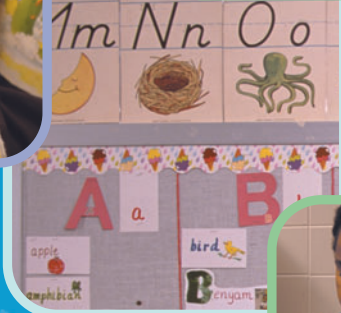


READING rockets Family Guide

Give a Big Boost
to a Child You Love

READING rockets Tilmaamaha Qoyska

Yididiilo Geli ilmaha Aad Jeceshahay



Reading Rockets is a service of WETA, Washington, D.C.'s flagship public television station. Funding is provided by the U.S. Department of Education, Office of Special Education Programs. This guide was created by WETA, which is solely responsible for its content.

Barnaamijka 'Reading Rockets' waa adeeg u bixiyi WETA, oo ah telefishanka dadweyne ee horyaalka u ah Washington, D.C. Maalgalinta waxa bixiyay Wasaaradda Waxbarashada ee Maraykanka, Xafiiska Barnaamijyada Waxbarashada Gaarka ah Tilmaan-bixintan waxa soo saaray WETA, oo kaligii masuul ka ah nuxurkeeda.



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www.ReadingRockets.org



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Ilmuhu Way Ku Aflaxaan Eray Barashadda

Ilmaha jecel buugta kana hela caawimaada guriga waxay u badan tahay in ay "ku fiicnaadaan" waxbarashadda markii ay dugsiga bilaabaan. Marna ma'ahan degdeg in lagu dhiirageliyo in ay wax akhriska jeclaadaan.

Tusmadan, waxaad ka heli doontaa talooyin ka caawinaya ilmaha in ay wax akhristaan, tilmaamayana in ay iskuullada iyo macalimiintaba la shaqeeyaan, fikrado ku saabsan isticmaalka maktabadaha, isticmaalka kambiyuutarada, cinwaanada rugaha internetka iyo kuwo kale oo badan.



Tilmaan-bixinta Qoyska waxaa loo sameeyey inuu weheliyo barnaamijka waxbarashada ee **Reading Rockets**. Reading Rockets waxaa ku jira fiidiyo, tilmaan-bixin daabacan, iyo rugahayaga internetka - www.ReadingRockets.org iyo www.pbs.org/launchingreaders - ayna ku qoran tahay akhbaar tifaftiran oo ku saabsan barida akhrinta iyo caawinta ilmaha dib u dhacay. Fadlan nagu soo booqo internetka, nalana socodsii sida ay kula tahay.

Children Soar on Word Power

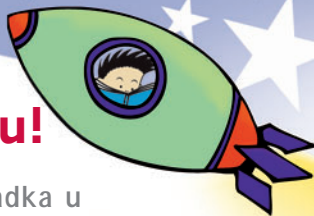
Children who enjoy books and get good support from home tend to "take off" academically when they get to school. It's never too early to start encouraging their love of reading.

In this guide, you'll find tips for helping children get the most out of reading, pointers on working with schools and teachers, great ideas for using your public library, computer tips, valuable Web site addresses, and more.



This Family Guide was developed as a companion to the **Reading Rockets** literacy project. **Reading Rockets** includes videos, print guides, and our comprehensive Web sites — www.ReadingRockets.org and www.pbs.org/launchingreaders — which offer detailed information about teaching reading and helping children who fall behind. Please visit us on the Web and let us know what you think.

Marna Degdeg Ma'ahan Bilaabidu!



Barbartoonigu, xitaa ilmaha aadka u yar-yari, wax badan ayey bartaan markii aad wax u akhriso. Halkan waxaad ku arkaysaa sida carruurtaada loola macaamilo:

- **Akhri, akhri, akhri.** In aad u bilowdo sida ugu dhakhsaha badan, ayaa fiican. Xitaa ilmaha jira lixda bilood way ka helaan buugta sawirada leh (taas oo aad ugu fiican da'dan, weliba).
- **Firfircoonow.** Su'aalo weydii, wax u tilmaan, una sheeke. Isticmaal codad kala duwan. Ciyaarsii! Dhegeystahaagu wuu ku jeclaan doonaa.
- **Sii wakhti hikaadinta.** Ilmuhu way jecelyihiin in loo hikaadiyo buugta sida *Mother Goose* iyo *Dr. Seuss*. Hikaadintu waxay ilmaha ka caawisaa barashadda codadka kala duwan ee erayada.
- **Kala hadal ilmahaaga** tareemada ama xayawaanka guri jooqta ah ama waxa ay xirantahay ama wax kale. Ilmuhu waxay u baahan yihiin in ay iska hadlaan ayna **ku dhegeystaan adiga**.

- **Caawimaad raadso haddii ilmahaagu dhibtoodo.** Haddii ilmahaagu ku dhibtoodo in uu iska hadlo, aanu ku fahmayn, ama aanu sheekada la qabsan karin, fadlan la xirii dhakhtarka carruurta, akhris barre, ama dhakhtarka hadalka si ilmahaaga loo qiimeeyo. Ka hortaga la sameeyo wakhti hore wuxuu caawin karaa awooda ilmahaagu u yeelanayo ku guuleysiga iskuulka iyo nolosha.



