

# Child, family and relationship services glossary

ENGLISH	KAREN
<p><b>Child, family and relationship services glossary</b></p>	<p>ဖိသံ,ဟံဂ်ဖိယိဖိစီးတၢ်ရူလိာ်မုာ်လိာ်အတၢ်မၤစၢ်အတၢ်ဖံးတၢ်မၤတဖၣ်</p>
<p><i>This information has been drawn from a range of healthcare and government websites</i></p>	<p>တၢ်ဂ့ၢ်တၢ်ကျိးတခါအံၤဘၣ်တၢ်ထုးန့ၢ်အိၣ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲကဟုကယၢ်ဒီးပဒိၣ်ပပုၤအပုၤယဲၤဘျးစဲအါမံၤအါကလုာ်အအိၣ်န့ၣ်လီၤ.</p>
<p><b>1. Adolescence:</b></p>	<p><b>1.တၢ်လိာ်ဘိဘိထီၣ်-</b></p>
<p>The period of physical and emotional changes from childhood to adulthood. 'Early adolescence' occurs from 10-14 years, and 'late adolescence' from 15-19 years.</p>	<p>တၢ်ဆၢကတီၢ်ဖဲနီၢ်ခိၣ်ခိၣ်ဒီးသးတၢ်တူၢ်ဘၣ်ဆိတလဲအသးလၢဖိသံအကတီၢ်ဆူသးပုၤန့ၣ်လီၤ. “တၢ်လိာ်ဘိဘိထီၣ်လၢအဆိ” ကဲထီၣ်ဝဲဒၣ်စးထီၣ် 10-14 နံၣ်,ဒီး“တၢ်လိာ်ဘိဘိထီၣ်လၢခံ” န့ၣ်စးထီၣ် 15-19 နံၣ်န့ၣ်လီၤ.</p>
<p><b>2. Allied Health:</b></p>	<p><b>2.ဆူၣ်ချ့ဂ့ၢ်ဝိတၢ်မၤယုာ်သကိးတၢ်-</b></p>
<p>Allied Health professions are health care jobs such as physiotherapists, social workers, speech therapists, or occupational therapists. They require university qualifications. This term does not include nurses, doctors, dentists and pharmacists.</p>	<p>ဆူၣ်ချ့ဂ့ၢ်ဝိတၢ်မၤယုာ်သကိးတၢ်စဉ်နီၤန့ၣ်မုၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ကွၢ်ထွဲကဟုကယၢ်အတၢ်မၤတဖၣ်လၢအမ့ၢ်တၢ်ဒ်သိးသရၣ်သရၣ်မုၢ်ကူစါယါဘျါထူၣ်ပုၤ,စုအဆၢခိၣ်အဆၢတၢ်ဟူးသ့ဂဲၤဘၣ်အတၢ်ဆါတဖၣ်, ပုၤဂ့ၢ်ဝိအပုၤမၤတၢ်တဖၣ်,သရၣ်,သရၣ်မုၢ်ကူစါတၢ်ဂ့ၢ်ကိလၢတၢ်သ့စံးသ့ကတီၢ်ဂ့ၢ်ဝိ,မ့တမ့ၢ်သရၣ်,သရၣ်မုၢ်ကူစါယါဘျါနီၢ်ခိၣ်တၢ်ဟူးသ့ဂဲၤဘၣ်ဂ့ၢ်ဝိတဖၣ်န့ၣ်လီၤ.တၢ်ကတီၢ်တဖျၢၣ်အံၤတဖၣ်ယုာ်သရၣ်,သရၣ်မုၢ်ကွၢ်ပုၤဆါ,ကသံၣ်သရၣ်,မဲကသံၣ်သရၣ်ဒီးအပုၤကျဲၣ်ကျိၤ,ဖိကသံၣ်(ပုၤဆါကသံၣ်ဖိၣ်ဖိ)တဖၣ်ဘၣ်.</p>
<p><b>3. Attachment:</b></p>	<p><b>3.တၢ်အဲၣ်အတၢ်သးစဲဘျး-</b></p>
<p>A strong emotional bond between an infant or toddler and primary carer (such as mother, father or guardian). Attachment is essential for the child's normal behavioural and social development.</p>	<p>သးအတၢ်တူၢ်ဘၣ်အတၢ်စၢ်ယၢ်လိာ်သးလၢအဆူၣ်တခါလၢဖိသံအိၣ်ဖျၢၣ်သိမ့တမ့ၢ်ဖိသံဟးလၢအခိၣ်သ့တဖၣ်ဒီးအပုၤကွၢ်ထွဲကဟုကယၢ်အိၣ်(အဒိဒ်မိၢ်,ပၢ်မ့တမ့ၢ်ပုၤကွၢ်ထွဲကဟုကယၢ်တၢ်)အဘၣ်စၢ်န့ၣ်လီၤ.တၢ်အဲၣ်အတၢ်သးစဲဘျးန့ၣ်အကါဒိၣ်ဝဲဒၣ်လၢဖိသံအသကဲာ်ပဝးဒီးပုၤဂ့ၢ်ဝိအတၢ်ဒိၣ်ထီၣ်ထီၣ်လၢအဘၣ်လိာ်ဘၣ်စး(အဂီၢ်)န့ၣ်လီၤ.</p>
<p><b>4. Attunement:</b></p>	<p><b>4.တၢ်မၤဘၣ်လိာ်သးဒီးတၢ်အိၣ်သး-</b></p>
<p>A feeling of being 'at one' or 'in harmony' with another person.</p>	<p>တၢ်တူၢ်ဘၣ်တခါလၢအမ့ၢ်တၢ် “အန့ၢ်ဘျးစဲတၢ်” (တမံၤယိ)မ့တမ့ၢ် “အိၣ်ယူအိၣ်ဖိး” ဝဲဒၣ်ဒီးပုၤအဂၤတဂၤန့ၣ်လီၤ.</p>
<p><b>5. Carer:</b></p>	<p><b>5.ပုၤကွၢ်ထွဲကဟုကယၢ်တၢ်-</b></p>
<p>This word is used along with parent/guardian as the person who is responsible for caring for a child.</p>	<p>တၢ်ကတီၢ်တဖျၢၣ်အံၤတၢ်သ့အိၣ်ယုာ်ဒီးမိၢ်ပၢ်,ပုၤကွၢ်လုာ်ဒိၣ်ထီၣ်တၢ်ဒ်ပုၤတဂၤလၢအအိၣ်ဒီးမူဒါလၢတၢ်ကွၢ်ထွဲကဟုကယၢ်ဖိသံတဂၤအဂီၢ်န့ၣ်လီၤ.</p>

