

Ahaanshaha Waalid Da' yar

Xirmo macluumaad ah dadka da' yarta ah ee 13-17 jirka
ah loogu tallogalay



Ambition | Opportunitas | Skills + Uchelgais | Cyfliecoedd | Sgiliau



Hallow,

Tani waa xirmo macluumaad oo loogu tallogalay da' yarta 13-17-sano jirka ee Cardiff jooga ee uurka leh ama horeyba u ah waalidiinta da'yar.

Waa macluumaad iyo koorsooyin (courses) aad wax ku qabsato oo kugu kaalmeyn kara inaad naftaada iyo cunugaagaba taageerto. Waxaa kale oo dhici karta in ay ku siiyan fikrado ku saabsan sidii aad iskuulka ama waxbarashada ugu laaban laheyd, marka aad dareento inaad diyaar tahay.

Magacaaga:

Macluumaad muhiim ah:

Magaca Umulisada:

Lambarka lagala xiriiro:

Magaca Booqdaha Caafimaadka (Health Visitor):

Lambarka lagala xiriiro:

A photograph showing a woman's hands holding a black and white ultrasound scan of a fetus. The fetus is visible in the center of the scan, showing its profile. The woman is wearing a pink long-sleeved top. The background is slightly blurred.

In aan ku taageernaan u joognaa



Maxay muhiim u tahay inaan hadda mustaqbalkeyga ka fikiro? Miyeysan aheyn inaan uurkeyga iyo cunugayga ka fikiro?

Haa iyo maya!

Haa, waa sax inaad ka fikirto uurka aad leedahay iyo cunuga. Waxaa jira koorsoojin badan oo aad heli kartid iyada oo ay Kooxda Waalid Ahaansha Cardiff ku taageeri doonto cunuga dhalashadiisa ka hor iyo ka dibba.

Koorsooinka ay ka midka yihii GroBrain iyo Barnaamijka Waalid Ahaanshaha waxay awoodaan inay kugu kaalmeeyaan taageerista korriimada cunugaaga, kugu taageerista sida aad cunugaaga ula fal-galeysid iyo fahamka heerarka korriimada/kobaca iyo da'ba sida ay tahay. In badan oo koorsoojinkan ka mid ah waxaan ugu tallogalney oo keliyah Waalidiinta Da' yarta ah oo waxaan rajeyneynaa inay kaa dhigaan mid ay wax u fududaadaan.

Sii hore u marinta mustaqbalkaaga iyo fursadaha aad heli karto ayaa hadda sidii hore ka sii muhiimsan. Waxyabo badan oo wax lagu kala caddeynayo ayaa tilmaamaya in uu heerka Waxbarashada waalidka uu wax weyn ka bedeli karto sida uu ilmaha mustaqbalkiisa ugu guuleysan lahaa.

Waalidiinta waa ugu horeeya uguna weyn ee cunug noloshiisa sameynta ku leh – iyaga oo bixinaya tilmaan-bixinta waxa ay cunayaan, halka ay ku nool yihii iyo sida ay wax u baranayaan. **Mustaqbalkaaga oo aad ka fikirto ayaa iyadana ah maalgelin aad cunugaaga u sameyneysso kuuna diyaarineysa sidii aad mustaqbalka waxbarashadiisa ugu kaalmeyn laheyd.**

Dhawaan baan aabe noqon doonaa, side baan isku diyaarin karaa oo side baan midda igu lamaanan u kaalmeyn karaa?

Aabe ahaanshaha waxay noqon kartaa wax welwel dhalin kara. Waxaa jira waxyaabo badan oo cusub oo dhacaya, laakiin waxaa kale oo jira taageero badan oo la heli karo. Ciyaarta ka sii hormar:

- **akhri** wax waalid ahaanshaha ku saabsan
- **la hadal** aabeyaasha kale
- **isku qor** koorsooyinka waalid ahaanshaha
- **baro** xirfado cusub.

Qaar ka mid ah waxyaabaha aad sameyn kartid oo aad midda kugu lamaanan ku taageeri kartid:

- **ahow mid aan isbedbedlin** — is dejii oo dhanka wax soo kordhinta leh wax ka eeg
- **ahow mid wax kaalmeeya** — raadi wax badan oo aad guriga ka qaban kartid sida nadiifinta iyo hagaajintiisa
- **ahow mid is-xilsaara** — ka hadal waxyaabaha qaad qorsheyneysaan iyo doorkaaga
- **waqtii la qaado** — tayada iyo waxa aad ku bixineyso waqtiga aad cunugaaga la joogtid ayaa ka muhiimsan tirrada waqtiga aad halkaan la joogtid.

Sidee waalidiinteyda/daryeeleyaasheyda ii kaalmeyn karaan?

