

Caafimaadka Carruurta

XAASHIDA MACLUUMAADKA EE WAALIDIINTA



Telefishinka iyo Caafimaadka Carruurnimada hore iyo Koritaanka

Telefishinku waa qayb ka mid ah jowiga uu ka dhaco koritaanka carruurnimada hore. Carruurta badidooda Australiya waxaa loogu bandhigaa telefishinka da'aad u horeysa, mar marka qaarkood xitaa markay dhashaan laga bilaabo. Dhammaan wejiyada koritaanka carruurnimada hore- garaadka, bulshanimada- dareen maskaxeedka iyo mid ka jireedba - waxay dhacaan markay carruurta daawadaan telefishinka. Dhammaan u bandhigida telefishinku ma aha mid ula kac ah maadaama telefishinadu ay meel walba yaalaan, oo ay ka mid yihiin xarumaha wax laga gato iyo qolalka sugitaanka ee dakhtarka ama guryo badan oo telefishinku had iyo jeer uu shidan yahay.

Lacala waxaa la yaab leh, in carruurta yar yari inay daawadaan telefishin ka badan cid kasta oo kale. Baaritaan ayaa muujinaya in carruurta yaryari nooc ahaan ay ku lumiyaan wakhti ka badan daawashada telefishinka marka loo eego sameynta mid ka mid ah nashaadada kale marka laga reebo hurdada.

Waa maxay telefishinka carruurnimada hore uu u yahay arin laga hadlo?

Cilmi baaris ayaa dhawaan fiirisay saameynta uu telefishinku ku yeelanayo wanaaga caafimaad ee carruurta, caafimaadka iyo koritaanka, waxay muujineysaa inay jiraan xiriir ka dhaxeeya daawashada telefishinka iyo buurnida, horumarka luuqada, dabeecada, hurdada iyo koritaanka dareen maskaxeed iyo bulshaba.

Natiijada u bandhiga telefishinku waxaa saameeya:

- Wuxuu ka kooban yahay (tusaale, barnaamijku wuxuu ka kooban yahay ma wax dagaal lehbaa?)
- Wakhtiga uu socdo (khatartu waxay kor u kacdaa inta saacadood ee telefishin la daawanayey)
- Sida uu ilmaha yari u daawado telefishinka (ilmuhu ma keligii buu daawadaa mise waalid buu la daawadaa?)

Meeshay ilmaha dugsigu ka hor ay ka faa'iidi karaan bulsho ahaan iyo waxbarasho daawaashada barnaamijyada telefishinka qaarkood. Cilmi baaris ayaa muujisay inaysan xaaladu sidaas oo kale ahayn carruurta ka yar labada sanno. Xaqiiq ahaantii, saameynta xun ee telefishinka waxay aad ugu badan tahay carruurta ka yar labada sanno. Khubaradu waxay ku taliyaan in la xadido u bandhiga telefishinka carruurta yar yar. Kuliyada dhakhaatiirta carruurta ee America ayaa waxay ku dooda 'siyaasad ah inaan wax shaashad telefishin ah' la tusin carruurta da'da labada sanno ah ka hooseysa.

Maxay waalidiintu sameyn karaan?

- **Xaddid** wakhtiga ilmahaagu uu ku lumiyo daawashada telefishinka. Tixgeli 'wakhtiga shaashada' (DVDs, cayaaro shaashada lagu ciyaaro, wakhti kasta oo uu telefishinku shidan yahay) ilmahaagu wuxuu helayaa – ma aha oo kaliya wakhtiga shaashada.
- **Go'aami** barnaamijyada telefishinka ee ku haboon ilmahaaga. Netwaaga Korinta Carruurta ayaa ka bixineysa tallo ficil ah oo ku saabsan sidii aad ugu doori lahayd barnaamijyo ku haboon carruurtaada. Eeg www.raisingchildren.net.au
- **La soco** waxa ilmahaagu daawanayo iyo hadday suurtoagal tahay, la daawo telefishinka ilmahaaga.
- **Kala hadal** ilmahaaga waxaad aragtay
- **Sii nashaad** waxqabad bedel ahaan ilmahaaga, oo ay ka mid tahay isaga/iyada waxay ka heli karaan markaad mashquulka tahay. Carruurta waxay si wanaagsan wax ugu bartaan sameyntooda intii ay daawan lahaayeen telefishin.

Warqadaan Xaqiiqda ee Waalidka waxaa lagu heli karaa luuqado kala duwan oo bulshadeed waxaana lagala soo bixi karaa website ka connections ee Carruurnimada Hore www.ecconnections.com.au

DA'DAALKA

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