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<p><b>6. Childcare (or Day Care):</b></p> <p>Care provided, usually during the day, by a person other than the child's parent/guardian. Childcare usually takes place at a Child Care Centre. It can also be provided by a qualified carer in their own home as 'Family Day Care'.</p>	<p><b>6.တၢ်ကွၢ်ထွဲကဟုကယၢ်ဖိသၢ်(မ့တမ့ၢ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢမ့ၢ်ဆါခါ)-</b></p> <p>တၢ်ဟ့ၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢညီၣ်န့ၣ်ကဲထီၣ်ဖဲမ့ၢ်ဆါခါအကတီၢ်ခိဖျိပုတကလၢအအါန့ၣ်ဒီးဖိသၢ်အမိၢ်အပၢ်,ပုၤကွၢ်လုၢ်ဒိၣ်ထီၣ်တၢ်န့ၣ်လီၤ.တၢ်ကွၢ်ထွဲကဟုကယၢ်ဖိသၢ်န့ၣ်ညီၣ်န့ၣ်ကဲထီၣ်ဖဲဒၣ်လၢတၢ်လီၤလၢတၢ်ကွၢ်ထွဲကဟုကယၢ်ဖိသၢ်အဝဲလီၤတခါအပူၤန့ၣ်လီၤ.ပုၤကွၢ်ထွဲကဟုကယၢ်ဖိသၢ်လၢအအိၣ်လၢပျဲဒီးကံၢ်စိတကဟ့ၣ်စ့ၢ်ကိးတၢ်အံၤလၢအဝဲသ့ၣ်အနီၢ်ကစၢ်အဟံၣ်အယီၤအပူၤဒ်</p> <p>“ဟံၣ်ဖိယီၤဖိမ့ၢ်ဆါခါတၢ်ကွၢ်ထွဲကဟုကယၢ်တၢ်” အသိးသ့န့ၣ်လီၤ.</p>
<p><b>7. Childcare Benefit:</b></p> <p>A payment from the Australian Government that helps parents and families with the cost of childcare. This benefit can be taken as a single payment made at a particular time (a 'lump sum') or as reduced childcare fees.</p>	<p><b>7.တၢ်ကွၢ်ထွဲကဟုကယၢ်ဖိသၢ်အတၢ်န့ၣ်ဘျးန့ၣ်ဖျိၣ်-</b></p> <p>တၢ်ဟ့ၣ်အလဲတခါလၢအအိၣ်ဟဲဒၣ်လၢအိးစၢ်တြၢလယါအပဒိၣ်အအိၣ်လၢအမၤစၢ်မိၢ်ပၢ်ဒီးဟံၣ်ဖိယီၤဖိတဖၣ်ယုၣ်ဒီးတၢ်အလဲလၢတၢ်ကွၢ်ထွဲကဟုကယၢ်ဖိသၢ်န့ၣ်လီၤ.တၢ်န့ၣ်ဘျးန့ၣ်ဖျိၣ်တခါအံၤတၢ်ဟံးန့ၣ်အိၣ်တၢ်ဟ့ၣ်အလဲတခါခိးလၢတၢ်ဟ့ၣ်လီၤအိၣ်လၢတၢ်ဆၢကတီၢ်လီၤလီၤဆိဆိတခါ(“ခဲလၢခဲဆ့”) မ့တမ့ၢ်ဒ်တၢ်မၤစ့ၢ်လီၤတၢ်ကွၢ်ထွဲကဟုကယၢ်အလဲတဖၣ်သ့ၣ်န့ၣ်လီၤ.</p>
<p><b>8. Child development:</b></p> <p>Refers to the physical, emotional and language changes that occur in a child from birth to the start of adulthood (it includes adolescence). During this time a child progresses from dependency on their parent/guardian to increasing independence. Child development occurs during predictable time periods, called 'developmental milestones'. These periods vary from child to child.</p>	<p><b>8.ဖိသၢ်အတၢ်ဒိၣ်ထီၣ်ထီၣ်-</b></p> <p>ဘၣ်ထွဲဒၣ်ဒီးနီၢ်ခိနီၢ်ခိ,သးတၢ်တူၢ်ဘၣ်ဒီးကျိၣ်အတၢ်ဆိတလဲလၢအကဲထီၣ်ဖဲဒၣ်လၢဖိသၢ်တကအပူၤစးထီၣ်အိၣ်ဖျိၣ်တုၤလၢတၢ်ကဲထီၣ်သးပျီၣ်တစု(တၢ်အံၤပၣ်ယုၣ်တၢ်လိၣ်ဘိဘိထီၣ်)န့ၣ်လီၤ.ဖဲတၢ်ဆၢကတီၢ်တခါအံၤအကတီၢ်ဖိသၢ်တကဂုၢ်ထီၣ်ပသီထီၣ်ဖဲဒၣ်လၢတၢ်သန့ထီၣ်သးလၢအဝဲသ့ၣ်အမိၢ်အပၢ်,ပုၤကွၢ်လုၢ်ဒိၣ်တၢ်အအိၣ်ဆူတၢ်သ့ဆၢထၢၣ်လၢအခိၣ်အါထီၣ်န့ၣ်လီၤ.</p> <p>ဖိသၢ်အတၢ်ဒိၣ်ထီၣ်ထီၣ်ကဲထီၣ်ဖဲဒၣ်တၢ်ဆၢကတီၢ်လၢတၢ်တယၢ်ဆိပၢ်အိၣ်သ့အကတီၢ်.တၢ်ကိးအိၣ် “တၢ်ဒိၣ်ထီၣ်ထီၣ်အလၢထူၣ်တၢ်ဟံပနီၣ်တဖၣ်” န့ၣ်လီၤ.</p> <p>တၢ်ဆၢကတီၢ်သ့ၣ်တဖၣ်အံၤလီၤဆိဒဲဒၣ်လၢဖိသၢ်တကအူအကတကန့ၣ်လီၤ.</p>
<p><b>9. Child Protection:</b></p> <p>The Victorian Child Protection Service is for children and young people at risk of harm or where families cannot, or do not want to, protect them and keep them safe. They may investigate what is happening, refer children and families to support services, or, in more extreme cases, place children in other accommodation.</p>	<p><b>9.တၢ်ဒိသအဖိသၢ်-</b></p> <p>ဘံးထီၣ်ရံၤသၢ်ဖိသၢ်တၢ်ဒိသအအတၢ်မၤစၢ်အတၢ်ဖိးတၢ်မၤ (Victorian Child Protection Service) မ့ၢ်ဒဲဒၣ်လၢဖိသၢ်ဒီးသးစၢ်လၢအအိၣ်လၢ</p> <p>တၢ်မၤဘၣ်ဒိဘၣ်ထံးအိၣ်အတၢ်လီၤပျံၤမ့တမ့ၢ်ဖဲဟံၣ်ဖိယီၤဖိတဖၣ်ဒိသအအဝဲသ့ၣ်ဒီးဟံးအဝဲသ့ၣ်ပူၤပူၤဖျဲးမ့ၢ်တသ့မ့တမ့ၢ်မ့ၢ်တအဲၣ်ဒီးမၤဒဲဒၣ်အခါန့ၣ်လီၤ.အဝဲသ့ၣ်ကယီၤထံသ့ၣ်ညါတၢ်မနုၤကဲထီၣ်ဒဲဒၣ်လဲၣ်,ဆုၤယီၤဖိသၢ်ဒီးအဟံၣ်ဖိယီၤဖိတဖၣ်ဆူတၢ်ဆိၣ်ထွဲမၤစၢ်အတၢ်ဖိးတၢ်မၤအအိၣ်အလီၤ,မ့တ</p>

