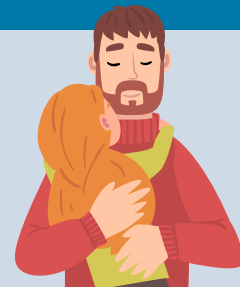


Bakin ciki, rauni, da COVID-19: bayani ga iyaye

Yara sun fiskanci sauyi da damuwa da yawa lokacin annobar COVID-19. Komowa makarantar kan layi a farkon annobar ya bar yara da yawa suna jin kadaici, yayin da suka rasa manyan bukukuwan rayuwa kamar murnar ranar haihuwa sannan bikin kammala makaranta ya zame wa da yawa gajiya. Rasa masoya ya gigita iyalai baki daya.



Mene ne alamun bakin ciki da aka saba gani?

Zaka iya ganin alamu kamar:

- Saurin jin haushi fiye da aka saba
- Rashin bacci
- Samun damuwa wajen mayar da hankali a makaranta ko gida
- Koma bayan maki
- Jin tsoro game da tsaron kansu ko wasu
- Halaye masu hadari kamar amfani da kwayoyi ko barasa



Mai yiwuwa yaronka yana fama da rauni ko bakin ciki koda yayi kamar rayuwa “ta dawo dai-dai”.

Ba duka yara ko samari ke mu'amalantar bakin ciki ko gajiya iri daya ba. Kun fi sanin 'ya'yanku-idan kuka ji kamar akwai wani abu, ku yi musu magana.



Abubuwa sun koma dai-dai - shin yarona ya gajiya da annobar?

Watakila. Al'amura na gigita ko gajiyawa na baya za su iya illa ga matasa bayan watanni ko shekaru. Yara zasu iya bukatar taimako wajen fahimtar sauyin da suka faru lokacin annobar kuma su gane abubuwan da suka ji. Yaronka zai iya samun yiwuwa mai karfi na samun daumwa bayan tashin hankali idan sun taba fuskantar wasu al'amura masu tashin hankali a rayuwarsu kamar saki ko mutuwar masoyi.



Ta yaya zan iya taimaka wa yarona idan yana fama da bakin ciki ko gagicewa?



- Kabar yaronka yayi magana idan ya shirya- karka takura shi yayi magana idan baya so
- Fara yin magana da tambayoyi kamar “Ya kake ji game da” abunda ke faruwa a duniya?” ko Sanar da ni idan kana son yin magana.”
- Ka saurara da kyau kuma kayi tambaya a salon da ba na tuhuma ba.
- Ba wa yaronka karfin gwiwa kuma sanar da shi cewa zai iya maka tambayoyi a koyaushe.
- Yi bitar dabarun kwantar da hankali da dorewa da yaronka.
 - Samar da dabarun dorewa wa yaronka. Misali, ya ganka ka ja numfashi mai girma, mai zurfi lokacin da ka dimauta.
 - Bar yaronka yayi magana ko ya bayyana tunani ko ra'ayi a hanyoyi na fasaha, kamar zane ko waka.

- Amsa tambayoyi da kuma yada gaskiya ta hanyar da yaranku zasu fahimta. Yi amfani da kalmomin da suka dace da shekarun su kuma ku kasance masu gaskiya.
- Nemo mai ba da shawara wanda aka horar don magance raunin hankali na yara da al'amuran bakin ciki. Idan ba ku da tabbacin inda za ku fara, kira likitan yaran ku.



Wasu kafofi ne akwai?

Kafofi wa kananan yara (0-5):


- Numfasa, Tunani, Yi da Titin Sesame: <https://sesamestreetincommunities.org/activities/breathe-the-think-do/> 
 - oKafa dan taimaka wa iyaye yin manyan ayyuka da yaronsu.
- Kayan aikin tallafa wa lafiyar kwakwalwa wa kananan yara da iyayensu: <https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/tools-for-children.html> 

Kafofi wa manyan yara da samari:

- Kayan aikin tallafa wa lafiyar kwakwalwa wa matasa da samari: <https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/tools-for-teens.html> 
- Manhajojin rage gajiya da doki: 
 - Moodfit: Lafiya kwakwalwa <https://www.getmoodfit.com/>
 - Calm: Manhajar nazari <https://www.calm.com/> 
 - MindShift CBT: warwarewar doki da hujja <https://kidshelpline.com.au/tools/apps/mindshift-cbt-anxiety-relief> 



Ziyarci shafin yanar gizon mu don gano idan zaku iya samun rigakafin COVID-19 kyauta ba ta hanyar shirin Bridge na CDC.

 bit.ly/3QMEI8B



PANDEMIC (Shirin Rage Rashin Daidatowa a Aikin Rigakafi a Kabilanci Marasa Rinjaye a Al'umma) ce ta shirya wannan takarda tare da tallafin Yarjejeniyar Hadin Gwiwar CDC CDC-RFA-IP21-2113-NU21IP000597: an buga Janairu 2024. Abubuwan da ke ciki na marubutan ne kuma basa nuna ra'ayin, ko amincewar Cibiyar Kula da Cututtuka da Rigakafi (CDC), Kiwon Lafiya da Sabis na Jama'a (HHS), ko Gwamnatin Amurka.

