ᐅᕐᑲᐅᔾᔨᕆᐊᕈᑎᒃᓴᑦ ᐊᖓᔪᖅᑳᖑᔪᕐᑐᓄᑦ

ᐃᓕᖅᑯᓯᖓᓂᒃ ᐱᕈᖅᐸᓪᓕᐊᑎᑦᑎᓂᖅ

- ᐃᓕᖅᑯᓯᕋ ᐱᔫᒥᕆᔭᒃᑲ ᓇᓗᓇᕈᓐᓃᖅᑐᑦ. ᐊᔭᐅᖅᑐᖅᑕᐅᔪᓇᐊᕐᑲᕐᑕᖅᑐᖓ ᐆᒃᑐᕋᕐᑲᑦᑕᕐᑯᔭᐅᓗᖓ ᐊᔪᕈᓐᓃᑦᑎᐊᕐᓂᐊᕋᒪ ᐱᔫᒥᕆᔭᒃᑲᓂᒃ. ᐱᓕᒻᒪᖅᓴᕐᓂᖅ ᐱᕆᐊᓪᓚᑦᑖᓯᔪᖅ.
- ᓄᑲᒃᑲᓂᒃ ᐊᖓᔪᒃᑲᓂᒃ ᑲᒪᑎᐊᕐᓂᖅᓴᐅᓂᕐᒥᒃ ᐃᓕᑎᓕᖅᑐᖓ. ᐊᔭᐅᖅᑐᖅᑕᐅᕐᑲᑦᑕᓇᐊᕐᑲᖅᑐᖓ ᐸᒡᕖᓵᓇᕐᑲᑦᑕᕐᑯᙱᓪᓗᒋᑦ ᐅᕙᓘᓐᓅᑦ ᐅᓐᓂᕐᔫᑎᕆᕐᑲᑦᑕᕐᑯᙱᓪᓗᒋᑦ. ᐃᖅᑲᐅᒪᑎᐸᒡᓗᖓ ᓄᑲᒃᑲ ᐊᖓᔪᒃᑲ ᐃᑲᔪᖅᑑᑎᕐᑲᑦᑕᓇᐊᕐᑲᕈᒫᕋᑦ ᓯᕗᓂᐸᑎᓐᓂᒃ.

ᑕᐃᓯᒪᓂᑐᕐᑲᖅ, ᓂᕖᐊᖅᑳᑦ ᐅᕐᑲᐅᑎᔭᐅᕙᓪᓚᐅᖅᑐᑦ ᐊᓂᒥᓄᑦ ᓂᕿᒃᓴᖅᓯᐅᖅᑕᐅᔭᓇᐊᕐᑲᕐᑕᕈᒫᕐᓂᕐᒥᓄᑦ. ᓄᑲᐸᐊᑦ ᐅᕐᑲᐅᑎᔭᐅᕙᓪᓚᐅᖅᑐᑦ ᓇᔭᒥᓄᑦ ᐸᐊᓗᓕᐅᖅᑕᐅᕐᑲᑦᑕᕈᒫᕐᓂᖏᓐᓄᑦ.

ᑐᓴᐅᒪᕐᑲᑦᑕᐅᑎᓂᖅ ᐅᕐᑲᕐᑎᕆᕐᑲᑦᑕᕐᓂᖅ

- ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᕋ ᐱᕙᓪᓕᐊᖓᒪᑦ. ᐃᓕᓐᓂᐊᖅᑎᙵ ᐃᖅᑲᐅᒪᔪᓐᓇᕐᑯᐸᓗᖓ ᐱᓯᕐᓂᒃ ᐃᒻᒋᐅᑎᓂᒃ. ᐅᕙᒻᓄᑦ ᐅᓂᑉᑳᕋᖓᕖᑦ, ᓄᖅᑲᓚᐅᐱᓪᓚᕐᑲᑦᑕᕐᑐᑎᑦ ᐅᕐᑲᕐᑯᓗᖓᓗ ᖃᓄᐃᑦᑐᕐᑲᕐᓂᐊᓕᕐᒪᖔᑦ ᐅᓂᑉᑳᖅᑐᐊᒃᑯᑦ.
- ᐅᕐᑲᓕᒫᕈᓐᓇᖅᓯᓕᖅᑐᖓ. ᐃᑲᔪᕈᓐᓇᖅᑕᕐᒪ ᐱᕐᑯᑎᑦ ᐃᒡᓗᑦᑎᓐᓂ ᑎᑎᖅᑲᓕᖅᑐᕐᓗᒋᑦ ᓱᓇᐅᓂᖏᓐᓄᑦ ᓱᓇᐅᓂᖏᓐᓂᒃ ᖃᐅᔨᓕᐊᓂᒃᑎᓪᓗᖓ. ᒪᕐᕈᖏᓐᓂᒃ ᑕᐃᒍᓯᖏᓐᓂᒃ ᑭᐳᒃᓯᓗᑎᑦ ᑕᒻᒪᖅᓯᒪᔪᓂᒃ ᓇᓂᓯᓇᓱᕐᑲᑦᑕᕐᑯᓗᖓ.

