

# MIYAAD TAHAY BUKAAN SOCOD DIIQADAYSAN AMAS CULAYS HAYO?



**Haddii aad tahay...** Wax ka qabashada ubadka sida xun u dhaqma/edebta darran, la halgamidda nolol maalmeedka ama isku dayidda in la isku miisaamo shaqada, daryeelka ubadka ama ilmaha, xilka qoyska iyo waxyaabo kale oo badan, noloshu marmar ayey culays diiqad leh noqon kartaa. Nasiib darro, diiqaddaasi waxay inoo saameyn kartaa siyaabo badan. Iyaadoo aan la eegaynin waxa aad la tacaalayso, halkan waxa ku yaala qodobbo ama tilmaamo ku siinaya sidaad xasilooni iyo deganaasho u heli lahayd maalinta oo dhan.

- ◆ **AQOONSANOW DAREENKAAGA.** Waa arrin aad caadi u ah in aad dareento ama dareen kaa xoog badan marmarka qaarkod, gaar ahaan marka aad ku hawlan tahay waxyaabo badan.
- ◆ **GARO WAXA KUU KEENA CULAYSKA IYO DIIQADDA.** Aqoonsanow halka ay kaaga imanayso diiqaddu ama culaysku oo u raadi hab fiican oo aad ku xilayso. Haddii culaysku kaaga imanayo markaad caruurta u diyaarinaysid dugsiga aroornimada, tusaale ahaan, habeenka ka horeeya qabo in alla inta aad qaban kartid.
- ◆ **U RAADI SIYAABO AAD ISKAGA SAARI KARTID NIYAD JABKAAGA.** Waxaynu dhammaanteen u baahanahay siyaabo caafimaad qaba aynu isga saarno marka aynu cidhiidhi badan dareeno. Lugays/socod aad, lahadal saaxiib ama qaado neefsasho mug leh adigoo tirinaya tirada ilaa toban, kuwaasi waxay ka mid yihiin siyaabaha ugu sahlan ee aad caadi ugu soo noqonayso oo aad naftaada biririf ama nasasho ku siinayso. Hurdo wanaagsan oo aad habeenkaa hesho iyo si wanaagsan oo aad u cuntayso waxay gacan siinayaan xirfadahaaga wax ka qabashada.
- ◆ **GARO MARKA AAD U BAAHAN TAHAY IN AAD WEYDIISATO KAALMO/CAAWINAAD.** Ceeb ma aha ama wax laga xishhodo ma aha in aad gaargaar doonato marka heerkaaga culays ama diiqadow uu noqdo mid aan la xamili karayn. Waydiiso xubin ka mid ah qoyska in u caruurta waxoogay sii ilaaliyo ama adeegso oo ka faa'iidayso meelaha laga helo, sida kiniisad degaanka ah ama xarun bulsho. Had iyo jeer la hadal bixiyaha caafimaadka maskaxda haddii aad dareensan tahay culays, cadho ama rajo la'aan.

War-galintan ku socota waalidka waxay si niyad samid leh uga timid Qaybta Isgaadhsiinta Adeegyada Caruurta ee (Franklin County Children Services' Communications Division).  
24ka saacadood layn u furan xad gudubka caruurta: 614-229-7000.  
[childrenservices.franklincountyohio.gov](http://childrenservices.franklincountyohio.gov)



Protecting Children by Strengthening Families