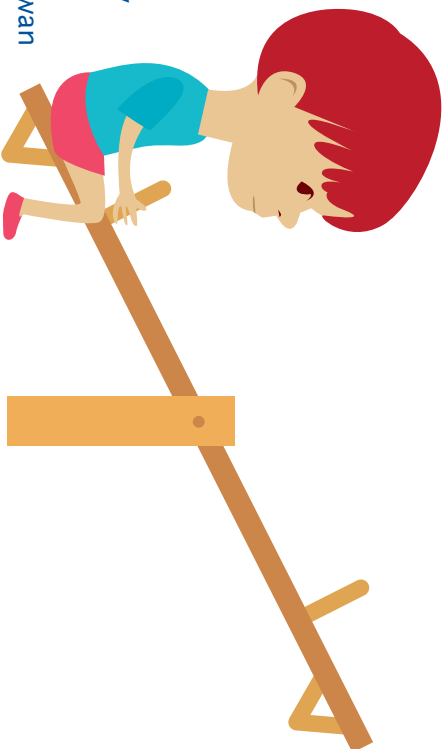




## Waxay u baahan yihiin in laga caawiyo sidi ay dadka kale wadashaqayn ula yeelan lahaayeen

- Waxay doorbidi karaan in ay keligood ahaadaan
- Waxaa laga yaabaa in ay doonayaan in ay wax ka qaybqaataan, laakiin aanay aqoon sidi ay uga qaybqaadan lahaayeen
- Waxaa ku adkaan karta in ay dad is bartaan oo ay xiriirkooda sii xajiyaan
- Waxay dadka ula xiriiri karaan hab caadiga ka duwan



### • Xiriirka bulshada iyo dhexgalka bulshada

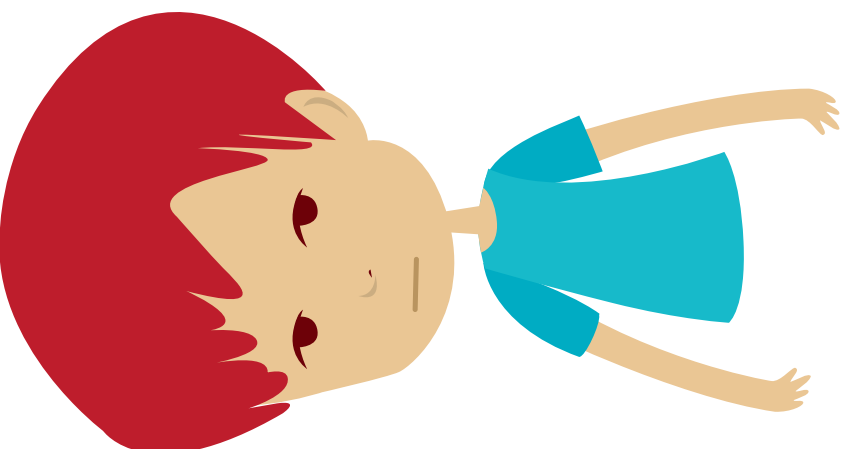


Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.



### • Xiriirka bulshada iyo dhexgalka bulshada



## Waxay u ekaan karaan kuwo ku sugan duni u gaar ah

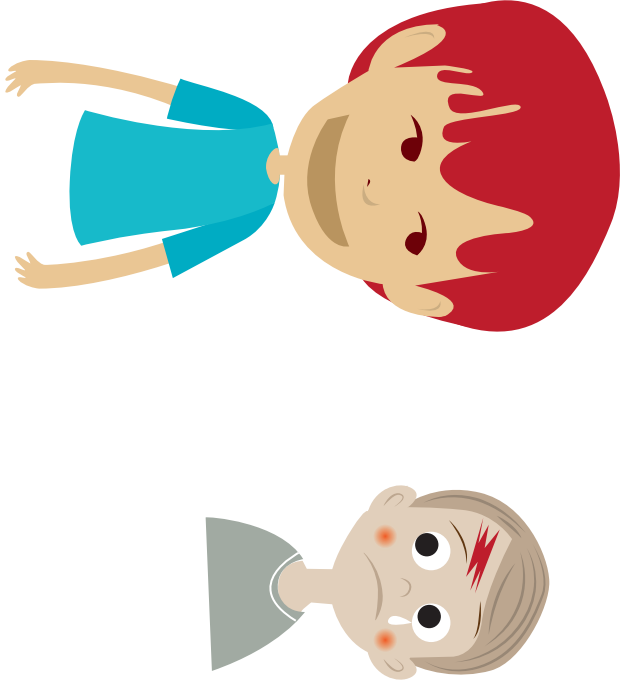
- Waxaa dhici karta in aysan soo jeesan marka magacooda lagu dhawaaqo