ᐊᔾᔨᑕᒃᑲᓂᒃ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᖅ

- ᓄᑖᓂᒃ ᐆᒃᑐᕈᒪᓚᐅᔪᒃᑲᒪ. ᐃᑲᔪᖅᑐᕐᑲᑦᑕᙱᓗ ᐆᒃᑐᕐᑲᑦᑕᕐᑯᓗᖓ!

ᑕᐃᑉᓯᒪᓂ, ᓄᑕᖅᑲᑦ ᐊᔭᐅᖅᑐᖅᑕᐅᕐᑲᑦᑕᓚᐅᖅᑐᑦ ᓱᓇᓗᒃᑖᒃᑯᑦ ᐊᔪᕈᓐᓃᕋᓱᕐᑲᑦᑕᕐᑯᐸᓗᑎᑦ ᖁᕕᐊᕆᓇᔭᖅᑕᖏᑦᑎᒍᑦ. ᐊᖓᑎᑦ ᒥᖅᓱᕈᒪᓱᑦ ᐃᑲᔪᖅᑕᐅᕙᓚᐅᖅᑐᑦ ᒥᖅᓱᕐᑲᑦᑕᕐᑯᔭᐅᐸᓗᑎᒃ. ᓄᑕᕋᖅ ᐊᖑᓇᓱᒎᒪᒃᐸᑦ ᓯᓚ ᓂᒡᓚᓈᓗᒃᑲᓗᐊᖅᑎᓪᓗᒍ, ᐊᐅᓪᓚᖅᑕᐅᑎᕐᑲᑦᑕᓚᐅᖅᑕᖅᐸᑦ.

ᐊᑐᓕᖅᑎᑦᑎᓂᖅ ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᑎᑦᑕᕆᓐᓂᒃ

ᐃᓅᓇᓱᖕᓂᖅ

ᐅᕐᑲᐅᓯᖅᑦ

ᒥᑭᔫᐸᓗᑕ, ᐊᒃᓱᕈᕐᑲᑦᑕᓚᐅᙱᑦᑐᒍᑦ ᖃᐅᔨᒪᓚᐅᕋᑦ ᐊᖓᔪᖅᑳᕗᑦ ᐅᔾᔨᖅᑐᕐᑲᑦᑕᕐᓂᐊᕐᓂᖏᓐᓄᑦ ᐱᔪᒪᔭᖅᐸᑦ ᐱᔪᓇᕐᑯᐸᓗᑎᑦ, ᓱᕐᓗ ᐅᕐᑯᖅᑐᓂᒃ ᐊᓄᕌᕐᑲᕐᓂᐊᕐᓂᕐᔪᑦ ᐊᒻᒪᓗ ᐃᒡᓗᕐᑲᑦᑎᐊᕐᓂᐊᕐᓂᕐᔪᑦ. ᐊᒡᒐᒃᑲ ᐃᒃᑮᓕᖅᐸᑕ, ᐊᑖᑕᒐ ᐊᐅᓪᓛᕐᓗᓂ ᓄᖅᑲᓚᐅᐱᓪᓚᒐᔭᖅᑐᖅ ᐸᐊᓘᒃᑲ ᐅᕐᑯᖅᓴᓇᐊᕐᑯᓗᔪᑦ ᔭᐸᖓᑕ ᐃᓗᐊᒍᑦ. ᖃᐅᔨᒪᓇᖅᑐᒍᑦ ᑲᒪᒋᔭᐅᑎᐊᕋᑦ. ᑕᒪᓇ ᐃᑉᐱᓐᓇᑎᐊᓚᐅᖅᑐᖅ ᖃᓄᐃᙱᓐᓂᐊᕐᓂᐸᑎᓐᓄᑦ. ᐊᖓᔪᖅᑳᕗᑦ ᐊᑑᑎᖅᑎᑎᐊᓚᐅᖅᑐᑦ ᐊᒻᒪᓗ ᐅᕙᑎᓐᓂᒃ ᐅᔾᔨᖅᑐᑎᐊᖅᐸᒃᑐᑎᒃ, ᑕᐃᒪᐃᒻᒪᑦ ᐃᒃᐱᒋᑦᑎᐊᖅᓯᒪᔭᖅᐸᑦ ᐊᖓᔪᖅᑳᕗᑦ ᐊᒻᒪᓗ ᐅᒃᐱᓇᖕᒃᑐᕐᑦ ᖃᓄᐃᓕᐅᕐᑲᑐᐊᕐᖒᑕ ᖃᓄᖅ ᓂᐸᓕᕐᑲᑐᐊᕐᖒᑕ.

