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| **Child, family and relationship services** | **Huduma za watoto, familia na uhusiano** |
| 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. | Kwa jamaa ya Viktoria, kuna anuwai pana ya huduma kuwasaidia, kuanzia elimu kwa wazazi, hadi utunzajiafya wa mama na mtoto, utunzaji watoto, msaada wa hali ya hatari, kulinda watoto, na huduma za vurugu ya jamaa na uhusiano. |
| 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. | Huduma za uzazi mapema zinatoa msaada kwa wazazi kuanzia ujauzito mpaka mtoto anafikia umri wa miaka minne, kusaidia na matatizo ya kawaida kama matatizo ya kulisha na usingizi, pamoja na changamoto ya gumu zaidi. |
| A range of specialist support, counselling, education, and advice services are provided through early parenting centres across Victoria. | Anuwai ya msaada wa bingwa, ushauri nasaha, elimu, na huduma za ushauri zinatolewa kupitia vituo vya uzazi wa mapema kokote Viktoria. |
| "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." | Tunatoa msaada na elimu kwa familia wanaopata changamoto kadhaa katika maisha yao, kwa hiyo tunashughulikia na jamaa yenye watoto kuzaliwa tu, au hata kabla-uzazi, hadi umri wa miaka minne, muda tunaojua maendeleo ya ubongo ni muhimu sana, na tunatoa anuwai ya huduma kutoka kukaa-siku, makazi, matembezi-nyumbani, hadi mipango ya elimu ya jamii, kuwasaidia watoto wadogo. |
| 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. | Huduma za uzazi za mapema zina ruzuku, na zimetungwa kusaidia familia wanaohitaji kujenga ustadi wao na matumaini ya kutunza mtoto mchanga au mtoto mdogo wao. |
| "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." | Tunashughulikia na ugumu mengi zaidi na jamaa, na kuangalia kwa kina kwa upendo na kupatanisha, mahusiano katika uwezo wa jamaa, kuhakikisha matokea mazuri zaidi kwa watoto wachanga na watoto wadogo tunaoshughulikia nao. |
| Victoria's maternal and child health services monitor the health and development of your baby or toddler. | Huduma za afya ya mama na mtoto za Viktoria zinafuata afya na maendeleo ya mtoto mchanga au mtoto mdogo wako. |
| They provide 10 consultations, can provide referrals to healthcare professionals if needed, and can link you with other local families and community services. | Zinatoa mikutano 10, zinaweza kutoa mapendekezo kwa wataalamu wa utunzajiafya ikihitajika, na zinaweza kukuunganisha na jamaa wengine wa mtaa na huduma za jamii. |
| 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. | Laini ya Afya ya Mama na Mtoto ni laini ya simu ya masaa 24 na wauguzi wenye sifa, na maelezo, msaada, na ushauri kuhusu afya ya watoto, chakula bora, kunyonyesha, afya ya mama na familia, na uzazi. |
| 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. | Huduma za watoto na jamaa zinahudumia watu wa utamaduni wote, lakini, pia kuna huduma za jamaa na uzazi wanaohudumia familia za Asili na za Visiwani vya Torres Strait. |
| "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." | Isiyo tu kuhusu utunzaji kabla uzazi, inaweza kuhusu nyumba, ushauri wa kipesa, afya ya akili, yaani anuwai ya masuala, na pia tunatoa usafiri, ambao ni sehemu ya msingi ya Mpango wa KMS. Na huwezi kuupata huo kawaida, kwa hiyo huu na kizuizi kikubwa kwa watu kuja kwa huduma hapa. |
| Childcare services provide care and support for working families. | Huduma za Utunzaji wa watoto wanatoa utunzaji na msaada kwa jamaa wanaofanya kazi. |
| 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. | Kupata mpango wa utunzaji wa watoto wenye kufaa utategemea urefu wa utunzaji unaohitaji, umri wa mtoto wako, na aina ya utunzaji unayoona ungefaa kwa mtoto wako. |
| The cost of childcare depends on the type of service you choose. | Gharama za utunzaji wa watoto zinategemea aina ya huduma unayochagua. |
| You may be eligible for financial assistance from the Commonwealth government. | Unaweza kustahili kwa usaidizi wa kipesa kutoka serikali ya Jumuiya ya Madola.. |
| Contact the Department of Human Services. | Wasiliana na Idara ya Huduma za Binadamu. |
