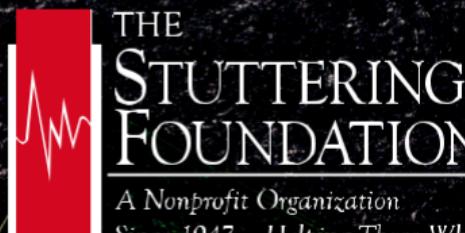


# 7 Siyaabo oo loola Hadlo CUNUGAADA

*Aqoonyaanada waxay isku raaceen in inta badan caruurta shigshigta ka fa'iideystaan waqtiga ay geliyaan horumarinta hadalka. Tilmaamahaan waxay soo bandhigaan siyaabaha waalidiinta uga kaalmeyn karaan.*

- 1. Yareey sida aad u hadashid.** La hadal cunugaada adigoo aan degdegini, adigoo in badan hakad geliya warka. Sug dhowr sekan kaddib marka cunugaada dhamaystiro ka hor inta aadan bilaabin in aad hadashid. Hadalkaada fudud ee dabacsan ayaa in badan ka wanaagsan waano kasta sida "tartiibso" ama "iskuday mar kale." Caruurta qaar, waxaa kaloo u roon in lagu soo dhaweeyo hab dabacsan nolosha ilaa muudo.
- 2. Dhageysiga buuxa.** Iskuday in aad kordhisid in aad cunugaada siisid waqtii buuxa iyo in aad dhab ahaan dhageysatid. Tani macnaheeda ma aha in la tuuro wax kasta mar kasta ay hadasho.
- 3. Weydiinta su'aalaha.** Weydiinta su'aalaha waa qeyb caadi ah oo ka tirsan nolosha – balse iskuday in aad iska ilaalisid in aad isku xijisid su'aalaha, midba midka kale dambeeyo. Marmar waxaa aad waxtar u leh in faalo laga bixiyo waxa cunugaada sheegay kaddibna aad sugtid.
- 4. Qofba markiisa.** Ku kaalmee dhamaan xubnaha qoyska in uu qof kasta markiisa qaato hadalka iyo dhageysiga. Caruurta waxaa u fudud in ay hadlaan marka la yareeyo faragelinta.
- 5. Dhismaha kalsooniда.** Ammaan adigoo sharaxaad ka bixiya si aad u dhistid kalsoonni. Tusaale waxaa noqon kara "Aniga waxaan ka helay sida aad u soo aruurisay alaabta aad ku cayaartid. Wuxaad geysatay kaalmo badan" baddalkii "Taasi waa heer sare." Ku ammaan meelaha uu ku fiican yahay xattaa haddii aysan la xariirin hadalka, sida xirfadaha jimicsiga, ishabeynta, madax banaanida, ama taxadirka.
- 6. Waqiyada khaaska.** Maalin kasta, qabso waqtii go'an aad cunugaada siin kartid dareen buuxa. Waqtigaan daggan, ee xassilan - ma jiro TV, iPad ama telefoon - waxay ahaan kartaa waqtii la dhiso kalsooniда caruurta yaryar. Yaraan shan daqiqiyo maalin kasta waxay dhallin karta isbaddal.
- 7. Waxaa lagu dabaqaa sharciyada caadiga.** Abaabi cunugga shigshigga sida aad u abaabisid caruurtaada kale iyo isla sida aad u abaabin lahayd cunugga aan shigshigin.



A Nonprofit Organization  
Since 1947 – Helping Those Who Stutter



P.O. Box 11749 • Memphis, TN 38111-0749 • [stutteringhelp.org](http://stutteringhelp.org)  
[tartamudez.org](http://tartamudez.org) [info@StutteringHelp.org](mailto:info@StutteringHelp.org) • 800-992-9392 ■