Waxa ay ahaan karaan kuwo:

- **ku taageera** — iyaga oo dhageysanaya waxyaabaha aad ka welwelsan tahay iyo waxyaabaha aad ku fikireyso
- **kula taliya** — caruur bay soo dhaleen waxaana soo martey waayo-arragnimo ay waalid ahaanshaha ka heleen
- **kuwo cunuga kula daryeela** — si aad naftaada wax waqtii ah ugu hesho ama aad koorso wax uga barato.



**Mustaqbalka
cunugaaga
oo aad wax
u sii dhisto**

Xagee baan joogi karaa 5 sano ka dib?

Waxa aan rajeynayo inay nolosheyda ahaato:

Waxa aan hadda sameyn karo oo aan jihada saxa ah ugu sii socon aro:

Jawaab-celis ka timid qof waalid da' yar ah:

Mid ka mid ah waxyaaba aadka looga baqdo ee saabsan waxbarasho ku noqoshada ka dib markii cunugeyga dhaley wax uu ahaa inaan garan waayey halka aan macluumaadkan ka helayo iyo welwel iga heystey daryeelka ilmaha (waa wax ku qaali ah qoysaska labada-waalid ka kooban iskaba daa hooyo da' yar oo keligeed ah oo dakhliga soo galaa uu iska yar yahay). Marka dhinacyada qaar laga eego waxaanba dareemayey inay ii sahlaneed in aan ku dheganaado nolosha ah inaan dakhliga ceyrtta (benefits) uun ku noolaado – waxay ila tahay in uu buug-yarahan ahaan doono si weyn oo qaabkan isku wareega (cycle) ah lagu kala jari karo.

Kooxda Fududeynta Waalid ahaanshaha oo la jira Waalidin Ahaanshaha Cardiff



Adeegyada Taageerada

Hooyoinka ka yar da'da 16 waxay taageero ka helaan umuliso ELAN midwife ah oo inta ay uurka leeyihii u fidisataageero bulsho oo dheeraad ah. Waxay kale oo ay taageero ka helaan booqde daryeel caafimaad (a healthcare visitor) marka uu cunuga dhasho.

Hooyoinka jira da'da 16-17 waxay taageero ka helaan umuliso ELAN midwife ah oo inta ay uurka leeyihii u fidisataageero bulsho oo dheeraad ah. Waxaa kale oo loo gudbiyaa Adeegyada Si Duulimaad ah Wax U Bilaabashada (Flying Start Services) oo waxay taageero ka helaan booqde caafimaad oo Flying Start Health Visitor ah.

Adeegga Si Duulimaad leh Wax U Bilaabashada (Flying Start) waxa uu taageeraa Caruurga ay da'dooda tahay 0-3 sano 11 billood oo goobo qaas ah oo Cardiff degan. Ciwinaada la heli karo waxaa ka mid ah:

- adeeg booqde daryeel caafimaad oo la sii hagaajiyeey
- wax ka helista barnaamijyada waalid ahaanshaha
- caruurga oo laga taageero hadalka iyo isgaarsiinta
- ilmo-daryeelis (childcare) waqtii dhiman oo 2-3 sano jirka loogu tallogalay.



**Taageero
laguu fidiyo
inta aad uurka
leedahay**

Taageerada Maalgelinta la Heli karo

PaCE – Parents Childcare and Employment Project (Mashruuca)

Waalidiinta Daryeelka Ilmaha iyo Shaqaaleynata)

Waxaa dhic karta inay Waalidiinta Da' yarta ah (16-24) ee aan ku jirin Waxbarasho, Shaqaaleyn ama Tababar taageero maaliyadeed ka helaan lacagtan European Fund ah. Si aad macluumaad badan u hesho, booqo: sewales-ret.co.uk/parent-childcare-and-employment-pace

PaCE waxay bixisa kharashka daryeelka ilmaha marka ay waalidiinta ku jiraan tababar, shaqo ay waayo-arragnimo ka helayaan, ama ay si tabarucaad ah u shaqeynayaan si ay u bartaan xirfado ay u haaban yihiin si ay shaqo ugu helaan. Mashruuca waxa uu bixiyaa:

- taageero qof-ka-qof ah oo lagu bixiyo goobo qoyska u haboon
- tababar iyo shaqaaleyn raadinta
- ku caawinta wax xisaabinta ku dhisan in 'sida jirta laga fiicnaanayo' marka la shaqeynayo
- la tallin iyo tilmaan-bixin ku saabsan iskaa-u-shaqeysiga (self-employment)
- kharashka ilmo daryelistha shaqaaleynata ka hor baxa
- la tallin ku saabsan ilmo daryelistha goobta laga helo iyo kharashaadka ku baxa.

