

Dareemayaasha adag way yimaadaan, wayna tagaan



CANADIAN CENTRE for CHILD PROTECTION®
Helping families. Protecting children.



NEW DIRECTIONS

Dareemayaasha
adag way yimaadaan,
wayna tagaan



Xuquuqda naqashada iyo qaabayntu, waxay u dhawran tahay, Canadian Centre for Child Protection Inc. © 2018. iyo New Directions for Children, Youth and Families-na waxa ay leeyihiin xuquuqda qoraalka ka kooban yahay (copyright © 2018). Dhammaan xuquuquhu way dhawran yihinn. Way reebban tahay, in qay qoraalka ka mid ah la soo dejisto amase la daabaco. Lama oggola, in qayb qoraalka ka mid ah, la sii badiyo (koobiyeeyo) ama si kale loo faafiyo. Waxaa kale oo aan banaanayn, in kaydsi lagu sameeyo, qaybaha kala duwan ee qoraalkan, iyadoo ujeedaddu tahay faa'iido ama ganacsi kale. Waalidiinta iyo mas'uulada, way la soo degi karaan, soo saaran karaan, qaybo ka mid ah, qoraalkan. Waa haddii ay si is a hu isticmaalayaan oo qudha. Waxaa kale oo isticmaalku u furan yahay, rixfadlayaasha shaqaale ee shaqo-hawleedkooda u adeedgsan.

Soo saarida buuggu, ma suurtoowdeen, haddii, ayna shaqo adag iyo dadaal dheeri ah, gelin lahayn, New Directions iyo Canadian Centre wadar ahaan. New Directions iyo Canadian Centre. New Directions, waxay si gaar ah ugu mahad-celinayaan, Kate Kiernan iyo Billy Brodovsky oo door lixaad leh, qoraalka ka geystey. Canadian Centre-na waxay si gaar ah ugu mahad-celin, waaxdeeda, waxbarashada iyo kooxda mashruu-naqshadaynta ee mashruuca isku dubba-riday.



CANADIAN CENTRE for CHILD PROTECTION®
Helping families. Protecting children.

Canadian Centre for Child Protection Inc. (Canadian Centre) waa ururr samafal oo diiwaan gashan. Ururka shaqadiisu waxay tahay, hawl-galada ammaanka carruurta gaarka ah. Canadian Centre wuxuu bixiyaa barnaamijyo tiro badan iyo adeegyo kale, si uu muwaadiniinta reer Kanada uga caawiyo, ilaalinta xuquuqda carrurta iyo yaraynta khatarta ah, in carruurta dhibaatooyin ay la kulmaan. Waxaad war-bixin dheeri ah ka heli kartaa ,mareegta intarneedka ee Canadian Centre oo ah: www.protectchildren.ca.



New Directions for Children, Youth and Families (New Directions) Ma aha urur ganacsi ku dhisan. Ururku wuxuu bixiya adeegyo fara badan oo la xidhiidha, xaaladaha isbed-beddel ee dhanka arrimiha bulshada, cilmi-nafsiga, dhaqanka, baahiyaha la xidhiidha waxbarashada iyo xirfadaha aaddamaha. New Directions waxay bixisaa, barnaamijyo laga bilaabo talo-bixinta qoyska illaa iyo caawinta dhallinyarada ee tababarda xagga shaqada. Waxaa kale uu ururku ka shaqeeyaa, goobo degaan-daryeel oo dhanka qoysaska khuseeya. Waxaa kale oo adeegyo uu ururku siiyaa, dadka maanka ka dhantaalan amase maqalkoodu hooseeyo iyo dadka asal-dagaameedka ah . Waxaad war-bixin dheeri ah ka heli kartaa, mareegta intarneedka ururka ee ah: www.newdirections.mb.ca.

CANADIAN CENTRE for CHILD PROTECTION wuxuu ka diiwaan gashanyahay Kanada, waana summad ay leedahay Canadian Centre for Child Protection Inc. Astaanta New Directions waxaa iska leh, New Directions for Children, Youth and Families.

Buuggan wuxuu ku salaysan yahay Big Feelings Come and Go (**Dareemayaasha adag way yimaadaan, wayna tagaan**) waxaa markii ugu horraysay isagoo luuqada af-ingriiska ku qoran daabacday, New Directions for Children, Youth, Adults and Families, 500-717 Portage Ave. Winnipeg, Manitoba Canada iyo Canadian Centre for Child Protection Inc., 615 Academy Road, Winnipeg, Manitoba, Canada, kuwaas oo sidoo kale xuquuqda qoraalkan, qayb ku leh. Barnafriid, xarunta xasiloonnida carruurta iyo bar-aqooneedka hagar-daamooyinka carruurta ee Jaamacadda Linköping, ayaa oggolaansho ka heysata, xaqalaha buugga, ku turjumida af-iswiidhishka, af-carabiga,af-daariga iyo af-soomaaliga. Xog dheeri ah waxaad ka heli kartaa,mareegta interneedka ee ah www.barnafriid.se. Jaamacadda Linköping ayaa si buuxda u qaadanaysa, mas'uuliyada turjumida iyo dhammaan il-duufyadda laga yaabo ee turjumaadda. Barnafriid iyo Jaamacadda Linköping ayaa si buuxda sidoo kale u qaadaysa, mas'uuliyada, dhammaan wixi lagu daro iyo waxyaabaha aan qaybta ingiriiska ku jirin. Xuquuqda faafinta ee turjumaada af- iswiidhishka, af-carabiga, af-daariga iyo af-soomaaliga, waxaa iska leh, New Directions for Children, Youth, Adults and Families iyo Canadian Centre for Child Protection Inc. Dhammaan xuquuquhu way dhawran yihiin.

