

Waxyabaha Iga Caawin Doono In aan Dagnaado Ilmaha socod baradka ah

Isku day in aad **fahanto** waxa dabeecadeydu ay **turjumayso**.

Waxaan u baahanahay wakhtigaaga.

Waan daalanahay.

Waxaan u baahanahay nasasho.

Waxaan u baahanahay in xafaayadda la iga beddelo.

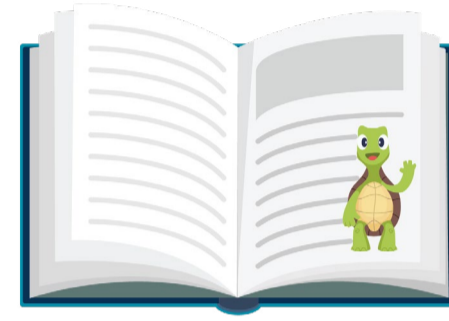


Jogteynta maalinta oo dhan. In aan heysto jedwal siman maalin kasta iyo in howlaha si isku mid loo sameeyo waxay iga caawisaa in aan dareemo ammaan.

- akhrinta buug ama sheekooyinka ka hor inta aan hurdin
- in la ii heeso marka xafaayadda la iga beddelaayo

Ugu horeyn

Buug akhri



Kaddib

Seexo



Iga warqab maalinta oo dhan: hadal, dhoola caddeyn, habsiin, hees, qaabasho.

- Dhageyso oo jawaab marka aan isku dayo in aan wax kuu sheego.
- Marka aan wada ciyaareyno, ii ogolow in aan tooko kula qaato.
- Ka qeybgal ciyaarteyda oo raac hoggaankeyga.
- Ka hadal waxa aan sameynaayo ama daawanaayo.
- Ila hadal oo ila ciyaar sida heerkayga. Kor ii qaad ama hoos isu dhig.



Meelo cusub ama dad cusub marka aan la joogo **iga ag dhowow** Adiga ayaan kuugu tiirsanahay si aan u ogaado in aan fiicanahay.



Wax iga bar shucuurta.

Magacaw dareenkaaga iyo keyga maalinta oo dhan.



Iga caawi in aan u diyaargarobo xaalado cusub ama adag (tusaale ahaan, ka hadal waxa dhici doono, i sii shay aan raaxo ku dareemo).



Ciyaar ciyaaro dhibaato-xallin.

Iska dhig in aad ilowday ficil ama shay inta lagu jiro qeyb ka mid ah maalinteenaa oo arag in aan xasuusto wax la sameeyo.

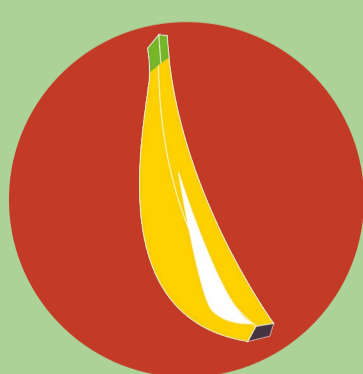
Maxaad u baahan tahay si aad u cunto badarkaaga?



I sii **ikhtiyaaro** maalinta oo dhan.



Ama



Ilaaha qoyska oo badan waxaad ka heli kartaa ChallengingBehavior.org/Implementation/Family.html



National Center for
Pyramid Model
INNOVATIONS



UNIVERSITY of
SOUTH FLORIDA



In dukumentigaan nuqul/koobi laga sameeyo waa la dhiirgeliyay. In koobiyeynta fasax loo qaato looma baahno. Haddii wax laga beddelo ama loo isticmaalo qaab kale, fadlan xigasho sii isha asalka. Tan waa soo saarka Xarunta Qaran ee Hal-abuurka Nooca Ahraamta (National Center for Pyramid Model Innovations) waxaana suurtageliyay Heshiiska Iskaashatada #H326B220002 oo ay maalgeliso Waasaaradda Waxbarashada Mareykanka, Xafiiska Barnaamijyada Waxbarashada Gaarka ah. Si kastaba ha ahaatee, waxa ku jira ma matalaan siyaasadda Waasaaradda Waxbarashada, waana in aadan u qaadanin in ay Dowladda Federaalka ku ayidday.

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La daabacay. 07/14/23