



## Qoysaska

Xagaa furan oo ballaran! waa furan yahay! Barnaamijyada xagaaga ee Vermont waxay leeyihiin wax qoys walba u baahan.

Caruurteena iyo dhalinyaradeennu guud ahaan waxay qabteen shaqo aan caadi ahayn inta lagu gudajiro aafada ayagoo raacaya tilmaamaha ay dejiyeen dadka waaweyn ee daryeelaya guryahooda iyo bulshada. Waxay la kulmeen hubanti la'aan joogto ah iyo isbedel joogto ah, taas oo kordhisay dabacsanaantooda iyo mararka qaarkood inay ka labalaabaan inay ka baxaan.

Waxaan ku faraxsanahay inaan u gudubno wajiga xiga ee aafada markii ay mar kale amaan noqoneyso inaan u fidino caruurteena iyo dhalinyarada isku dhafka ah ee nashaadaadka waxqabadyada - laga bilaabo farshaxanka, injineernimada iyo ka shaqeynta beeraha ilaa mashaariicda kooda, ciyaaraha firfircoon iyo sahaminta banaanka. Hadda in ka badan abid, barnaamijyada xagaaga waxay leeyihiin fursad aan caadi ahayn oo ay ku caawiyaan carruurta inay samaystaan xusuus cusub kana soo baxaan dhibaatan xoog leh, adkaysi leh oo rajo leh.

**Barnaamijyada xagaaga ee guud ahaan Vermont waxay bixiyaan:**

- Daryeelka, shaqaale tababaran

- Waxqabadyo madadaalo leh, oo lagu kobcinayo carruurta da 'kasta ha lahaadeene
- Fursadaha carruurta si ay dib isugu xirmaan oo ay saaxiibo cusub yeeshaan
- Waqtiga sahaminta bannaanka, ciyaarta bilaashka ah iyo ciyaaraha hal-abuurka leh  
Barnaamijyadu waxay raacaan tilmaamaha badbaadada COVID-19 ka, sida ay bixiyaan  
Xarumaha Xakamaynta iyo Kahortagga Cudurrada, Akadamiyadda Maraykanka ee Cudurrada  
Carruurta, iyo Waaxda Caafimaadka ee Vermont.

**Khariiradda barnaamijka xagaaga:**

**Guji xiriiriyahan** si aad u hubiso barnaamijyada xagaaga ee ku dhow:

[https://www.vermontafterschool.org/summermap/!](https://www.vermontafterschool.org/summermap/)

Iyo haddii aanad helin waxaad u baahan tahay , [noo sheeg](#) si aan gacan uga geysano buuxinta farqiga!

**Sida loola hadlo carruurtaada loona qorsheeyo:**

Carruurtu waxay u baahan yihiin ammaan, oo la taageeray oo laga buuxiyo madadaalo, nashaadaadyo wax tar u leh sannadkan si ka badan sidii hore. Kadib bilo dugsi iskuuladeed iyo go'doon bulsheed, xagaagan wuxuu awood u leeyahay inuu noqdo baddelaha ciyaarta ee carruurta da 'kasta ha lahaadeene. Halkan waxaa ku yaal tilmaamo ku saabsan sidii dhallinyarada looga caawin lahaa u-gudubka shaqsiyaadka barnaamijyada xagaaga.

**Muxuu waalid filan karaa / daryeel bixiyuhu filan karaa markuu la imaanayo fikradahan oo uu ka qayb galaayo hawlahaan?**

- Carruurtu waxaa laga yaabaa inay si caqli-gal ah u barten inay la qabsadaan xaaladdan iyaga oo aan horay u sii qorsheynin, u rajeynaynin

qorshooyinka, ama ugu biirin kooxaha bulshada. Sidaas oo ay doonayaan karaa oo kaliya in ay ka fekeraan mustaqbalka dhow.

- Carruurta waxay noqon karaan kuwo aan mugdi ku jirin ama aan si dhab ah u hubin waxa ay doonayaan inay sameeyaan.