- In xaddidan ayay dadka indhaha ka fiirin

karaan ama kamaba fiiriyaan

## Waxaa ku adkaan karta in ay «akhriyaan»/fasitaan farrimaha ama xaaladaha bulsho

- Waxaa ku adkaan karta in ay fahmaan luuqadda jirka, calaamadaha wejiga iyo qaabdhaca hadalka
- Waxaa laga yaabaa in ay u baahan yihiin in laga caawiyo sidii ay u fahmi lahaayeen waxyaalaha habboon xaaladaha kala duwan



### • Xiriirka bulshada iyo dhexgalka bulshada

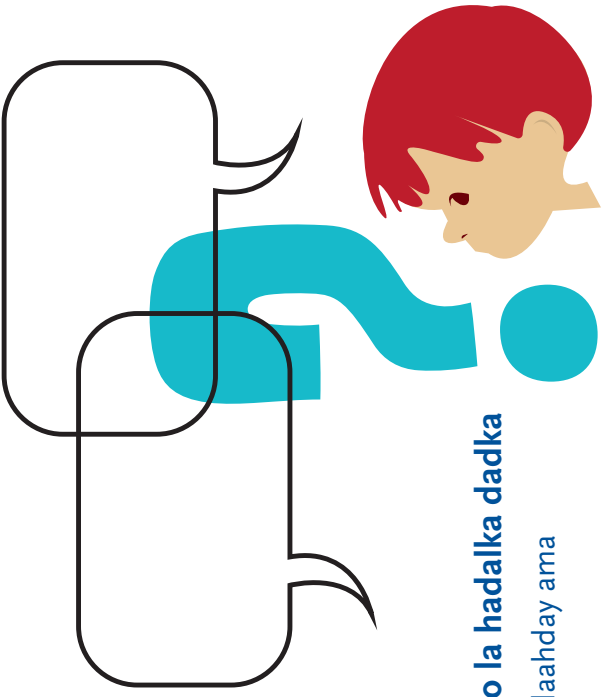
Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

### • Xiriirka bulshada iyo dhexgalka bulshada

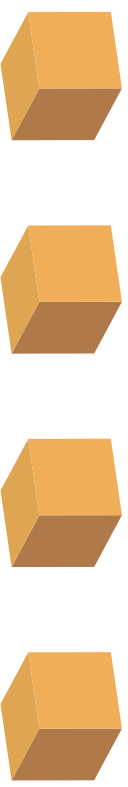
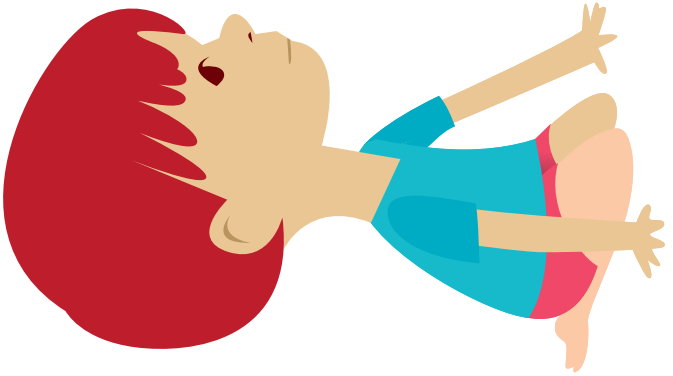
## Waxay u baahan yihiin in laga caawiyo la hadalka dadka

- Waxaa laga yaabaa in ay luuqaddu ka soo daahday ama ay ku yar tahay
- Waxaa laga yaabaa in uu ereyada u fahmo si xarfi ah
- Waxaa laga yaabaa in uu ereyo badan yaqaanno, laakiin ay ku adag tahay sidii uu bulshada dhexdeeda luuqadda ugu isticmaali lahaa



## Habdhaqan soo noqnoqda

- Isla falkii ayuu soo celcelin karaa marar badan, tusaale ahaan in uu alaab saf u dhigo ama in uu isku hal flin fiirsado



