

Adeegga Dabiibka Hadalka iyo Luqadda ee Carruurta

Talada loogu talagalay Waalidiinta iyo Daryeeleyaasha.

Caawinta ilmaha shigshigga ama gaangida leh

Sida aad adigu u caawin karto:

- Hubi in ilmahaagu uu helo hurdo ku filan.
- Ilmahaaga u sheeg in aanay dhib lahayn shigshigga ama gaangidu matalan 'waxaa la moodaa in ay taasi kugu yara adkayd, dhib ma leh waad ii sheegtay dhammaan wixii aad u baahnayd in aad ii sheegto'
- Muuji in aad dan ka leedahay waxa uu ilmahaagu sheegayo.
- Diiradda saar oo u feejignow ilmahaaga marka ay adiga kula hadlayaan oo meesha ka qaad waxyaabaha jeedin kara. Habka fiican ee tan lagu sameeyo waa adigoo ilmahaaga eega marka ay hadlayaan iyo adigoo madaxaaga kor iyo hoos u ruxa marka ay hadlayaan.
- Sug ilaa ay hadalka dhammeeyaan.
- Ilmaha raaxo darro ha gelinin adigoo u sheega in ay 'aayar u hadlaan'.
- Ilmahaaga ha ka dhex galin hadalka oo iyaga weedha ha u dhammaynin.
- Ilmahaaga ha ku khasbin in ay hadlaan, gaar ahaan marka ay horjoogaan dad aanay garanayn.

Shigshigidda - baraha internetka waxtar u leh waalidiinta

Ururka British Stammering Association (Ururka Shigshigidda ama gaangida Ingiriiska) (Stamma): <https://stamma.org/> ayaa haya macluumaad iyo talo badan oo waxtar leh:

- Fiidiyowyo ku saabsan sida aad u taageerayso ilmahaaga: <https://stamma.org/get-help/resources/videos-children-teenagers>
- Hoosooyin ama kulanno aqoon isweydaarsi iyo koox taageero: <https://stamma.org/get-support/workshops>
- Kooxda Facebook: <https://www.facebook.com/groups/stammeringbsa/>

Xarunta Michael Palin Centre: ayaa carruurta, dhallinyarada iyo dadka qaangaarka ah ee shigshigga ama gaangida leh ku caawisa dabiib ay bixiyaan takhasusleyaal khibrad badan: <https://michaelpalincentreforstammering.org/>

Fiidiyowga **My Stammering Tap (Qasabaddayda Shigshigga):** <https://vimeo.com/239094673>

Stambassadors (Danjireyaasha shigshigga)- qaybo fiidiyow ee dad qaangaar ah oo shigshig ama gaangi leh oo ka hadlaya shaqooyinkooda iyo shigshigga:
<https://actionforstammeringchildren.org/get-involved/stambassadors/>