

# MA WAXAA HAYSTA QOYSKAAGA DHIBAATO GURI LA'AAN?



**Waxaan kaa caawin karnaa inaad hesho daryeel caafimaad oo shati leh oo tayo leh oo bilaash ah illaa 12 bilood**

**Raadi daryeelka carruurta maanta adiga oo ka wacaya Xarunteena Qoyska (800) 446-1114**

## Maxay yihiin adeegyada ay bixin karaan xarumaha daryeelka caruurta?

- Daryeel bixiyayaal u tababaran
- Taageero qoyska oo dhan loo fidiyo
- Daryeel iyo xanaano shaqsiyaysan
- Meel diiran, nadiif ah, oo ammaan ah
- Cunto caafimaadsan, oo nafaqo leh
- Ciyaaro iyo waxbarasho ilmaha ku maaweelonaya

## Sideen ugu qalmi karaa?

- Haddii aad si ku meel gaar ah aad ula nooshahay qoys ama saaxiibbo
- Haddii aadan guri haysan
- Haddii aad ku nooshahay guryaha ku meel gaarka ah, baabuur ama darjiin
- Haddii aad degan tahay hoy kumeel gaarka ah
- Haddii aad ku nooshahay guryaha barnaamijka Rabshadaha Guriga [Domestic Violence]
- Daqli ahaan xaq ugu leedahay
- Sidoo kale waxaad ugu qalmi kartaa haddii aad ku jirto xaalado kale oo ku meel gaar ah

## Sideen kaalmo u bixinnaa?

- Waxaan kaa kaalmaynaynaa si aad u ogaato haddii aad xaq u leedahay in aad hesho kabitaan-dhaqaale ee xanaanada caruurta.
- Waxaan kaa caawinnaynaa in lagugu hago nidaamka kabitaanka dhaqaalaha ee dowladda iyo in aan kuula buuxino arjigaaga Isku Xirka Shaqada ee Daryeelka Caruurta [Working Connections Child Care].
- Waxaan kaa caawinnaynaa in aad hesho meelaha caruurta lagu xanaaneeyo ee shatiyaysan kaa soo haqab tiri kara baahidaada iyo tan qoyskaaga.
- Waxaan kugu xiraynaa xarumo kale oo adeegyada ka bixiya oo xaafaddahaaga ku dhexyaala.

**Fadlan ogsoonow: Adeegyada Badbaadinta Ilmaha [Child Protective Services (CPS)] ilmahaaga kaama qaadayaan maxaa yeelay how la'aanta ku haysata darteed. Hoy la'aan micnaheedu ma ahan ku-tagri fal ilmo ama dayacid.**

## Waa maxay waxa aan ubaahanahay inaan sameeyo?

Soo wac Xarunta CCA of WA Family Center wac (800) 446-1114 ama email ahaan nagula soo xiriir: [familycenter@childcare.org](mailto:familycenter@childcare.org)

Ama si toos ah u soo wac DCYF si aad u buuxiso (844) 626-8687 ama qatka internetka: [www.washingtonconnection.org](http://www.washingtonconnection.org)

Adeegyadeena aan ugu talagalnay qoysaska guri la'aanta waxaa fidiyay Xarunta Qoyska Washington ee Wacyigelinta Daryeelka Caruurta [Child Care Aware of Washington Family Center], waxaa fuliya Ilaha Daryeelka Caruurta [Child Care Resources], oo si deeysi ahaan gacan uga geysta Waaxda Waxbarashada Hore ee Gobolka Washington [Washington State Department of Children, Youth, and Families].



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**