Naga Caawi In Aan Isdejinno

Xeeladaha ku caawinaaya adiga iyo ilmahaaga la tacaalidda dabeecadda

Isdeji | Ka fikir | Dib ula xiriir

Marka ilmahaagu ku howlan yahay dabeecad adag ama u careysan yahay, la kulmo walbahaar, murug ama niyad jab, waa muhiim in aad isdejiso. Haddii aad muujiso xanaaqaaga, waxay keeni kartaa dabeecad adag oo ilmahaaga xagooda ah. Isdejinta waxay ilmahaaga siinaysaa badbaadada iyo taageerada ay u baahan yihiin inta ay baranaayaan qaabka la isku dejiyo.

Tallaabada 1:

Is deji

1,2,3,4,...

Tiri illaa aad ka dageyso

La xiriir saxiib

Biyo cab: Cunto fudud cun

Neefso

Caawinaad weydiiso

Ka fikir wax wanaagsan ama madadaalo ku saabsan ilmahaaga

Tallaabada 2:

Ka fikir

Dareen iyo fikrado nooce ayaa imaanayaa?

Sidee u maleynaysaa in ilmahaagu u dareemaayo?

Maxaa laga yaabaa in ilmahaaga ay u baahan yihiin si loo ilaaliyo in dabeecaddaas ay mar kale soo laabanin?

Carada ma kaa degtay si aad ilmahaaga dib ugula xiriirto?

Tallaabada 3:

Dib ula xiriir

Marka aad dib ula xiriirto waxaad ilmahaaga ka caawin kartaa in ay bartaan xirfado cusub. Marka ay carado kaa degto canugaaga na u degan yahay, waa kuwaan dhowr talooyin.

#1

Hubi in ilmahaagu degan yahay

I see that not getting a turn made you angry.

Aqoonso dareenka

or

Bixi ikhtiyaar

Aan raadsanno wax cusub oo lagu ciyaaro

U beddel howl cusub

Wado oo la cayaar ilmahaaga

Macluumaad dheeraad ah ee qoys waxaa ka heli kartaa **ChallengingBehavior.org/Implementation/Family.html**

Xarunta Qaranka ee **Pabka Ahraamta ee Hal-abuurka**

JAAMACADDA SOUTH FLORIDA

IDEAs that Work

Soo soorista dukumeentigaan waa la oggol yahay. Oggolaansho nuqul ka sameyn (copy) looma baahna. Haddii wax laga beddelo ama loo isticmaalo qaab kale, fadlan xuquuqda xigashada sii isha asalka ee laga soo xigtay. Waxaa soo saaray Xarunta Qaranka ee Habka Ahraamta ee Hal-abuurka waxaana suurtageliyay Heshiiska Iskaashatada #H326B170003 oo ay maalgeliso Waaxda Waxbarashada Mareykanka, Xafiiska Barnaamijyada Waxbarashada Gaarka ah. Si kastaba ha ahaatee, waxyaabaha ku jira si toos ah uma matalaan siyaasadda Waaxda Waxbarashada, mana aha in aad u maleyso in Dowladda Federaalka ay ku ayiday.

La daabacay. 08/30/22