ᓱᓇ ᐊᔾᔨᐅᙱᑦᑑᕙ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᖅᑎᓪᓗᖓ?

ᐃᓕᖅᑯᓯᖓᓂᒃ ᐱᕈᖅᐸᓪᓕᐊᑎᑦᑎᓂᖅ

- ᐃᓕᑦᑎᕙᓪᓕᐊᔪᖓ ᐱᒻᒪᕆᐅᖕᒪᑦ ᐃᑲᔪᖃᑦᑕᕆᐊᖃᕐᓂᒻᒧᓄᑦ ᓄᓇᒋᔭᒻᓂᒃ. ᐃᑲᔪᖅᑐᖃᑦᑕᙱᖓ ᐱᒻᒪᕆᐅᑎᑦᑎᕐᑯᓗᖓ ᖃᐅᔨᒪᕙᓪᓕᐊᔭᒃᑲᓂᒃ ᐃᑲᔪᕐᓂᒃᑯᑦ ᐃᓅᖃᑎᒃᑲᓂᒃ. ᐃᓕᓐᓂᐊᖅᑎᖃᑦᑕᙱᖓ ᐃᑲᔪᖃᑦᑕᕐᑯᓗᖓ ᐃᓅᖃᑎᒻᓂᒃ ᐊᑭᓕᖅᑕᐅᙱᒥᐊᕋᓗᐊᕐᓗᖓ. ᐃᓕᑦᑎᕙᓪᓕᐊᔪᖓ ᒪᓕᒐᕐᓂᒃ ᐱᓕᕆᖃᑦᑕᕆᐊᖃᕐᓂᒻᒧᓄᑦ ᓈᒻᒪᑦᑎᐊᕐᑯᔨᓂᒃᑯᑦ.

- ᐅᔾᔨᕈᓯᖃᑦᑕᕐᑯᔭᒋᑦ ᐊᔪᙱᓐᓂᒻᓂᒃ ᐊᒻᒪᓗ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᓐᓇᕐᓂᒻᒧᓄᑦ ᐋᖅᑭᒋᐊᕈᑎᒃᓴᓂᒃ. ᐊᔭᐅᖅᑐᖃᑦᑕᙱᖓ ᐃᑲᔪᖅᑐᖃᑦᑕᙱᖓ!

ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᖅ ᐅᖃᖃᑎᒌᖃᑦᑕᕐᓂᖅ

- ᐃᖅᑲᐅᒪᔪᒻᒪᕆᐊᓘᔪᖓ. ᐃᖅᑲᐅᒪᔪᓐᓇᖅᑐᖓ ᐃᒪᖕᒋᐅᑎᓂᒃ ᐅᓂᑉᑳᖅᑐᐊᓂᒻᓗ.

- ᑐᑭᓯᐅᒪᕙᓪᓕᐊᓕᕐᒥᔪᖓ ᐱᒻᒪᕆᐅᖕᒪᑕ ᐃᒪᖕᒋᐅᑎᑦ ᐅᓂᑉᑳᖅᑐᐊᓪᓗ. ᑐᑭᓯᐅᒪᔪᓐᓇᖅᑐᖓ ᓇᓗᓇᐃᒃᑯᑕᓂᒃ, ᑐᑭᒋᔭᐅᔪᓂᒃ ᐊᒻᒪᓗ ᓄᑕᐅᙱᑦᑐᓂᒃ ᐅᖃᐅᓯᕐᓂᒃ ᑐᑭᓕᐊᖑᓯᒪᔪᓂᒃ.

ᐊᔪᙱᑕᒃᑲᓂᒃ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᖅ

- ᐊᔪᙱᓐᓂᕋᓂᒃ ᐱᕙᓪᓕᐊᑎᑦᑎᒃᑲᓐᓂᓇᐊᖃᖅᑐᖓ ᒫᓐᓇᐅᔪᖅ ᐃᖕᒥᓂᒃ ᐱᓕᕆᕙᓪᓕᐊᖃᑦᑕᓕᖅᑎᓪᓗᖓ. ᐊᔭᐅᖅᑐᖃᑦᑕᙱᖓ ᐃᑲᔪᖅᑐᖃᑦᑕᙱᖓ ᐱᕙᓪᓕᐊᑎᑦᑎᔪᓐᓇᕐᑯᑉᓗᖓ ᐊᔾᔨᐅᙱᑦᑐᓂᒃ ᖃᐅᔨᒪᓕᕐᓂᐊᖅᑕᒃᑲᓂᒃ.

