



FARIIN COVID-19:

Ka qeybgalayasha barnaamijka waxey dooran karaan in booqashooyinka guriga looga imaado si taxadar ku jira ayagoo raacaya sharciga ama ineey doortaan in ay ku dhigtaan waxbarashada fog. Familyada waxaa guriga loogu keenayaa boogaag iyo qalabyada lagu ciyaaro ee caruurta.



WaalidCanug+



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WaalidCanug+ waa barnaamij booqasho guriyeed oo lacag la'aan ah oo loogu talagalay qoowsaska kaasoo dhiirgaliya in wax lagu barto hab ciyaareed hal abuur leh, kordhiyana xirfada waalidnimo kana caawiya ilmaha inay u diyaar garowaan duqsiga.

- Buugaag waxbarasho iyo qalab ciyaareed lacag la'aan ah.
- Dad kibrad u leh waxbarashada hore ee ilmaha oo latabaray ayaa gurigaaga kugu imaanaayo isbuucii labo mar si aay ugu aqriyaan ilmahaaga ulana ciyaaraan.
- Barnaamijka labada sano waxuu bilaabanaa marka ilmaha uu jiro 18 bilood ilaa iyo 2½ jir.
- Dadka guriga kuugu imaanaayo waxeey ku hadlaan Soomaali isbaanish iyo ingriis.
- Hel wadooyin hal abuur leh oo aad ilmahaaga iyo adigaba aad wax ku baran kartaan.
- Dooro waqtika booqashada kugu munaasibka ah adiga iyo qoskaaga.

♥ Here for all. *Always.*™

Bilaabitaankuna aad ayuu u fudud yahay!

- Naga soo wac 612-201-6712
- Arji ku soo qor 612-201-6712
- Email [parentchildplus@jfcsmpls.org](mailto:parentchildplus@jfcsmpls.org)
- Soo booqo ciwaankeena [www.jfcsmpls.org/parentchildplus](http://www.jfcsmpls.org/parentchildplus)

WaalidCanug+ caruurteeda marka loo barbar dhigo dhaqaale ahaan asxaabtoodad:



**30%** boqolkiiba sodanna waxey ka qalan jabiyaan dugsiyada sare



**50%** boqolkiiba kontan waxey u badan tahay ineey diyaar u noqdaan dugsiyada xanaanada

ParentChild+

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