

Caawinta Carruurta inay Laqabsadaan

Musiibada Soosocota

Masiibooyinku waxay kaga tagi karaan caruurta iyo dhalinyarada inay dareemaan cabsi, iskubuuq iyo badqab la'aan. Jawaabahoogu waxoogay way kala duwanaan karaan. Waa muhiim in aan la aqoonsan oo kaliya falcelintan, laakiin sidoo kale laga caawiyo carruurta in ay la qabsadaan dareenkooda.



Kala hadal duufaanka ilmahaaga (carruurtaada). Ka bilow inaad waydiiso fahamkooda waxa dhacay.

Dhageyso isfaham la'aan kasta oo laga yaabo inay jirto oo ay weheliso cabsida kuhoos jirta iyo/ama welwelka. Waxkaqabo ismaandhaafka marka hore ka dibna ka hadal cabsi kasta iyo/ama walaacyada soo bixi kara.



Ku dhiiri geli carruurtaada inay su'aalo ku weydiyaan oo si toos ah uga jawaab su'aalahaas. Si la mid ah dadka waaweyn, carruurta aad bay u awoodaan inay la qabsadaan dhibaata haddii ay dareemaan inay fahmaan.



Tixgeli inaad la wadaagto dareenkaaga ku saabsan dhibaata carruurtaadu waajahayaan. Tani waa fursad aad ugu adeegto tusaale ku dayasho leh oo ku saabsan sida loola qabsado iyo sida loo qorsheeyo mustaqbalka. Hubi inaad ugu sharixi karto si wanaagsan oo leh qorshe rajo.



Dib ugu xaqiiji carruurta tallaabooyinka la qaadayo si loo ilaaliyo badqabkooda. Masiibooyinka iyo dhibaatooyinku waxay ina xasuusinayaan inaynaan sina uga bad-baadi karin dhibaato. U xaqiiji carruurta inay ku dareemaan ammaan markay joogaan dugsiyadooda, guryahooda, iyo bulshooyinka dhexdooda.

Haddii aad u baahan tahay caawimo, wac ama u dir fariin qoraal ah khadka Taleefanka Dhibaata Musiibada: 1-800-985-5990, ama wac ama u dir fariin qoraal ah 988 si aad ula xidhiidho Khadka Dhibaatooyinka Nolosha & Isdilka.

Tallooyinka Caawinta Carruurta inay Laqabsadaan Cope

U sharax - sida ugu fudud uguna toosan ee suurtoogalka ah - waxa dhacaya ama ay u badan tahay inay dhacaan. Qadarka macluumaadka waxtar u yeelan doona carruurta waxay ku xidhan tahay da'dooda iyo heerka koriimadooda, iyo sidoo kale qaabka ay ula qabsanayaan. Tusaale ahaan, carruurta waaweyn guud ahaan waxay rabaan, oo ay ka faa'iidayaan doonaan, macluumaad aad uga faahfaahsan marka loo eego carruurta yaryar. Sababtoo ah ilmo kastaa wuu ka duwan yahay, ka fiirso calaamadaha carruurtaada inta macluumaadka aad bixinayso.

Xaddid warbaahinta masiibooyinka iyo dhacdooyinka kale ee dhibaatooyinka, gaar ahaan carruurta yaryar. Tixgeli daboolida dhammaan warbaahinta, oo ay ku jiraan telefishanka, internatka iyo baraha bulshada. Marka carruurta waaweyni daawadaan telefishinka, isku day inaad la daawato oo uga faa'iidayso fursadda si aad ugala hadasho waxa la arko iyo sida ay adiga iyo carruurtaadu u dareemayaan.

Ka caawi carruurtaada inay aqoonsadaan meelaha adag tallaabooyinka ay qaadi karaan si aad u caawiso kuwa ay saamaysay dhacdooyinkii dhawaa. Intii aad diiradda saari lahayd waxa la qaban karayay markii hore, xoogga saar waxa hadda la qaban karo si loo caawiyo dadka ay saamaysay dhacdada.



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Helping Children Cope

Following a Disaster

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.



Talk about the storm with your child(ren). Start by asking about their understanding of what has occurred.

Listen for any misunderstandings that might be present along with underlying fears and/or concerns. Address misunderstandings first and then address any fears and/or concerns that might be present.



Encourage your children to ask questions and answer those questions directly. Like adults, children are better able to cope with a crisis if they feel they understand it.



Consider sharing your feelings about the crisis with your children. This is an opportunity for you to serve as a role model about how to cope and how to plan for the future. Be sure you can express a positive or hopeful plan.



Reassure children of the steps being taken to keep them safe. Disasters and other crises remind us we are never completely safe from harm. Reassure children they should feel safe in their schools, homes, and communities.

Tips on Helping Children Cope

Explain - as simply and directly as possible - what is happening or likely to happen. The amount of information that will be helpful to children depends on their age and developmental level, as well as their coping style. For example, older children generally want, and will benefit from, more detailed information than younger children. Because every child is different, take cues from your own children as to how much information to provide.

Limit media of disasters and other crisis events, especially for younger children. Consider coverage on all media, including television, the internet and social media. When older children watch television, try to watch with them and use the opportunity to discuss what is being seen and how it makes you and your children feel.

Help your children identify concrete actions they can take to help those affected by recent events. Rather than focus on what could have been done, concentrate on what can be done now to help those affected by the event.

If you need help, call or text the Disaster Distress Hotline: 1-800-985-5990, or call or text 988 to reach the Suicide & Crisis Lifeline.



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