

# 14-KA TALO EE HADALIDA

Isticmaal talooyinkan si aad u kordhiso ereyada & isxigxiga hadalka markaad la hadlayso, wax u akhrinayso, ama la heesayso ilmaha.

1. **Ka hadal** waxa aad samaynayso oo aad ka fikirayso.
2. **Faallo ka bixi** waxa ay samaynayaan ama ay eegayaan.
3. **Magacow waxyaabaha** ay xiisaynayaan.
4. **Hoos ugu foorarso:** fool ka fool.
5. **Taabo, habsii, qabo.**
6. **Dhagayso oo ka jawaab** waxa ay eegaan, sameeyaan, oo sheegaan.
7. **Sug jawaabta ay bixiyaan.**
8. **Ku dayo iyaga,** oo ku darso ereyo.
9. **Samee dareeno wajiyeed, adeegso dhaqdhaqaaqyo.**
10. **Isbedbeddela** – keligaa ha hadlin.
11. **Ku celceli oo ku darso** waxa ay dhahaan ayna sameynayaan.
12. **Raac hogaankooda,** samee waxa iyaga xiiso galinaaya.
13. **Dhiirageli,** muuji niyad-wanaag.
14. **U dhaqan sida nacas!** Isdeji oo iska baashaal!

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**Hadalida hore waxay toosisaa noloshu ilmaha. LENA wax-ay toosiyaan hadalida hore.**

Booqo [LENA.org](http://LENA.org) si aad u ogaato sida barnaamijyadeenu ay xog xooggan u geliyaan gacmaha qoysaska iyo macallimiinta si loo horumariyo natiijooyinka loogu talagalay carruurta.

# THE 14 TALKING TIPS

Use these tips to increase words & turns when talking, reading, or singing with a child.

1. **Talk about** what you're doing and thinking.
2. **Comment on** what they're doing or looking at.
3. **Name things** that they're interested in.
4. **Get down to their level:** face to face.
5. **Touch, hug, hold.**
6. **Tune in and respond** to what they look at, do, and say.
7. **Wait for their response.**
8. **Imitate them,** and add words.
9. **Make faces, use gestures.**
10. **Take turns** – don't do all the talking.
11. **Repeat and add** to what they say and do.
12. **Follow their lead,** do what interests them.
13. **Encourage them,** be positive.
14. **Be silly!** Relax and have fun!

LENA<sup>®</sup>

**Early talk shapes a child's life. LENA shapes early talk.**

Visit [LENA.org](http://LENA.org) to learn how our programs put powerful data in the hands of families and teachers to improve outcomes for children.