- ᐊᔭᐅᖅᑐᖃᑦᑕᙱᖓ ᐃᑲᔪᖅᑐᖃᑦᑕᙱᖓ ᐃᑲᔪᖃᑦᑕᕐᑯᓗᖓ ᐊᓯᒻᒪᓂᒃ ᐱᓕᕆᐊᒃᓴᖅᑖᖅᑎᑉᐸᒻᓗᖓ. ᑕᒪᓐᓇ ᐃᑲᔫᑕᐅᓂᐊᖅᑐᖅ ᐅᕙᒻᓄᑦ ᓄᑖᓂᒃ ᐃᓕᑦᑎᕙᓪᓕᐊᔪᓐᓇᕐᓂᕐᒧᑦ.

- ᐃᓕᑦᑎᕙᓪᓕᐊᔪᖓ ᐱᒻᒪᕆᐅᑎᑦᑎᔪᓐᓇᕐᓂᕐᒧᑦ ᐱᓕᕆᐊᒃᓴᒃᑲᓂᒃ ᐱᓕᕆᑦᑎᐊᕈᓐᓇᖅᓯᔪᖓ, ᐱᐊᓂᒃᓯᓇᓱᐃᓐᓇᙱᓐᓂᒃᑯᑦ. ᐃᑲᔪᖅᑐᖃᑦᑕᙱᖓ ᐱᓕᕆᑦᑎᐊᕈᓐᓇᖅᓯᓂᕐᒧᑦ ᐱᔪᓐᓇᕐᓂᓗᒃᑖᒃᑯᑦ ᐊᔪᙱᓐᓂᕆᔭᒃᑯᑦ. ᐆᒃᑑᑎᒋᓗᒍ, ᐊᒡᓗᐊᓕᐅᕈᒪ ᑲᒪᒋᑦᑎᐊᕈᓐᓇᕆᐊᖃᖅᑕᕋ ᓴᙱᓂᕋᓗ ᐊᑐᕐᓗᒍ ᐊᑑᑎᖃᖅᑐᒃᑯᑦ. ᑕᐃᒪᓐᓇ ᑕᖃᓗᐊᕋᔭᙱᑦᑐᖓ.

ᐊᑐᓕᖅᑎᕆᓂᖅ ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᑎᑕᖕᒋᓐᓂᒃ

ᐊᓐᓇᐅᒪᓂᖅ

ᖃᓄᐃᓕᐅᕈᑕᐅᔪᓐᓇᕐᓂᖓ

ᐊᓐᓇᐅᒫᓂᒍᓐᓇᕐᓂᐊᖅᑐᒍᑦ ᐊᔪᕈᓐᓃᖅᓯᒪᑦᑎᐊᕈᑦ ᐃᓕᓐᓂᐊᖅᓯᒪᑦᑎᐊᕈᑦ. ᐊᓐᓇᐅᒪᔪᓐᓇᕐᓗᓂ, ᐅᔾᔨᖅᑐᕈᓐᓇᑦᑎᐊᓇᐊᖃᖅᑐᒍᑦ, ᐊᓯᑉᑎᓐᓂᒃ ᐃᓱᒪᔪᓐᓇᓇᐊᖃᖅᑐᒍᑦ, ᐊᒻᒪᓗ ᓱᒃᑲᔪᐊᓘᓗᑕ. ᐊᔪᙱᓐᓂᓇᔭᖅᐳᑦ ᐃᓕᓯᒪᔭᖅᐳᑦ ᑕᐃᑉᓱᒪᓂ ᖃᓄᐃᓕᐅᕐᓂᒃᑯᑦ ᐊᑐᖃᑦᑕᓇᐊᖃᖅᑕᖅᐳᑦ. ᐸᕐᓇᒃᓯᒪᑦᑎᐊᓇᐊᖃᖅᑐᒍᑦ ᑲᒪᔪᓐᓇᕐᓂᕐᒧᑦ ᐊᒃᓯᕈᕐᓇᖅᑐᓂᒃ.