This book is based on *Big Feelings Come and Go* which was first published in English by, and is copyright 2021 of, New Directions for Children, Youth, Adults and Families, 500-717 Portage Ave., Winnipeg, Manitoba Canada and the Canadian Centre for Child Protection Inc., 615 Academy Road, Winnipeg, Manitoba, Canada. Barnafriid, a program of Linköping University, with permission from the copyright owners, translated the contents of the original Book into Swedish, Arabic, Dari, Spanish, and Somali. Linköping University assumes all liability for the accuracy of and any errors and omissions in translation. Any content that is not in the English version has been added by the Linköping University, which takes full responsibility for any additions. Copyright in the Swedish, Arabic, Dari, Spanish, and Somali translation belongs to New Directions for Children, Youth, Adults and Families; and the Canadian Centre for Child Protection Inc. All rights reserved.

Hordhac

Dareemayaasha adag way yimaadaan, wayna tagaan, waxaa laga soo turjumay, buugga Kanada laga leeyahay " Big Feelings Come and Go". Buuggan waxaa loogu tala galay, in loo adeegsado xaaladaha dabiib ee la xidhiidha carruurta ay la soo daristey, xasuusaha xanuunada iyo dareemada adag ee PTSD-ga ama xaalad kale oo reebta xasuusaha ma-hadhooyinka reeba. Waxaan mahad balaadhan u celinaynaa, Canadian Centre for Child Protection iyo New Directions for Children, Youth, Adults & Families, kuwaas oo buuggan soo saaray, si wada shaqayn gacan furnaani ku dheehan tahayna ugu suurta-geliyay, in Barnafriid af-iswiidhish, af- isbaanish, af-dari iyo af-soomaaliba ay aqoon muhiim ah ugu gudbiyaan carruurta. Turjumaadani waxay qayb ka tahay hawl-dawladeedka loogu yeedho "Trauma på kartan"

Buugga waxaa lagu qeexayaa, fal-celimeedyo, qofku la yimaado, marka uu soo maray, karkabadaha xanuunada xasuusaha adag ku reeba, ma-hadhooyinka(post traumatisk stress), kuwaas oo ah, sida, difaaca, cararka iyo **bowda ka ma-hadhooyinka (quwad-jabka)**. Waxaa kale oo buuggan lagu sharixi doonaa, tabbaha iyo xeeladaha ugu fudud ee dareen xakamyanta loo samayn karo.

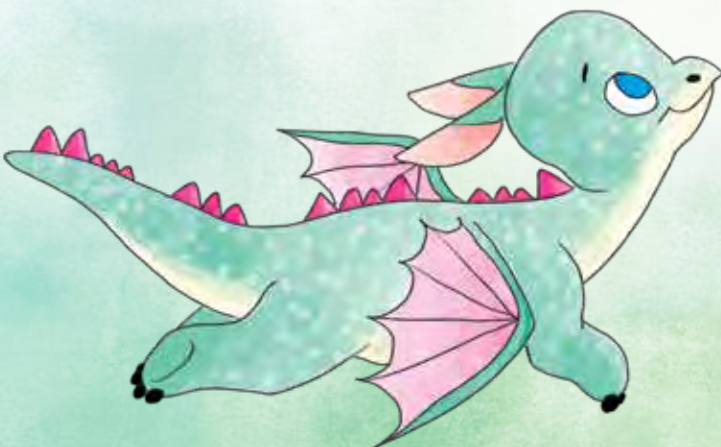
Aqoonta ku saabsan dareemada guud, fikirada iyo hab fal-celimeedyada, markuu qof soo maray, xasuusaha adag ee ma-hadhooyinka reeba (**Trauma**) ayaa sidoo kale qayb ka ah.

In carruurta iyo dadka waaweyn ay bartaan, fikirada iyo dareemada ka dib soo marida xasuusaha ma-hadhooyinka reeba, waxay u fududayn, garashada iyo dhexdhexaad ka dhigida dareemada iyo fikirka. Qoraalkan waxaa loogu tala galay, in uu hage u noqodo, wada-hadalka ilmaha iyo daryeelayaasha ilmaha, si loo barto, hab fal-celimeedyada iyo baahiyaha gaarka ah ee carruurta.

Qaabka dabiibka wax barid ee (Psykoedukation) iyo tabaha maan-maaraynta (Copingstrategier" waxaa la bari karaa carruurta, si carruurta u bartaan siyaabaha loo xakameeyo, cabsiyaha adag. Mar kasta uu ilmuhu yahay mid yar, ahimiyad gaar ah bay leedahay, in dadka u dhow ama muhiimka u ah ilmaha ay qayb ka yihiin.