ᐅᐸᑐᒥ, ᐊᖓᔪᖅᑳᑦ ᓄᑕᖅᑲᓪᓗ ᑕᐃᒪᐃᑦᑐᓐᓃᖅᑐᑦ. ᐅᐸᑐᒥ, ᐊᖓᔪᖅᑳᑦ ᓇᓂᓯᓇᓱᒋᐊᕐᑲᓕᖅᑐᑦ ᖃᓄᖅ ᐃᓅᕐᑲᑎᕐᑲᑦᑎᐊᕐᓂᖅᓴᐅᓕᕐᑲᔭᕐᒪᖔᕐᒥᒃ ᐅᒃᐱᓇᔭᐅᑦᑎᐊᕐᑐᑎᒃ ᐃᒃᐱᒋᔭᐅᑦᑎᐊᕐᑐᑎᒡᓗ. ᑕᐃᒪᐃᓕᐅᕈᓐᓇᖅᑐᑦ ᓄᑕᕋᒥᓂᒃ ᐃᓅᕐᑲᑎᕐᑲᔫᒥᑐᑎᒃ, ᐅᔾᔨᖅᑐᕐᑲᑦᑕᕐᑐᑎᒃ ᓄᑕᕋᓂ ᓱᓇᒥᒃ ᐱᔭᓇᐊᕐᑲᕐᒪᖔᑦ, ᐃᓱᒪᖅᓱᑐᐃᓐᓈᓗᙱᑦᑐᑎᒃ.

~ ᐃᓄᐃᑦ ᐅᕐᑲᐅᔾᔨᕆᐊᖅᑏᑦ ᑲᑎᒪᔨᕋᖁᑎᖏᑦ

ᐃᖅᑲᐅᒪᔾᔮᑎᑦ

✓ ᓄᑕᖅᑲᑦ ᖃᓄᐃᙱᑦᑎᐊᕋᓗᐊᕐᒪᖔᑦ ᖃᐅᔨᓴᖅᑕᐅᕐᑲᑦᑕᕋᔭᕐᒪᑦ ᐃᓕᓐᓂᐊᓚᐅᖅᑳᖅᑎᓇᓂᑦ, ᖃᐅᔨᓴᖅᑕᐅᓗᑎᒃ ᖃᓄᖅ ᐱᕙᓪᓕᐊᑎᐊᖅᑎᒋᖔᕐᒪᖔᑦ, ᑕᐅᑐᑎᐊᕐᒪᖔᑦ ᐊᒻᒪᓗ ᑐᓴᑎᐊᕐᒪᖔᑦ. ᐋᓂᐊᕐᕕᒃ ᖃᐅᔨᕆᐊᕐᕕᒋᓗᒍ.

✓ ᑲᐱᔭᐅᔾᔪᑎᒋᔭᕆᐊᖃᖅᑕᖅᑐᑦ ᑲᒪᒋᔭᐅᔭᕆᐊᓖᑦ. ᓄᑕᕋᕆᔭᐃᑦ ᑲᐱᔭᐅᔾᔪᑎᒋᔭᕆᐊᖃᖅᑕᖅᑎᓐᓂᒃ ᐱᓯᒪᖓᒪᖔᑦ ᐅᐸᑐᒧᑦ ᖃᐅᔨᕆᐊᕐᓗᒍ.

ᐃᓄᙳᐃᓂᖅ

ᓄᑕᖅᑲᓂᒃ ᐱᕈᖅᓴᐃᓪᓗᓂ ᐃᓐᓇᕐᓄᑦ ᐅᕐᑲᐅᔾᔨᕆᐊᕈᑕᐅᔪᑦ

5 ᑕᓪᓕᒪᓂᒃ ᐅᑭᐅᖏᑦ

ᖃᐅᔨᕆᐊᕐᑏᑦ QAUJIGIARTIIT © 2014

CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING
Children and Adolescents with Special Needs

ᑕᐃᒪᓐᓇ ᑕᖅᑭᓃᑦ

ᓄᑕᖅᑲᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖅᑲᓕᕌᖓᒥᒃ ᐱᖕᒥᓂᒃ ᐊᔪᕈᓐᓅᑦᑎᐊᖅᐸᒃᑐᑦ. ᖃᐅᔨᓴᐃᓐᓇᖅᑲᑦᑕᕐᓗᑎᑦ ᓄᑕᕋᐅᑉ ᖃᓄᐃᓕᐅᕐᓂᓇᔭᙱᓐᓂᒃ, ᑭᓯᐊᓂ ᐸᒡᕕᓵᓇᖅᑕᙱᑦᑐᑎᑦ ᑭᓯᐊᓂ ᓄᑕᖅ ᑕᒻᒪᓕᖅᐸᑦ ᐅᓗᓇᐊᓇᖅᑐᒦᑉᐸᑦᓘᓐᓃᑦ. ᓄᑕᖅ ᑕᒻᒪᓕᖅᐸᑦ ᐅᓗᓇᐊᓇᖅᑐᒦᑉᐸᑦᓘᓐᓃᑦ, ᐋᖅᑭᕆᐊᑲᐅᑎᕆᓗᒍ ᐃᓕᑦᑎᓂᐊᕐᒪᑦ.