ᐃᓄᐃᑦ ᐅᖃᑲᓯᖃᖅᐸᖕᒪᑦ ᐸᕐᓇᐃᖕᒋᓐᓇᓇᐊᖃᕐᓂᕐᒧᑦ ᐸᕐᓇᒃᓯᒪᑦᑎᐊᕈᓐᓇᕈᒪᑉᓗᑎᒃ ᓯᕗᓂᒃᓴᒧᑦ ᓱᓇᑐᐃᓐᓇᑦ ᓇᓗᓇᖅᐸᖕᒪᑦ. ᐃᓕᑦᑎᕙᓪᓕᐊᓂᖅ ᐃᓅᓯᓗᒃᑖᒧᑦ ᑐᕋᖕᒐᖕᒪᑦ. ᐱᒋᐊᓲᖅ ᐃᓅᓵᕐᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐋᖅᑭᑦᑎᐊᖅᐸᒃᓗᓂ ᒪᒃᑯᒃᑑᓕᖅᓗᓂ. ᐃᓅᓯᓗᒃᑖᒃᑯᑦ ᐃᓕᓐᓂᐊᕐᓂᖅ ᐱᒻᒪᕆᐊᓗᒃ ᐊᓐᓇᐅᒪᔪᓐᓇᕐᓂᐊᕐᓗᓂ.

ᐅᑯᐊ ᓴᙱᓐᓂᑦ ᐱᒻᒪᕆᐅᔪᑦ ᐊᓐᓇᐅᒪᓂᐊᕐᓗᓂ:

- ✓ ᐃᓕᓐᓂᐊᖅᓯᒪᑦᑎᐊᕐᓂᖅ
- ✓ ᐊᐅᓚᑦᑎᔪᓐᓇᕐᓂᖅ ᐃᖕᒥᓂᒃ
- ✓ ᕿᓂᖃᑦᑕᕐᓂᖅ ᐋᖅᑭᑦᑎᐊᕈᑎᒃᓴᓂᒃ
- ✓ ᐃᓱᒪᒃᓴᖅᓯᐅᑦᑎᐊᖃᑦᑕᕐᓂᖅ
- ✓ ᐃᒃᐱᒍᓱᑦᑎᐊᕐᓂᖅ ᑲᒪᑦᑎᐊᕐᓂᖅ ᐊᕙᑎᑦᑎᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓅᖃᑎᑦᑎᓐᓂᒃ

ᐃᖅᑲᐅᒪᔭᔪᑏᑦ

- ✓ ᒪᒃᑯᒃᑐᑦ ᐱᕈᖅᐸᓪᓕᐊᓕᖃᑦᑕᕐᒪᑦ ᑎᖕᒋᖅᑖᖅᐸᓪᓕᐊᓕᖅᓗᑎᒃ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᕐᖓᒥᒃ. ᖃᐅᔨᕙᓪᓕᐊᓕᓱᑦ ᐊᒥᓱᓂᒃ ᑎᒥᒃᑯᑦ ᐃᒃᐱᖕᓂᒃᑯᑦᓗ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᓂᒃ. ᓄᑕᕋᐃᑦ ᑎᒥᒃᑯᑦ ᐃᓗᐃᑦᑐᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᑎᓯᒪᓗᒍ.
- ✓ ᒪᒃᑯᒃᑐᑦ calcium-ᑐᖃᑦᑕᕆᐊᓖᑦ. Calcium ᐃᒻᒧᖕᒋᓱᖅ, ᓱᓯᓂᒃ, yoghurt-ᓂᒃ, ᑐᒃᑐ ᖃᔪᖕᒋᓐᓂᒃ, ᐊᒻᒪᓗ ᐊᕐᑭᑦᑐᓂᒃ ᓴᐅᓂᕐᓂᒃ.