- Carruurta waxay u arki karaan inay sii joogaan guryahooda iyo aagga raaxada ee xulashooyinka madaddaalada ee hadda ay ka xiiso badan yihiin marka loo eego kooxaha bulshada iyo howlaha bulshada.

- Carruurta waxay noqon karaan kuwo ciil qaba ama xanaaqa markay

waalidku / daryeelayaashu ku adkeystaan qorshaynta.

### **Maxaa la gudboon waalidiinta / daryeelaha markay la kulmaan jawaabahan?**

- U ogeysii ilmahaaga / dhallintaada inay dareemaan dhammaan shucuurtan, fikradaha, iyo ficilladani inay yihiin jawaabo xigmad iyo hal abuur leh oo ku saabsan diiqadda iyo dhibaataada sanadkaan la soo dhaafay. tusaale. "Micno guud ayay ila tahay aniga inaad dareemeyso sidan. Waad la qabatimay 'wax ma qabatid' hadana waxaan kugu riixayaa inaad sameyso wax ka soo horjeedka ah.

- Waxaa waxtar leh in la dejiyo filasho cad oo ku saabsan waxqabad caafimaad leh ka dibna lagu doorto rajadaas gudaheeda. tusaale. Waxaan jeclaan lahaa inaad doorato mid ka mid ah xulashooyinkaan. Kee ayaad xiisaynaysaa?

- Markasta xusuusinta naftaada in tani ay tahay "walaac togan" waalid ahaanna waa in aynaan uga jawaabin walaaca wanaagsan innaga oo iska qaadna. Waxaan baraynaa xirfadaha laqabsashada si loola kulmo

culeyska, sidaa darteed caruurteena waxay bartaan adkeysiga waxayna dareemaan sidii inaan aaminsanahay inay karti leeyihiin.

### **Sideen ugu diyaargarooobi karnaa kaamka / waxqabadka haddii ilmahaygu weli diido?**

- Tag oo booqo goobta dhabta ah kahor waqtiga.
  - U samee canuggaaga liiska su'aalaha / welwelka oo wac si aad u hesho macluumaad dheeraad ah.
  - Bilow inaad wax badan uga baxdid bulshada dhexdeeda marka laga baxo dibedda gaagaaban qaabab nabdoon oo aad ula qabsan karto inaad la ahaato kooxo dad ah.
  - Diyaar garow badan - samee liistada waxa la keenayo oo la abaabulayo waqtiga ka hor.
  - U oggolow bilow gaaban ama ka sii tartiib tartiib ah (yacni, u tag waqti gaaban maalin ka mid ah oo kor u shaqee - xitaa haddii ay tahay toddobaad keliya).
  - Si cad u cadee yoolka iyo mudnaanta. Tani waa tan ugu badan ee la qabsashada waaya-aragnimada bulshada mar kale maadaama ay tahay waayo-aragnimada dhabta ah.
- .Isdeji. Haddii dadka waaweyni ay ku degdegaan, degdeg ah, oo adag, taasi waxay ka sii dari doontaa caabbinta ilmaha.
- Sii dhiirigelin iyo xoojin aad ku baxdo oo aad wax ku tijaabiso. Markaan diiqad nahay, waxaan u baahanahay dhiirigelin dibadeed oo dheeri ah.
  - Wac oo la hadal shaqaalaha barnaamijka si aad u muujiso welwelkaaga isla markaana aad qorshe u sameyso. Weydiiso kalsooni ku saabsan tallaabooyinka badbaadada (sawirrada iyo fiidiyowyada barnaamijka ayaa noqon kara kuwo waxtar leh).

