



Play as an important part of healthy growth and development
Cayaartu Waa Qayb Muhiim Uh Morriimada Iyo Caafimaadka Ilmaha

Preface

This is one of six modules prepared for specific use for the displaced people of the Darfur Region, Western Sudan. Each module is composed of charts that focus on health activities that are important to the situation of the displaced and local people. Even though the fathers and mothers of the displaced are generally facing difficulties in their children's health, again the majority of the estimated two million displaced people are depending on external assistance in food, water, health, protection and education.

The displaced and the locals have rights. Besides their right to affordable food, protection, primary health services, they also have the right to know how to take care of their children, even when they are in this difficult situation.

The pictures in this book were taken from camps of the displaced people in Northern Darfur, and depict women and their children as well as the health workers who are putting a lot of efforts to improve the lives of these displaced people.

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Specific acknowledgement

It is important to thank the Ministry of Health of the central government and that of the region as well as other organizations including: Médecins Sans Frontiers – Spain (MSF-S), Action Contre La Faim (ACF), International Rescue Committee (IRC) and GOAL for their support and collaboration when the photographs in the charts of these modules were taken.

It is also inevitable to thank the displaced women who despite being in this difficult situation did not shy away from standing and sitting in front of the lenses of cameras. All these women were involved in health activities in order to promote the health and wellbeing of their children.

UNICEF Sudan.

Hordhac

Buuggan waa mid ka mid ah lix buug oo loo diyaariyey in si gaar ah loogu adeegsado dadka soo barakacay ee gobolka Daar-fuur – Galbeedka Suudaan. Buug kasta waxa uu ka kooban yahay bidaaqado iftiiminaya hawlo caafimaad oo muhiim u ah xaaladaha dadka soo barakacay iyo kuwa degaanka. Halkaas oo hooyooyinka iyo aabbayaashuba ay guud ahaan haysato duruufo caafimaad oo daran. Iyada oo ay hooyooyinka iyo aabbayaashu ay dhibaatooyin daran ka haystaan caafimaadka carruurtooda, haddana dadka labada milyan lagu qiyaasey ee soo barakacay waxa ay badidoodu ku tiirsan yihiin taageero dibadeed ee dhinaca cuntada, biyaha, caafimaadka, ilaalinta iyo waxbarashadaba ah.

Dadkan soo barakacay iyo kuwa degaanka waxa ay leeyihiin xuquuq. Xuquuqda ay u leeyihiin kharashka caafimaadka, cuntada, ilaalinta, adeegyada caafimaadka ee aasaasiga ah ka sokow waxaa ay sidoo kale xaq u leeyihiin in ay garanayaan sida ay carruurtooda u daryeeli lahaayeen xataa iyaga oo ku jira xaaladdan aadka u ba'an.

Sawirrada buugga waxaa laga soo qaadey xerooyinka dadka soo barakacay ee waqooyiga Daar-fuur, waana haween iyo carruurtooda iyo weliba shaqaalaha caafimaadka ee dadaalka weyn ku bixinaya sii wanaajinta xaaladda nololeed ee dadkan soo barakacay.

FSAU iyo UNICEF Somaliya waxay mahad balaaran u celinayaan taageeradii wasaaradda caafimaadka ee Sudaan iyo UNICEF Sudaan oo ay ka heleen ogolaansho naxariis leh in ay tarjumaad Soomaali ah ku sameeyaan walxahani (buugani).

Mahadnaq gaar ah

Waxaa laga-maarmaan ah in aan halkaan mahaduga soo jeedinno wasaaradda caafimaadka ee dowladda dhexe iyo tan gobolka iyo Hay'adaha ay ka mid yihiin: Dhakhaatiirta Aan Xuduudda Lahayn ee Spain (MSF-S), Hay'adda ka hortagga gaajada (ACF), Guddiga Caalamiga ah ee Badbaadinta (IRC) iyo GOAL iyaga oo looga mahadnaqayo taageradii iyo iskaashigii ay bixiyeen markii la qaadayey sawirada ka buuxa bidaaqadaha kala duwan ee buugtan.

Waxaa iyana lagamamaarmaan ah in loo mahadnaqo haweenkii soo barakacay ee iyaga oo ku jiro xaaladaha ba'an haddana aan ka maagin in ay soo hor-istaagaan ama ay soo hor-fariistaan makiinadaha wax-sawira. Kuwaas oo dhammaantood ku hawlanaa waxqabadyo caafimaad si kor loogu qaado caafimaadka carruurtooda.

Hay'adda UNICEF -Sudan.



Smiling at the child, moving him up and down and lulling him are steps that brings the child to start smiling:

Physical movement of the child together with the first exchange of a smile with the mother, has specific importance in stimulating growth and development.

Ilmaha oo loo dhoollacaddeeyo, la boodbootiyo, la lulo ayaa ah tallaabo keeneysa in uu bilaabo dhoollacaddeyn:

Dhaqdhaqaaqa jireed ee ilmaha waxa ay muhiimad gaar ah u leedahay korriimadiisa iyo horumarkiisa laga bilaabo marka ugu horeysa ee uu bilaabo u dhoollacaddeynta waalidkiisa.



Putting items and toys in order to attract a child's attention:

*Place clean items before a child and
encourage him/her to catch.*

*Encourage the child to repeat particular movements
he is making by moving your hands in front of him/her.*

*Alaabo iyo waxyaabo lagu ciyaaro oo ilmaha hortiisa
la dhigo si loo soo jeediyo dareenkisa:*

*Ilmaha hortiisa dhig waxyaabo nadiif ah
oo uu soo qaban karo.*

*Ku dhiirigeli in uu ku celceliyo dhaqdhaqaaqyada uu sameeyo
adiga oo gacmahaaga hortiisa ku dhaqdhaqaaqinaya.*



Note the movement of a child's eyes and body and encourage him/her to repeat the particular movement by smiling at him and shaking the item in front of him.