Carruurta muhiim bay u tahay, aqoonta uu daryeel-bixiyuhu u leeyahay, dareemada iyo tabbaha dareemada loo xakameeyo ee buugga ku dhex jira. Buuggani waxaa kale uu wax tar u leeyahay, dadka waaweyn. **Dareemayaasha adag way yimaadaan, wayna tagaan, waxaa si wada jir ah u akhrin kara, daryeelaha iyo ilmaha si uu halkaas uga dasho, wada hadal ku saabsan, wixii ilmaha soo maray iyo khibradihiisa/teeda. Ku celcelintu waxay dhalisaa, abuurida, jawi degen iyo fahan dheeri ah.**

Waxaan rajaynayaa, in carruur badani ay fursad u helaan, in ay bartaan, in **dareemayaasha adag ay yimaadaan, ayna tagaan sida daruuraha taga ee haddana yimaada oo kale.**



Poa Samuelberg iyo Maria Schillaci,
CILMINAFSIYAHANNO, AQOONI DHEERI AH LEH, KANA SHAQEEYA
— XARUNTA QARANKA EE AQOONTA KU AADDAN U GACAN DHIB-
GAADHSIINTA CARRUURTA EE JAAMACADDA LINKÖPING

BARNAFRID
LINKÖPINGS UNIVERSITET

Turjumida iyo eegidda af-soomaaliga
Yassin Ekdahl iyo Qalinle Dayib

Waxaan hadda wax ka baran doonaa,
waxa jidhka ku dhaca, marka aan
dareeno, cabsi amase dareemada kale
ee adag.





Maskaxdu waxay leedahay
qayb digniinnta u qaabilsan
(maan-dige). Qabtaas waxaa
la dhahaa, **Amygdala.**



Maan-digaha maskaxdu,
wuxuu digniin si iskii ah u
bixiyaa, marka aan dareeno,
welel amase cabsi.

Digniinta maan-diguhu,
wuxuu inaga caawiyaa,
sidaan u badbaadi lahayn.



Marka uu maan-diguhu digniinta bixiyo, jidhku wuxuu isku diyaariyaa, difaac, carar(orod) **amase is-dhiibid (quwad-jab)**.



Waxaa dhacda in aan dareeno, dhaqaaq la'aan iyo talladda ama fikirka oo baaha.

Arrintaas waxaa loo yaqaan **is-dhiibid ama quwad-jab**.

Marmarka qaarna, waxaan dareenaa, ina naftu carar ama meesha ka fogoow in tidhaahdo.

Arrintaas waxaa loo yaqaan **cararid**.



Mararka qaar, waxaan dareenaa, in aan is-difaac(caabin) samayno. Ka dibna qaylo afka aan darno.

Arrintaasna waxaa loo yaqaan **is-difaacid** ama iska caabin.



Hadda waxaan wax ka
baran doonaa, waxyaabaha
aan samayn karno, marka
qaybta maskaxda digniinta
u qaabilsan ee Amygdala ay
digniinta bixiso.



Dhammaan dhallaan iyo waayeelba, markii cabsi iyo welwel ina soo foodsaaran, waxaan samynaa, is-difaac, carar amase is-dhiibid (quwad-jab).

Fal-celimahaas jidhku, waxay inga caawiyaan, in aan khataraha iska jirno.



Hadda waxaad ka soo qaadaa, in dugaag (bahal) dad cun ihi uu daaqada kaa soo dhawray (eegay)!

Maan-digaha maskaxdu durbadiiba digniin ayuu bixin. Ka dibna waan waan **is-dhiibna ama quwad-jabnaa.**

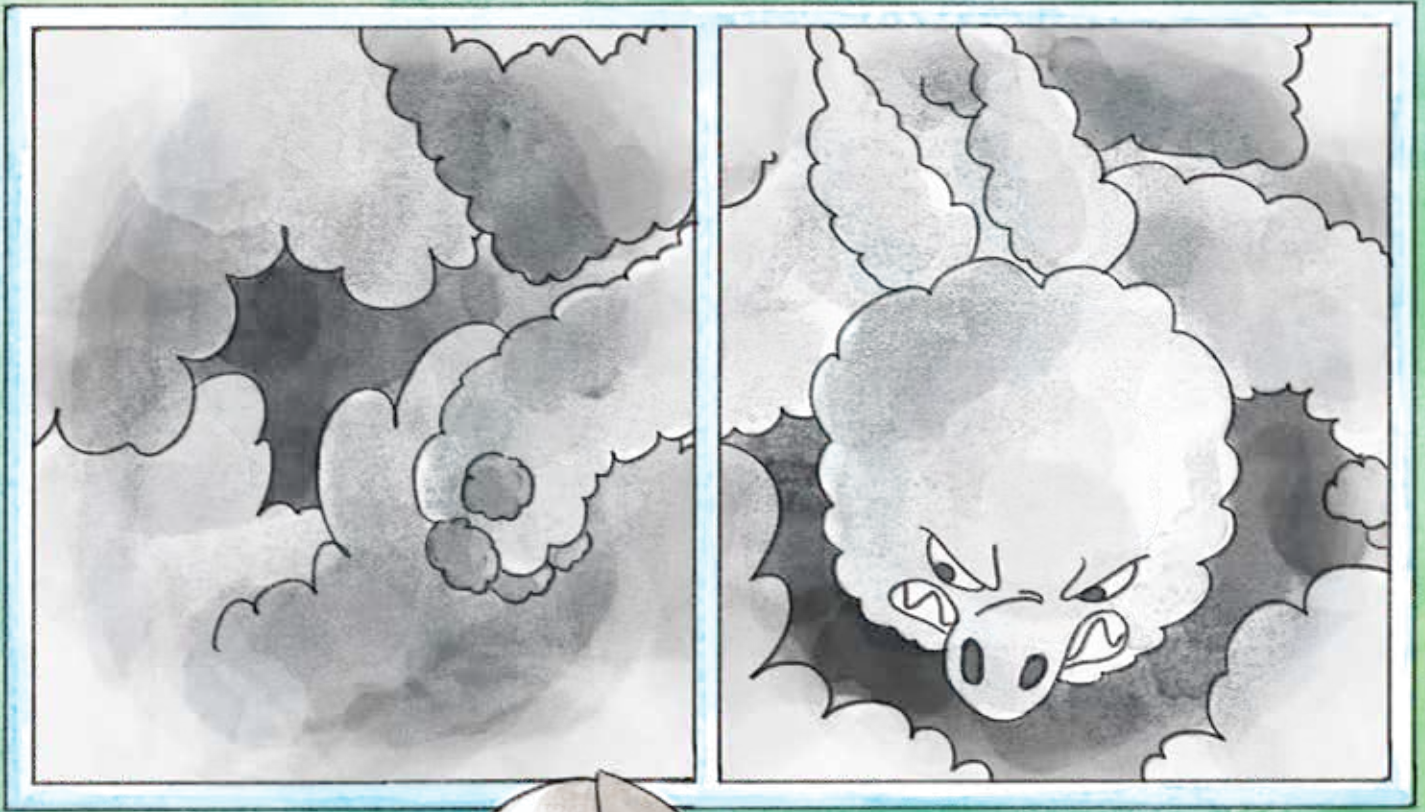
Waxa aan is-dhiibna ama quwad-jabnaa, marka aan dareen adag dareeno, taas oo keenta, in cararka iyo is-difaacu uu inaga tago.