ᐃᓄᙵᐃᓂᖅ

ᓄᑕᖅᑲᓂᒃ ᐱᕈᖅᓴᐃᓪᓗᓂ ᐃᓐᓇᕐᓄᑦ ᐅᖃᐅᔾᔨᒋᐊᕈᑕᐅᔪᑦ

13-ᓂᒃ ᐅᑭᐅᓛᑦ

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

ᑕᐃᒪᓐᓇ ᐅᑭᐅᓛᑦ

ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᕝᕕᒐᒪᑕ, ᒪᒃᑯᒃᑐᑦ ᓅᑉᐸᑦᓕᐊᓕᖅᐸᕐᒪᑕ ᐃᓐᓇᕈᖅᐸᑦᓕᐊᓂᕐᒧᑦ. ᐃᑲᔪᒃᑲᒻᒪᕆᐊᓘᓕᖅᐸᒃᑐᑦ ᖃᑕᙳᑎᒥᓂᒃ. ᐊᒥᓱᓂᒃ ᐊᔪᙱᓐᓂᖃᓕᖅᐸᒃᑐᑦ. ᐃᓛᓐᓂᒃᑯᑦ, ᖁᕕᐊᑦᑕᒃᐸᒃᑐᑦ ᐊᒻᒪᓗ ᓄᑖᓂᒃ ᐆᒃᑐᖅᐸᒃᑐᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᖅᑳᖃᓇᑎᒃ ᖃᓄᐃᑦᑐᖃᕈᓐᓇᕐᒪᖔᑦ, ᑭᓯᐊᓂ ᐊᖓᔪᖅᑳᑦ ᐃᓱᒫᓗᑎᖃᓇᐊᖃᙱᒥᐊᖅᑐᑦ ᐃᓚᖓᒍᑦ.

ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᖅᓗᓂ ᖁᕕᐊᓇᖅᑐᖅ ᒪᒃᑯᒃᑐᓄᑦ. ᖁᕕᐊᓱᒃᐸᒃᑐᑦ ᐃᖏᓂᒃ ᐱᓇᓱᖃᑦᑕᕈᓐᓇᖅᓯᒐᒥᒃ. ᐊᔪᙱᒪᖔᕐᒥᒃ ᖃᐅᔨᓴᕈᒪᕙᒃᑐᑦ ᐊᒻᒪᓗ ᑕᑯᑎᑦᑎᔪᒪᕙᒃᑐᑦ ᐃᖏᓂᒃ ᐱᔪᓐᓇᕐᓂᕐᒥᓄᑦ. ᖁᕕᐊᒋᔭᖃᖅᐸᒃᑐᑦ ᓇᖏᓂᖅ ᐱᔪᓐᓇᖅᓯᓂᕐᒥᓄᑦ ᐊᒻᒪᓗ ᑕᑯᑎᑦᑎᔪᒪᕙᒃᑐᑦ ᑭᒃᑰᖔᖓᕐᒥᒃ ᐃᓅᑉᐳᑎᒃ.

ᒪᒃᑯᒃᑐᑦ ᐱᕙᓪᓕᐊᑦᑎᐊᖅᓯᒪᙱᑉᐸᑦᑕ ᐊᒻᒪᓗ ᐃᖏᓂᒃ ᐅᒃᐱᕈᓱᙱᑉᐸᑦᑕ, ᑕᒪᓐᓇ ᖁᕕᐊᓇᙱᒃᑑᔪᓐᓇᖅᑐᖅ ᐅᑭᐅᓇᓗᒍ. ᐃᖏᓂᒃ ᐅᒃᐱᕈᓱᙱᑦᑐᑦ ᑲᑉᐱᐊᓱᒃᑐᑎᒃᓗ. ᓇᓂᓯᔪᓐᓇᐃᓪᓕᓯᒪᕙᒃᑐᑦ ᓇᒦᑦᑕᓇᐊᖅᑲᒪᖔᕐᒥᒃ. ᐊᒃᑐᖅᑕᐅᓴᕋᐃᓕᖅᐸᒃᑐᑦ ᓈᒻᒪᙱᑦᑐᒃᑯᑦ ᐃᓱᒪᓕᐅᓇᓂᕐᒥᒃ, ᓲᑦᓗ ᐊᑐᖅᑲᑦᑕᖅᓯᓂᕐᒧᑦ ᐋᖓᔾᕐᓇᖅᑐᓂᒃ ᐃᒥᐊᓗᖕᓂᒃᓗᓐᓂᑦ ᐅᕝᕙᓘᓐᓂᑦ ᐃᓅᑦᑎᐊᕐᓇᙱᑦᑐᒃᑯᑦ ᐃᓚᑖᖅᑐᓕᖅᓱᑎᒃ ᑐᙵᑎᖅᑲᕋᓱᓗᐊᒧᑦ.