SureStart Maternity Grant (Deeqda Hooyonimada ee Si-Huban-Wax-u-Bilaabashada):

Tani waa £500 oo loogu tallogalay inay noqoto ka caawinta kharashaadka cunugga dhashey ku baxa. Si aad tan u hesho waa in aad aiga ama uu midka kugu lamaanan yahay mid kaalmooyinka (benefits) soo socda ka mid ah:

- Income Support (Taageerda Dakhliga)
- Income Related ESA (Dakhli la Xiriira Gunada Taageerada Shaqaaleynata)
- Income Based Job Seekers Allowance (Dakhli ku Salleyasan Gunada Kuwa Shaqo Doonka ah)
- Universal Credit (Gunada Caamka ah).

Waxaa la heli karaa oo keliyah haddii uu cunuga kuu dhashey yahay cunuga ama ilmaha keliyah ee guri jooga. Gunadan waa in lagu dalbadaa mudo 11 toddobaad ah gudahooda oo ku siman taariikhda cunuga dhalashadiisa la filayo ama lix bilood gudahooda laga bilaabo goorta uu dhasho. Si aad macluumaad badan u hesho, booqo: turn2us.org.uk/Benefit-guides/Sure-Start-Maternity-Grant/Who-can-get-a-Sure-Start-Maternity-Grant

Maaliyad ka taageerista



Fursadaha

Baby Roots Groups (Kooxaha Xididada Cunuga)

Kooxahan waxaa loogu tallogalay waalidiinta da' yarta ah oo waxa jira waxyaabo badan oo aad caruurtaada la sameyn kartid, iyo weliba la tallin iyo taageero aad heli kartid. Waxaa jira saddex koox:

1. Powerhouse (Llanedeyrn) — Khamiis kasta (xilliga iskuulka furan yahay) goorta ah 12:45-2.45 galabnimo.

La xiriir: Rachael 07970601632 rachael.barry2@cardiff.gov.uk
ama Leanne 07976056140 leanne.williams@cardiff.gov.uk



2. St Mellons — Jimco kasta (xilliga iskuulka furan yahay) goorta ah 12:45-2.45 galabnimo.

La xiriir: Rachael 07970601632 rachael.barry2@cardiff.gov.uk
ama Leanne 07976056140 leanne.williams@cardiff.gov.uk

3. Grassroots, Charles Street — Talaado kasta goorta ah 1-3 galabnimo.

La xiriir: Louise.Coombs@cardif.gov.uk
Instagram: [@grassrootscf10](#) Facebook: [grassrootscardiff](#)

**Saaxiibo
sameysashada**



Fursadaha

Adeegga Dhallinyarada ee Cardiff Youth Service

Adeegga Dhallinyarada ee Cardiff Youth Service waxa uu la shaqeeyaa dadka da' yarta ah si u helaan fursado iyo waayo-arragnimo xiiso leh, oo wax ka barasho iyo hal-abuurista ku dhiiri geliya. Wax badan ka sii ogow:

Instagram: [@cardiffyouthservice](https://www.instagram.com/@cardiffyouthservice)

Facebook: [cardiffyouthservice](https://www.facebook.com/cardiffyouthservice)

Qoysas Si Wadajir ah Wax uga Wada Baranaya Koolejka Cardiff iyo Vale College

Mashruucan ujeedadiisu waa in uu qoysas badan ku hawlgeliyo kuna dhiirigeliyo inay Waxbarashada hami fiican u lahaadaan. Kooxo macalimiin shahaadooyin ku haboon u heysta ayaa dadka bara koorsooyin iyo aqoon isweydaarsiyo loo habeeyey in qoysaska iyaga oo wadajira u wada galaan safar waxbarasho oo xiiso leh.

Waalidiinta oo la siiyo/baro fahamka sida ay caruurtooda u taageeri karaan waxaa ku saa'id ah inay jирто fursad ay shahaado (a qualification) ku qaadan karaan. Iyada oo qeyb koorsada ka mid ah, ayey waalidiinta noqodaan arday kooleejka wax ka barata oo waxay heliyaan fursad ay kooleejka ku booqdaan halkaas oo wax badan oo kale ka soo ogaan karaan. Koorsooyinkan waxaa loo habeyn karaa si baahdida shaqsiga waafaqsan oo waxa oo dhan iyada oo aan lacag la iska qaadin baa la helaa. Si aad macluumaad badan u hesho, email u dir kooxda waxbarashada: Families@cavc.ac.uk

Kooxaha Si Duulimaad leh Waalid u Ahaanshaha (Flying Start Parenting Groups)

Koorssooyin qas ah baa loo sameyn karaa waalidiinta da' yarta ah.

cardifffamilies.co.uk/wp-content/uploads/Cardiff-Parenting-0-18-booklet-ENGLISH-2.pdf