Garaaca wadnaheenu wuu xoogaystaa , halka neef-tuurkuna uu kordho.

Qof walba si gaar u ah buu u dareemaa, is-dhiibka ama quwad-jabka.

Bal waxaad ka fikirtaa , sida aad adigu dareentid, marka is-dhiib ama quwad-jab uu kugu dhaco?





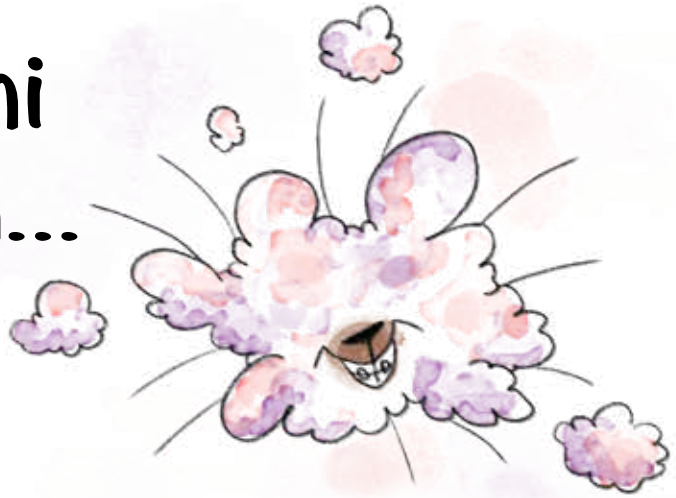
Waxaan dareemi lahaa sidan...



...In maankaygu meel
kale aado (tago)



...In wadnahaygu si deg deg ah
uu garaaca u badiyo, halka
ka dibna aan garaaciisa
maqli kari waayo.



...In aan meel, aan
joogo, garan waayo



...In talo ay
iga baahdo





...wax sii baaba' aya
oo kalaan noqdaa

...Waan qaboobaa
(baraf baan
noqdaa)



...Qof aan jirin oo
kalaan noqon lahaa



...Hadal igama soo baxeen

Waan dejin karnaa Jidhkeena, marka aan
welwel amase cabsi aan dareeno.

Adiga keligaa baa samayn kara amase
adigoo qof weyn kaashan.

Eeg hareerahaaga, ka dibna ka tiro-koob qolka
aad joogto, saddex wax oo midab buluug ah leh.



Si tartiib ah neefta hoos ugu
qaado,..si tartiib ahna, neefta kor
ugu celi.

Mar labaad si tartiib ah, neefta
hoos ugu qaado, haddana si tartiib
ah, kor ugu soo celi.






Isku day , in aad dareento waxa aad ku fadhidaa, in uu yahay adayg amase jileec. Dhaqdhaqaaaji faraha lugahaaga.



Mar labaad hoos u neefso, haddana si tartiib ah, kor ugu soo celi.



Isku day in aad dareento, hadda waxa aad jidhka
ka dareemayso. Maxaa isbeddeley?

Waxaad xasilooni ka dareemi, wadnaha iyo
dhanka neef-tuurka, marka uu digniinta
daayo, maan-digaha maskaxdu.

Dareemada adag, waa sida
socodka daruuraha oo kale,
mar taga, marna yimaada.



