

# Aniga ka waalid ahaan – Foom kooban

## Qoraallada waalidiinta loogu talagalay

Me as a Parent – Short Form  
Parent handout

### Ka fikir sida ay waalidnimadaadu tahay, kana jawaab su'aalahan hoose:

Think about your parenting, and answer the below questions:

#### Kalsooni ayaan ku qabaa nafteyda ka waalid ahaan 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

#### Waan ogahay inaan shaqo fican hayo ka waalid ahaan 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

#### Waxaan leeyahay dhammaan xirfadaha lagama maarmaanka u ah inaan ubadkayga u noqdo waalid wanaagsan 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

#### Diirada waan saari karaa waxyaabaha aan u baahanahay inaan sameeyo ka waalid ahaan xitaa marka aan la kulmo marxalado murugo leh 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

Isku wada dar dhamaan dhibcaha afarta shay si aad u hesho wadarta dhibcaha.  
Wadarta dhibcaha waxay noqon kartaa inta u dhaxeysa 4 ilaa 20.

Add up the scores for all four items to get a total score.  
Total score can range from 4 to 20.

#### Wadarta dhibcaha

Total score

#### Tixraac:

Matthews, J., Millward, C., Hayes, L., & Wade, C. (2022).  
Foomka-kooban ee Horumarinta iyo Ansixinta Miisaanka Wax-tarka Waalidnimada:  
Aniga ka Waalidka Ahaan Miisaanka (MaaPs-SF). *Joornaalka Barashada Carruurta*  
iyo Qoyska, 1-11.

#### Reference:

Matthews, J., Millward, C., Hayes, L., & Wade, C. (2022).  
Development and Validation of a Short-Form Parenting Self-Efficacy Scale: Me as  
a Parent Scale (MaaPs-SF). *Journal of Child and Family Studies*, 1-11.



Parenting Research Centre