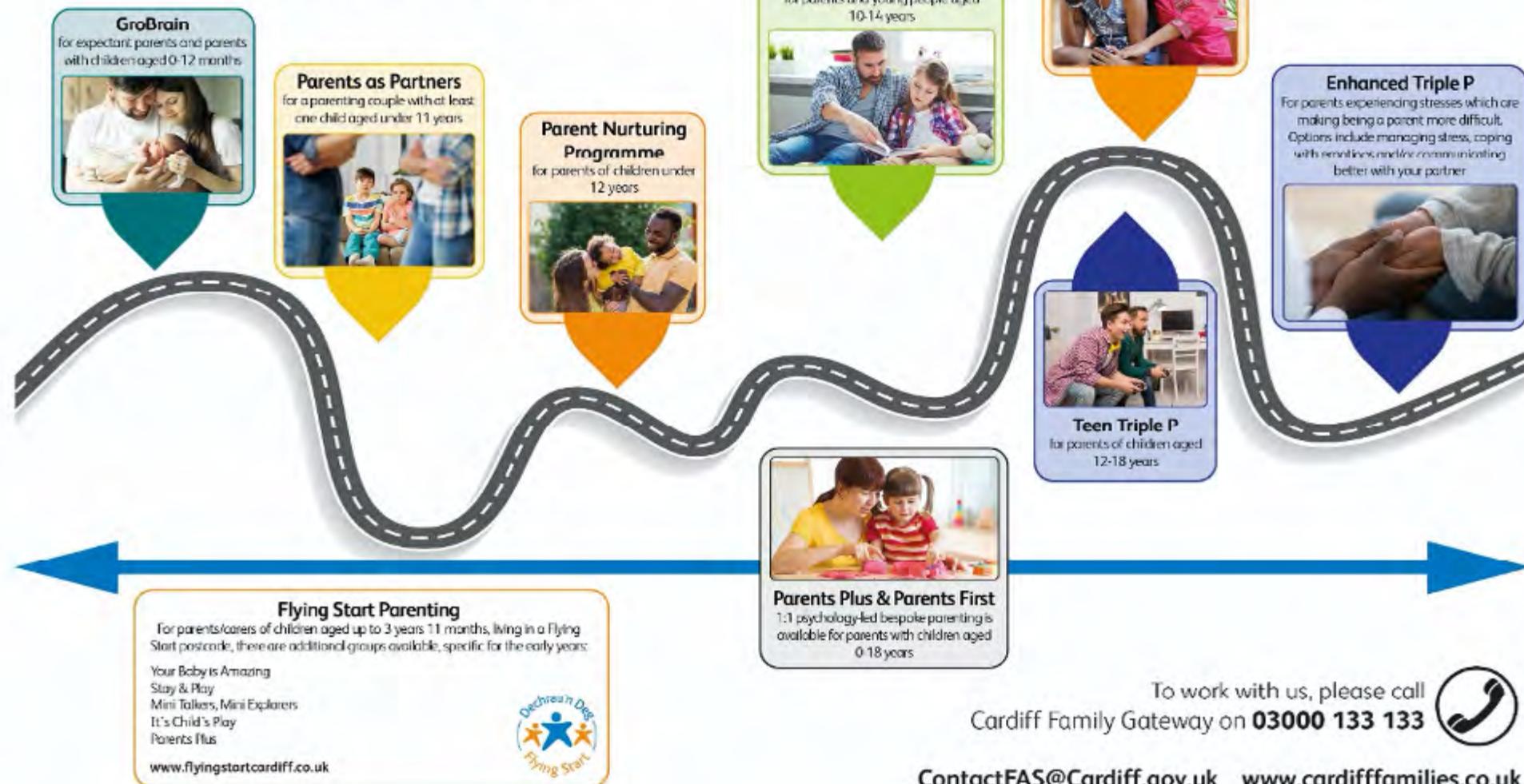
facebook.com/Cardiff-Flying-StartDechraun-Deg-Caerdydd-475774629199875



Cardiff Parenting Services

For families living in Cardiff with children aged 0-18 years of age

Cardiff Parenting Services are currently able to offer families:



Koorsooinka Caafimaadka ee Si Duulimaad

Ieh Wax U Bilaabashada

Koorsooinka Cunto Karinta

Cunto Kari (Get Cooking) waa koorsoo 8 toddobaad la qaato oo aad imaan kartid toddobaadkiiba mar oo aad markiiba labo saac wax baraneysid. Waxaa jira crèche (goob dhallaanka lagu hayo) oo cunufgaaga lagugu heynayo inta ad wax karineyso.



Flying Start Get Cooking Course

What is Get Cooking?

Get Cooking is a free 8 week cooking course for mums, dads and other carers. The sessions are run once a week for two hours each.

Experienced and new cooks are welcome!

What does the course involve?

The sessions are fun and relaxed and the group will be small with around 6-8 people. The sessions all involve hands-on cooking and some include activities about healthy eating and food safety. You will usually be cooking as a pair or as a small group.

What will I be cooking?

