

Portland ConnectED

Portland ConnectED waa qorshe ay bulshadu u dhantahay oo ka shaqeeya in la dhiso lana xoojiyo dhaqan magaalada ku baahsan oo lagu taageerayo waxbarasho heerkeedu aad u sareeyo oo loogu tala galay dhalinyarada, qoysaska, iyo bulshada magaalda Portland.

Starting Strong (Bilowga Xooga leh)

.....Guddi Hoosaadka Dhalashada ilaa Fasalka 3-aad ee Portland ConnectED

Bilowga Xooga leh waa Ololaha Portland ee loogu tala galay Heerka Akhiriska Fasalada oo hoos tago dallada Portland ConnectED. U jeedadeenu waa in lagaaro Heerka Akhiriska Fasalada ayadoo (1) la wanaajinayo diyaargrowga skuulka, (2) la wanaajinayo xuduurka, iyo (3) la yareenayo waxbarashada ku lunta fasaxa xagaaga. Portland waxay xoog ku bilaabeysaa marka ay diyaar yihiin Caroorta, Qoysaska, Dugsiyada, iyo Bulshada.



United Way
of Greater Portland



Buuga waxaa ansixiyey United Way ee deegaanka Quad Cities.



10 WAXYAABOOD OO CANUGAAGA UU U BAAHANYAHAY IN UU GARTO INTUU BILAABIN XANNAANADA



United Way
of Greater Portland

CANUGAAGA MALEEYAHAY DULQAAD?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Ciyaar freeze tag (waa cayaar ay caruurta is racdeysanayaan, kii la taabto meeshiisa ayuu istaagayaa naqaaq la'aan).
- Sii abaal marin canuga inta ugu badan fariisto.
- Bar ilmahaaga sida loogu soo dhawaado xawaayanka.



CANUGAAGA MA OGOLYAHAY INUU DADKA KALE WAX LA WADAAGO?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Cayaaraha lagu cayaaro miiska sida dubnada ama turubka.
- Labo jalaato inta keentid markaas weydii inaad is-dhaafsatiin.
- Isla midabeeya sawir adinkoo isticmaalaya labo ama saddex qalin kaliya.



LIISKA XIRFADAHA AQOONEED EE HEERKA XANAANADA

U DIYAARGAROWGA WAXBARASHADA

Xuduurka waa caado xilli hore la barto! Xuduurka wanaagsan sanadaha hore, xitaa heerka xanaanada kahor (PreK), waxey ka caawin kartaa canugaaga dhisidda aqoonta aasaasiga ah ee xisaabta iyo akhriska waxeyna bareysaa caadada wanaagsan ee xuduurka taasoo keeni karto in asaga ama ayada ay ku guuleystaan koolijka ama shaqada mustaqbalka.

Ilmaha ka maqnaada 10% maalmaha dugsiga, waa kaliya 18 maalmood sanadkii, waxey yareyn kartaa farsadaha in ay ku guuleystaan tacliintooda.

64% ka mid ah carruurta oo si joogto ah uga qaybgalay heerka xanaanada iyo fasalka 1-aad si joogto ah waxey awoodaan in ay ka gaaraan akhriska heerka fasalka marka ay gaaraan fasalka 3-aad markii loo barbardhigo 17% oo kaliya caruurta ka baaqda 18 maalmood ama ka badan xanaanada iyo fasalka 1-aad.

September waa Bisha Waciyigelinta Xuduurka! Siyaabaha aan kor ugu qaadi karno xuduurka dugsiga ka daaloco halkaan www.attendanceworks.org.

HEERKA KA HOREEYA DUGSIGA MA HAAN SIDI HORE

Xanaanda waa ay ka duwan tahay markii aad adiga yareed. Wixii laguugu bari jiray fasalka 1-aad soddon sano ka hor (sida alifbeetada, xisaabta fudud, sida loo sheego waqtiga) hada waxaa lagu baraa xanaanada.

Taas macnaheedu waa in wax walba oo aad ku baratay xanaanda markii aad yareed, carruurtaadu waa in ay ogaadaan sida loo sameeyo ka hor inta aanay weligood xanaanda bilaabin.

MARNA LAMA ORAN KARO WAA XILI HORE IN CANUGAAGA LOO DIRYAARIYO XANAANDA.