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	<p>မိုးလါးတို့လူအနားတလကွိုင်အခားတဖန်အဂီအဲသ့ၣ်ဟ်လီၤဖိသ့ၣ်တဖန်လအဲသ့ၣ်အတံအိၣ်တံဆိးအိၣ်ကဒုအလီၤန့ၣ်လီၤ.</p>
<p><b>10. Confidentiality</b></p>	<p><b>10.တံဟ်တံဂီၤအမ့ၢ်တံရသ့ၣ်-</b></p>
<p>This means that the information you give to a healthcare professional about your child is private. The healthcare professional must get your agreement before sharing the information with anyone. They need your permission ('consent') to share your information. There are exceptions of this when a health professional suspects child sexual abuse; if this is the case they may be 'mandated' (obliged) to report it.</p>	<p>တံအံၤအခီပညီမ့ၢ်ဝဲၣ်လတံဂီၤတံကျိၤလနဟ့ၣ်အိၣ်ဆူတံအိၣ်ဆူတံအိၣ်ဆူတံကွၢ်ထွဲကဟ့ၣ်ကယၢ်အပုၤဝဲၣ်နီၤတဂၤအအိၣ်လအဘၣ်ယးဒီးနဖိအံၤအံၤမ့ၢ်တံလအဘၣ်ယးဒီးနီၤတဂၤန့ၣ်လီၤ. တံအိၣ်ဆူတံအိၣ်ဆူတံကွၢ်ထွဲကဟ့ၣ်ကယၢ်အပုၤဝဲၣ်နီၤအံၤကဘၣ်မၤန့ၢ်တံအံၤလီၤလနအိၣ်တချ့းတံနီၤဟ့ၣ်ဝဲတံဂီၤတံကျိၤအံၤဒီးပုၤတဂၤလံၤလံၤအခါန့ၣ်လီၤ.အဲသ့ၣ်လိၣ်ဘၣ်နတံဟ့ၣ်တံပျံ "တံအံၤလီၤဟ့ၣ်အခါဒီး" လတံကနီၤဟ့ၣ်နတံဂီၤတံကျိၤန့ၣ်လီၤ.တံကွၢ်ကဟ်ကွၢ်တံဂီၤအံၤသ့ၣ်ဝဲၣ်ဖဲတံအိၣ်ဆူတံအိၣ်ဆူတံပုၤဝဲၣ်နီၤတဂၤမ့ၢ်ဆိကမိၣ်လတံမၤတရီၤတပါဖိသ့ၣ်မုၢ်ခါကွၢ်ဂီၤမ့ၢ်အိၣ်.ဖဲတံအံၤမ့ၢ်တံဂီၤန့ၣ်အဲသ့ၣ်တံဟ့ၣ်လီၤအိၣ် "စိကမိ" (မုၢ်ခါ)လအကဟ်ဖျါထီၣ်တံဂီၤန့ၣ်လီၤ.</p>
<p><b>11. Coping skills:</b></p>	<p><b>11.တံသ့ၣ်ကွၢ်ဆၢၣ်မဲၣ်တံကီၤခဲအတံသ့ၣ်ဘၣ်တဖန်-</b></p>
<p>Methods a person uses to deal with stressful situations.</p>	<p>ကွၢ်ကွၢ်တဖန်လပုၤတဂၤသ့ၣ်ဝဲၣ်လတံကကွၢ်ဆၢၣ်မဲၣ်တံအိၣ်သးလအမၤသ့ၣ်ကီၤသးဂီၤတံတဖန်န့ၣ်လီၤ.</p>
<p><b>12. Counselling:</b></p>	<p><b>12.တံဟ့ၣ်ကွၢ်တဲသကိးတံ-</b></p>
<p>A conversation or series of confidential conversations between a counsellor and a client. As a parent, counselling can help you with a specific problem and to take the steps to address or solve it. It can also help you make a decision when you are unsure what to do.</p>	<p>တံတဲသကိးတံတခါမ့ၢ်တံတဲသကိးတံတဘျုးဘျီလတံဟ်အိၣ်တံရသ့ၣ်တဖန်လပုၤဟ့ၣ်ကွၢ်တဲသကိးတံဒီးပုၤမၤန့ၢ်သ့ၣ်မၤတဂၤအဘၣ်စၢန့ၣ်လီၤ.ဒ်မိၢ်ပံၤတဂၤအသိး, တံဟ့ၣ်ကွၢ်တဲသကိးတံမၤတဂၤဒီးတံဂီၤကီၤလီၤလီၤဆိဆိတခါသ့ၣ်ဝဲၣ်ဒီးတံကခါခိၣ်ခိၣ်ခါလတံကဟ်ထီၣ်ဖိၣ်ထီၣ်မ့ၢ်တံဟ့ၣ်လီၤဘျီလီၤအိၣ်န့ၣ်လီၤ.တံအံၤမၤတဂၤကိးန့ၣ်လီၤလတံကမၤတံဆဲးတံဖဲနမ့ၢ်တံသ့ၣ်ညါလီၤတံတံလၢနကမၤအိၣ်အခါဘၣ်န့ၣ်လီၤ.</p>
<p><b>13. Crisis Support:</b></p>	<p><b>13.တံနးတံဖျိၣ်အကတီၢ်အတံအိၣ်ထွဲမၤစၢ-</b></p>
<p>Services that can help you if your family is experiencing a crisis (for instance if there is violence in the home or when a child is at risk of harm due to abuse or neglect). These services can generally be accessed through an emergency phone number, such as 24-hour Child Protection Crisis Line (13 12 78), Lifeline (13 11 14) or Emergency Services (triple zero or 000).</p>	<p>တံမၤစၢအတံဖဲတံမၤတဖန်လအမၤစၢန့ၣ်သ့ၣ်ဝဲၣ်နဟံၣ်ဖိဖိအံၤလဲၤခီဖျိဘၣ်ဝဲၣ်တံနးတံဖျိၣ်(အဒိန့ၣ်ဖဲတံစုဆူၣ်ခိၣ်တကးတခါမ့ၢ်အိၣ်လဟံၣ်အပုၤမ့ၢ်ဖဲဖိသ့ၣ်တဂၤမ့ၢ်အိၣ်ဝဲၣ်လတံမၤဘၣ်ဒီးဘၣ်ထံးအတံလီၤပျံၤတခါမ့ၢ်လတံမၤတရီၤတပါမ့ၢ်တံတကန့ၣ်ယုၣ်အိၣ်ဘၣ်အယိန့ၣ်လီၤ.)တံမၤစၢအတံဖဲတံမၤသ့ၣ်တဖန်အံၤညီၣ်န့ၣ်တံမၤန့ၢ်အိၣ်ဖျိတံကိးဂီၤအူလီၤတဲစိအနီၢ်ဂံၢ်တခါလအဒိမ့ၢ်ဒ် ၂၄န့ၣ်ရံၣ်တံဒိသးအဖိသ့ၣ်တံနးတံဖျိၣ်ဂီၤဝီအလီၤကျိၤ(24-hour Child Protection Crisis Line) လ(13 12 78, လီၤကျိၤသမူ(Lifeline)လ(13 11 14)မ့ၢ်တံဂီၤအူတံမၤစၢအတံဖဲတံမၤတဖန်(Emergency Services)လအမ့ၢ်(ဝးသးဖျိၣ်မ့ၢ်000)န့ၣ်သ့ၣ်လီၤ.</p>