### • Habdhaqan, xiise iyo firfircooni

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

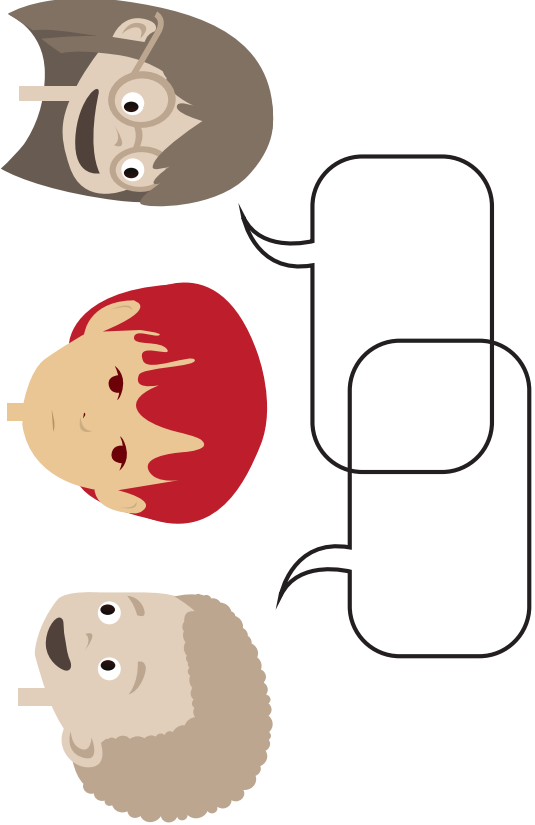


Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.



### • Xiriirka bulshada iyo dhexgalka bulshada

- Waxaa ku adkaan kartaa in ay wadahal bililaabaan, sii wadaan ama soo gabagabeeyaan
- Waxaa ku adkaan karta in ay hal mawduuc ku ekaadaan



## Wuxuu jecel yahay qaab iyo nidaam

- Wuu necbaan karaa lamafilaanka, isbeddelkana aad buu u dhibsan karaa ha ahaado mid yar ama mid weyne
- Wuxuu u baahan karaa in la caawiyo si uu wax cusub isugu dayo



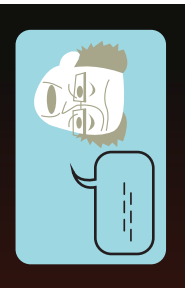
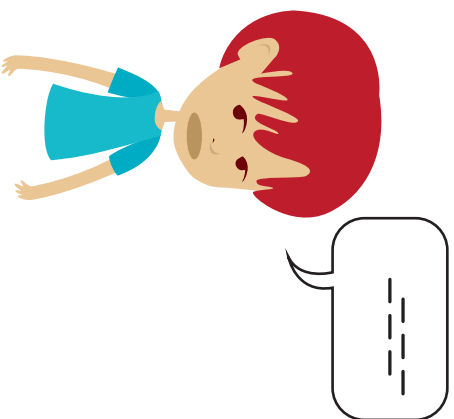
### • Habdhaqan, xiise iyo firfircooni

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.



### • Habdhaqan, xiise iyo firfircooni



- Erey cusub/luuqad iyaga u gaar ah
- Gacmaha ayuu taaga, is wareejiyaa ama horay iyo gadaal u socdaa
- Hadal lagu celceliyo (ereyo iyo jumlado ayay ku celceliyaan)

## Dhaqdhaqaaq soo noqnoqonaya iyo luuqad aan caadi ahayn



### Waxyaalaha ay xiiseyaan waa kooban yihiin

- Hal mawduuc ayay aad iyo aad u xiisayn karaan (tusaale ahaan tareen)
- Waxaa laga yaabaa in ay xiiseyaan wax aan caadi ahayn (tusaale xabagta wax layskula dhejiyo)
- Mawduuc ay had iyo jeer ka fikirkaan/hadlaan ayay si caadiga ka baxsan oo aad ah u xiisayn karaan



Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

- Habdhaqan, xiise iyo firfircooni



Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

- Habdhaqan, xiise iyo firfircooni

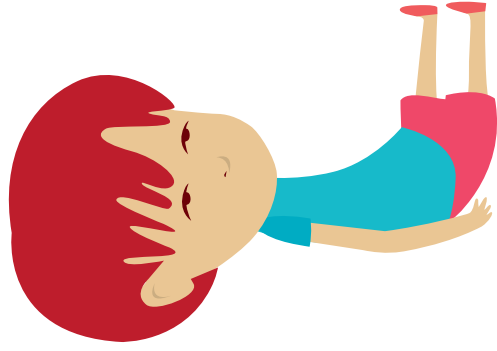
### Marna xasaasi aad ah, marna aan xasaasiba ahayn