MACLUUMAAD DHEERI AH

MACLUUMAAD WAX TAR LEH IYO HAWLAHA CARUURTA

- National Association for the Education of Young Children (Ururka heerka Qaran ee Tacliinta Caruurta Da'da yar): families.naeyc.org
- Pbskids.org
- Portland Public Library (Maktabadda Dadweynaha ee Portland): www.portlandlibrary.com / p: 871-1700
- Raising Readers (Kor u Qaadidda wax Akhriska): www.raisingreaders.org
- Readyfreddy.org
- Starfall.com
- Zero To Three (Eber ilaa Seddex): zerotothree.org

TAAGEERIDDA QOYSKA

- Maine Families (Qoysaska Maine): mainefamilies.org p: 553-5801
- Maine Resilience Building Network (Shabakadda Adkeysii Dhisidda ee Maine): maineaces.org
- The Opportunity Alliance: www.opportunityalliance.org p: 523-5049

MACLUUMAADKA BULSHADA

- 2-1-1 Maine: www.211maine.org/ p: 2-1-1
- Child Care Choices (Daryeelka Caruurta): www.childcarechoices.me
- Portland Public Schools (Dugsiyada Dadweynaha ee Portland): www.portlandschools.org/ p: 874-8100
- United Way Greater Portland : www.unitedwaygp.org p: 874-1000

Haddii aad u baahantahay macluumaad dheeraad ah oo ku saabsan qorshaha Bilowga Xooga leh, booqo www.unitedwaygp.org/startingstrong.

ILMAHAAGU MA BAARAAN ADUUNKA, MANA WEYDIIYAAN SU'AALO?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Weydii su'aalo. "Waa maxay midabka iyo qaabka calaamaddas?" "Maxey gawaaridu u leeyihiin lugu?"
- Kalabar buuga markaad mareysid, weydii canugaaga waxa uu u maleynayo ama ay u maleyneyso in ay dhici doonaan.
- Markuu canugu ku weydiiyo su'aal aadan jawaabteyda garaneynin, isla raadiya jawaabta.



CANUGAAGU MA JECELYAHAY INUU DHAGEYSTO SHEEKOYINKA?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- U akhri canugaaga. Malin walba, laga bilaabo xilliga dhalashada.
- U qaad canugaaga waqtiga wax akhriska ee maktabadda.



CANUGAAGU MA KA HADLI KARAA FIKRADAHA IYO DAREENADA?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Markuu canugaagu uu murugeysanyahay, kula fariiso kursi isaga ama iyada. Weydii sida uu dareemayo ama ay dareemeyso dhageysana jawaabta.
- Markaad isla daawaneysiin TV-ga, weydii su'aalo sida, "Maxey kula tahay sababta ay gabadha yar u ooyneyso?"
- Xilliga hurdada, weydii canugaaga inuu kuu tiriyo saddex waxyaabood oo maalintaas dhacay oo ka farxiyay isaga ama ayada.



CANUGAAGA MA AWOODAA INUU DHARKA XIRTO, JAAKADA GASHTO, MUSQUSHANA ISTICMAALO?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Wada cayaara "dress-up together" (xirta dhar adinkoo iska dhigayo boqor ama boqorad ama wax la mid ah).
- Jiid jiinyeerka surwaal hore kadibna ha ku tababarto ilmahaagu keligis.
- U ogoilow ilmahaaga in ay dharka xirtaan iskana bixiyaan kaligood - inta ay awoodaan cawinaad la'aan.

ILAMAHAAGA SI WANAAGSAN MA ULA DHAQMAAN XAALADAHA KU CUSUB?

MEELO BADAN AYAA JIRA OO KU YAALO PORTLAND OO AAD BILAASH KU AADI KARTID:

- Booqo dukaanka xayawanaadka ee xaafaddaada ku yaal.
- Quudi shimbaraha jooga Xabaalaha Evergreen.
- Soo fiiri biyo-dhaca Jewell.
- Isku day in aad booqatid garoomada kala duwan ee Portland toddobaad walba.
- Tag suuqyada beeralayda.
- Soo daawo dukaamada ku yaal xaafada Old Port.



CANUGAAGA MA QABSADAA QALINKA MANA ISTICMAALAA MAQASKA?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Keen maqaska aaminka u ah caruurta.
- Haduu canugaagu dhib kala kulmo jaridda warqadda marka hore, sii asaga ama ayada dhoobo ama cajiinka cayaarta si ay u jaraan.
- Isla midabeeya sawir.
- Cayaara “Tic Tac Toe”.



CANUGAAGU MA XALIYAA DHIBAATOYINKA?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Cayaar ciyaarta “I Spy” ama “Hot and Cold”.
- U dhiib canugaaga sanduuq siiryal oo maran kadibna weydii asaga ama ayada in ay simaan.
- Isku laab labo tuubo si guntin ah kadibna kala shaqey canugaaga siduu u kala furi lahaa.



CANUGAAGU MA LA CAYAARAA KOOXAHA?

HALKAAN WAXAAD KA HELEYSAA SIYAABO KU CAAWIYO:

- Sameeya tartan saddex lugood ah (waa tartan labo qofood u dhaxeeyo ayadoo hal lug qofwalbo maro lagu xerayo).
- Laba caruur u dhiib tuwaal ama shukumaan kadibna ka dhig in ay kubbad ku dhax haatiyaan.
- La cayaar canugaaga cayaarta is yeelyeelka. “Maanta aniga waxaan ahay libaax. Adiga maxaa tahay?”