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<p><b>14. Developmental delay:</b></p> <p>This occurs when a child has not reached expected progress (called 'developmental milestones') for their age. For example, if the normal range for learning to walk is between 9 and 15 months, and a 20-month-old child has still not started walking, this would be considered a developmental delay.</p>	<p><b>14. တာ်ဒိၣ်ထီၣ်ထီၣ်ဂ့ၢ်ဝီအတာ်စးခံ-</b></p> <p>တာ်အံၤကဲထီၣ်ဝဲဒၣ်ဖဲဖိသၢ်တဂၤတတူထီၣ်ထီၣ်ဘးတာ်ဂ့ၢ်ထီၣ်ပသီထီၣ်လၢတာ်မ့ၢ်လၢ်ဟံၣ်အံၤ(လၢတာ်ကိးအီၤလၢ“ တာ်ဒိၣ်ထီၣ်ထီၣ်အလၢ်ထူၣ်တာ်ဟံၣ်ပနီၣ်တဖၣ်” - ‘developmental milestones’)လၢအဝဲသ့ၣ်အသးနံၣ် အဂီၢ်န့ၣ်လီၤ.အဒိန့ၣ်,ဖဲပတီၢ်မ့ၢ်တာ်ဟံၣ်ပနီၣ်လၢတာ်မၤလိန့ၣ်တာ်ကဟးဝဲဒၣ်န့ၣ်ကမ့ၢ်ဝဲဒၣ်ဖဲ၉လၢဒီး 15လၢအဘၢၣ်စး,ဒီးဖိသၢ်အသးအိၣ် 20လၢတဂၤအမ့ၢ်တဟးဒီးဘၣ်န့ၣ်.တာ်အံၤတာ်ကဆိကမိၣ် အံၤအမ့ၢ်တာ်ဒိၣ်ထီၣ်ထီၣ်အတာ်စးခံတခါန့ၣ်လီၤ.</p>
<p><b>15. Domestic/Family violence:</b></p> <p>Domestic violence is also known as family violence, relationship violence, intimate partner violence or child abuse. It describes on-going abusive behaviour through which a person seeks to control and dominate another person. This includes not only physical injury but direct or indirect threats, sexual assault, emotional and psychological torment, economic control, damage to property, social isolation and any behaviour which causes a person to live in fear. It may happen between parents or carers but also between other family members, such as violence between siblings or between parents and children.</p>	<p><b>15.ဟံၣ်ပုၤယီၤပုၤ,ဟံၣ်ဖိယီၤဖိတာ်စုဆူၣ်ခိၣ်တကး-</b></p> <p>ဟံၣ်ပုၤယီၤပုၤတာ်စုဆူၣ်ခိၣ်တကးန့ၣ်တာ်သ့ၣ်ညါစ့ၢ်ကိးအံၤဟံၣ်ဖိယီၤဖိတာ်စုဆူၣ်ခိၣ်တကး.တာ်ရု လီၢ်မုၢ်လီၢ်အတာ်စုဆူၣ်ခိၣ်တကး.တံၤသကိးတံၢ်နီၢ်အတာ်စုဆူၣ်ခိၣ်တကးမ့တမ့ၢ်တာ်မၤတရီၤတပါဖိသၢ်န့ၣ်လီၤ. တာ်အံၤအဟံၣ်ဖျါတာ်သကဲၣ်ပဝးလၢအပွဲၤတာ်မၤတရီၤတပါလၢအကဲထီၣ်အသးဆူၣ်ညါခိၣ်ဖျါ တာ်အိၣ်သးလၢပုၤတဂၤမၤန့ၣ်တာ်ပဆူၣ်ဒီးဒိၣ်စိဝဲဒၣ်လၢပုၤအဂၤတဂၤအဖိခိၣ်န့ၣ်လီၤ.တာ်အံၤဟံၣ်ယုၣ်ဟံၣ်ဂီၢ်တာ်လၢတမ့ၢ် ထဲဒၣ်နီၢ်ခိၣ်နီၢ်ခိၣ်အတာ်ဘၣ်ဒိဘၣ်ထံးဘၣ်မ့ၢ်တခိၣ်ဟံၣ်ယုၣ်တာ်မၤပျံၤမၤဖုးတာ်လီၤလီၤ မ့တမ့ၢ်တမၤပျံၤတာ်ဖုးတာ်တလီၤလီၤဘၣ်တဖၣ်.မုၢ်ခါကွၢ်ဂီၤအတာ်မၤဆူၣ်မၤစိး,သးတာ်တူၢ်ဘၣ်ဒီးသး တာ်ဆိကမိၣ်ဆိကမးဂ့ၢ်ဝီအတာ်မၤဆါနးနးကလဲၣ်,တာ်ဖိၣ်ယံးလၢမုၢ်ကွီၤဝဲကွၢ်,တာ်မၤဘၣ်ဒိတာ်စု လီၢ်ခိၣ်ခိၣ်,တာ်ဒုးအိၣ်ယံးဒီးပုၤကူပုၤကညီဒီးတာ်သကဲၣ်ပဝးတခါလၢလၢအဒုးကဲထီၣ်ပုၤတဂၤ ကအိၣ်မုၢ်လၢတာ်ပျံၤတာ်ဖုးအပူၤန့ၣ်လီၤ.တာ်အံၤဘၣ်တဘၣ်ကကဲထီၣ်ဝဲဒၣ်လၢမိၢ်ပာ်တဖၣ်မ့တမ့ၢ်ပုၤ ကွၢ်ထွဲကဟုကယၢ်တာ်တဖၣ်အဘၢၣ်စးသန့ကုလၢဟံၣ်ဖိယီၤဖိလၢအဂၤတဖၣ်အဘၢၣ်စးစ့ၢ်ကိးကဲ ထီၣ်ဝဲဒၣ်န့ၣ်လီၤ.အဒိန့ၣ်တာ်စုဆူၣ်ခိၣ်တကးလၢဒိပုၤဝဲတဖၣ်မ့တမ့ၢ်မိၢ်ပာ်ဒီးဖိတဖၣ်အဘၢၣ်စးန့ၣ်လီၤ.</p>