The course includes a range of tasty family meals such as:

- Soup with homemade bread rolls
- Chilli and potato wedges
- Lasagne or pasta carbonara
- Simple dressed salad
- Fish pie and steamed veg
- Homemade burgers or chicken nuggets
- Vegetable or chicken curry
- Tasty sausage and bean casserole
- Oaty fruit crumble
- Fruit muffins and banana bread

What will I gain from Get Cooking?

- The chance to try a range of cooking skills.
- Quick, easy and tasty meal ideas that your whole family can enjoy.
- The chance to make at least 12 healthy recipes.
- A free goody bag of kitchen tools such as a chopping board, pasta bake dish, weighing scales, measuring jug and garlic press (if you finish the course).
- The chance to gain Agored Cymru credits.
- Free portion of what you have made to take home and try with your family.
- The chance to meet other parents.
- Tips on keeping your family healthy even when money is tight.

If you have any special dietary needs, the course tutor will discuss this with you.

Is there a crèche?

Yes, all Get Cooking courses have a crèche run by skilled staff for children up to their 4th birthday.



How can I book a place on the course?

If you would like a place on a Get Cooking course ask your Health Visitor or a member of Flying Start staff to complete a referral form for you.

If you prefer you can contact the Flying Start Food Team yourself on 029 20351377 or 20351380.

When and where do the courses run?

For details of the next course in your area speak to your Health Visitor or Community Nursery Nurse or see the Cardiff Flying Start website.

Get Cooking is available throughout Cardiff. Contact the Public Health Dietitians Team on 029 20 907699 if you live in a non-Flying Start area.

"My little boy tried the crumble, he loves it!"

"I cook from fresh more often now and it tastes better!"

"I gave some of the recipes to my friends. The fruity chicken curry and home-made burgers were lovely!"



Cunug U Daliigista/u Duug-duugista

Macluumaad ku saabsan cunug u daliigista/u dug-duugista (baby massage) ayaad Booqdaha Caafimaadka kuu yimaada (your Health Visitor) ka heli kartaa.



Wadooyinka Wax Horey

Uga Sii Gudubka

Adeega Foomka Lixaad & Kooleejka (Sixth Form & College Provision)

Foomka Lixaad iyo Kooleejka waxay kugu caawinayaan horey u sii marsashada xirfadaha oo aad ka hesho koorsooyin kala duwan sida kuwa:

- Heerka GCSEs-yada
- Heerka A-Levels-ka
- Koorsooyinka Access Courses -ka
- Heerka BTEC level-ka
- apprenticeships (xirfad barashada) iyo kuwo kale oo badan.

Si aad maclumaaad badan u hesho:

cavc.ac.uk

stdavidscollege.ac.uk

Traineeships (Tababarte ahaanshaha)

Traineeships waa barnaamijyo waxbarasho oo loogu tallogalay dadka da' yarta ah ee 16-18 jirka ah. Waxa ay kugu kaalmeynayaan hanashada xirfad shaqo iyo siyaabo aad halka aad joogto horey uga sii gudbeyso oo aad wax dheeraad ah ku sii baran kartid ama aad koorso xirfad barasho ku geli kartid (an apprenticeship).

- Traineeships-ka waxay ku dhandhansiin karaa shaqada ay dhici karto inaad xiiseyneso ka hor inta aadan isa saarain mas'uuliyada koorso ama midda apprenticeship-ka ah.
- Lacag baa lagu siinaya inta aad Traineeship-ka sameyneysid oo waxaana lagu siinaya taageero uu midka ku shaqaaleysiyyey uu xirfadahaaga iyo aqontaadaba ku sii horemariyo.

Si aad maclumaaad badan u hesho

hey'adda Careers Wales kala xiriir:

careerswales.gov.wales/contact-us

Apprenticeships (Xirfad Barashada)

Apprenticeships-ka gudaha Wales ka jira waa shaqooyin lagu helo shahaadoin la aqoonsan yahay iyo xirfado-shaqo oo qaas ah. Mushahar baan qaadaneyso inta aad shaqeyneyso oo qaab shaqo ku tababarasho ah kooleej wax uga baraneysid (si waqtibuuxa ama waqtin-nus ah ahaan), ama aad joogto xaruun tababar joogto.

Maxay yihiin heerarka Apprenticeship-yada?

- **Foundation Apprenticeship (Aasaasi ah)** – caadi ahaan waxa aad ka qaadaneyso shahaado heer Level 2 ah (oo u dhigta heerka GCSE A*-C Level).
- **Apprenticeship** – waxaad u shaqeyneysaa gaarista shahaado heer Level 3 ah (oo u dhigta heerka A Levels).
- **Higher Apprenticeship (Heer Sareeya ah)** – waxaad u shaqeyneysaa gaarista shahaado heer sareysa oo heer Level 4 ama wax ka sareeya ah. Tan waxay noqon kartaa shahaado ah HNC/HND ama Foundation Degree (Dgrii Aasaasi) ah.
- **Degree Apprenticeship (Digrii ah)** – kuwan waxay bixiyaan tababar lagu qaato shahaado heer Level 6 ah oo waxayna bixiyaa fursado lagu qaato Digrii buuxa oo bachelor's degree ah. Waxay isku daraan shaqo heynta iyo si waqtin-nus ah Jaamacad ama Kooleejka wax uga barashada.