Encourage the mother to make simple toys from locally available material

Playing with the child stimulates him physically and mentally.

U dbug yeelo dhaqdhaqaaqa indhibiisa iyo jirkiisaba. Kuna dhiirigeli in uu ku celceliyo dhaqdhaqaaqaas adiga oo u dhoollacaddeynaya alaabtiina hortiisa ku lulaya.

Hooyada wa in lagu dhiirigeliyo in ay sameyso alaab lagu ciyaaro oo fudud kuwaas oo laga sameeyo agab laga helo degaanka.

U ciyaarista waxa ay saameyn weyn ku leedahay in ay kiciso xiisibiisa dhaqdhaqaaq iyo kan maskaxeed.



Discovering the contents of a container

Help the child to discover the contents of the container in front of him/her. Ask the child to empty the container and put the things back to the container.

Teach the words “inside” and “outside” or any other words.

*Waxa uu ogaanayaa waxa ku jira weelka hortiisa yaalla
waana uu soo qabsanayaa*

*Dareensii ilmaha waxyaabaha ku jira weelka hortiisa yaal, ka dibna weydii in uu ka
soo wada saaro waxa ku jira weelka oo uu dabadeedna ku celiyo.*

*Bar ilmaha ereyga (gudaha) iyo ereyga (bannaanka) ama erey kale
kuu doono ha abaadee.*



Small girls develop interest in a doll if it is placed before them.

Encourage the small girl to look at the doll and touch, and teach her to point from her body the similar body parts in the doll (head, hands...).

Lay the doll on a piece of cloth and teach her the word “sleeping”.

Gabdhaha yaryar waxa ay xiiso u qaadayaan marka lagu hor dhaqaajiyo boombalada.

Ku dhiirigeli gabadha yar in ay eegto boombalada iyo in ay qabato, oo bar in ay jirkeeda ka tilmaanto qaybaha kala mid ah jirka boombalada (madax, labada gacmood.....).

Boombalada dul dhig gabal maro ah, oo bar gabadha yar ereyga (huruddaa).



Looking and pointing at pictures stimulates a child's interest:

*Point at pictures showing people or animals
as you talk with the child.*

*Teach the child the names of the pictures and
talk to him about them.*

*Eegidda sawirada waxa uu sameyn ku yeelataa
dareenka ilmaha oo uu tilmaamo:*

*Kala hadal ilmaha yar una tilmaan sawiro tusinaya
shakhsiyaad ama xayaawaanno ka sokeeya.
Bar magacyada sawirada oo kala hadal.*



A child will learn the names of the pictures you are pointing at:

Teach the child the name of the picture you are pointing at.

Note the child's interest and encourage him to participate.

Waxa uu baranayaa magaca waxa aad uga tilmaameyso sawirka

Bar ilmaha yar magaca sawirka aad tilmaameyso.

U firso xiisaha ilmaha yar u hayo kuna dhiirigeli in uu ka qayb qaato.



Movement and running are activities that enhance a child's happiness.

When the child is able to run on his own, you can throw a toy for him to catch, clap for him when he catches and encourage him to throw it towards you.

Physical games influence the mood of small and older children.

Help them obtain materials for games involving running and jumping.

This will bring happiness to the children. Now we sing children's songs with them.

Dhaqdhaaqa iyo orodka waxa ay dhiirigeliyaan firfircoonida iyo farxadda.

Marka uu ilmuhu gaaro in uu keligii ordo, waxa aan u tuurnaa alaabta

uu ku cayaaro si uu u soo qabto, u sacbi marka uu soo qabto,

kuna dhiirigeli in uu xaggaaga u soo tuuro.

Ciyaaraha dhaqdhaaqa leh waxa ay saameyn ku yeeshaan xamaasadda

carruurta yaryar iyo kuwa waaweynba.

Ka gargaar in ay helaan agabka lagu ciyaaro ciyaaraha dhaqdhaaqa

ama booddada kaas oo ay carruurta ku farxaan.

Haddana waxa aan ilmaha la qaadnaa heesaha carruurta lagu dheelsiiyo.

SONGS USED TO ENTERTAIN THE CHILDREN

By Allah's order

Touching and taking care

From the day he was born

When he was four

With laugh he grows faster

Sing for him to hear

A child is a child son or daughter

Play compliments feeding

We love breastfeeding

Love is a must.

I am cuddling him

My love has grown with him

With play he grows gregarious

With love he will be filled /satisfied

Love is reciprocated

Child is body and soul.

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HEESTA LAGU CAYAARSIIYO CARRUURTA

Eebba amarkiisa

Taabashada iyo xannaanaynta

Maalintaan ilmahayga dhaley

Marka uu afar gaarey

Qosolka ayaa dedejinaya korriimadiisa

U hees waa uu ku maqlayaaye

Ilmo waa ilmo gabar iyo wiilba

Cayaartu waxa ay la xiriirtaa cuntada

waa jacaylka iyo nuujinta

kalgacalku waa far-di

waxan ku hayey xabadkeyga

waa uu la weynaadey jacaylkeyga

qosolka ayuu geesinimo kula korayaa

dheregta waa tan uu jacayl la socdo.

waxa na jecel waxa aan jecelnahay

imuhuna waa ruux iyo jir