<p><b>16. Early Parenting Centres (sometimes called ‘sleep schools’):</b></p> <p>Provide support to parents of young children. They include helping parents learn how to help their babies go to sleep and stay asleep.</p>	<p><b>16.တာ်ကဲထီၣ်မိၢ်ကဲထီၣ်ပာ်လၢအဆိအဝဲလီၢ်(တာ်တခီတခီတာ်ကိးအီၤလၢ“ကွီၣ်တဖၣ်” - sleep schools’)-</b></p> <p>ဟ့ၣ်တာ်ဆီၣ်ထွဲမၤစးဆူမိၢ်ပာ်လၢအအိၣ်ဒီးအဖိသးစၢ်တဖၣ်န့ၣ်လီၤ.တာ်သ့ၣ်တဖၣ်အံၤဟံၣ်ယုၣ်တာ်မၤ စးမိၢ်ပာ်တဖၣ်လၢတာ်ကမၤလိန့ၣ်ကွီၤကွၢ် လၢတာ်ကမၤစးအဖိဆံးလၢအကမံဘၣ်အသးဒီးမံဝဲဒၣ်ဆူၣ်ညါန့ၣ်လီၤ.</p>

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<p><b>17. Flashbacks:</b></p> <p>Sudden re-experiencing of events from the past. For children who have experienced trauma, flashbacks can be very frightening. They are usually directly related to these traumatic events. Specific feelings, loud noises, tiredness and stressful situations can cause flashbacks.</p>	<p><b>17. တာသုဉ်နီဉ်ထီဉ်ကဒါတာလအကထီဉ်အသးလအပူကွံဉ်တဖဉ်-</b></p> <p>မုာ်တာသုဉ်နီဉ်လဲးခိဖျိကဒါတာမအသးလအပူကွံဉ်တဖဉ်သတူာ်ကလဉ်န့ဉ်လီၤ.လအဖိသဉ်တဖဉ်လအလဲးခိဖျိတုာ်ဘဉ်ဝဲဒဉ်တာမအသးလအကတုာ်ပျံးတီာ်တခါတဖဉ်အဂီၢ်.တာသုဉ်နီဉ်ထီဉ်ကဒါတာလအကထီဉ်အသးလအပူကွံဉ်ကဲတာလအလီၤပျံးလီၤဖုးဒိဉ်ဒိဉ်ကလဉ်သ့န့ဉ်လီၤ.ညီနီဉ်တာသုဉ်တဖဉ်န့ဉ်ဘဉ်ထွဲအသးလီၤလီၤဒီးတာကထီဉ်အသးလအကတုာ်လီၤပျံးတဖဉ်န့ဉ်လီၤ.သးတာတုာ်ဘဉ်လီၤလီၤဆီဆီ.တာသီဉ်ဒိဉ်ဒိဉ်ကလဉ်တဖဉ်,တာဘံးတာတီၤဒီးတာသုဉ်ကီၢ်သးဂီၢ်အတာအိဉ်သးတဖဉ်ဒုးကထီဉ်တာသုဉ်နီဉ်ထီဉ်ကဒါတာလအကထီဉ်အသးလအပူကွံဉ်တဖဉ်သ့န့ဉ်လီၤ.</p>
<p><b>18. Foster care:</b></p> <p>Placing a child in the temporary care of a family other than their own. This may be as the result of problems that are taking place within the birth family, or while an adoption is being organised.</p>	<p><b>18. .တာကွာ်ထွဲကဟုကယာ်လုာ်ဒိဉ်ထီဉ်-</b></p> <p>တာဟ်လီၤဖိသဉ်တကလဟံဉ်ဖိယီဖိအါန့ဉ်ဒီးအဝဲသ့ဉ်အဟံဉ်ဖိယီဖိလအကွာ်ထွဲကဟုကယာ်တာတစီာ်တလီၢ်အဂီၢ်န့ဉ်လီၤ.တာအံၤဘဉ်တဘဉ်မုာ်တာဂုာ်ကီၢ်လအကထီဉ်လအဟံဉ်ဖိယီဖိလအအိဉ်ဖျဉ်ထီဉ်ဝဲဒဉ်တဖျဉ်အပူအယီၤ.မ့တမုာ်ဖဲတာကွာ်လုာ်ဖိအတာမအံၤတါရဲဉ်က့ၤမအံၤအခါန့ဉ်လီၤ.</p>
<p><b>19. Harm:</b></p> <p>Means 'injury'. It can be physical, psychological, sexual or due to neglect. 'Self-harm' describes what happens when you intentionally hurt yourself.</p>	<p><b>19. တာမဘဉ်ဒိဆါ-</b></p> <p>အခိပညီ "တာဘဉ်ဒိဘဉ်ထံး" န့ဉ်လီၤ.တာအံၤကဲနီၢ်ခိနီၢ်ခိ.နီၢ်သး,တာကဲမုဉ်ကဲခါဂုာ်ဝီမ့တမုာ်မုာ်လအတာတကန့ဉ်ယုာ်အံၤအယီသ့ဝဲန့ဉ်လီၤ. "တာမဘဉ်ဒိဆါလီၤသး" ဟ်ဖျါထီဉ်တာလအကထီဉ်ဖဲနမအါလီၤနသးပျံးတာပညီဉ်တီာ်ဟ်န့ဉ်လီၤ.</p>
<p><b>20. Immunisation/Vaccination:</b></p> <p>Medicines, given to children and adults, usually by injection, to prevent them from getting diseases. Immunisation protects against harmful infections before coming into contact with them. Immunisation uses the body's natural defence mechanism - the immune response - to build resistance to specific infections. 'Immunisation' is the term used to describe two things: getting a vaccine and then becoming immune to the disease as a result of this vaccine.</p>	<p><b>20. တာဆဲးန့ဉ်ကသံဉ်ဒိသဒါတာဆါ,တာဆဲးကသံဉ်ဒိသဒါ-</b></p> <p>ကသံဉ်ကသီတဖဉ်အံၤတာဟ့ဉ်လီၤအီၤဆုဖိသဉ်ဒီးသးပျံးတဖဉ်,ညီနီဉ်ခိဖျိကသံဉ်ဆဲးလအတာကဒိသဒါအဝဲသ့ဉ်လအတာမန့ဉ်တာဆုးတာဆါတဖဉ်န့ဉ်လီၤ.တာဆဲးန့ဉ်ကသံဉ်ဒိသဒါတာဆါအံၤဒိသဒါထီဉ်ခါဝဲဒဉ်တာဘဉ်ကုာ်ဘဉ်ကဲလအမဘဉ်ဒိဘဉ်ထံးတာတဖဉ်တချုးအဟဲဘဉ်အဝဲသ့ဉ်န့ဉ်လီၤ.တာဆဲးန့ဉ်ကသံဉ်ဒိသဒါတာဆါအံၤသ့ဝဲမုာ်ပျံးအန့ဆာဉ်တာဒိသဒါ-ဂံၢ်တြီဆါတာဆါအတာခိဆါ-လအတာကသုဉ်ထီဉ်တာတြီဆါဝဲဒဉ်တာဘဉ်ကုာ်ဘဉ်ကဲလီၤလီၤဆီဆီန့ဉ်လီၤ.တာဆဲးန့ဉ်ကသံဉ်ဒိသဒါတာဆါ('immunisation')အံၤမုာ်တာကတီၤအဖျဉ်လအတာသုအီၤလအတာကဟ်ဖျါထီဉ်တာခံမံၤ-မန့ဉ်တာဆဲးကသံဉ်ဒိသဒါအံၤလီၢ်ခံကအိဉ်ထီဉ်ဒီးဂံၢ်လအကတြီဆါတာဆုးတာဆါဒ်အမုာ်တာအစလအအိဉ်ထီဉ်ခိဖျိကသံဉ်ဒိသဒါတခါအံၤအယီန့ဉ်လီၤ.</p>