Waa caadi in aad ka saxiixdo ilmahaaga ama dhallintaada barnaamij xitaa haddii aadan hubin inay tagayaan. Haddii aad rumeysan tahay in

ilmahaaga ama dhallintaadu ay u baahan doonaan taageero dheeri ah, kala hadal shaqaalaha barnaamijka waxa ilmahaagu u baahan karo iyo Haddii aad rumeysan tahay in ilmahaaga ama dhallintaadu ay u baahan doonaan taageero dheeri ah, kala hadal shaqaalaha barnaamijka waxa ilmahaagu u baahan karo iyo fursadaha la heli karo. Waxa kale oo aad weydiin kartaa siyaasadda ka noqoshada barnaamijka si aad u ogaato haddii ay jirto dabacsanaan, oo ay ku jiraan haddii ilmahaagu u baahan yahay inuu fududaado maalmaha ugu horreeya. U oggolow tartiib tartiib ah dib ugu noqoshada waxqabadyada bulshada iyo ka-qaybgalka bulshada ku saleysan weydiisana caawimaad markii aad u baahato.

### **Xiriirinta iyo Kheyraadka Qoysaska**

Maaha wax qarsoodi ah in carruur badani ay la soo derseen culeys, walaac iyo go'doomin bulsheed ka dib bilooyin karantiil ah iyo xiritaanno. Kaliya ma ahan inaan halkaan u joogno inaan ka caawinno madadaalo, barnaamijyada xagaaga ee dabacsan ee carruurta da 'kasta leh, laakiin waxaan sidoo kale dooneynaa inaan la wadaagno ilaha fikradaha khabiirka ah iyo talooyinka ka caawin kara qoysaska inay ka soo baxaan dhibaatan xoog, adkaysi iyo rajo.

- Waaxda Caafimaadka Maskaxda ee vermont: [Khayraadka COVID ee qoysaska iyo shakhsiyadka](#)
- CDC:Xirmada [Khayraadka Waalidka ee COVID-19 ka](#)
- Ururka Qaran ee Aqoonyahannads Cilmi-nafsiga ee Dugsiyadda: [Caawinta Carruurta la Qabsashada Isbeddelada ka imaanaya COVID-19 ka](#)
- USA Maanta: Waalidnimada Scaffold ee aduunka musiibada ka dib
- Carruurta yar-yar: [Maxaa u danbeeya: Ku Noqoshada Daryeelka Ilmaha Kadib Hoyga-ku-taal](#)
- The Atlantic: [Sida loogu soo celinayo carruurteena wadada saxda ah](#)
- Self Magazine: [Waa maxay is - Adkaysi, Miyayna Naga caawin kartaa inaan ka soo laabanno tan?](#)
- Edutopia: Istaraatiijiyadaha [Barashada Dareenka Bulshada ee Waalidiinta](#)
- EdSurge: [10 Dariiqo oo Waalidiintu u keeni Karaan Guriga Barashada Cilmiga Bulshada](#)
- Gargaarka Kowaad ee Caafimaadka Maskaxda: [Talooyin Caawinaya Carruurta iyo Dhalinyarada Inay Daryeelaan Caafimaadkooda Maskaxda Inta COVID-19ka Lagu gudo Jiro](#)

- [Taageerada VT ee COVID-ka](#)

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## For Families

**Summer is wide open! And Vermont summer programs have something for every family.**

Our children and teenagers have overall done an exceptional job throughout the pandemic by following guidelines set by caring adults in their homes and communities. They have experienced chronic uncertainty and constant change, which has increased their flexibility and sometimes their hesitancy to venture out.

We are excited to move into the next phase of the pandemic when it will again be safe to offer our children and teens an exciting mix of enriching activities—from arts, engineering and gardening to team projects, active games and outdoor exploring. Now more than ever, summer programs have an extraordinary opportunity to help kids make new memories and emerge from this crisis strong, resilient and hopeful.

**Summer programs across Vermont offer:**

- Caring, trained staff
- Fun, enriching activities for kids of all ages
- Opportunities for kids to reconnect and make new friends
- Time for exploring the great outdoors, free play and creative games

Programs follow COVID-19 safety guidance, as provided by the Centers for Disease Control and Prevention, American Academy of Pediatrics, and Vermont Department of Health.