Markii aan ka fikirnay, bahal dad cunihi, in uu daaqada inaga soo eegay (dhawray), maan-digaha maskaxdu, wuxuu bixiyey digniin, taas oo inoo diyaarisay, in aan cararo

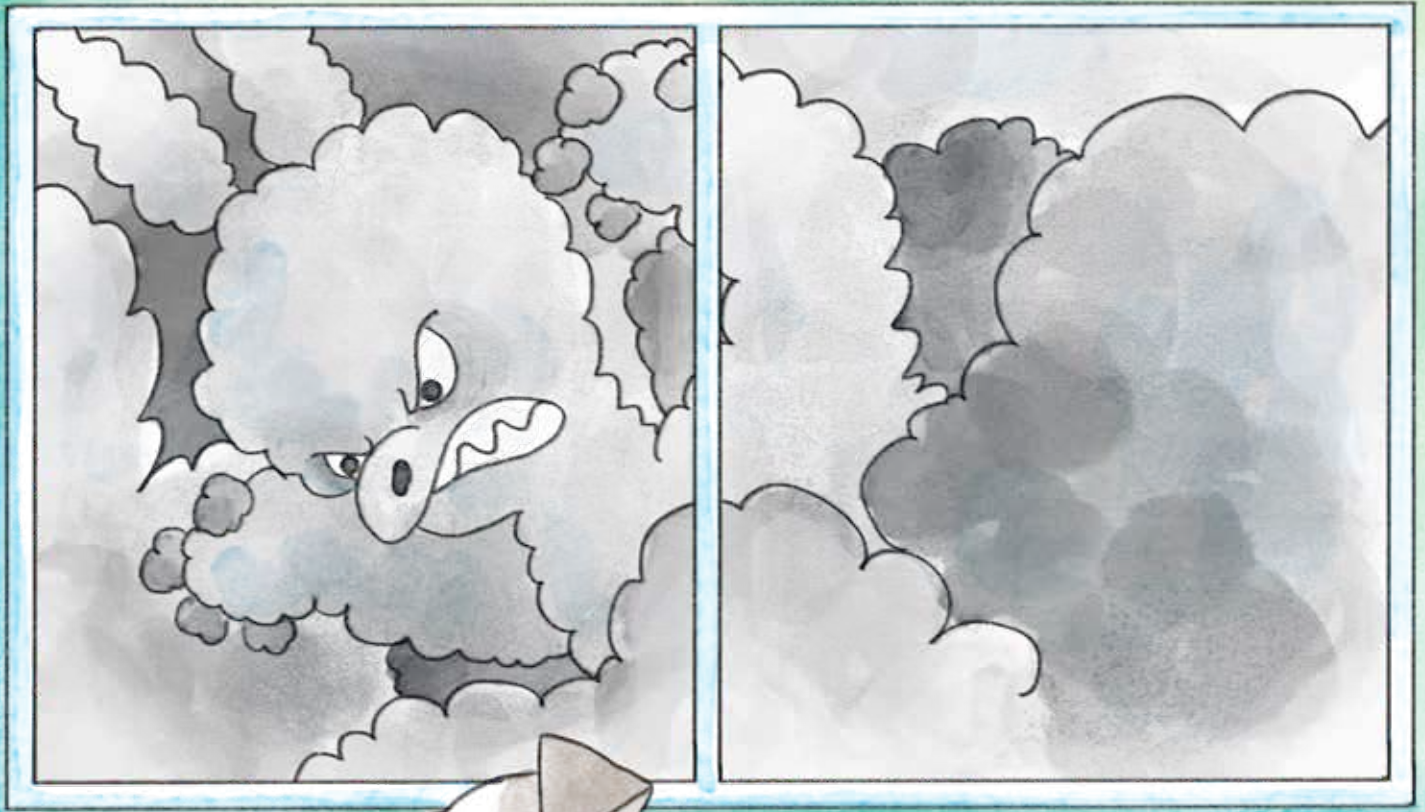
Marka aan dareeno, dareemada adag, naftu orod bay ina tidhaa. Waxaan jecelnahay, in aan meesha ka cararo. Garaaca wadnaheenu wuu kordhaa.

Waxaa kale oo aan dareenaa, neef-tuur iyo culays dhanka cagaha ah.

Fal-carareedka, dadku siyaabo kala duwan ayay u sameeyaan.

Ka fikir waxa adigu dareento, marka aad cararyso amase rabtid in aad cararto ?



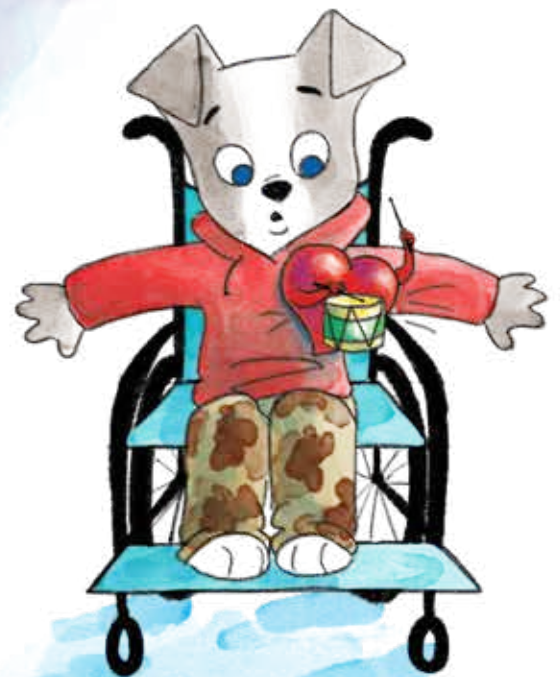


Waxaan dareemi lahaa sida...

...waxaan jeclaan lahaa,
in aan meesha ka
fogaado.