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<p><b>21. Infant:</b></p> <p>Usually applied to young children between the ages of one month and 12 months. Definitions may vary and may include the time between birth and two years of age.</p>	<p><b>21.ဖိသည့်ဆုံး-</b></p> <p>ညီနုတိုက်သူအလေးဖိသည့်သားစာလအသားနံ့အိတ်ခလါဒီး 12လါအဘၢ်စၢတဖၣ်န့ၣ်လီၤ။ တၢ်အခိပညီတဖၣ်ဘၣ်တဘၣ်လီၤဆိဝဲဒၣ်ဒီးဘၣ်တဘၣ်ကဟ်ဃုာ်တၢ်ဆၢကတီၢ်လၢအမ့ၢ်တၢ်အိၣ်ဖျၢၣ်ထီၣ်ဒီးခံန့ၣ်အဘၢ်စၢန့ၣ်လီၤ။</p>
<p><b>22. Maternal &amp; Child Health Service:</b></p> <p>A service for families with children aged from birth to school age that supports and monitors the health of both mother and child, as well as the child's developmental progress.</p>	<p><b>22.ဖိဒီးဖိအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်မၤစၢအတၢ်ဖံးတၢ်မၤ-</b></p> <p>တၢ်မၤစၢအတၢ်ဖံးတၢ်မၤတၢ်ခါလၢဟံၣ်ဖိယိဖိတဖၣ်လၢအအိၣ်ဒီးဖိသည့်လၢအသားနံ့အိၣ်စးထီၣ်လၢအအိၣ်ဖျၢၣ်တုၤအသားနံ့အိၣ်ထီၣ်ကိလၢအဆိၣ်ထွဲမၤစၢဒီးကွၢ်ဟ့ၣ်ကွၢ်စူၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢမိၢ်ဒီးဖိခံကလၢအကီၢ်,တဘျီယိဃုာ်ဒီးဖိသည့်အတၢ်ဒိၣ်ထီၣ်ထီၣ်ဂ့ၢ်ဝိအတၢ်ဂ့ၢ်ထီၣ်ပသီထီၣ်န့ၣ်လီၤ။</p>
<p><b>23. Occupational Therapist (or 'OT'):</b></p> <p>These workers focus on a child's ability to perform their daily activities. They aim to improve a child's independence. They have particular skills in problem solving, and breaking down activities or tasks to make them easier to manage and learn. They can also provide advice and assistance on what equipment can help a child become more independent.</p>	<p><b>23.သရၣ်,သရၣ်မုၢ်ကုၤစါယါဘျီနီၢ်ခိတ်ဟူးသ့ဂဲဘၣ်ဂ့ၢ်ဝိတဖၣ်(မုတမ့ၢ် OT)-</b></p> <p>ပုၤမၤတၢ်ဖိသည့်တဖၣ်အံၤကွၢ်မၤန့ၢ်တၢ်လၢဖိသည့်အတၢ်သ့တၢ်ဘၣ်လၢတၢ်ကမၤန့ၢ်ဝဲဒၣ်အဝဲသ့ၣ်အကိးနံၤဒီးတၢ်ဟူးတၢ်ဂဲတဖၣ်န့ၣ်လီၤ။အဝဲသ့ၣ်အိၣ်ဒီးတၢ်ပညီၣ်လၢကမၤဂ့ၢ်ထီၣ်ဖိသည့်တၢ်သ့ဆၢထၢၣ်လၢအကစၢ်အခိၣ်န့ၣ်လီၤ။အဝဲသ့ၣ်အိၣ်ဒီးတၢ်သ့တၢ်ဘၣ်လီၤလီၤဆိဆိလၢတၢ်ကမၤန့ၢ်လီၤဘျီလီၤတၢ်ဂ့ၢ်ကီၢ်,ဒီးနီၤဖးမၤဆံးလီၤတၢ်ဟူးတၢ်ဂဲ,မုတမ့ၢ်တၢ်ဖံးတၢ်မၤတဖၣ်ဒ်သိးတၢ်ကမၤလိန့ၢ်အိၣ်ဒီးရဲၣ်ကျဲၤပၤဆုၤအိၣ်ကညီဒိၣ်ထီၣ်အဂီၢ်န့ၣ်လီၤ။ဒ်သိးဖိသည့်တကၤကမ့ၢ်ပုၤလၢအသ့ဆၢထၢၣ်လၢအခိၣ်အါန့ၢ်အလီၢ်အဂီၢ်တၢ်ပိးတၢ်လီၤလၢအမၤစၢအိၣ်သ့မ့ၢ်မနုၤလဲၣ်န့ၣ်အဝဲသ့ၣ်မၤစၢဒီးဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဝဲဒၣ်သ့စ့ၢ်ကိးန့ၣ်လီၤ။</p>
<p><b>24. Parenting services:</b></p> <p>Services that provide information, support and education to parents and carers of children aged 0-18 years.</p>	<p><b>24.တၢ်ကဲၤဖိၢ်ကဲၤပၢ်အတၢ်မၤစၢအတၢ်ဖံးတၢ်မၤတဖၣ်-</b></p> <p>တၢ်မၤစၢအတၢ်ဖံးတၢ်မၤလၢအဟ့ၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ,တၢ်ဆိၣ်ထွဲမၤစၢဒီးတၢ်ကူၣ်ဘၣ်ကူၣ်သ့ဆူမိၢ်ပၢ်ဒီးပုၤကွၢ်ထွဲကဟ့ၣ်ကယၢ်တၢ်တဖၣ်လၢအဖိလၢအသားနံ့အိၣ်ဝဲ0-18 နံၣ်တဖၣ်အဂီၢ်န့ၣ်လီၤ။</p>
<p><b>25. Paediatrician:</b></p> <p>A doctor who specialises in the health of babies, children and young people.</p>	<p><b>25.ဖိသည့်အကသံၣ်သရၣ်-</b></p> <p>ကသံၣ်သရၣ်လၢအမၤတၢ်လီၤလီၤဆိဆိလၢဖိသည့်အိၣ်န့ၢ်,ဖိသည့်ဒီးသားစာအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်န့ၣ်လီၤ။</p>