ᐅᓗᓇᐊᓇᕐᓂᖅᐹᖓᔪᖅ ᒪᒃᑯᒃᑐᒧᑦ ᓴᒻᒧᒃᑐᖅ, ᓴᒻᒧᒃᑐᖅ ᑐᑭᓕᒃ ᓴᐱᓕᕐᓂᖅ ᓱᓇᒥᒃ ᐃᓕᓐᓂᐊᕈᒪᓂᕐᒥᒃ ᖃᓄᐃᓕᐅᕈᒪᓂᕐᒥᒃ. ᑕᐃᒪᐃᑉᐸᒃᑐᑦ ᒪᒃᑯᒃᑐᑦ ᓴᐱᓕᖅᓵᙳᔭᕐᓇᖅᑐᑦ ᐅᕝᕙᓘᓐᓂᑦ ᑲᑕᒃᑎᖅᑕᐅᒐᔪᓐᓇᖅᑐᑦ ᑲᑉᐱᐊᓱᓕᖅᓗᑎᒃ ᐆᒃᑐᒃᑲᓐᓂᕈᒪᔪᓐᓂᖅᐸᒃᑐᑦ. ᑕᐃᒪᐃᑎᓪᓗᒋᑦ, ᐊᒃᓱᕈᕈᓐᓇᕐᓂᖓ ᐱᔪᒪᓂᓇᔭᖓ ᓱᑯᒥᑕᐅᓱᒪᔪᓐᓇᖅᑐᖅ. ᐅᕝᕙᓘᓐᓂᑦ, ᓇᒡᓕᖕᓂᒃᑯᑦ ᐊᔭᐅᖅᑐᖅᑕᐅᓂᒃᑯᑦ ᐃᑲᔪᖅᑐᖅᑕᐅᓂᒃᑯᑦ, ᐃᓅᓯᓗᒃᑖᒧᑦ ᐊᔪᕈᓐᓂᕈᓐᓇᖅᓗᓂᓂ.

ᑕᐃᒪᓐᓇ ᐅᑭᐅᓛᑦ, ᒪᒃᑯᒃᑐᓗᒃᑖᑦ ᐃᑲᔪᖅᑕᐅᑦᑎᐊᖃᑦᑕᓇᐊᓛᑦ ᐊᒻᒪᓗ ᓈᒻᒪᒋᔭᐅᖅᑲᑦᑕᕐᓗᑎᒃ ᐃᓐᓇᕐᓄᑦ. ᓈᒻᒪᒃᑐᒃᑯᑦ ᑲᒪᒋᔭᐅᙱᒃᑯᑎᒃ, ᓈᒻᒪᙱᑦᑐᒃᑯᑦ ᐱᓇᓱᓕᕐᓂᐊᖅᑐᑦ.

ᐊᖓᔪᖅᑳᖕᒍᔪᑦ ᖃᓄᐃᓕᐅᕈᓐᓇᕐᒪᖔᑕ

- **ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒋᑦ ᐃᖏᓂᒃ ᐱᓇᓱᒍᓐᓇᖅᓯᓂᕐᒧᑦ.** ᐱᕈᕋᖓᑕ ᓄᑕᖅᑲᑦ, ᐊᒃᓱᕈᕐᓇᕐᓂᖅᓴᓂᒃ ᐱᓕᕆᐊᒃᓴᖅᑖᖅᑎᖃᑦᑕᕋᑉᑎᒍᑦ ᐊᔪᙱᓐᓂᓇᔭᖓᒋᑦ ᒪᓕᒃᓗᒋᑦ. ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᖅᑎᑦᓗᒍ ᓄᑕᕋᐃᑦ ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᑲᒪᔨᙱᕈᓐᓇᕐᓂᕐᒧᑦ ᐃᓗᐃᑦᑐᒃᑯᑦ ᐱᐊᓂᒃᓯᖃᑦᑕᕐᓂᐊᕐᓂᕐᒧᑦ ᐃᒡᓗᒥ ᐱᓕᕆᐊᒃᓴᕆᔭᐅᔪᓂᒃ. ᐱᓕᕆᐊᒃᓴᕆᔭᐃᑦ ᐸᕐᓇᐃᓂᕐᒧᑦ ᓄᑕᕋᕐᓂᒃ ᐃᖏᓂᒃ ᐱᓇᓱᐊᕈᓐᓇᖅᓯᓂᕐᒧᑦ ᖃᑯᒍ.