**Summer program map:**

**Click on this link** to check out the summer programs near you:

<https://www.vermontafterschool.org/summermap/>

And if you don't find what you need, [tell us](#) so we can help fill the gap!

### **How to talk to your children and plan:**

Kids need a safe, supported summer filled with fun, enriching activities this year more than ever before. After months of virtual school and social isolation, this summer has the power to be a game changer for kids of all ages. Here are some tips for helping youth with the transition to in-person summer programs.

### **What could a parent/caregiver expect when bringing up these ideas and attending these activities?**

- Kids may have wisely learned to cope with this situation by not planning ahead, looking forward to plans, or venturing out into social groups. So they may only want to think about the near future.
- Kids may be ambivalent or genuinely unsure what they want to do.
- Kids may find staying home and in the comfort zone of their current recreational options more enticing than navigating social groups and community activities.
- Kids may be grumpy or irritated when parents/caregivers are persistent with planning.

### **What should parents/caregivers do when facing these responses?**

- Let your child/teen know that all of these feelings, thoughts, and actions are wise and creative responses to the stress and adversity of this past year. Ex. "It makes total sense to me that you feel this way. You have gotten used to 'not doing' and now I am pushing you to do the opposite."
- It is helpful to set a clear expectation for healthy activity and then offer choice within that expectation. Ex. "I would like you to choose one of these options. Which one are you most interested in?"
- Keep reminding yourself that this is "positive stress" and as parents we should not respond to positive stress by taking it away. Rather we teach coping skills to face the stress, so our children learn resilience and feel as though we believe they are capable.

### **How can we get ready for the camp/activity if my child remains reluctant?**

- Go and visit the actual site ahead of time.
- Make a list of questions/concerns with your child and call to get more information.
- Start going out more in the community for short outings in safe ways to get used to being places with groups of people.
- Over prepare- make a list of what to bring and be organized ahead of time.
- Allow for a shorter or more gradual start (i.e., go for a shorter time day one and work up- even if it's only a week).
- Be clear about the goal and priority. This is as much about getting used to social experiences again as it is the actual experience.



- Stay calm. If the adults get rushed, urgent, and rigid, that will make the child’s resistance worse.
- Offer incentives and reinforcement for going and trying things out. When we are stressed, we need more external motivation.
- Call and talk to program staff to express your worries and make a plan. Ask for reassurance around safety measures (photos & videos from the program can be very helpful).

It is okay to sign your child or teen up for a program even if you aren’t sure they will go. If you believe your child or teen will need extra support, talk with the program staff about what your child might need and what options are available. You can also ask about the program’s cancellation policy to see if there is flexibility, including if your child needs to ease into the first few days. Allow for a gradual transition back into social activities and community-based engagement and ask for help when you need it.

### Links and Resources for Families

It’s no secret that many kids have experienced stress, anxiety and social isolation after months of quarantine and closures. Not only are we here to help with fun, flexible summer programs for kids of all ages, but we also want to share resources with expert insights and tips that can help families emerge from this crisis strong, resilient and hopeful.

- Vermont Department of Mental Health: [COVID resources for families and individuals](#)
- CDC: [COVID-19 Parental Resources Kit](#)
- National Association of School Psychologists: [Helping Children Cope With Changes Resulting From COVID-19](#)
- USA Today: [Scaffold Parenting in a post-pandemic world](#)
- For young children: [What Comes Next: Back to Child Care Following Shelter-in-Place](#)
- The Atlantic: [How to get our kids back on track](#)
- Self Magazine: [What Is Resilience, and Can It Help Us Bounce Back From This?](#)
- Edutopia: [Social Emotional Learning Strategies for Parents](#)
- EdSurge: [10 Ways Parents Can Bring Social-Emotional Learning Home](#)
- Mental Health First Aid: [Tips to Help Children and Youth Take Care of Their Mental Health During COVID-19](#)
- [COVID Support VT](#)

