

Talooyin ku Saabsan la hadalka ilmahaaga

- 1 Ula hadal cunugaaga si aan deg deg ku jirin, hadalkana u jooji si jookto ah. Kadib marka uu cunugaaga hadalka dhameeyo suk ilbiriqsi inta aadan hadlin. Hadalkaaga dabacsan oo gaaban ayaa ka waxtar badan dhaleecayn ama talo ah “is daji” ama “isku day mar kale, si tartiib ah”
- 2 Yareey tirade su’aalaha aad weydiiso cunugaaga. Intii aad su’aal weydiin laheed, si fudud wax ka dheh wixii cunugaagu kugu yiri.
- 3 Wajigaaga iyo jirkaaga haka arko inaad dhageysanaysid waxa ay kuu sheegeyso oo aadan dhageysanaynin sida ay u hadleyso.
- 4 Samey daqiiqado maalin kaste aad cunugaaga siin karto oo wax kale soo dhex galayn.
- 5 Ka caawi dhammaan xubnaha qoyska inay bartaan inay qaatan tookadooda hadalka iyo dhagaysiga. Carruurta, gaar ahaan kuwa shig-shigid, aad ayay u fududahay in ay ka hadlaan marka ay yaryihiin waxa qash qasha am aka dhexgala.
- 6 Fiiri sida aad ula dhaqanto cunugaaga. Isku day inaad kordhdiso waqtga aad cunugaaga siinayso fariinta ah inaad dhagaysanayso waxa ay kuu sheegayso oo ay haysato waqti badan oo ay kuugula hadasho.
- 7 Muhiimadu waa inaad ogaysiisaa inaad ku aqbashay cunugaaga sida uu yahay. Awooda ugu badan uu cunugaaga heli karo waa adiga, haddii uu shig shigo iyo haddii kaleba.

Wixii macluumaad dheeraad ah arag daabacaadaha iyo DVD ku yaala boga gadaale

“...this is perhaps the best buy in the nation for information on children and stuttering.”

ASHA JOURNAL review

Visit the Web site for secure online ordering — www.StutteringHelp.org

Stuttering: Straight Talk for Teachers	
— 20-minute DVD and book No. 0126	\$10
If Your Child Stutters: A Guide for Parents* 64 pages	
— English 8th ed. No. 0011	\$3
— Spanish translation No. 0015	\$3
Stuttering and Your Child: Help for Parents and La Tartamudez y Su Niño	
— 30-minute English & Spanish DVD No. 0073	\$10
Stuttering and Your Child: Q&A* 64 pages	
— English 4th ed. No. 0022	\$3
The School-Age Child Who Stutters	
— 38-minute DVD No. 1079	\$5
Stuttering for Kids by Kids English & Spanish	
— 12 minute DVD No. 9172	\$10
Enclose a donation for this worthwhile cause \$ _____	
Send to:	Total Enclosed \$ _____
The Stuttering Foundation	<small>U.S. Funds Only</small>
P.O. Box 11749, Memphis, TN 38111-0749	
Name _____	
Address _____	
City/State/Zip _____	
Phone (____) _____ E-mail _____	

10/01

*Some of the professionals who authored these materials: Edward G. Conture, Ph.D., Vanderbilt University; Richard F. Curlee, Ph.D., University of Arizona; Carl Dell, Jr., Ph.D., Eastern Illinois University; Jane Fraser, The Stuttering Foundation; Hugo H. Gregory, Ph.D., Northwestern University; Barry Guitar, Ph.D., University of Vermont; Diane Hill, M.A., Northeastern University; Peter Ramig, Ph.D., University of Colorado-Boulder; Lisa A. Scott, Ph.D., The Florida State University; C. Woodruff Starkweather, Ph.D., Temple University; and Patricia Zebrowski, Ph.D., University of Iowa.