...Waxaan jeclaan lahaa, in aan
u dheereeyo, sida faras oo kale.



...Garaaca wadnahayga,
durbaan la tumi
ayaad moodaa

... Naftu waxay
jeclaataa, in ay
maqaarka (jidhka)
ka dhex baxdo



...Sidii qof neef-
qabatoobay oo kale
ayaan noqdaa



...Sidii qof wareeray
oo kale ayaan noqdaa



...Hadalkaan dedejiyaa



...In aan si dhakhso badan
u cararo ayaan rabaa



Waan dejin karnaa Jidhkeena, marka
aan welwel amase cabsi aan dareeno.

Adiga keligaa baa samayn kara amase
adigoo qof weyn kaashan.

Waxaad marka hore adkaysaa faraha lugaha. Marka
labaadna waxaad dareenta sida murqaha luguhu
isugu soo ururayaan



Iskud day in aad dabciso,
faraha lugahaaga



Si tartiib ah neefta hoos ugu
qaado,..si tartiib ahna, neefta
kor ugu celi.


Mar labaad si tartiib ah, neefta hoos ugu qaado, haddana si tartiib ah, kor ugu soo celi..



Isku day , in aad dareento waxa aad ku fadhidaa, in uu yahay adayg amase jileec. Dhaqdhaqaaqi faraha lugahaaga.

Si tartiib ah neefta hoos ugu qaado,.. si tartiib ahna, neefta kor ugu celi. Mar labaad hoos u neefso, haddana si tartiib ah, kor ugu soo celi





Isku day in aad dareento, hadda waxa aad jidhka ka dareemayso. Maxaa isbeddeley?

Waxaad xasilooni ka dareemi, wadnaha iyo dhanka neef-tuurka, marka uu digniinta daayo, maan-digaha maskaxdu.

Dareemada adag, waa sida socodka daruuraha oo kale, mar taga, marna yimaada.



Markii aan ka fikirnay, bahal dad cunihi, in uu daaqada inaga soo eegay (dhawray),maan-digaha maskaxdu, wuxuu bixiyey digniin,taas oo inoo diyaarisay, in aan iska caabino (celino) dagaal...

Caabintu waxay timaadaa, marka dareemadeenu ay xoogeystaan ee aan xoog in aan iskaga caabino (celino) aan diyaarka u nahay.

Garaaca wadnaheenu wuu kordhaa. Waxaa kale oo aan dareenaa, neef-tuur deg deg ah.

Siyaabo kala duduwan ayaan wax iskaga caabinaa(celinaa)

Bal qiyaas, waxa aad dareemi, marka aad ku jirto, iska caabinta ama celinta?





Waxaan
dareemi
lahaa sida....



...in aan tufayo,
dab holac ah oo kale



...in aan wax ku
dhufan oo kale

...in aan ahay qof
xoog badan oo kale





...In ahay, sida qof
faras ku dagaalami
oo kale

...In aan feedh iyo
laag kala daalo
oo kale



...In aan sida
libaax u gooho
(ciyo) oo kale



...In aan sida holac-
fulkaano ahay
oo kale



...In aan sida
daayeer u
legdamo oo klae



Waan dejin karnaa Jidhkeena,
marka aan welwel amase cabsi
aan dareeno.

Adiga keligaa baa samayn
kara amase adigoo qof
weyn kaashan.



Gacmahaaga isugu qabo, sidii adoo kubbad
gacanta ku riixaya oo kale. Neef qaado ka
dibna siidaa haynta neefta.

Hal mar oo kale neef hoos u
qaado, si tartiib ahna neefta
kor ugu soo saar.






Si tartiib ah neefta hoos ugu qaado,..si tartiib ahna, neefta kor ugu celi.

Isku day, in aad dareento waxa aad ku fadhidaa, in uu yahay adayg amase jileec. dhaqdhaqaaqi faraha lugahaaga.



Mar labaad hoos u neefso, ka dibna sidoo kale si tartiib ah, neefta kor u soo celi.



Isku day in aad dareento, hadda waxa aad jidhka ka dareemayso. Maxaa isbeddeley?