It's Never Too Soon to Start!

Preschoolers, even babies, learn a lot when you read to them. Here's how to make the most of your time with your kids:

- **Read, read, read.** The sooner you start and the more often you do it, the better. Even a six-month-old can enjoy picture books (which taste great at this age, too).
- **Be active.** Ask questions, point things out, and talk about the story. Use different voices. Ham it up! Your audience will love you.
- **Take time to rhyme.** Kids love rhyming books like *Mother Goose* and *Dr. Seuss*. Rhymes also help kids learn to recognize the different sounds of words.
- **Talk with your child** about trains or pets or what she's wearing today or anything else. Children need to express themselves and **to hear from you**.
- **Get help if your child is struggling.** If your child seems to be having problems expressing himself, understanding you, or following a story, please contact a pediatrician, a reading specialist, or a speech pathologist to have your child assessed. Early intervention can make a big difference in your child's ability to succeed in school and in life.



Wax Badan U Akhri Ilmaha Iskuulka-Gaaray

Waxaa jira habab badan oo loo xoojin karo qorida iyo wax akhrinta ilmaha gaaray xilliga iskuul bilaabida. Waxaana ka mid ah:

- » Ku kab noloshaada buug badan. Dhig buug wanaagsan qolalka gurigaaga. Qulka ilmahaaga u samee meel wax lagu akhristo. Tusna ilmaha xiisaha wax akhriska, adigoo wax u akhrinaya. lo divertido que es leer.
- » Mar kale akhri. Ku celcelinta akhrinta buugta iyo gabayadu waxay ilmaha ka dhigaan kuwo fahma macnaha oo xiiseeya in ay wax badan akhriyaan.

» Bar in markii wax la sugayo la akhriyo. Ku qaado gaarigaaga dhawr buug oo ilmuhu akhristaan intaad gaariga waddo, markastana buug sii markii aad dhakhtarka oo kale sugesyo.

» Bar wax qoridda. Ku waani ilmaha in ay qoraan, magacooda, adeegga, ama joornaal. Waxay qori karaan sheekooyinkooda iyagoo kuu sheegaya in aad ku "daabacdo" tusmadooda. Mar walba ku hay qalin, midabeeye, iyo xaashi gacanta.



Give School-Age Readers More Word Power

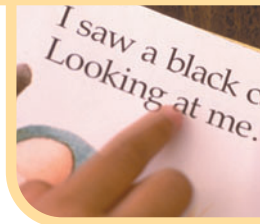
There are many ways to strengthen a kindergarten or grade-school child's interest in reading and writing. Here are a few:

» Enrich your life with books. Keep good books in different rooms of your home. Set up a reading corner or bookcase in your child's room. And show your kids how much fun reading is by reading yourself.

» Read it again. Re-reading favorite books and poems may help children understand the meaning and read with even more accuracy.

» Make waiting time reading time. Be sure to keep a couple of books in the car for kids to read as you drive, and always bring some along to read while you wait for the doctor or dentist.

» Put it in writing. Encourage kids to write, whether it's just their name, a shopping list, or a journal. They can write their own stories by telling them to you and letting you "publish" them with their illustrations. Always keep pencils, crayons, and paper on hand.



Akhriyayaashu Way Ku Aflaxaan Iskuulka



Akhrinta iyo qoridu waa calaamadaha guusha ee iskuulka. Laakiin in bey'addaadu iskuul u ekaato ayaa fiican.

- » Hore ula hadal macallinka in badan. Macallinka ilmahagu wuxuu ku siin karaa talooyin si aad ilmaha u caawiso.
- » Ku xirnow. Ka qayb gal shirarka waalidiinta iyo macallimiinta (PTA), kulamada dugsiga, iyo xafladaha ay macallimiintu xaadirka u yihiin in ay waalidka la hadlaan.
- » Weydii iskuulka in ay u ogol yihiin waalidka kambiyuutarada, si add macluumaad uga hesho akhbaarta internetka.



Haddii **MA AAGU** liito, ku xirnow: Weydiiso iskuulka in ay kugu xiraan qof xirfad u leh habka wax akhrinta iyo la-taliye caawin kara kara ilmahaaga. Waana in ilmahaaga u qiimeeyaa dhakhtarka carruurta ama dhakhtarka hadalku.

Haddii **ADD** la il-daran tahay akhrinta, caawimaad raadso: Raadso barnaamij kambiyuutar barasho oo bilaash ah ama lacag yar. Si aad u hesho mid, weydiiso caawimaad maktabada kuugu dhow ama eeg rugta internetka www.nifl.gov.

Ku dadaal in aad ku faraxdo guulaha ilmahaaga aadna ku bogaadiso hawl karnimadooda. Haddii aad iska xilsaarto waxbarashada

8 Imahaaga, isaga ama iyaduna, sidaa oo kale ayey yeeli doonaan.

Readers Take Off at School

Reading and writing are the keys to success in school. But your involvement in the school is important, too.