- **ᖁᑦᑎᒃᑐᓂᒃ ᓂᕆᐅᖕᓂᖃᕐᓗᑎᑦ.** ᐊᔭᐅᖅᑐᖅᐸᒡᓗᒍ ᓄᑕᕋᐃᑦ ᐱᐊᓂᒃᓯᖃᑦᑕᕆᐊᖃᕐᓂᖓᓄᑦ ᐱᓕᕆᐊᒥᓂᒃ ᒫᓐᓇᑲᐅᑎᒋ ᐊᑐᕈᓐᓇᖅᑕᒥᓂᒃ ᐊᑐᕐᓂᕐᓗᑐᐃᓐᓇᖕᒋᓪᓗᓂ. ᓂᕆᐅᒋᕙᒃᓗᒍ ᐱᖁᑎᓂᒃ ᓴᓗᒻᒪᖅᓴᐅᖃᑦᑕᕐᓂᐊᕐᓂᖓᓄᑦ ᐊᒻᒪᓗ ᐅᑎᖅᑎᑦᑎᖃᑦᑕᖁᓗᒍ ᐱᐊᓂᒃᑳᖓᑦ.

- **ᑐᑭᓱᑎᑉᐸᒃᓗᒍ ᓱᖓᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖓᖅᐱᑦ.** ᓄᑕᕋᐃᑦ ᐅᖃᐱᓗᖃᑦᑕᖅᐸᑦ ᓂᕆᐅᒋᔭᑎᑦ ᖁᑦᑎᓗᐊᕐᓂᖕᒋᓐᓄᑦ, ᑐᑭᓱᑎᑦᓗᒍ ᑕᐃᒪᐃᒃᑲᕕᑦ ᐸᕐᓇᒍᒪᑉᓗᒍ ᐃᖏᓂᒃ ᐱᒋᐅᖅᓴᕈᓐᓇᕐᓂᕐᒧᑦ. ᑕᒪᓐᓇ ᐃᓅᓯᓗᒃᑖᒧᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎ ᐊᒻᒪᓗ ᐃᓅᖅᑎᒥᓄᑦ ᑲᒪᒋᔭᐅᓕᕈᓐᓇᕐᓂᐊᖅᑐᖅ ᐃᓐᓇᖅᑎᑦᑎ.

- **ᐅᖃᑦᓚᐃᓐᓇᖃᑦᑕᕐᓗᑎᑦ.** ᐅᖃᖃᑎᒌᓐᓇᕐᓗᒍ ᓄᑕᕋᐃᑦ, ᐅᖃᑦᓚᒍᒪᑦᑎᐊᖅᑑᔭᙱᒃᑲᓗᐊᖅᐸᑦ. ᐅᖃᖃᑎᒌᓐᓇᖃᑦᑕᕐᓗᒍ. ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎᒋᔭᑎᑦ ᑐᑭᓯᐅᒪᔭᐅᑎᑦᐸᒡᓗᒋᑦ.

ᐊᖓᔪᖅᑳᖕᒍᐸᓗᓂ ᐊᔪᙱᓐᓂᕆᔭᐅᔪᑦ ᐆᒃᑐᕋᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᓕᖕᓄᑦ

- ᐊᒥᓱᑦ ᒪᒃᑯᒃᑐᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᓛᑦ ᐊᒃᓱᕈᓱᑦ ᐅᖃᐅᓯᖃᕐᓇᐊᖃᖅᑎᑦᓗᒋᑦ ᐃᓱᒪᒋᔭᕐᒥᓂᒃ ᐃᒃᐱᒋᔭᕐᒥᓂᒃ. ᑲᙵᓱᑎᐃᓐᓇᕐᓇᐊᓛᑦ ᐅᖃᑦᓚᒋᐊᒃᓴᖅ ᐅᖃᐅᓯᖃᕐᓇᐊᒃᓴᖅ ᐃᓱᒫᓗᑎᒥᓂᒃ ᐃᓱᒪᒋᔭᕐᒥᓂᒡᓗᓐᓂᑦ. ᖃᐅᔨᓇᓱᒃᐸᒡᓗᑎᑦ ᖃᓄᖅ ᓄᑕᕋᐃᑦ ᐃᓅᖃᑎᒋᓂᖅᓴᐅᓇᔭᕐᒪᖔᕐᓂ. ᐅᖃᖃᑎᒋᑦᑎᐊᖅᐸᒡᓗᒋᑦ. ᐃᓅᓯᕐᒥᒃ ᐅᖃᐅᓯᖃᖅᐸᒡᓗᓯ, ᐃᓐᓇᕈᖅᐸᑦᓕᐊᓂᕐᒥᒃ, ᖃᓄᖅ ᓂᕆᐅᒋᐊᖃᕐᒪᖔᑕ, ᐊᒻᒪᓗ ᖃᓄᖅ ᐃᓅᓯᑎᐊᕙᖃᕋᔭᕐᒪᖔᑕ.

