

# Bakin ciki, rashi, da COVID-19: Rasa mai kulawa

Yara fiye da 200,000 sun rasa iyaye ko wani mai kulawa da ke zaune tare da su sakamakon COVID-19. Wannan rashi ta shafi al'ummomi masu launi musamman. Idan yaranku sun rasa mai kula da su, kila suna fama da rauni ko bakin ciki ko da yake kamar kowa ya "koma zuwa da".



## → Ta yaya zan iya sanin ko yaro na yana fama da bakin ciki?

Bakin ciki al'ada ce bayan mutuwar mai kulawa. Kuna iya lura da alamun cewa yaronku yana fama da bakin ciki.

Wasu daga cikin alamun sun hada da:

- Yin fushi da sauki fiye da ka'ida
- Matsalar barci
- Samun wahalar mai da hankali
- Samun maki mara kyau
- Jin tsoro game da tsaron kansu ko wasu
- Halaye masu hadari kamar amfani da kwayoyi ko barasa

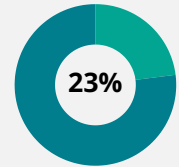
A tuna, ba duka yara ne suke yin bakin ciki ko damuwa iri daya ba. Idan kun ji kamar wani abu bai yi daidai ba, yi magana da yaronku.

## → Ta yaya zan iya taimaka wa yaro na?

- Bari yaronku yayi magana lokacin da suka shirya
  - Kar ku tilasta musu yin magana lokacin da ba su so. Ayi sauraro lafiya kuma kuyi tambayoyi ta hanyar da ba ta dace ba. Bari su sani cewa duk motsin zuciyar na da kyau.
- Koyi dabarun kwantar da hankali da jurewa tare da yaranku
  - Koyar da dabarun jurewar lafiya ga yaranku. Misali, bari su ga kana numfasawa sosai lokacin da kake jin damuwa.
  - Bari yaron ku ya yi magana ko ya bayyana tunani ko ji ta hanyoyi masu kirkira, kamar zane ko waka
- Amsa tambayoyi kuma ku yada gaskiya ta hanyar da yaron ku zai iya fahimta
  - Ku kasance masu gaskiya kuma ku raba cikakkun bayanai waɗanda suka dace da shekarun su.
- Nemo mai ba da shawara ko mai ilimin hanyoyin kwantar da hankali wanda aka horar don magance raunin yara da al'amuran bakin ciki
- Ku kula da kanku kuma. Yara masu bakin ciki na zama da kyau idan sun sami babban mutum mai koshin lafiya yana kula da su.



Kashi 23% na mutuwar COVID-19 ana danganta su ga Bakar fata, kodayake suna da kashi 13% na yawan jama'ar Amurka





## Wadanne albarkatu ke samuwa ga iyalina?



Kungiyar Kasa ta Kasa don Bakin Cikon Yara  
Kaddamar da wayar da kan jama'a game da bukatun yara da matasa waɗanda ke bakin ciki da mutuwa da kuma ba da ilimi da albarkatu ga duk wanda ya tallafa musu: [nacg.org](http://nacg.org)



Jin zafi na boye Albarkatu don iyalai, malamai, da membobin al'umma don taimakawa waɗanda suka yi rasa mai ba da kulawa ga COVID-19: [hiddenpain.us/get-support/](http://hiddenpain.us/get-support/)



Sesame Street  
Albarkatun don taimaka wa yara bakin ciki: [sesamestreetincommunities.org/topics/grief/](http://sesamestreetincommunities.org/topics/grief/)



Albarkatun bakin ciki na Dougy:  
Yana ba da goyon baya na bakin ciki takwarorinsu na gida, albarkatu, da horo: [dougy.org/grief-support-resources](http://dougy.org/grief-support-resources)

Kungiyoyi marasa rinjaye sun yi musayar abubuwan da suka bambanta da mutanen da suke farare. Don haka, abubuwan bakin cikin su na musamman ne. Anan akwai wasu albarkatun da aka tattara yayin kiyaye bambance-bambancen al'adu:



Ayana Therapy  
Kiwon lafiyar hankali ga al'ummomin da aka ware da kuma masu tsaka-tsaki: [facebook.com/ayanatherapy/](http://facebook.com/ayanatherapy/)



Gargadi ga Mata Bakar fata: [therapyforblackgirls.com/](http://therapyforblackgirls.com/)




LatinxGrief: [facebook.com/latinxgrief/](http://facebook.com/latinxgrief/)



Bikin cin abinci: [thedinnerparty.org/](http://thedinnerparty.org/)



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](https://bit.ly/3QMEI8B)