ᑕᓪᓕᒪᓂᒃ ᐅᑭᐅᓖᑦ ᖃᐅᔨᔪᒪᒐᔪᒃᑐᑦ ᐊᕙᑎᑉᑎᓐᓅᑦᑐᓂᒃ. ᑕᐃᒪᓐᓇ ᐅᑭᐅᖅᑲᓕᖅᑎᑦᑐᒥᑦ ᐱᐅᔪᖅ ᐃᓕᓐᓂᐊᖅᑎᒃᑯᒃᑎᒃ ᓄᓇᐅᑉ ᒥᒃᓵᓄᑦ, ᓱᓇᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᒪᖔᑕ, ᐊᒻᒪᓗ ᓱᓇᑦ ᓂᕆᔭᐅᔪᓐᓇᕐᒪᖔᑕ. ᐆᒃᑑᑎᒋᓗᒍ, ᖁᕝᕙᐊᓯᑦᑎᐊᕋᔭᖅᑐᑦ ᐃᓕᑦᑎᕙᑦᓕᐊᓗᑎᒃ ᓇᓕᐊᒃ ᐱᕈᖅᑐᑦ ᓂᕆᔭᐅᔪᓐᓇᕐᓂᖏᓐᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓄᑦ ᑏᑐᕐᓂᐊᕐᓗᓂ. ᑕᑯᔪᒪᖅᑲᑦᑕᕐᓂᐊᕐᒥᔪᑦ ᒥᑭᔪᓂᒃ ᐆᒪᔪᓂᒃ ᐊᒻᒪᓗ ᑯᒪᕋᓗᖕᓂᒃ. ᐃᓕᓐᓂᐊᖅᑎᑦᑐᓕᑦ ᖃᓄᖅ ᑕᐃᔭᐅᖅᑲᑦᑕᕐᒪᖔᑕ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᖅᑲᑦᑕᕐᒪᖔᑕ ᐊᑐᓂ. ᐊᔭᐅᖅᑐᖅᑲᑦᑕᖅᑐᒋᑦ ᖃᓄᐃᑦᑑᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᓂᒃ ᓄᓇᒥ. ᑕᐃᒪᓐᓇ ᐅᑭᐅᖅᑲᖅᑎᓪᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᓱᓇᒃᑖᓄᑦ ᐊᒃᑐᐊᓂᖅᓯᓂᐊᖅᑎᓐᓄᑦ ᓄᓇᕐᔪᐊᕐᒥ.

ᑕᓪᓕᒪᓂᒃ ᐅᑭᐅᓖᑦ ᐱᙳᐊᕈᒪᒃᑲᐅᔪᑦ ᐃᓚᙳᐊᖅᖢᑎᒃ. ᑕᐃᒪᓐᓇ ᖁᕕᙳᐊᖅᓯᓂᖅ ᐱᒪᕆᐅᔪᖅ ᓄᑦᑕᖅᑲᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᓐᓇᖅᑕᑦᑕᒪ ᐊᒃᓱᕈᖅᓇᖅᑐᑯᕝᕕᒃᓴᓂ ᖃᓄᖅ ᐋᖅᑭᒃᓴᖅᓯᓇᔭᖅᑕᕐᓂᖏᓐᓂᒃ. ᐃᓕᖅᑯᓯᖅᑲᙳᐊᕐᓗᑎᒃ ᖁᕝᕙᖅᑐᑎᒃ ᐱᙳᐊᕐᓂᐊᖅᑐᑦ ᐊᙳᐊᕐᓂᖅᓴᖅᑐᓂᒃ ᐱᙳᐊᒐᖅᓴᖅᑐᑎᒃ. ᐱᙳᐊᓂᒃ ᑐᓂᓗᐊᖅᑕᑦᑕᙱᑦᑐᑎᑦ.

ᑕᐃᒪᓐᓇ ᐅᑭᐅᓖᑦ, ᐃᑭᙳᑎᒥᓂᒃ ᐱᖅᑲᖅᑎᖅᑲᖅᓂᖅᓴᐅᔪᒪᕙᒃᑐᑦ. ᐅᖅᑲᖅᑎᕆᕙᒡᒍᑎᑦ ᖃᓄᖅ ᐃᓚᑖᖅᑐᖅᓴᖅᒪᖔᑕ. ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐱᑦᑎᐊᖅᑲᑦᑕᖅᐸᑕ ᐱᑦᑎᐊᖅᑕᐅᖅᑲᑦᑕᖅᓂᐊᕐᒪᑕ.