Si aad maclumaaad badan u hesho:

gov.wales/find-apprenticeship

careerswales.gov.wales/apprenticeships/what-is-an-apprenticeship

Shaqaaleynata

Adeegyada Shaqo Gelinta Kownsal Cardiff ayaa shaqo raadinta kugu taageeri kara. Si aad maclumaaad badan u hesho: careerswales.gov.wales/getting-a-job



Horey u sii
socodka

Fursadaha Waxbarashada

Learn Direct (Waxbarashada Tooska ah) – Si Online ah Lacag la'aan uga baro Af Ingiriiska iyo/ama Xisaabta.

Isku soo cel-celis ahaan koorsooyinka waxaa lagu dhameystaa muddo 5 ilaa 8 saac ah, laakiin adigaa go'aansanaya inta uu dhan yahay waqtiga aad wax baraneyso iyo sida isku xig-xiga ah (often) ee aan kombiyutarkaaga u galeysa (log on). Waxaad aadaa: learndirect.com/funding-options/free-english-maths

ama la xiriir: Learndirect@cavc.ac.uk

Kooleejka Cardiff iyo Vale College – Maalgelin Daryeel Ilmo (Childcare) oo loogu tallogalay kuwa wax ka barta kooleejka Barry College – Waa in aad ugu yaraan 12 saac waxbaraneysid oo aadna ku jirto koorso waxbarasho dheeraad dheeraad (further education).

Xisaabta iyo Af Ingiriiska Nolol Maalmeedka loogu tallogalay

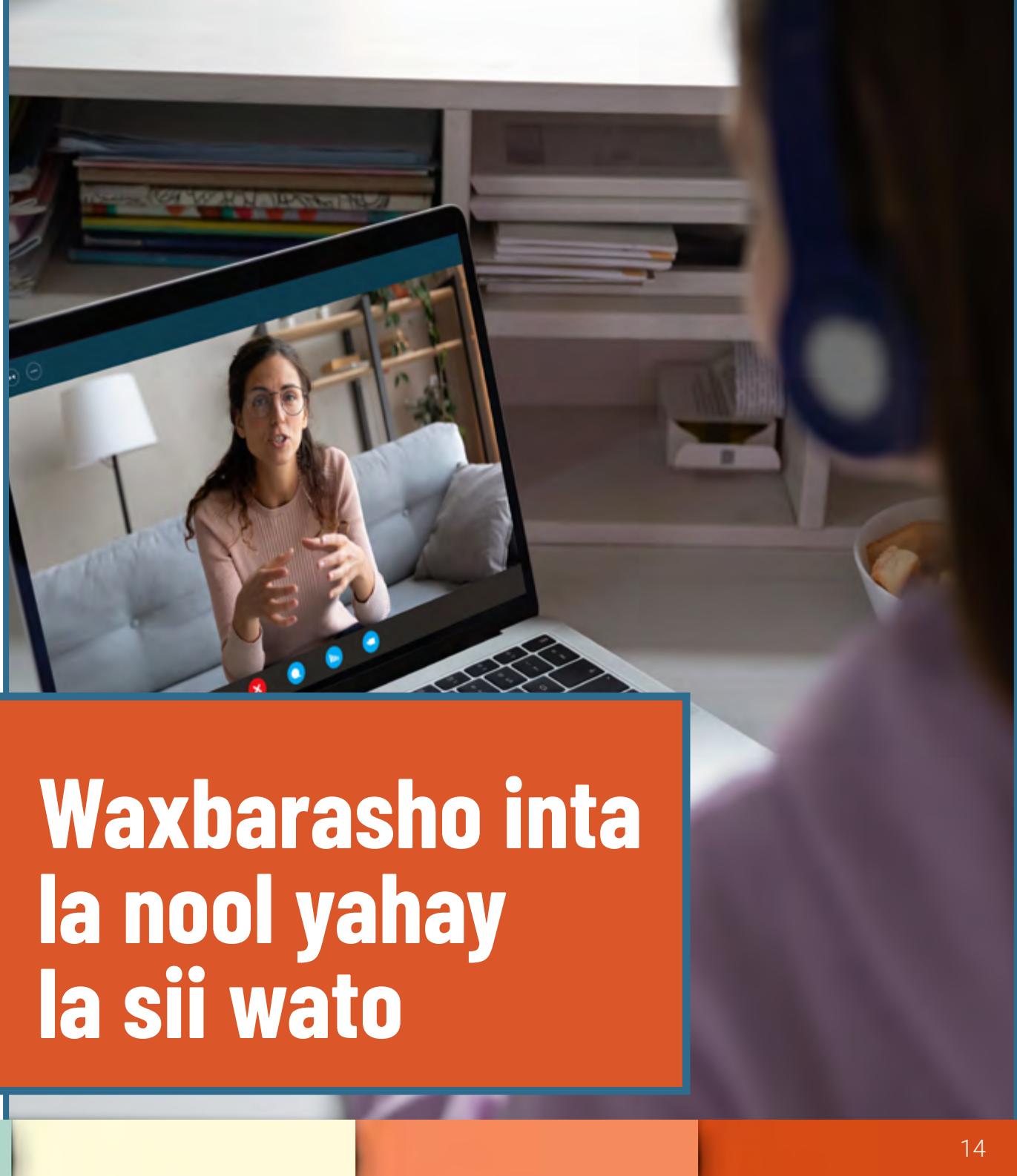
– Koorsooyinkan waa tallaabada xigta ee looga sii gudbayo koorsooyinka Af Ingiriiska iyo Xasaabta ee online-ka ah, waxaana hadda lagu dhigaa gudaha hoolka Llanrumney Hall ah iyo goobo kale oo Cardiff ku baahsan.

