



Bridging Refugee Youth & Children's Services

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Fahmidda dhalinta - (Thriving with Your Teen)

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Fahmidda dhalinta - (Thriving With Your Teen)

Dhaqanka waalidku wuu horkici karaa dhalinyarada, wayna wanaagsantahay in aad dhalinyaradaada kala hada shit waxyaalaha aad aaminsantahay ee muhiim ka ah.

Kuwa soo socda waa waxyaalo muhiim ah oo aad u bandhigi karto kalana hadli karto dhalinyaradaada.

- Caday sharciyada guriga iyo sababta ka dambaysa.
- Bar tixgelin adigoo tixgelinaya iyaga.
- Dhagayso dhalinyarada rayigooda iyo riyoooyinkooda.
- U sharax sababta aadan u rabin in dhaliyaradaadu sigaar, khamri u cabto, muqaadaraad u isticmaasho ama galmo xaraam ah u samayso.
- Bar dhaliyaradaada in ay isdifaacaan iyagoon dadkale dhibaato ugaysan.
- Dhagayso messhaad cashar uga akhriinlahayd.
- Ku caawi in aay wax ka bartaan qaladkooda.

Parent's behaviors can motivate teens, and it is good to talk with your teen about important values. Following are values to demonstrate and communicate with your teenager:

- Be clear about rules and why you have them.
- Teach respect by being respectful.
- Listen to your teen's hopes and dreams.
- Explain why you don't want your teen to smoke, drink, use drugs or have sex.
- Teach teens to stand up for themselves without hurting others.
- Listen instead of lecturing.
- Help them learn from their mistakes.
- Compliment your teens for the good things they do.

- U mahad naq dhalinyaradaada waxyaalaha wanaagsan ee ay sameeyaan
- Ku xir dhaqankooda iyo isirka qoowskooda.
- Samee in ay kaa caawiyeen shaqada guriga.
- Kula tali in ay wax ku kordhiyaan bulshada
- Ugaysii dhalinyaradaada in aad ka sugaysid heer sare.
- La baashaal.
- Bar tixgelinta waxyaalaha qaaska ah.
- Waa caadi markaad wax isku waafiqiwaysaan. Tani waxay marqaati ka tahay sida dhalinyaradu u fekerayaan.
- Ugaysii in ay ka midyihiin arimiha qoowska.
- Ugaysii in aad jeceshahay.
- Weligaaa ha joojin. Dhaliyaradaadu way kuu bahanyihiin marwalba.
- Connect them to their cultural and family roots.
- Make sure they help around the house.
- Encourage them to contribute to the community.
- Let teens know you expect the best from them.
- Have fun together.
- Teach respect for privacy.
- It's okay when you disagree. This is how teens learn to think for themselves.
- Expect them to be part of family activities.
- Let them know that you love them.
- Never give up. Your teen needs you more than ever!

Warbixin intaas dheer, dhagayso dadka aad tixgelisid bulshada dhexdeeda. Isla markaana booqo qaybta korinta qoowska ee [Extension](#)

For more information, listen to people in the community whom you respect. Also, visit the Family development section at [Extension](#).

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