- Falcelin aan caadi ahayn ka samayn karaan waxa ay arkaan, maqlaan, uriyaan, taabtaan ama dhadhamiyaan iwm.
- Falcelin caadiga ka duwan ayay ka samayn karaan xanuunka



## Dhibaato la xiriirta xaddidaadda firfircoonida

- Aad u duulduul badan
- Aan firfircoonayn



### • Dhibaatooyinka caadiga ah ee la socda

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.



Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.



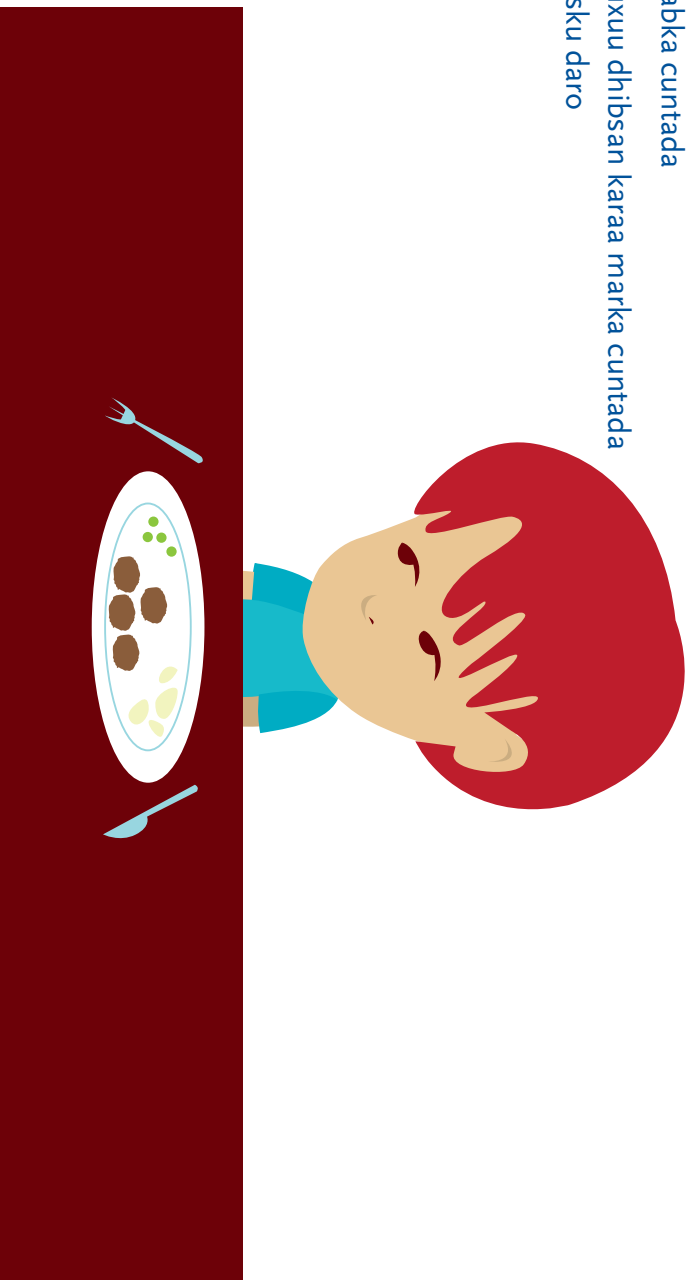
### • Dhibaatooyinka caadiga ah ee la socda



## Dhibaato ah in dareen ahaan la xaddido

## Dhibato xagga cuntada ah

- Wuxuu dhibsan karaa midabka iyo qaabka cuntada
- Wuxuu dhibsan karaa marka cuntada laysku daro



- Dhibatooyinka caadiga ah ee la socda

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

Adeegga aqoonta gobolka ee ootismaha, ADHD, cudurka Tourettes iyo hurdada cudurka ah.

- Dhibatooyinka caadiga ah ee la socda



## Hurdo xumo

- Dhawr jeer ayuu soo kici karaa habeenkii

- Waxaa laga yaabaa in uusan hurdo badan u baahnayn