<p><b>26. Physiotherapist:</b></p> <p>A professional that supports skills development in the areas of physical movement, posture and balance. They can teach you how to help you child with better movement where needed.</p>	<p><b>26.သရၣ်,သရၣ်မုၢ်ကုၤစါယါဘျီထူၣ်ပျၢ်,စုအဆၢခိၣ်အဆၢတၢ်ဟူးသ့ဂဲဘၣ်အတၢ်ဆါတဖၣ်-</b></p> <p>တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အပုၤဝဲနီၤတကၤလၢအဆိၣ်ထွဲတၢ်သ့တၢ်ဘၣ်တၢ်ဒိၣ်ထီၣ်ထီၣ်လၢလီၢ်ကဝီၤလၢအမ့ၢ်တၢ်ဒ်နီၢ်ခိတ်ဟူးတၢ်ဂဲ,တၢ်အိၣ်ဆၢအကွၢ်အဂီၢ်ဒီးတၢ်အိၣ်သ့ဆၢထၢၣ်ကၢ်တဖၣ်န့ၣ်လီၤ။တၢ်အံၤကသိၣ်လိန့ၢ်လၢတၢ်ကမၤစၢန့ၢ်ဖိဃုာ်ဒီးတၢ်သ့ထီၣ်သ့လီၤအသးဂ့ၢ်ဒိၣ်ထီၣ်ဖဲအလီၢ်မ့ၢ်အိၣ်အခါန့ၣ်လီၤ။</p>

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<p><b>27. Psychiatrist:</b></p> <p>A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.</p>	<p><b>27.ကသံဉ်သရၢ်ကူစါယါဘျါသးတၢ်ဆိကမိၣ်တၢ်ဆါတဖၣ်-</b></p> <p>ကသံဉ်သရၢ်တကလၢအအိၣ်ဒီးကံၢ်စိတၢ်သ့တၢ်ဘၣ်ဆူညါလၢတၢ်ကမၤစၢပုလၢအအိၣ်ဒီးနီၤသးတၢ်ဂ့ၢ်ကိတဖၣ်န့ၣ်လီၤ. လၢတၢ်ကူစါယါဘျါအမဲၣ်ညါ,အဝဲသ့ၣ်ဘၣ်တဘၣ်ကကွဲးန့ၢ်စ့ၢ်ကိးကသံဉ်ကသိအလဲးမးတဖၣ်န့ၣ်လီၤ.</p>
<p><b>28. Psychologist:</b></p> <p>A professional that can help your child develop healthy coping and problem-solving skills. Children with anxiety and depression will often be referred to a psychologist. Psychologists seek to build a relationship of trust with your child so they will feel safe in sharing their thoughts and feelings. A psychologist cannot prescribe medications.</p>	<p><b>28.သးဂ့ၢ်ဝီပိညါအသရၢ်,သရၢ်မုၢ်-</b></p> <p>ပုၤဖဲၣ်နီၤတကလၢအမၤစၢနဖိလၢတၢ်ကမၤအိၣ်ထီၣ်တၢ်သ့လဲၤခိဖျိလၢအဆူၣ်အခူဒီးတၢ်သ့တၢ်ဘၣ်တဖၣ်လၢတၢ်ကယုၣ်လီၤဘျါလီၤတၢ်ဂ့ၢ်ကိန့ၣ်လီၤ.ဖိသၣ်လၢအအိၣ်ဒီးတၢ်သ့ၣ်ကိးသးဂီၤဒီးတၢ်သ့ၣ်ဟးဂီၤသးဟးဂီၤန့ၣ်ညိၣ်န့ၣ်တၢ်ကဆူယီၤအီၤဆူသးဂ့ၢ်ဝီပိညါအသရၢ်,သရၢ်မုၢ်တကလၢအအိၣ်န့ၣ်လီၤ.သးဂ့ၢ်ဝီပိညါအသရၢ်,သရၢ်မုၢ်တဖၣ်ယုၣ်ကျိၤကျဲၤလၢတၢ်ကသ့ၣ်ထီၣ်တၢ်ရူလိၣ်မုၢ်လိၣ်အတၢ်န့ၣ်လိၣ်သးတခါဒီးနဖိမုၢ်ဒ်သိးအကတူၢ်ဘၣ်တၢ်ပုၤဖျဲးလၢအကနီၤဟ့ၣ်အတၢ်ဆိကမိၣ်ဆိကမးတဖၣ်ဒီးအသးတၢ်တူၢ်ဘၣ်တဖၣ်န့ၣ်လီၤ.သးဂ့ၢ်ဝီပိညါအသရၢ်,သရၢ်မုၢ်န့ၣ်ကွဲးဟ့ၣ်လီၤကသံဉ်ကသိအလဲးမးတဖၣ်တသ့တန့ၢ်ဘၣ်.</p>
<p><b>29. Referral:</b></p> <p>A letter from the doctor to a specialist asking for an appointment for you. If the referral is to a specialist in a public hospital, the hospital will contact you to make an appointment. If it is to a private specialist, you will need to make the appointment yourself.</p>	<p><b>29.တၢ်ဆူယီ-</b></p> <p>လံာ်ပရၢလၢအအိၣ်ဖဲၣ်လၢနကသံဉ်သရၢ်အအိၣ်ဒီးဆူယီဆူကသံဉ်သရၢ်လီၤဆိလၢအယုန့ၢ်တၢ်သ့ၣ်နံၤဖးသိတခါလၢနဂီၢ်န့ၣ်လီၤ.ဖဲတၢ်ဆူယီအံၤတၢ်မ့ၢ်ဆူအီၤဆူကသံဉ်သရၢ်လီၤဆိတကလၢအအိၣ်လၢကမ့ၢ်အတၢ်ဆါဟံၣ်တဖျါအပူၤန့ၣ်,တၢ်ဆါဟံၣ်အံၤကဆဲးကျိးန့ၣ်လၢတၢ်ကမၤတၢ်သ့ၣ်နံၤဖးသိန့ၣ်လီၤ.မ့ၢ်ဆူဖဲၣ်ဆူကသံဉ်သရၢ်လၢအမၤတၢ်လၢအကစၢ်အတၢ်ဖဲတၢ်မၤအလီၢ်ဖဲၣ်အအိၣ်တခါ,နကလိၣ်မၤဖဲၣ်တၢ်သ့ၣ်နံၤဖးသိလၢနကစၢ်ဖဲၣ်န့ၣ်လီၤ.</p>