Koorsooyinka Waxbarashada Aasaasiga ah ee Dadka Waaweyn

– £10 oo keliyah horey ugu sii mari xirfadahaaga oo ku guuleyso qaadashada shahaadooyinka Af Ingiriiska, Xisaabta ama Aqoonta Farta dijitaalka (Digital Literacy) ah. Waxay koorsooyinkan kugu kaalmeyn doonaan in aad:

- hanato shahaadada xirfadaha laga ma maarmaanka ah
- isku diyaariso shaqo ama koorso aad kooleej ka dhigato
- sii hagaajisato xirfadaha maalin walba la adeegsado.

Koorsooyinkan waxaa lagu dhigaa goobo kala duwan oo Cardiff ku baahsan. Si aad maclumaaad badan u hesho, la xiriir: abe@cavc.ac.uk



**Waxbarasho inta
la nool yahay
la sii wato**



Dooro wado aad shaqo ku hesho

Noqo safiir ciyaareed (a play ambassador)

Mashruuca Safiirada Ciyaarta Bulshada (The Community Play Ambassadors Project) waxa uu la shaqeeyaa dadka da' yarta ah ee 14-19 jirka ah si ay Safiirada Ciyaarta u noqdaan ka dib marka ay qaataan tababar, shahaadooyin iyo ku meeleynta goobo ay ka socoto Ciyaar Shaqo (Play Work).

Waxa ay shahaadooyinka kala yihiin heerka Level 1 iyo heerka Level 2 ee Play Work Training (Tababarka Ciyaar Shaqo) oo ay la socdaan isku xil-saarista iyo qabashada bishiiba 10 saac oo tabarucaad lagu shaqeeyo muddo lix bilood ah inta ay kuu socoto dhameystirkha Waxbarashada aad shahaadada ku qaadan laheyd. Kuwaan waxaa lagu dhigaa goobo kala duwan oo Cardiff ku baahsan, Si aad maclummaad badan u hesho, la xiriir: paula@playwales.co.uk

Ma ahaaneyaaa ilmo ilaaliye (a childminder)?

Si aad u tababarato oo aad Ilmo Ilaaliye u noqoto waxa aad u baahan tahay inay inaad ugu yaraan tahay 18 jir. Waa shaqo aad waqtigeeda isku hagaajisan kartid oo aad qaban kartid adiga oo cunugaaga korsanaya oo isla markaana shaqeynaya.

Ma jiraan shuruudo gelitaanka koorsadan lagu xiro, laakiin waxa aad u baahan tahay in aad tagto kulan oo aad la yeelato Kooxda Taageerada Hawsha Ilmo Ilaalinta Cardiff (the Cardiff Childcare Business Support Team) kaas oo ah mid aan lacag lagaaga qaadeyn, ama qiimihiisu yahay £10 haddii lagu qaadanayo habka aqoon-isweydaarsiga ay Percy oo ah Ururka Ilmo Ilaalinta Taageera (The Childminder Support organization) wax ku bixiso.

Kullanada/xisooyinka waxay ku siinayaan maclummaad badan si aad u go'aansan kartid in uu tababarkan yahay mid kuu roon iyo in kale. Haddii aad go'aansawaxa aad u baahan doontaa in aad dhameystirto labo tababar oo 2 unug ka kooban oo ah qeyb ka mid ah waxa lagu qaato shahaadada heer level 3 ah. Waxaa jira lacag shahaadadan la isaga qaado.