ᑕᐃᒪᓐᓇ ᐅᑭᐅᓖᑦ, ᓄᑕᖅᑲᑦ ᐅᖅᑲᐅᓰᓐᓇᖅᑲᑦᑕᖅᑐᑦ ᐃᓕᖕᓂᒃ ᑳᓕᕈᑎᒃ ᐅᕙᓂᓐᓂᑦ ᓱᓇᒥᒃ ᓂᖅᑭᒥᒃ ᒪᒪᖅᓴᙱᒃᑯᑎᒃ. ᓂᕆᔪᒪᔭᒥᓂᒃ ᓂᕆᑎᖅᑲᑦᑕᖅᑐᒍ ᓇᖕᒥᓂᖅ ᓂᖅᑭᓕᖅᑐᖅᑐᓂ ᓂᖅᑭᑦᑎᐊᕙᐅᑐᐊᖅᐸᑦ.

ᐊᖕᖑᔪᖅᑳᖑᔪᑦ ᖃᓄᐃᓕᐅᕈᓐᓇᖅᓯᒪᖕᖏᑕ

- **ᐃᑲᔪᖅᑐᖅᐸᒃᑐᒍ ᓄᑕᕋᐃᑦ ᖁᕕᐊᓱᖅᑲᖅᑕᕈᓐᓂᖅᐸᑦ ᐃᖕᒥᓂᒃ ᐋᖅᑭᐊᖅᓯᔪᓐᓇᖅᓂᖅᓱᒍᑦ.** ᓄᑕᖅ ᐅᖅᑲᐱᓘᑎᖅᐸᑦ ᓄᑕᐅᖅᑲᑎᒥᓂᒃ, ᐅᖅᑲᐅᑎᓗᒍ ᐋᖅᑭᐊᖅᓯᖅᑯᓗᒍ ᓈᓚᒻᒥᕆᑕᒥᓂᒃ ᐱᓕᕆᖅᑎᖅᑐᓂ ᓄᑕᖅᖃᒥᒃ ᓈᓚᒻᒥᕆᑕᒥᓂᒃ. ᐋᖅᑭᒃᓯᒍᑎᖑᓱᙱᑦᑐᑎᑦ ᒫᓇᑲᐅᑎᕆ.
- **ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐃᓅᖅᑎᖅᑕᓂᐅᑉ ᒥᒃᓵᓄᑦ.** ᐃᓕᓐᓂᐊᖅᑎᑦᑐᒍ ᓄᑕᕋᐃᑦ ᐊᒥᖅᑳᖅᑲᖅᑎᖅᑲᕐᖓᖅᓂᖅᒥᒃ ᐊᒻᒪᓗ ᐃᓛᓐᓈᑦᑎᐊᕐᕕᐅᔪᓐᓇᖅᓂᖅᒥᒃ. ᑕᑯᑎᑦᑐᒍ ᖃᓄᖅ ᑕᐃᒪᐃᑦᑐᓐᓇᖅᒪᖔᑦ.
- **ᐃᓕᓐᓂᐊᖅᑎᑦᑐᒍ ᐱᖅᑯᑎᓯᔪᐅᔪᓂᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᓇᐊᖅᑲᖅᓂᖕᖑᓄᑦ.** ᐃᓕᓐᓂᐊᖅᑎᑦᑐᒍ ᓄᑕᕋᐃᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᓇᐊᖅᑲᑦᑕᖅᓕᑦ ᓄᑕᕋᐅᖅᑲᑎᖕᖏᑦᑕ ᐱᙳᐊᕐᓂᖕᓂᒃ ᐊᒻᒪᓗ ᐱᙳᐊᖅᕕᐅᔪᓂᒃ. ᐊᒥᓱᑦ ᐱᙳᐊᖅᕖᑦ ᐊᑯᓂ ᐊᑐᖅᑕᐅᔪᓇᖅᓯᔪᑦ ᑲᒪᒋᑦᑎᐊᖅᑲᑦᑕᖅᐸᑎᒍᑦ.
- **ᐃᓕᓐᓂᐊᖅᑎᑦᑐᒋᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᖅᓂᒃᑯᑦ ᐅᖅᑲᓚᒍᓐᓇᖅᓂᖅᒍᑦ.** ᐆᒃᑑᑎᑦᑎᐊᕈᑎᕗᑦ ᓄᑕᖅᑲᑦ ᓵᖑᓂ ᐅᖅᑲᓚᑲᑦᑎᓪᓗᑎᑦ. ᐅᖅᑲᐅᓯᖅᓗᖕᓂᖅᑲᖅᑕᙱᑦᑐᑎᑦ ᐃᓅᖅᑲᖅᑎᖕᓂᒃ ᐅᐊᔾᔪᖅᑕᐅᔪᓐᓇᖅᑐᑎᑦ ᐱᓕᕆᑲᑕᖅᑕᙱᑦᑐᑎᑦ ᐃᓅᖅᑎᕆᔾᔪᑎᖏᓐᓂᒃ, ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐅᖅᑲᐅᓯᖅᑐᓂᒃ ᖃᐅᔨᒍᑎᒃ, ᒫᓇᑲᐅᑎᕆ ᑕᐃᒪᐃᓕᐅᖅᑐᖅᑕᐅᖕᖏᑦᑐᑦ ᐅᖅᑲᐅᑎᕗᑦ. ᑐᑭᓯᑎᑦᑐᑎᑦᑐ ᓱᖕᒪᑦ ᑕᐃᒪᐃᓕᐅᖅᓯᒪᖕᖔᕐᐱᑦ.
