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| **Child, family and relationship services**  | **Xannaaneeyayaasha, adeeygada daryeelka ka nasinta iyo daryeelida** |
| For families in Victoria, there is a broad range of services to support and assist them, from parent education, to maternal and child healthcare, childcare, crisis support, child protection, family violence and relationship services.   | Qoysaska Victoria, waxaa jira adeegyo balaaran oo kala duwan oo lagu caawinayo laguna taageerayo, laga bilaabo waxbarashada waalidka ilaa daryeelka caafimaadka ilmaha iyo hooyada, xannaanada carruurta, taageerada dhibka ilaalinta ilmaha, shaqaaqada qoyska iyo adeegyada xiriirka.  |
| Early parenting services offer support to parents from pregnancy through to a child turns four, helping with common difficulties such as feeding and sleeping problems, as well as more complex challenges.  | Adeegyada waalidnimada hore waxay siisaa taageero waalidka laga bilaabo uurka Ilaa intuu ilmuhu ka gaarayo afar, iyagoo ka caawinaya dhibaatooyinka guud sida dhibaatada hurdada iyo quudinta, iyo sidoo kale loolamo ka sii dhib badan. |
| A range of specialist support, counselling, education, and advice services are provided through early parenting centres across Victoria.   | Tiro taageero takhasuslayaal la tallin, waxbarasho iyo adeegyada tallada waxaa laga bixiyaa xarumaha waalidnimada hore ee Victoria oo dhan.  |
| "We provide support and education to families  who are experiencing some challenges within their lives, so we're working with families with children  naught, or even pre-birth, through to four years of age,  where we know brain development's really important,  and we provide a range of services from day-stay,  residential, home-visiting, to community education  programs, to support young children." | Waxaan bixinaa taageero iyo waxbarasho qoysaska ee ay heysato loolanka qaarkii ee noloshooda, saa daraadeed waxaan la shaqeynaynaa qoysaska leh carruurta aan lahayn ama dhalmada ka hor Ilaa afar sanno jirkooda, weeshaan garaneyno in horumarka maskaxdu uu run ahaantii yahay muhiim. waxaan bixinaa adeegyo kala duwan oo ka bilaabanaya, maalin joog, degaan, booqasho guri ilaa barnaamijyada waxbarashada bulshada si ay u taageeraan carruurta yar yar. |
| Early parenting services are subsidised, and are designed to assist families needing to build their skills and confidence in caring for their infant or toddler.  | Adeegyada waalidnimada hore waa la kabaa, waxaana loogu talagalay inuu caawiyo qoyaska u baahan inay dhisaan kalsoonidooda iyo xirfadahooda ee daryeelida carruurtooda raad dhaqaajiska ama ilmaha dhashay. |
| "We're dealing with far more complexity with the family, and really looking at attachment and attunement, relationships within the family dynamics, to ensure the best outcomes for the infants and toddlers that we're dealing with." | Waxaan la dhaqmaynaa wax aad uga adag ee qoyska, oo dhab ahaantii eegaya lifaaqa iyo magdhowga xiriirka ee wuxuu qoysku ka sameysan yahay, si loo hubiyo natiijada ugu haboon ee ilmaha raad dhaqaajiska ah iyo iyo raad daqaajidka aan la shaqeyno. |
| Victoria's maternal and child health services monitor the health and development of your baby or toddler.  | Qalabka Victoria iyo adeegyada caafimaadka ilmaha waxay ka socdaan koritaanka iyo caafimaadka ilmahaaga dhashay ama raad dhaqaajiska ah. |
| They provide 10 consultations, can provide referrals to healthcare professionals if needed, and can link you with other local families and community services.  | Waxay bixiyaan 10 la tashiyo, waxayna u sii gudbin karaan aqoon yahanada daryeelka caafimaadka haddii loo baan yahay, waxayna kugu xiriirin karaan qoysaska kale ee xaafada iyo adeegyada bulshada. |