Axaa ku jira qeyb faahfaahsan oo ku saabsan [Becoming a Childminder](#) waxaa kale oo jira maclummaad badan ku jira qeybaha [Social Care Wales](#) iyo [City and Guilds](#).

Taageero kale

Cardiff Family Gateway (Illiinka Qoyska Cardiff) waa goob laga helo macluumaaad, la tallin iyo taageero. Waxay kooxda kaa dhageysaneysaa sida ay xaaladdaada tahay, waxay talmaameysaa waxa ay tahay taageerada sida ugu fiican kuugu haboon ka dibna waxay kugu kaalmeyneysaa sidii aad taageeradaas u heli laheyd. Waxay kugu kaalmeyn karaan helitaanka waxyaabaha ay ka midka yihiin la tallin ku saabsan lacagta, guriyeynta, kaalmooyinka lacagta ceydha (welfare benefits), hab-dhaqanka ilmaha, ilmo ilaalinta, iskuul tagista, caafimaadka iyo fayo-qabka, taageerada waalidka iyo in kale oo badan.

Kooxda The Family Gateway waxay wada shaqeeyaan la leeyihiin barnaamijka Kaalmo iyo Taageero Qoysaska Loogu Tallogalay (Family Help and Support 4 Families) goorta ay qoysaska taageero dheerad ah u baahan yihiin.

The Family Gateway kala xiriir 03000 133 133
email: ContactFAS@cardiff.gov.uk
cardifffamilies.co.uk

Cardiff Family Advice and Support (Adeega La Tallinta iyo Taageeraista Qoyska Cardiff) waxa uu bixiyaa tiro macluumaaad, la tallin iyo taageero ah oo loogu tallogalay caruurta, dadka da' yarta ah iyo qoysaskooda ee gudaha Cardiff ku sugar. Waxa ay kooxda bixin kartaa macluumaaad iyo la tallin ku saabsan:

- nolosha qoyska
- hab-dhaqanka ilmaha
- ilmo ilaalinta
- taageerada waalidka
- iskuul tagista
- shaqaaleyn, lacagta iyo guriyeynta
- adeegyo kale macluumaaadka siinta iyo u tilmaamista.

Marka uu cunuga dhasho

Change Grow Live (Adeega Fayo-qabka Niyad ahaaneed) — changegrowlive.org

Turn2us — turn2us.org.uk

Cwtch Baby Bank: Booqdaa caafimaadka ee kuu yimaada ayaa ku siin kara — cwtchbabylbankwales

Cardiff Council into Work Services waa adeegyo shaqaaleyn iyo taageero dijital ah siiya dadka shaqo doonka ah ama kuwa raba inay xirfadahooda kor u sii qaadaan. Fursadaha shaqaaleyn, si tabarucaad ah u shaqeeynta, iyo helitaanka shaqo waayo-arragnimo laga helo iyada oo ay dhici karto in la helo maalgelinta ilmo ilaalinta iyo kharashaadka kale ee safarka ku baxa.

Marka aad dareento inaad qaado tallaabada xigta ee ag shaqaaleyn, employment, kooxdan kala xiriir — intoworkcardiff.co.uk/contact

La tallinta iyo taageerista Online-ka ku baxda:

Meic — meiccymru.org

Young Minds — youngminds.org.uk

The Mix — themix.org.uk

Tommys — tommys.org

Kooth — kooth.com

NSPCC — nspcc.org.uk

Barnardos — barnardos.org.uk/what-we-do/supporting-young-people

NHS Direct — nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant

Xaruunta Anna Freud National Centre ee Caruurta iyo Qoysaska loogu tallogalay — annafreud.org/early-years/early-years-in-mind/resources/self-care-top-tips-for-young-parents-and-carers/

Tan aqrinteeda waa aad ku mahadsan tahay

La soco macluumaadka iyo furadaha jira ee ugu dambeeyey:



Ambition | Opportunities | Skills • Uchelgais | Cyflleoedd | Sgiliau



Illaha aan wax ka soo xiganey goortii aan buug-yarahen sameynneyney waxay isugu jiraan:

Waxbarashada Waalidka:

- Davis-Kean, 2005; Dearing, McCartney, & Taylor, 2002;
- Duncan, Brooks-Gunn, & Klebanov, 1994;
- Haveman & Wolfe, 1995;
- Nagin & Tremblay, 2001;
- Smith, Brooks-Gunn, & Klebanov, 1997.

Cunugaaga oo aad waxbarashadiisa u diyaariso:

Sylva, K Melhuish, E, Sammons, P Siraj-Blatchford, I and Taggart, B (2004) Effective Pre-School Education. Final Report. DfES. London: Institute of Education.

Aabeyaasha oo hawsha ka soo qeybqaata:

Goldman, R (2005). Fathers' Involvement in their Children's Education. London: National Family and Parenting Institute.