- **ᐊᔪᐅᖅᑐᖅᑲᑦᑕᖅᑐᑎᑦ ᐱᓕᕆᐊᑲᐅᑎᕆᔭᕆᐊᖅᑲᑦᑕᖅᓂᖅ ᐊᒻᒪᓗ ᐃᑲᔪᖅᑲᑦᑎᐊᖅᓂᖅ.** ᖁᕝᕙᐊᕆᓂᖅᑲᑦᑕᖅᑐᑎᑦ ᓄᑕᖅᑲᑦ ᐱᓕᕆᐊᑲᐅᑎᕆᔭᖕᖑᓚᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᑎᑐᑦ. ᖁᔭᓈᒦᖅᑲᑦᑕᖅᑐᑎᑦ ᐃᑲᔪᐱᒪᑦᑕᓇᒃᑲᖕᖑᓚᑦ.
- **ᐊᔪᐅᖅᑐᖅᑲᑦᑕᖅᑐᑎᑦ ᐊᒃᑕᑯᓂᒃ ᑎᒍᖅᓴᓇᐊᖅᑲᖅᑲᑦᑕᖅᓂᖅ ᓄᓇᒥ.** ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐃᓕᑕᖅᓯᖅᑲᖅᑕᐳᖅᓯᓂᖅ ᓱᓇᑦ ᓄᓇᒦᑦᑕᓇᐊᖅᑲᖅᑲᑦᑕᖅᑲᕐᓕᓐᓕᖕᖑᓚᑦ. ᓄᓇᓕᖕᖑᑦ ᐅᑎᕈᑎᖅᑲᑦᑕᖅᑯᑐᑎᑦ ᐊᒃᑕᖅᕕᖕᖑᑦ ᐃᓕᓯᖅᑲᑦᑕᖅᑯᑐᑎᑦ.
- **ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᓇᐊᖅᑲᖅᑐᖅᑲᖅᓂᖅ ᓄᓇᒥ.** ᐃᓕᓐᓂᐊᖅᑎᐸᒃᑐᑎᑦ ᐊᖑᓇᓱᖕᓂᐊᖕᖑᓚᑦ ᐱᑕᖅᓯᔭᓇᐊᖅᑲᖅᑲᑦᑕᖅᓕᑦ ᑭᓯᒥ ᐱᔭᓇᐊᖅᑲᖅᑕᒥᓂᒃ ᐅᖕᖑᑖᕈᖕᖏᑕᖅ.
- **ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐱᕈᖅᑐᓂᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᓇᐊᖅᑲᖅᑲᑦᑕᖅᓂᖕᖑᓄᑦ.** ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᖃᓄᖅ ᑲᑎᑦᑎᖅᑲᑦᑕᖅᓯᖅᓚᖕᖑᓚᑦ ᐱᕈᖅᑐᓂᒃ ᐊᒻᒪᓗ ᐸᐅᖅᖑᖅᓂᒃ ᐱᕈᖅᑐᖅ ᓱᖅᑯᓇᒍ. ᐃᒃᐱᒍᓱᑦᑎᐊᖕᖑᓇᓇᐊᖅᑐᑦ ᐱᕈᖅᑐᓂᒃ ᐱᕈᐃᓇᕈᓇᖅᑯᐸᑕ.
- **ᐃᓕᓐᓂᐊᖅᑎᑦᑐᑎᑦ ᐆᒪᔪᓂᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᓇᐊᖅᑲᖅᑕᖕᖑᓄᑦ.** ᓄᑕᖅᑲᑦ ᐋᓐᓂᖅᑎᓇᖅᑲᑦᑕᓇᐊᖅᑲᖕᖑᓚᓇᒃᑐᑦ ᐆᒪᔪᓂᒃ ᐅᖅᑲᐅᓯᐅᓂᑦ ᐱᓇᖅᑲᖅᑕᖅᑲᖕᖑᖅᑐᑦ ᐊᒃᓱᕈᖅᑎᑦᑎᑐᑎᒃ ᐆᒪᒍᓂᒃ, ᓱᖅᑐ ᒪᓂᒃᓯᐅᖅᑎᑦᑐᑎᑦ ᐊᖕᖑᖅᓯᐅᖅᑎᑦᑐᑎᑦᑐ. ᑕᑯᑎᑉᐸᒃᑐᑎᑦ ᓄᑕᖅᑲᑦ ᐆᒪᔪᑦ ᐱᑕᖅᑕᐅᔪᑦ ᐃᑐᐃᑦᑐᒃᑯᑦ ᐊᑐᖅᑕᐅᓇᐊᖅᑲᖅᑲᑦᑕᖅᓯᒪᑕ ᐃᒋᑕᐅᑐᐃᓇᖅᑲᑦᑕᖅᑎᑐᑎᒃ ᖃᒪᒃᑕᐅᑐᐃᓇᖅᑲᑦᑕᖅᑎᑐᑎᒃ, ᖃᓪᒥᓄᑦ ᓂᖅᑭᓯᐅᔪᓇᖅᓯᒪᑕ. ᐊᑐᖅᑕᐅᓇᐊᖅᑲᖅᑲᑦᑕᖅᓯᒪᑕ ᐃᒋᑕᐅᑐᐃᓇᖅᑲᑦᑕᖅᑎᑐᑎᒃ ᖃᒪᒃᑕᐅᑐᐃᓇᖅᑲᑦᑕᖅᑎᑐᑎᒃ, ᖃᓪᒥᓄᑦ ᓂᖅᑭᓯᐅᔪᓇᖅᓯᒪᑕ.

