



Bridging Refugee Youth & Children's Services

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Grow with Your Teen = La Soco Korniinshaha Ilmahaaga

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St. Paul, MN

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La soco korniinshaha ilmahaaga (Grow with your teen)

Markii baadhitaan lagu sameeyay korniinshaha, waxa la ogaaday in ilmuhu uu muujiyo dhaqano kala gadisan. Waxa loo baahanyahay in ay waalidku tusaan ubadkooda dhaqamada fiican ulana dhaqmaan sida hoos ku qoran:

According to research, teens say that the beliefs, values and actions of their parents or close adults sink in. These are the values teens come back to as they grow and develop. As you and your teen grow together, here are some values you can demonstrate to them:

- Waa in aad shuruud la'aan u jeclaata ilmahaaga una muujisaa.
- Marka ilmuhu qaldamo isku day in aad saxdid si uunan u qaldamin mar labaad.
- U sheeg had iyo jeer waxa uu ilmahaagu ku fiicanyahay adiga oo u bogaya.
- Sii fursad ilmahaagu kugu aamiinaan lana samayso marxalad la isku aamino.
- Ka caawi ilmahaaga in ay ka qayb qaataan arimaha bulshada.
- Ma aha in aad kalidaa koriso
- Love them no matter what and let them know it.
- When your teens mess up, teach them how to do better next time.
- Tell your kids what's good about them and tell them often.
- Give teens opportunities to earn your trust and build trust with them.
- Show your teens you respect them and that you respect yourself.
- Help teens belong by becoming involved in your community.

dhalinta. Isku day in lagaa caawiyo.

- Faraha haka qaad in. Wakhti ayay qaadataa in xiriir fiican idin dhex maro adiga iyo. Caruurta dhalinyarta ah.
- Isku day in aad u furfuraato oo hadii ay dhacdo khaladkaaga aad ku wada qosli kartaan.
- Taasina waxa ay keenta isku duubnaansho adag.

- You don't have to raise teens by yourself. Ask for help if you need it.
- Don't give up. It takes time to built solid relationships with teenagers.
- Keep your sense of humor. Being able to laugh together and at your mistakes builds a family.

Dhalinyarta waxa jirta in ilmo waliba uu rabo in la tix galiyo, la dhiiri galiyo iyo in uu ogaado in waalidkii jecelyihiin. Waa in waalidku ku farxaan ilmaha tixgaliyaana noloshooda iyo ta ubadkaba. Hadii aad u baahato warbixin dheeraad ah oo ku saabsan korninshaha dhalinta, fadlan soo wac jaamacada Minnesota qaybta la xiriirta dhalinta.

Every teen deserves to be included, and encouraged. They need to experience unconditional love. Enjoy your teen and remember what is important in their life and in your own. For more information on raising teenagers contact the University of Minnesota Extension Service and ask about the Positive Teen Curriculum.

Title: La soco korninshaha ilmahaaga (Grow with your teen)

Number: 974

Authors: Karin Ihnen

Source: UofMn Extension Service and College of Human Ecology, "Thriving With Your Teen Curriculum."

Year: 2003

Reviewer: Abdi Abdulahi, Jodi Dworkin

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