KU SAABSAN **AUTISM**

Waa maxay Autism? Autism waa marxalado dhawr ah oo isbiirsaday oo la xidhiidha kormaha maskaxda. Autism waxay xidhiidh la yeelan kartaa laxaad la'aanta garaadka, isku dubo ridka oo adkaada iyo caafimaad jidheed sida hurdada ama calool xanuun adkaada.

Waa maxay calaamadaha Autism?
Autism waxaa lagu qeexaa adkaan-dhaxgal bulsho, xidhiidh caqabado ama xaalado dabeecado sii celcelin ah. Balse, calaamadaha iyo ka-dayrintooduba way ku kala duwan yihiin sadexdan shay ee gundhiga ah.

Waxaa laga yaabaa inaad aragto mushkilado:

- Indho siin
- Jwaab calinta dareenka wajiga oo meesha ka baxda
- Dareen calinta jidhka (taas oo macnaheedu tahay inayna muuji-naynin)
- Dhaxgalka dadka kale
- Iska sugida
- Soo bandhiga baahidooda

Ilmaha qaba autism:

- Waxa uu u baahan yahay in uu aad ugu cel celinyo si uu si fiican ula qab-sado xaalad ama deegaan.
- Wuxuu u baahan yahay taageero dheeraad ah xaaladafa isku buuqa ah iyo/ama deegaanada ama marxaladaha aanu hore u aqoon.
- Waxaa laga yaabaa inay ku adkaato in uu soo gudbiyo baahidiisa taas oo isku badali karta dabeecad adag.
- Waxaa laga yaabaa inay ku adkaato inoo kala sheego dareenada, gaar ahaan meelaha aanu hore u arag (Sida, nalka iyo codka)

MAAD TAQA-ANAY?

Autism inay hayso 3 milyan oo qof U.S iyo toban milyan adduunka oo dhan.

Daawayn ama dawo ma laha autism.

U.S. Xarunta Xakamaynta iyo Kahortaga Xanuunada (CDC) waxay cadeeyeen in 68-kii ruux ilaa 1 qof Maraykanka ay yihiin caruur autism kala duwan qaba.

Wiilashu waxay gabdhaha inay qa-adaan autism uga nugul yihiin 5 jeer.

Collaboration for Autism Support & Education

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@ParentNetwork
@PNWNY

KU SAABSAN **AUTISM**

Maxay ka dhigan tahay qabista xanuunka Autism? Qof kasta oo Autism qaba waa nooc gaar ah. Dad badan oo qaba autism waxay si aan caadi ahayn awood ugu leeyihiin xirfad arag, muusig ama wax-barasho. Ilaa 40% ayaa garaad caadi ah ama kan dadka mid ka sareeya leh. Kuwa kale ee autism qaba waxay si aad ah u qabaan laxaad la'aan u sahli waydo inay gaar u noolaadaan. Ilaa 25% dadka qaba ASD mahadli karaan waxayna wax ku baran karaan iyagoo adeegsanaya nidaamyo kale. Tusaale ahaan, tani waxay ka dhigan tahay inay caqabad noqotay in la sameeyo daawayn hadalka iyo ta caafimaadka jidhka. Kuw kalena, waxay ka dhigan tahay korodh
qaadashada, qadarinta iyo taageerada

Sidee ugu haboon ee ilmahayga ula xidhiidhi kataa?

- Isticmaal Sharaxa saxda ah.
- Gacmahaaga kula hadal.
- Isku day in aanad wax badan odhnin marka kaliyah.
- Shaqada ugu jajabi qaybo yaryar.
- Tus sawiro tusaalayaalna sii.
- U matal waxay sharaxaysid.
- Shay u tilmaam hadana ficil ugu matal.

Hagayaal fiican:

- Ku celcelintu aadbay muhiim u tahay
- Ilmaha sii fursad uu ugu cel celiyo si uu ula qabsado oo ay u dagto.
- Adiga oo adeegsanaya muuqaal, sawiro iyo internetka tus ilmaha deegaano cusub iyo jawiyo cusub intaanu tagin.
- DIYAAR U AHAW(alaabta uu ugu jecel yahay in uu ku ciyaaro, heed-hfoon, u keen waxa ilmaga in uu najaxo ka caawinaysa).

WAX BADAN KASII BARO

- Caruurta qaba autism way kasoo reeyaan, waxaana furi u ah in wakhti hore wax laga qabto.
- Badso xogta aad online ama ilo kale ka heleyso; si taxadir leg u dooro.
- Calaamadaha ugu muuq-da ee autism ama calaa-madaha autism-ku waxay soo if baxaan da'da 2 ilaa 3 jirka ah.

Tixraacan iyo xogtan waxaa bixiyay:
-www.autismspeaks.org/what-autism
Visit parentnetworkwny.org for more info.

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