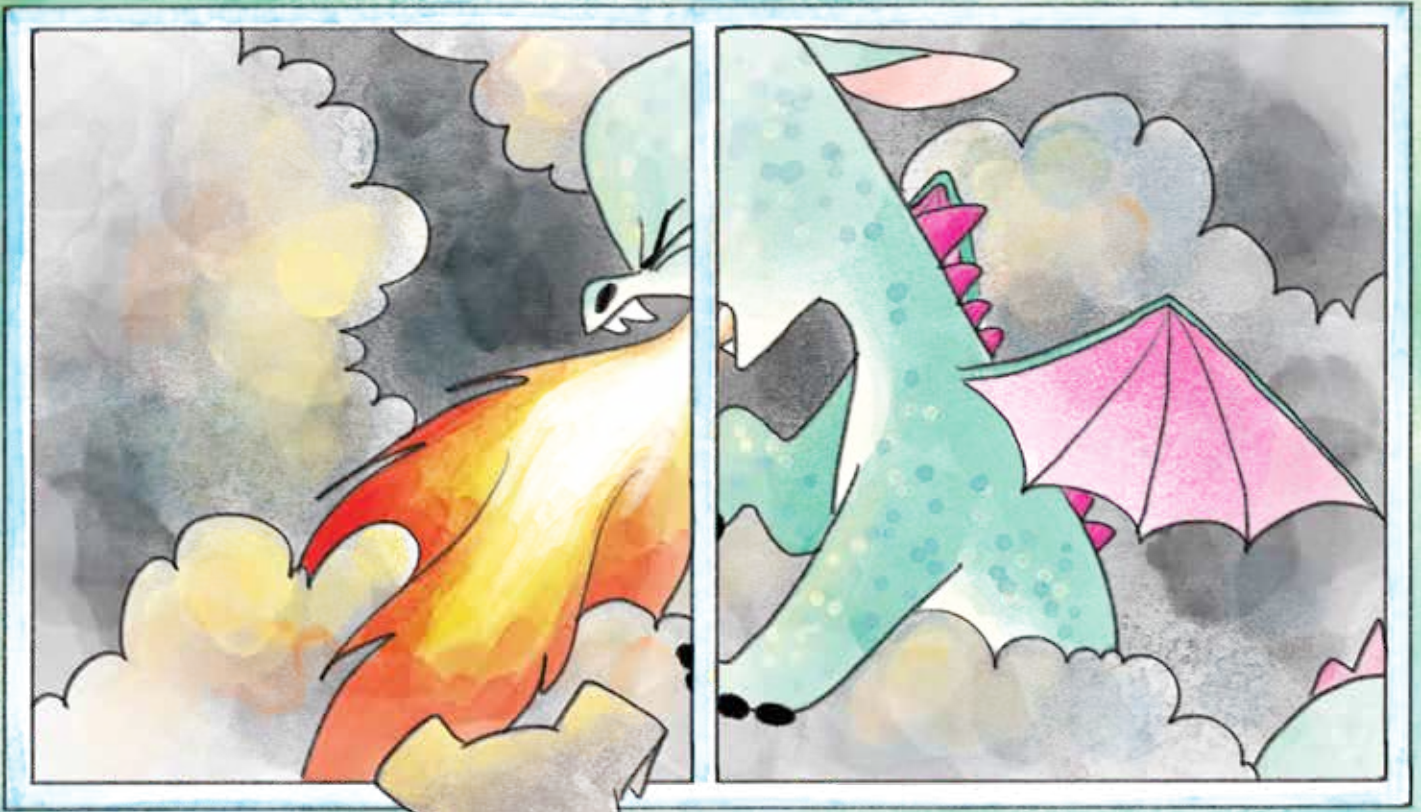
Waxaad xasilooni ka dareemi, wadnaha iyo dhanka neef-tuurka, marka uu digniinta daayo, maan-digaha maskaxdu.

Dareemada adag, waa sida socodka daruuraha oo kale, mar taga, marna yimaada.



Fiiri daaqada,
runtii bahal dad
cun ah baa jooga e!





Waxay iiga dhigan tahay sida....

...In wax badan ka dheeraado (ka cararo)



...In aan u dagaalamo sida qof faras ku dagaalami oo kale

...In aana muuqan oo kale



...In aana hadli karin oo kale





...In sidii faras orod
dheer oo kale
aan ahay

...in maanku iga
tagay oo kale



...in aan kululahay
sida fulkaano
(holac) oo kale

...In si deg deg ah
muuqayga loo waayo



Dhib ma jiree is deji. Keli ah, waa bahal dad cun ah oo soo habaabbay. Hor-joogaha (waardiyaha) dad cunnaha ayaa waalidkii wici doona e.





Cabsi bay leedahaym in aad dad
cunka daaqada ka aragto.

Jidhkeenu, wuxuu
u fal-celiyey, sidii
loogu talo-galay



Bal aan mar labaad barano sida
jidhka loo dejiyo (xasiliyo), ka
dib marka aan welwel ama cabsi
dareenay.



Si tartiib ah neefta hoos ugu qaado,..si
tartiib ahna, neefta kor ugu celi.

Mar labaad hoos u neefso, haddana si
tartiib ah, kor ugu soo celi



Isku day, in aad dareento waxa aad ku fadhidaa, in
uu yahay adayg amase jileec.
Dhaqdhaqaaji faraha lugahaaga.

