

Aniga oo waalidka ah

Qoraallada waalidka

Me as a Parent – Parent handout

Ka fikir waalidnimadaada, kana jawaab su'aalahan hoose:

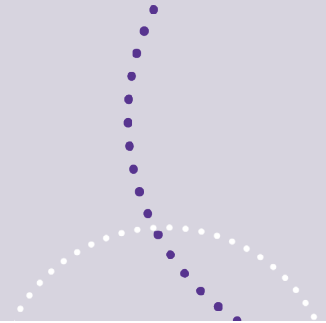
Think about your parenting, and answer the below questions:

1. Marka ay wax naga khaladaan aniga iyo ilmahayga, wax badan oo aan ka qaban karaa ma jiraan 1. When something goes wrong between me and my child, there is little I can do to fix it	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
2. Inta badan waan aqaan sida loo xalliyo dhibaatooyinka ka dhasha barbaarinta 2. I know how to solve most problems that arise with parenting	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
3. Aad baan isugu kalsoonahay ka waalid ahaan 3. I have confidence in myself as a parent	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
4. Ilmahaygu inta badan tooda ayaa loo yeelaa, markaa maxaan iska daalinaya 4. My child usually ends up getting their own way, so why try	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
5. Waxaan leeyahay xirfado aan kula tacaalo xaaladaha cusub ee ilmahayga markay soo koraan 5. I have the skills to deal with new situations with my child as they arise	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
6. Marka isbedel loo baahdo goyskayga waxaan ku fiicanahay dejinta hadafyada/yoolalka si loo gaaro isbedeladaas 6. When changes are needed in my family I am good at setting goals to achieve those changes	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5

Aniga ka waalid ahaan

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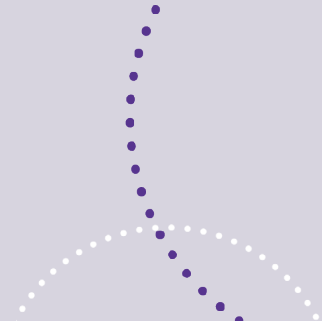
Think about your parenting, and answer the below questions:

7. Waan ogaan karaa waxa loo baahan yahay si loo xalliyo dhibaato kasta oo ilmahaygu qabo 7. I can find out what's needed to resolve any problems my child has	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
8. Waan gaaraa hadafkeyga ku aadan siinta aan ilmaheyga siinayo taageero shucuureed 8. I meet my expectations for providing emotional support for my child	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
9. Inta badan waxaan dareemaa ciirsi la'aan ama inaan waxba ka qaban karin marka laga hadlayo dhaqanka ilmahayga 9. I often feel helpless about my child's behaviour	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
10. Waxaan ku ficanahay samaynta qorshayaasha iyo diyaarinta hawlaha madadaalada iyo waxbarashada ay ilmahaygu ka qeyb qaadanayaan 10. I am good at making plans and arranging fun and educational activities for my child to engage in	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
11. Waxaan leeyahay dhammaan xirfadaha lagama maarmaanka u ah inaan u noqdo waalid wanaagsan ubadkayga 11. I have all the skills necessary to be a good parent to my child	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
12. Waan ogahahay inaan shaqo fican qabanay ka waalid ahaan 12. I know I am doing a good job as a parent	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5

Aniga ka waalid ahaan

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Think about your parenting, and answer the below questions:

13. Waan garanayaa sida loo ogaado marxaladaha ay u badan tahay inay ilmahaygu farxad dareemaan 13. I know how to work out which situations my child is likely to be happiest in	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
14. Diirada waan saari karaa waxyaabaha aan u baahanahay inaan sameeyo ka waalid ahaan xitaa marka aan la kulmo marxalado murugo leh 14. I can stay focused on the things I need to do as a parent even when I've had an upsetting experience	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
15. Xirfadahayga waalidnimo waa kuwo wax ku ool ah 15. My parenting skills are effective	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5
16. Sida uu ilmahaygu yahay waxaa u sabab ah nasiibka 16. How my child turns out is mainly due to luck	Aad baanan ugu raacsanayn taas Strongly disagree ☐ 1	Kuma raacsani Disagree ☐ 2	Dareen isku dhafan ayaan ka qabaa taas Mixed feelings ☐ 3	Waan ku raacsanahay Agree ☐ 4	Aad baan ugu raacsanahay Strongly agree ☐ 5