THE STUTTERING FOUNDATION®
 A Nonprofit Organization
 Since 1947—Helping Those Who Stutter
 P.O. Box 11749 • Memphis, TN 38111-0749
info@StutteringHelp.org
 800-992-9392
www.StutteringHelp.org www.tartamudez.org



Haddii aad u malayso in uu cunugaaga shig shigaayo...

THE STUTTERING FOUNDATION®
 A Nonprofit Organization
 Since 1947—Helping Those Who Stutter

www.StutteringHelp.org
www.tartamudez.org



Compiled by
 Dr. Barry Guitar, University of Vermont, and
 Dr. Edward G. Conture, Vanderbilt University

Shig Shigid Miyaa

Haddii cunugaagu uu ku adag yahay hadalka iyo uu ku hakado ama ku so celiceliyo dhawaaqyada qaarkood, erayada, ama weedhaha, waxaa laga yaabaa in uu dhib ka haysto shig shigid. Ama waxaa laga yaabaa in uu maraayo waqtiyada sida caadiga ah ilmaha maraan oo luuqada gafa markay ay barnaayaan sida loo hadlo. Buuggan yar waxaa uu kaa caawinayaa inaad fahamto farqiga u dhexeeya shig shigida iyo horumarka luuqada caadiga ah.



Cunuga caadiga ah ee luuqada gafa

1. Cunuga caadiga ah ee luuqada gafa mar mar ayuu ku soo cel celiyaa dhawaaqyo ama erayo mar ama laba jeer, si-si-sidda kan. Gafida sidoo kale waxaa ka mid ah hakasho ama iyo isticmaalka erayada wax buuxiyo sida “uh,” “er,” “um.”
2. Inta badan ka dhacdaa da'ada u dhexeeya 1 ½ iyo 5 sano iyo marna waa lagu arkaa marna laguma arko cunuga.

Inta badana waxaa loo arkaa in cunugu uu baranaayo siyaabo cusub oo loo isticmaali karo luuqada. Haddii gafidu ay baaba'ado dhowr todobaad, dabadeedna soo noqoto, waxaa laga yaabaa in cunugu uu maraayo marxalad kale oo waxbarasho.

Cunuga shig shigidiisu dhex dhexaad tahay

1. Cunuga shig shigidiisu fududahay wuxuu ku cel celiyaa dhawaaqyada in ka badan laba jeer, si-si-si-sidda tan. Cadaadsamo iyo halgan ayaa laga yaabaa in ka muuqato muruqyada wejiga, gaar ahaan agagaarka afka.
2. Dhawaaqa cudka ayaa laga yaaba inuu sara kaco markii uu ku cel celiyo, mararka qaarkood cunuga la kulmo



“joojin”- neef qaadasho iyo hadalba aysan jirin dhowr ilbiriqsi.

3. Gafida marna way iman marna way tagi laakiin mararka ay joogto ayaa ka badan mararka ay maqantahay.
4. Ku cel celin aan dhiblahayn ama dheereyn dhawaaqa ayaa ah qaabko ugu caafimaadka ah ee shig shigida. Wax kasta oo caawiya cunugaaga shig shigida siddan oo kale intii ay ahaan lahayd shig shigid erayada loo isticmaalo markii la sheegaayo wixii shacay ama uu ka fogaado isticmaalka erayda waa caawimaad.