| As families grow and children become young adults, additional services are ready at hand across Victoria. | Familia wanapokua na watoto wanakuwa watu wazima vijana, huduma ziada zipo tayari kokote Viktoria. |
| 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. | Nyingi zina ruzuku kutoka serikali, pamoja na huduma kwa afya ya akili na ya meno, pamoja na huduma nyingine za afya husika, kama tibamaungo, saikolojia, na ushauri wa mlio. |
| 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. | Kwa habari ya anuwai ya huduma za meno, habari za mpango wa faida za meno ya watoto, au kupata zahanati ya meno ya jamii, wasiliana na Huduma za Afya ya Meno Viktoria. |
| As young people move into adulthood, mental health or alcohol and drugs issues may occur. | Wakati vijana wanapoingia utu mzima, masuala ya afya ya akili au ya kileo na dawa ya kulevya yanaweza kutokea. |
| Finding someone to talk to as early as possible is important. | Kupata mtu wa kuongea naye mapema yanayowezekana ni muhimu. |
| Starting with family is a good place, or talk to your doctor or contact a confidential phoneline or online service. | Kuanzia na familia ni mahali pazuri, au ongea na daktari yako au wasiliana na laini ya simu yenye siri au huduma mtandaoni. |
| 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. | Huduma hizo hazina malipo, na washauri wa bingwa wanaweza kutoa ushauri unaofaa na ushauri nasaha. Katika muda wa hali ya hatari na haraka ya jamaa, kuna huduma za dharura kukusaidia. |
| In an emergency, always call 000. | Wakati wa dharura, wakati wote piga simu 000. |
| If you or someone in your family is thinking about self-harm or suicide, call Lifeline, on 13 11 14. | Ikiwa wewe au mtu mwengine wa familia yako anawaza kuhusu kujiumiza au kujiua, piga simu Lifeline, kwa 13 11 14. |
| If you are concerned about the safety and risk of harm to a child, contact your local child protection service. | Ikiwa una wasiwasi kuhusu usalama na hatari ya madhara kwa mtoto, wasiliana na huduma za kulinda watoto wa mtaa wako. |
| Phone numbers are available at BETTERHEALTH.vic.gov.au/childprotection. | Nambari za simu zinapatikana kwenye  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. | Ikiwa una wasiwasi kuhusu usalama wa mara moja na hatari ya madhara kwa mtoto, ambaye huwezi kuacha kwa usalama mpaka siku ijayo yake, piga simu Huduma za Dharura Kulinda Watoto Baada Masaa kwa 13 12 78. |
| Child FIRST ensures that vulnerable children, young people, and their families, are linked to relevant services. | Mtoto KWANZA inahakikisha kuwa watoto, vijana wenye hatarini, na familia zao, waunganishwae na huduma zinazofaa. |
| Visit the Department of Human Services website for more information and your local services | Tembelea tovuti ya Idara ya Huduma za Binadamu kwa habari zaidi na huduma yako ya mtaa. |
| 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. | Watafutaji-usalama na wakimbizi wa Viktoria, pamoja na watoto wanaweza kutumia huduma nyingi za afya na jamii zinazofadhiliwa na serikali ya Viktoria, kwa sababu ustahili kwa huduma nyingi hauamuliwi na hali ya viza na ukazi. |
| These services include community health services, the refugee health program, torture, and trauma counselling, and the catch-up immunisation program. | Huduma hizo ni pamoja na huduma za afya ya jamii, mpango wa afya ya wakimbizi, ushauri nasaha wa mateso na kiwewe, na mpango wa kuchanjwa wa kisasa. |
| All families have different needs. | Familia zote zina mahitaji tofauti. |
| At times, for some, they can be urgent, while for others, longer-term help is needed. | Wakati mwengine, kwa baadhi, yanaweza kuwa ya haraka, wakati uleule kwa wengine, msaada wa muda-mrefu unahitajika. |
| The Victorian health system offers a range of services to meet these needs. | Mfumo wa afya ya Viktoria unatoa anuwai ya huduma kutosheleza mahitaji hayo. |
| For more information, visit: BETTERHEALTH.vic.gov.au/family. | Kwa habari zaidi, tembelea  BETTERHEALTH.vic.gov.au/family |