- ᐅᖃᐅᓯᕆᖃᑦᑕᕐᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑏᑦ. ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑏᑦ ᐃᑲᔫᑕᐅᓂᐊᖅᑐᑦ ᐃᓅᓯᓗᒃᑖᒧᑦ. ᐅᖃᐅᓯᕆᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᖅᐱᑦ ᐃᖅᑲᐅᒪᖃᑦᑕᕐᓂᐊᕐᒪᒋᑦ. ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑕᐅᔪᑦ ᐊᔪᕐᓇᙱᓐᓂᖅᓴᐅᓂᐊᖅᑐᑦ ᓄᑕᕋᕐᓄᑦ ᑎᒍᓯᔪᓐᓇᕐᓂᖕᒋᓐᓄᑦ ᐃᓕᑕᒥᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖃᑦᑕᕈᕕᑦ ᖃᑯᑎᒃᑯᑦ ᐊᑕᐅᑎᒃᑯᐊᓘᙱᑦᑐᖅ, ᑲᔪᓲᓐᓇᖅᑐᒃᑯᑦ. ᐊᒃᑐᐊᓂᖃᖅᑎᖃᑦᑕᕐᓗᒋᑦ ᑐᑭᓯᒋᐊᕈᑎᒃᓴᑦ ᐅᑉᓗᑕᒫᒃᑯᑦ ᖃᓄᐃᓕᐅᕈᑕᐅᔪᒃᑯᑦ.

ᐃᑲᔪᑎᒃᓴᑦ ᐊᖓᔪᖅᑳᓄᑦ

- ✓ ᐊᒥᓱᑦ ᐃᓅᓯᑉᑎᓐᓂᒃ ᐊᓱᒃᐳᖅᐸᑦᓕᐊᓕᖅᓴᒪᑦ, ᑭᓯᐊᓂ ᐃᓚᖕᒋᑦ ᐊᓱᒃᐳᓚᐅᖅᓯᒪᔭᖕᒋᑦᑐᑦ. ᐊᖑᓇᓱᖃᑦᑕᕆᐊᖃᖅᑐᒍᑦ ᓂᕿᒃᓴᖃᕈᓐᓇᕐᑯᑉᐸᒋᑦ ᖃᑕᙳᑎᕗᑦ. ᖃᐅᔨᒪᔭᕆᐊᖃᖅᑕᖅᐳᑦ ᓱᓚ ᐃᒪᕐᓗ. ᐱᕈᖅᓴᐃᑦᑎᐊᕆᐊᖃᖅᑐᒍᑦ ᓄᑕᖅᑲᑦᑎᓐᓂᒃ ᐊᔪᕈᓐᓂᑦᑎᐊᕈᓐᓇᕐᑯᑉᐸᒋᑦ. ᐊᑐᐊᒐᕆᔭᐅᔪᑦ ᐊᖓᔪᖅᑳᑦᑎᐊᕙᙱᕈᓐᓇᕐᓂᕐᒧᑦ ᐊᒃᓱᕈᖅᓯᒪᙱᑦᑐᑦ ᐊᒥᓱᒻᒪᕆᐊᓗᖕᓂᒃ ᐅᑭᐅᓂᒃ. ᑕᒪᒃᑯᐊ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑏᑦ ᑐᙵᕕᒋᔪᓐᓇᖅᑕᖅᐳᑦ ᐅᑉᓗᒥ. ᐊᑐᖅᑕᕆᐊᖃᖅᑕᕗᑦ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖕᒐ ᓯᕗᓂᒃᓴᕗᑦ ᑐᙵᕕᖃᕈᓐᓇᖅᑕᑦᑕᕐᑯᑉᐸᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎᓂᒃᑕᐅᖅ.
- ✓ ᑲᑉᐱᐊᓱᖃᑦᑕᙱᑦᓗᓯ ᐃᒪᓐᓈᖅᑐᐃᖃᑦᑕᕆᐊᖃᕐᓂᕐᒧᑦ ᓄᑕᕋᕐᓂᒃ ᐃᓐᓇᕈᖅᐸᑦᓕᐊᓕᖅᑎᑦᓗᒍᓘᓐᓂᑦ.