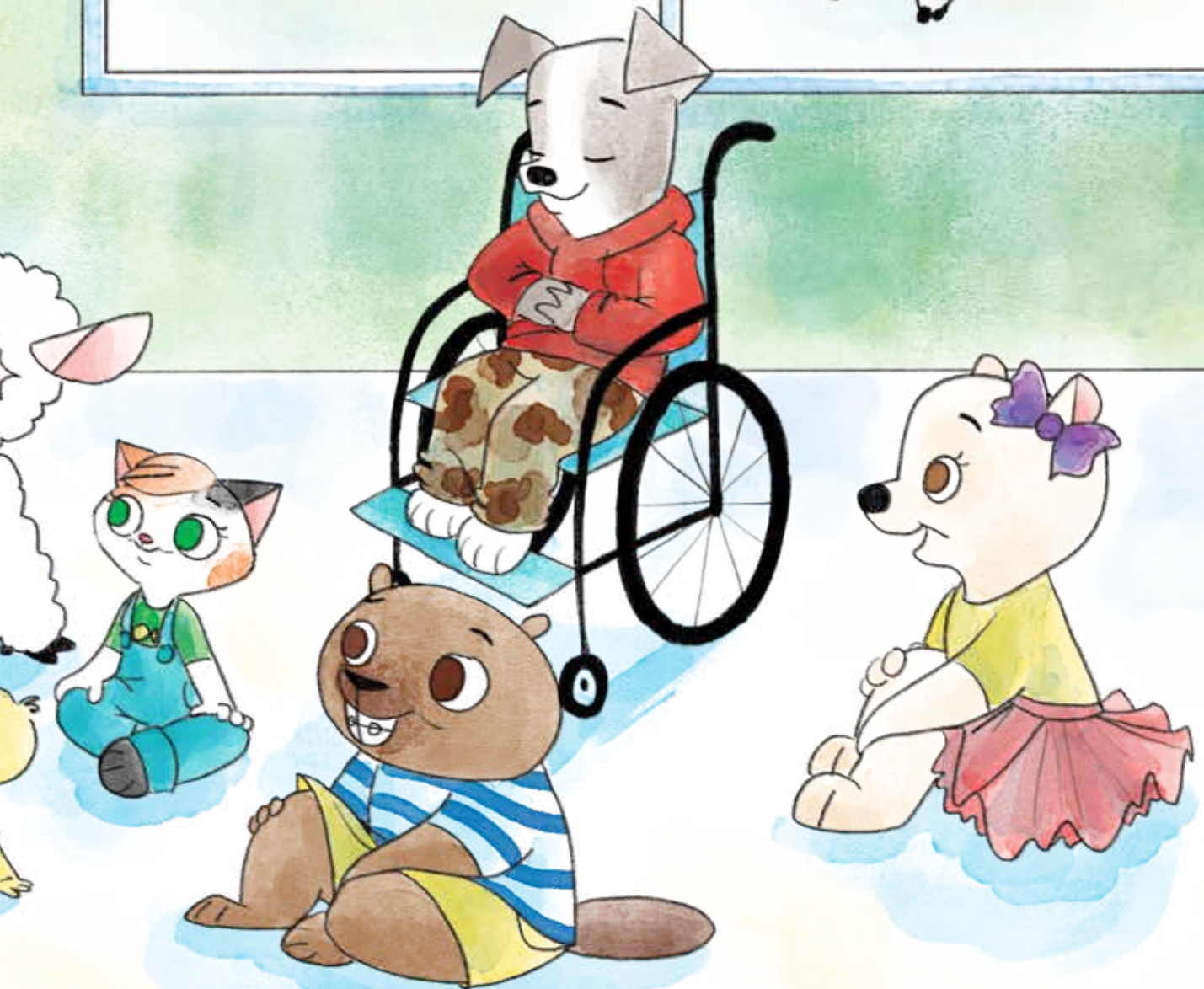


Mar labaad hoos u neefso, ka dibna sidoo kale si
tartiib ah, neefta kor u soo celi.



Muxuu rabaa jidhkaagu in uu sameeyo, ka dib marka aad dareentay, degenaansho iyo xasilooni?





Waxaan dareemayaa in aan...

...ciyaaro



...dareenkayga
xakameeyey



...wax u dhawri,
sidii qof fiiro
badan oo kale



...u qosol,
sida daayr oo kale



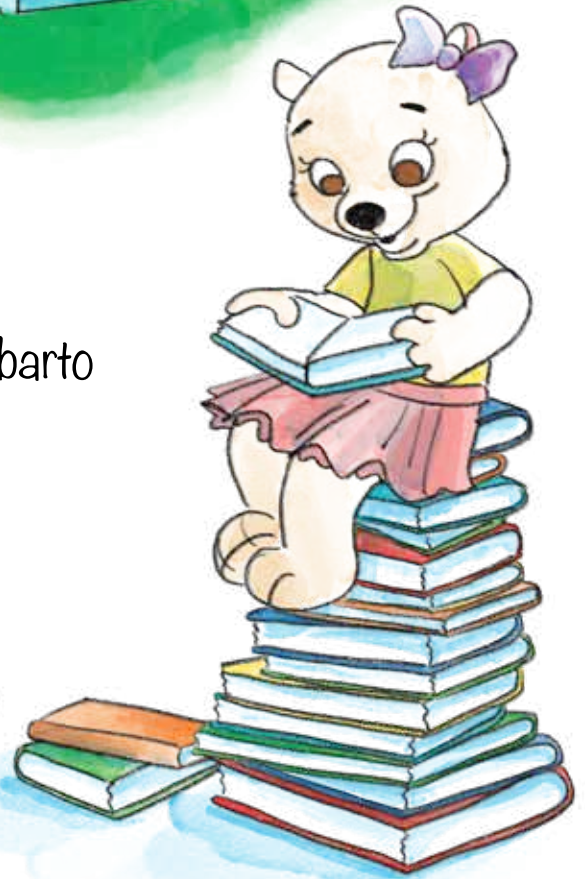
...naqaska
ama neefta meel
hoose ka
qaadan karo




...saaxiibahay
la ciyaaro



...wax barto



...u hadli karo
si la ii maqli ama fahmi karo



Ku farax in aad bartay, sida
dareenka jidhkaaga loo dejiyo,
maan-digahna loo xidho

Hadda waxaad taqaan,
sida dareemada adag
loo maareeyo ama
xakameeyo.



Naftaadu ha ku faraxdo waxa aad
bartay! Inna keen, waan soconaynaa
si aan u ciyaaro e!