| The Maternal Child Health line is a 24 hour telephone line staffed by qualified nurses, with information, support, and guidance regarding child health, nutrition, breastfeeding, maternal and family health, and parenting. | Khadka Caafimaadka Carruurta iyo Hooyada waa khad taleefan oo 24 saac ah oo ay shaqaale ka yihiin kalkaaliyayaal aqoon leh lehna macluumaad iyo taageero, iyo hagitaan la xiriira nafaqada, caafimaadka carruurta, naas nuujinta, hooyada iyo waalidnimada iyo caarimaadka qoyska.  |
| Children and family services are inclusive of all cultures, however, there are also family and parenting services specifically designed for Aboriginal and Torres Strait Islander families.  | Adeegyada qoyska iyo carruurta waxaa ku jira dhammaan dhaqamada oo dhan, si kastaba ha ahaatee, waxaa sidoo kale jira adeegyada waalidnimada iyo qoyska oo si khaas ah loogu sameeyey Aboorjuniiska iyo qoysaska Torres Strait Islander. |
| "It's not just about the antenatal care, it could be around housing, financial counselling, mental health, so a range of issues, and we also provide transport, which is an essential part of the KMS Program.  And you can't get that in mainstream, so that's a major barrier to people attending the services here." | Ma aha oo kaliya daryeelka dhalmada ka hor, wuxuu noqon karaa wax ku saabsan guriyeynta la talinta lacagta caafimaadka dhimirka, arimo badan oo kala duwan, waxaan sidoo kale bixinaa gaaddiid, oo ay qayb muhiim ah oo ka mid ah Barnaamijka KMS. Mana geli kartid kaas sida caadimad ah saa daraadeed, kaasi waa waxa ka hortaagan ee ugu weyn dadka adeegyada halkan ku qaadanaya. |
| Childcare services provide care and support for working families.  | Adeegyada Xannaanada carruurta waxay siiyaan xannaano iyo taageero qoysaska shaqynaya. |
| Finding the right childcare arrangement will depend on the length of care you need, your child's age, and the type of care you think would suit your child.   | Helitaanka xannaanada carruurta ee ugu sax san waxay ku xiran tahay inta uu le’eg yahay xannaanadaad u baahan tahay ilmahaaga da’diisa iyo nooca xannaanada aad u maleynayso Inay ku haboonaan doonto ilmahaaga. |
| The cost of childcare depends on the type of service you choose.  | Kharashaka xannaanada carruurut waxay ku xiran tahay nooca adeegaad doorato. |
| You may be eligible for financial assistance from the Commonwealth government. | Waxaa laga yaabaa inaad xaq u leedahay caawimaada lacageed ee dawlada Dhexe. |
| Contact the Department of Human Services.   | La xiriir Wasaaradda Adeegyada Bani’aadmka.  |
| As families grow and children become young adults, additional services are ready at hand across Victoria.  | Isla marka qoysasku ay koraan carruurtuna noqdaan dad waaweyn oo dhalinyara ah Waxaa diyaar ku ah adeegyo dheeraad ah Dhammaan Victoria. |
| Many are subsidised by the government, including services for mental health and dental health, as well as other allied health services, such as physiotherapy, psychology, and dietary advice.  | Kuwa badan waxaa kaba dawlada, oo ay ku jiraan adeegyada caafimaadka dhimirka iyo caafimaadka ilkaha, iyo sidoo kale adeegyada caafimaadka la xiriira ee kale, sida duugitaanka dabiiciga cilmi nafsiga iyo tallada cuntada dheelitirin. |
| For information on a range of dental services, information on the child dental benefit schedule, or to find a community dental clinic, contact Dental Health Services Victoria.   | Waxii macluumaad ku saabsan adeegyo ilko oo badan kalana duwan, macluumaadka ilmaha ee qorshaha lacagta ilkaha, ama inaad hesho rugta caafimaadka ilkaha ee bulshada, la xiriir Adeegyada Caafimaadka Ilkaha ee Victoria. |
| As young people move into adulthood, mental health or alcohol and drugs issues may occur.   | Isla marka dadka dhinyarada ahi ay noqdaan dadwaaweyn, aalkolada ama caafimaadka dhimirku iyo arimaha daroogada ayaa laga yaabaa inay dhacaan. |