ᐊᖕᖑᔪᖅᑳᖑᐸᓗᓂ ᐊᔪᙱᓐᓂᓴᐅᔪᑦ ᐆᒃᑐᕋᖅᑕᐅᔪᓇᖅᑐᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᓕᖕᓄᑦ

ᓴᙱᒃᑎᐸᒌᑦᑎᖅᑎᑦᑐᑎᑦ ᓄᑕᖅᐱᑦ ᐅᔾᔨᖅᑐᕐᓇᕐᑎᖕᖏᑦ. ᐅᑭᐊ ᑕᒡᕙ ᑕᐃᒪᐃᓕᐅᕐᑕᐅᔪᓇᖅᑐᑦ.

ᕿᑎᖅᑎᕆᖅᑲᑦᑕᖅᑐᒍ ᐅᔾᔨᖅᑐᕐᓇᖅᓯᓂᐅᑉ ᒥᒃᓵᓄᑦ ᐅᐸᒃᑕᒫᒃᑯᑦ ᖃᓄᐃᓕᐅᕐᑎᕆᕙᒃᑲᒃᑯᑦ. ᐆᒃᑐᕐᑎᕆᓗᒍ, ᒥᖅᓱᕐᑎᑎᑦ ᐋᑦᓕᖅᐅᔭᐅᑉ ᖃᖕᖑᓅᖅᑐᑦ. ᒥᖅᓱᕐᑕᐅᖕᖏᑦᑐᒥᒃ ᐃᓕᓯᖅᑕᐅᑐᑦ. ᓄᑕᖅᓇᔭᐃᑦ ᐊᐱᕆᓗᒍ ᓇᓕᐊᒃ ᐱᖅᑯᑕᐅᔪᖅ ᑕᐃᑲᓃᖅᑕᐅᔭᕆᐊᖅᑲᖕᖑᓕᖕᖑᓚᖕᖑᑦ. ᓄᑕᖅᐃᑦ ᐃᓚᓯᖅᑯᓕᖅᑐᒍ ᐱᖅᑕᐅᔭᕆᐊᖅᑲᖕᖑᑐᒥᑦᑕᐅᖅ.

ᐱᖕᖑᓱᓂᒃ ᐃᖅᑲᓯᖅᓂᒃ ᐊᑐᖅᓗᓂ ᕿᑎᑐᑕᐅᖕᖑᑐᖅ ᕿᑎᖕᖑᓗᒍ. ᐃᔾᔭᓯᖕᖑᑎᑦ ᒥᑭᔪᒥᒃ ᐱᖅᑯᑎᒥᒃ ᐃᖅᑲᓯᐅᑉ ᓇᓕᖕᖑᐃᓇᖕᖑᑦ ᐃᓗᐊᓄᑦ. ᓅᑕᕈᖕᖑᓚᑦ ᐃᖅᑲᖕᖑ. ᓄᑕᖅᐃᑦ ᐊᐱᕆᓗᒍ ᓇᓕᐊᒃ ᐃᖅᑲᓯᐅᑉ ᐃᓗᐊᓅᖕᖑᓚᖕᖑᑦ ᐱᖅᑯᑕᐅᔪᖅ. ᐊᒥᖅᑲᖕᖑᓯ ᑕᐃᒪᐃᓕᐅᕐᓚᖕᖑᓯ ᐃᖅᑲᖅᑲᖕᖑᓯ ᓇᓕᐊᖕᖑᓂᓪᓕᖕᖑᓐ.