- » Talk with the teacher, early and often. Your child's teacher will be able to shed light on your child's progress and suggest things you can do to help.
- » Become involved. Attend PTA meetings, school open houses, and events where teachers are available to talk with parents.
- » Ask if the school provides parents with access to computers, so you can take advantage of the resources on the Web.



If your **child** is struggling, get involved: Ask your school for access to a reading specialist or guidance counselor who can help your child. And have your child evaluated by a pediatrician or speech pathologist.

If **you** are struggling to read, get help: Look into free or low-cost community tutoring programs. For help finding one, ask your local librarian or go to the Web and sign on to www.nifl.gov.

Be sure to celebrate your children's successes and encourage their efforts. If you care about how your child does in school, he or she will, too.

Ogow Maktabaddaada

Maktabadda dadweynaha waxaa ku kaydsan buuggaag badan, joornaalo, fiidiyo, barnaamijyo, iyo adeegyo - dhamaan waxaad ku qaadan kartaa kaar bilaash ah. Halkan waxa ku qoran qaar ka mid ah waxa aad ka heli karto:

- »» Shaqaale ku tusi kara buugta aad u rabto ilmahaaga oo heerar kala duwan ah.
- »» Sheeko sheegid, la bixiyo maalinimada iyo casarkii. Carruurtu way jecel yihiin, adiguna waad ka heli doontaa in aad la dhegeysato ilmahaaga.
- »» Qayb gaar u ah ilmaha, oo buug kala midab ahi yaalaan.
- »» Kambiyuutaro adiga iyo ilmahaaguba aad u isticmaali kartaan si bilaash ah.



Discover Your Library

The public library is like a huge treasure chest, chock-full of books, magazines, videos, programs, and services — all available with a free library card. Here are just a few of the things you might find:

- »» Librarians who can help you find books about topics that interest your child and are at the right reading level.
- »» Story times, offered both during the day and evenings. Children love them, and you might enjoy listening with your preschooler.
- »» Colorful, fun, kid-friendly sections designed just for children.
- »» Computers that you and your child can use for free.



Isticmaal Khayraadka Internetka



Qiimaha **Reading Rocket-ku** waa helida akhbaarta, talooyinka, iyo macluumaadka waalidku ay ka heli karaan internet-ka. Haddii aadan aqoon sida loo "isticmaalo" internet-ka, ha walwalin. Kambiyuutar barasho bilaash ah ayaad ka heli kartaa goobo badan, wakhti lagu isticmaalo kambiyuutarkana waxaad ka heli kartaa maktabada iyo iskuulkaba. Ha ka cabsan in aad caawimaad weydiisato - saaxiib, shaqaalaha maktabada, ama xitaa ilmo kaa weyn.

» Rugahan internet-ku waxay muhiim u yihiin akhbaar helida waalidka iyo carruurta:

www.ReadingRockets.org, waxaad

Ka heli kartaa buugga ku haboon ilmahaaga - in ka badan 100 buug carruureed ay akhriin karaan (0-3 jir), Akhris baradka (3-6 jir), iyo ilmaha akhriska bartay (6-9 jir) ayaa ku qoran.

Ka heli kartaa talooyinka waalidiinta kale iyo adeegayaasha ku jira *Reading with Your Child* Forum-ka.

Ka eegi kartaa macluumaadka ka jira gobolkaaga.

Iyo Kuwo kaleba.

www.pbskids.org, waxaad ka heli kartaa

Wararka **Between the Lions, Arthur, Sesame Street**, iyo dhamaan barnaamijyada ilmahaagu jecelyihiin ee PBS-ta.

Iyo hawl carruureedyo badan: cayaaro, sheekooyin, miyuusik, iyo midabeyn.

Find the Gold Mine Online

One of the highlights of **Reading Rockets** is the wealth of information, tips, and resources for parents available online. If you haven't learned to "surf" the Web, don't worry. Free computer classes are available at many community centers, and free computer time is available at most libraries and schools. Don't be afraid to ask for help — from a friend, the librarian, or even an older child.

» These Web sites offer especially useful information for parents and fun activities for kids:

On www.ReadingRockets.org, you can

Find the right book for your child — more than 100 top children's books are listed for pre-readers (ages 0–3), beginning readers (ages 3–6), and independent readers (ages 6–9).

Get tips from other parents and caregivers on the *Reading with Your Child* forum.

Look for local resources in your state.

And much more.

On www.pbskids.org, you'll find

Links to **Between the Lions, Arthur, Sesame Street**, and all your children's favorite PBS kids' shows.

And more for kids: games, stories, music sheets, and coloring sheets.

Baro Wax Badan

Daawo musal-sallada PBS,
Reading Rockets: Launching Young Readers.

Ka dalbo fiidiyo 800-343-5540 ama internet-ka
www.ReadingRockets.org/store.

**Akhbaar dheeri ah, nagala
soo xiriir:**

Teleefoon: 703-998-2001

Iimayl: info@ReadingRockets.org

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Learn More

Watch our PBS series,
Reading Rockets: Launching Young Readers.

Order videos at 800-228-4630 or online at
www.gpn.unl.edu.

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