| Finding someone to talk to as early as possible is important.   | Helitaanka qofaad ula hadashid sida ugu dhakhsaha badan waa muhiim. |
| Starting with family is a good place, or talk to your doctor or contact a confidential phoneline or online service.  | Ku bilaabida qoyska waa meel fiican, ama la hadal dhakhtarkaaga ama xiriirkaaga khadka taleefanka oo qarsoodi ah ama adeegyo kale oo interneetka ah. |
| These services are free, and expert counsellors can provide valuable advice and counselling.  In times of urgent family crisis, there are emergency services to assist you.   | Adeegyadani waa bilaash, la taliyayaasha khubarada ahina waxay bixin karaan tallo qiimo leh iyo la tallinba. Wakhtiyada qaarkood dhibaatooyinka qoyska ee degdega ah, waxaa jira adeegyo xaallado degdeg ah oo ku caawinaya. |
| In an emergency, always call 000.  | Xaallada degdega ah, had iyo jeer wac 000. |
| If you or someone in your family is thinking about self-harm or suicide, call Lifeline, on 13 11 14.   | Haddii adiga ama qof oyskaaga ahi uu ka fekerayo wax ku saabsan inuu isdhibaateeyo ama isdilo wac Khadka Nolosha ee 13 11 14.  |
| If you are concerned about the safety and risk of harm to a child, contact your local child protection service.  | Haddii aad saluugsan tahay wax ku saabsan khatarta dhibaato iyo ammaanka ilmo, la xiriir adeeggaaga xaafada ee ilaalinta ilmaha. |
| Phone numbers are available at BETTERHEALTH.vic.gov.au/childprotection. | Taleefanada waxaa laga helayaa BETTERHEALTH.vic.gov.au/childprotection. |
| If you are worried about the immediate safety and risk of harm to a child, that cannot safely be left until the next working day, call the After Hours Child Protection Emergency Service on 13 12 78. | Haddii aad ka welwelsan tahay waxku saabsan ammaanka ugu degdegsan iyo khatarta dhibaato ee ilmo, aan si ammaan leh loogagaga tegeynin ilaa maalinta shaqo ee ku xigta, wac Adeega Xaallada degdega ee Ilaalinta Ilmaha Saacadaha Shaqada ka dib ee 13 12 78. |
| Child FIRST ensures that vulnerable children, young people, and their families, are linked to relevant services.   | Ilmaha U HOREEYA waxay hubineysaa In carruurta nugul, iyo dadka dhalinyarada ah, iyo qoysaskoodu Ay ku xiran yihiin adeegyada khuseeya. |
| Visit the Department of Human Services website for more information and your local services | Gal website ka Wasaarada Adeegyada Bani’aadamka wixii macluumaad dheeraad ah iyo adeega xaafadaada. |
| Asylum-seekers and refugees in Victoria, including children, are able to access most health and community services funded by the Victorian government, as eligibility for most services is not determined by visa or residency status.  | Qaxootiga iyo nabadgelyo doonka Victoria, oo ay ku jiraan carruur, waxay awoodaan inay isticmaalaan badi adeegyada caafimaadka iyo bulshada ee ay maalgelisy dawlada Victoria, maadaama xaq u yeelashada adeegyada badidooda aysan go’aamin xaalada deganaansho ama visaha. |
| These services include community health services, the refugee health program, torture, and trauma counselling, and the catch-up immunisation program.  | Adeegyadan waxaa ka mid ah adeegyada caafimaadka bulshada, barnaamijka caafimaadka qaxootiga jirdilka iyo la tallinta dhibka ay soo mareen, iyo barnaamijka laqabasiga tallaalka. |
| All families have different needs.  | Dhammaan qoysasku waxay leeyihiin baahiyo kala duwan. |
| At times, for some, they can be urgent, while for others, longer-term help is needed.  | Marmarka qaarkood, qaarkood, waxay noqon karaan kuwo degdeg ah, iyadoo kuwa kale loo baahan yahay caawimaad wakhti dheer. |
| The Victorian health system offers a range of services to meet these needs. | Nidaamka caafimaadka Victoria wuxuu bixiyaa adeegyo badan si ay u fuliyaan baahiyahaan. |
| For more information, visit: BETTERHEALTH.vic.gov.au/family | Wixii macluumaad dheeraad ah gal BETTERHEALTH.vic.gov.au/family |