ᐆᒪᔪᖕᖑᑐᖕᖑᑦ. ᓄᑕᖅᐃᑦ ᐆᒪᔪᖕᖑᑎᖕᖑᑐ. ᐱᖕᖑᔪᓯᖕᖑᐊᖅᑎᕆᓗᒍ ᖃᓄᖅ ᐆᒪᔪᖅ ᓅᖅᑕᖅᑕᐅᔪᖕᖑᓚᖕᖑᑦ, ᓂᐱᖅᑲᖅᑕᐅᔪᖕᖑᓚᖕᖑᑦ, ᓂᕆᖅᑕᐅᔪᖕᖑᓚᖕᖑᑦ, ᐊᒻᒪᓗ ᕿᑎᐅᖕᖑ ᐆᒪᔪᖅᑎᑐᑦ.

ᓄᓇᒦᖕᖑᑐᓂᒃ ᑲᑎᑦᑎᖅᑎᕆᖅᑲᑦᑕᖅᑐᒍ. ᐅᖅᑲᐅᓯᖕᖑᑦᑕᖅᑐᒍ ᖃᐅᔨᓴᖅᑎᑦ ᑲᑎᑦᑕᖅᐱᑦ ᒥᒃᓵᓄᑦ. ᓄᑕᖅ ᐅᖅᑲᐅᓯᖅᑲᖅᑕᖅᑐᒍ ᐊᓯᒥᓄᑦ ᐅᓚᖅᑐᖕᖑᑦ ᖃᐅᔨᓴᖅᑎᒥᒃ.

ᐃᑲᔫᑎᒃᓴᑦ ᐊᖕᖑᔪᖅᑳᓄᑦ

✓ ᐊᔪᐅᖅᑐᖅᑲᑦᑕᖅᑐᑎᑦ ᓄᑕᖅᑲᑦ ᐃᓗᐊᖕᖑᓕᐅᕈᑎᖅᑲᓕᕚᖕᖑᒥᒃ ᐋᖅᑭᐊᖅᓯᖅᑲᑦᑕᕐᓇᐊᖅᑐᖕᖑᑦ ᓄᑕᐅᖅᑲᑎᓂᓗ ᐱᑎᐊᕈᑎᓂᒃᑯᑦ, ᐅᓂᖅᑲᑐᐃᓇᖕᖑᑎᑐᑎᒃ. ᐅᖅᑲᐅᑎᕗᑦᑐᑎᑦ ᖃᓄᐃᓕᐅᕈᓇᖅᓯᒪᖕᖑᓚᑦ ᐃᓕᖕᖑᓄᑦ ᐅᖅᑲᓇᐊᖅᑐᖅᓯᒪᑎᑐᑎᒃ. ᐅᖅᑲᐅᑎᕗᑦᑐᑎᑦ ᐱᑎᐊᖅᑲᑦᑕᖅᐸᑦ ᐱᑎᐊᖅᑕᐅᖕᖑᑲᑐᐊᖅᑎᑐᑎᒃ ᓴᙱᓂᖅᓴᐅᓕᕈᓇᖅᓂᐊᕐᒪᑦ.

✓ ᐃᓕᓐᓂᐊᖅᑎᐸᒃᑐᑎᑦ ᓄᑕᖅᑲᑦ ᐃᖕᒥᓂᒃ ᐃᓂᖅᑎᕆᔪᓇᖅᓂᖕᖑᓚᑦ. ᓈᓚᑦᑎᐊᖅᑲᑦᑕᖅᑲᖅᑲᑦᑕᖅᓂᖅ ᐃᓕᓐᓂᐊᖅᑎᐸᒃᑐᑎᑦ, ᐊᐃᕙᖅᑲᑦᑕᖅᑐᓇᖕᖑᑦ, ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔨᖕᖑᑦ ᓈᓚᖅᑲᑦᑕᖅᑐᖕᖑᑦ, ᐊᒻᒪᓗ ᐱᓇᓱᒃᑎᐅᖅᑐᖕᖑᑦ ᐱᓕᕆᑦᑎᐊᕐᓯᐃᓇᖅᑐᖕᖑᑦᑐ.