Siddi isla markaas loo caawiyo

- Isku day inaad ku hadasho hadal gaabsan oo dagan marka aad cunugaaga la hadlaysid iyo ku dhiiri gali si la mid ah in ay sameeyaan. Ha u hadlin si aad tartiib u ah oo aan caadi ahayn, laakiin ku hadal si aan deg deg sanayn oo joojis badan. Telefishinka ee Mr. Rogers waa tusaale wanaagsan oo ah qaabka hadalkaan.
- Hadalka gaaban iyo dabacsan wuxuu noqon karaa sida ugu waxtarka badan markii lagu daro waqti maalin kaste cunugu uu helaayo waqti uu la qaato waalidka oo aan laga dhex galin. Deji waqti oo dhawr daqiiqadood oo joogto ah oo aadan wax kale sameynay laakiin kaliya aad dhageysto cunugaaga oo kuu sheegaaya wax kaste oo uu rabo oo ka fakaraayo.
- Marka uu cunugaaga ku la hadlo ama su'aal ku waydiiyo inaad hakato waxa lamid ah ilbiriqsi ama la mid ka hor inta aadan jawaabin. Tani waxay caawin doontaa inuu hadalka noqonin deg deg waana dabcinaa.
- Sku day in aadan ka caroonin ama xumaanin markii shig shigida korodho. Cunugaaga wuxuu isku dayooyaa inti awoodiisa ah asaga oo baranaaya xirfado cusub oo badan isku waqti. Dulqaad kaaga, dulqaadkaaga, aqbalkaaga ayaa caawin doono.
- Haddii cunugaagu murugoodo ama caroodo waqtiyada shig shigu daran yahay daji. Caruurta qaar ayaa jecel markey maqlaan “waan ogahay inuu hadliida adag tahay marark qaarkood...laakiin dad badan uu hadalka ka istaagaa ...waa caadi. Caruurta qaar kale ayaa ku daga markii la taabto ama hab la siiyo markey caraysanyihiin.

Qodobo ayaa jira oo muujin kara in cunugaaga uu halis ugu jiro shig shigid. Ogaanshaha qodobbadaas waxeey kugu caaw doontaa in aad go'aansatid. Hadii uu cunugaagu u baahan yahay inuu arko dhakhtarka baara cudurrada luuqada-hadalka.

Shaxda qodobada Halista

Qodobada halista	Laga yaabee marka shig shigida bilaabatay	Run u ah cunugayga
Qoyska taariikh u leeyahay shig shigid	Waalidka, walaal, ama xubnaha kale ee qoyska oo weli shig shiga	
Da'da uu ahaa bilawga shig shigida	Ka dib da'ad 3 1/2	
Waqti kasoo wareegay bilowgii shig shigida	Shig shigaayay 6-12 bilood ama ka badan	
Jinsiga	Oo lab ah	
Walaac kale oo ka qabtid luuqada ama hadalka	Qaladaad dhawaaq hadalka, dhib ka ah la fahmaynin, ku adag raacida tilmaamaha	

Cunuga shig shigidiisu ay aad u liidato

1. Haddii cunugaagu shig shigo in ka badan 10% markuu hadlaayo, shig shigo asaga oo galinaaya dadaal iyo tabar badan iyo culays, ama iska ilaaliyo inuu shig shigo asaga oo badalaaya erayada iyo isticmaalaya dhawaaqyo dheeraad ah si uu u bilaabo, wuu ka faa'idaa daaweynta dhakhtar takhasus u leh shig shigida. Hadalka oo jooksanaya ayaa badan inta hada la arko oo ka badan hadalka oo lagu soo cel celinaayo ama la dheereynaayo, iyo gafida ayaa ka muuqato xaaladaha hadalka inta ugu badan.
2. Hayada shig shigida oo laga helo 800-992-9392 iyo www.StutteringHelp.org ayaa ku siin doonaa magacyada dhakhtar takhasus u leh shig shigida.
3. Talooyinka loogu talagalay waalidiinta ilmaha shig shigidiisu dhex dhexaad tahay sidoo kale ku haboon marka ilmuhu uu leeyahay dhibaato aad u daran. Isku day in aad xasuusato gaabinta iyo qaboojinta *qaabka aad adiga u hadasho* ayaa aad uga waxtar leh inaad u sheekto cunugaaga inuu is tartiibiyo asaga.
4. Ha ka cabsan in aad cunugaaga kala hadasho shig shigida. Tusi dulqaad iyo aqbalaad markaad la hadlayso. Ka gudbitaankashig shigida inta badan waxey imaataa inuu cunuga iska daayo cabsida uu ka qabo shig shigida oo ka badan isku dayid.