<p><b>30. Relationship services:</b></p> <p>Sometimes couples or families need help with how they interact with each other. The Australian Government funds Family Relationship Centres across Australia to provide information and confidential assistance for families. These are for people from all cultural backgrounds at all stages in their lives. Many centres have developed approaches specifically to provide family counselling services to people of diverse cultural backgrounds.</p>	<p><b>30.တၢ်ရူလိၣ်မုၢ်လိၣ်ဂ့ၢ်ဝီအတၢ်မၤစၢအတၢ်ဖဲတၢ်မၤတဖၣ်-</b></p> <p>တဘျီတခါဒီးမၤတဖၣ်မ့ၢ်တမ့ၢ်ဟံၣ်ဖိယိတဖၣ်လိၣ်ဘၣ်တၢ်မၤစၢလၢတၢ်ကမၤဘၣ်ထွဲလိၣ်အသးတဂးတကလၢကျဲးလဲၣ်န့ၣ်လီၤ.အိးစတြဲလယုၣ်အပဒိၣ်အစ့ဟ်ကီၤလၢဟံၣ်ဖိယိတၢ်ရူလိၣ်မုၢ်လိၣ်အဝဲလီၢ်(Family Relationship Centres)လၢအအိၣ်လၢအိးစတြဲလယုၣ်ဒိတကီၢ်ညါအံၤကဟ့ၣ်ဖဲၣ်တၢ်ဂ့ၢ်တၢ်ကျိးဒီးတၢ်မၤစၢလၢအဘၣ်တၢ်ဟံၣ်အိးတၢ်ဆူညါလၢဟံၣ်ဖိယိတဖၣ်အဂီၢ်န့ၣ်လီၤ.တၢ်သ့ၣ်တဖၣ်အံၤမ့ၢ်ဖဲၣ်လၢပုၤခဲလၢာ်လၢအလုၢ်လၢထူသနူတၢ်သိးလိၣ်အသးတဖၣ်ဒီးတၢ်အိၣ်မုၢ်အပတီၢ်ခဲလၢာ်ခဲဆူအဂီၢ်န့ၣ်လီၤ.ဝဲလီၢ်အါဖျါအိၣ်ထီၣ်တ့ၢ်လံာ်ကျိၤကွၢ်လီၤလီၤဆိဆိလၢတၢ်ကဟ့ၣ်ဟံၣ်ဖိယိတဖၣ်ဒီးတၢ်ဟ့ၣ်ကူၣ်ထဲသကိးအတၢ်မၤစၢအတၢ်ဖဲတဖၣ်လၢပုၤကညိၣ်လၢအလုၢ်လၢထူသနူလီၤဆိလိၣ်သးတဖၣ်အဂီၢ်န့ၣ်လီၤ.</p>



# Child, family and relationship services glossary

<p><b>31. Routine:</b></p> <p>A sequence of actions regularly followed. Every family has its own routines. They are important to children as they create a sense of an organised and predictable environment. Maintaining normal daily routines as much as possible can make it easier for children to deal with stressful events.</p>	<p><b>31.ညီနီတတ်မ-</b></p> <p>တတ်ဟူးတတ်ဂဲလတတ်ကျဲဟ်အိတခါလညီနီပိတ်ထွဲထီၣ်အခံန့ၣ်လီၤ.ဟံၣ်ဖိယိဖိကိးဖျါၣ်ဒဲးအိၣ်ဒီးအကစၢ်အညီနီတတ်မတဖၣ်န့ၣ်လီၤ.တၢ်သ့ၣ်တဖၣ်အံၤအကါဒိၣ်ဝဲဒၣ်လၢဖိသၣ်တဖၣ်အဂီၢ်ဒဲးအဲၣ်ထီၣ်သးတၢ်သ့ၣ်ညါလၢအဘၣ်ယးဒီးခိၣ်ယၢတၢ်အိၣ်ဝးတရံးလၢတၢ်ရဲၣ်ကျဲၤအိၣ်ဒီးတၢ်တယၢ်ဆိကမိၣ်ဆိဟ်အိၣ်သ့န့ၣ်လီၤ.တၢ်ဟံးယၢ်ပတီၢ်မုၢ်ကိးနံၤဒဲးညီနီတတ်မတဖၣ်မ့ၢ်သ့ဝဲဒၣ်လၢအအါန့ၣ်မၤညီလီၤန့ၣ်တၢ်လၢဖိသၣ်တဖၣ်အဂီၢ်လၢအကကွၢ်ဆၢၣ်မဲၣ်တၢ်မၤအသးတဖၣ်လၢအကဲတၢ်သ့ၣ်ကိးသးဂီၤန့ၣ်လီၤ.</p>
<p><b>32. SIDS (Sudden Infant Death Syndrome):</b></p> <p>The unexplained death, usually during sleep, of an apparently healthy baby less than one year old. SIDS is sometimes known as 'cot death' because the infants often die in their cot (bed).</p>	<p><b>32. SIDS (ဖိသၣ်ဆံးအတၢ်သံသတၢ်ကလၢ်အပနီၣ်ဖျိၣ်)-</b></p> <p>တၢ်သံလၢတၢ်ရဲၣ်ပုၤအဂီၢ်တန့ၢ်,ညီနီကဲထီၣ်ဝဲဒၣ်ဖဲအမဲအကတီၢ်ဒီးလီၤဆိဒၣ်တၢ်ကဲထီၣ်ဝဲဒၣ်ဒီးဖိသၣ်လၢအဆူၣ်အချုလၢအသးနံၣ်စ့ၣ်န့ၣ်ဒီးတနံၣ်န့ၣ်လီၤ.SIDSအံၤတဘျီတခါတၢ်သ့ၣ်ညါအိၣ်ဒီး“တၢ်သံလၢဖိသၣ်အလီၢ်မံၤ” ‘cot death’ မ့ၢ်လၢဖိသၣ်ဆံးတဖၣ်ညီနီသံဝဲဒၣ်လၢအဝဲသ့ၣ်အလီၢ်မံၤ(လီၢ်မံ)အပူၤန့ၣ်လီၤ.</p>
<p><b>33. Socialisation:</b></p> <p>Learning how to behave and interact with other children and adults in a socially and culturally appropriate way.</p>	<p><b>33.တၢ်ရူလီၢ်မုၢ်လီၢ်တၢ်-</b></p> <p>တၢ်မၤလိၤန့ၣ်တၢ်ဘၣ်ယးတၢ်ကဒိၣ်သ့ၣ်ဟ်သးဒီးခိၣ်ဆၢဒုးဘၣ်ယးလီၢ်သးဒီးဖိသၣ်လၢအဂၤတဖၣ်ဒီးသးပုၤတဖၣ်လၢအဖိမံၤဒီးပုၤဂီၢ်ဝိဒီးလုၢ်လၢတၢ်ဆဲးတၢ်လၢအကျိၤအကွၢ်တခါန့ၣ်လီၤ.</p>
<p><b>34. Speech pathologist:</b></p> <p>A professional who offers strategies that may improve communication skills. They can also provide advice about a child's feeding and eating skills.</p>	<p><b>34.သရၣ်,သရၣ်မုၢ်လၢအကူၤစါမၤဂုၤထီၣ်တၢ်သ့ၣ်သ့ကတီၢ်အတၢ်ဂုၢ်ကီ-</b></p> <p>ပုၤမဲၣ်နီၤတဂၤလၢအဟ့ၣ်တၢ်မၤအကျဲၣ်ခိၣ်သ့ၣ်တဖၣ်လၢဘၣ်တဘၣ်ကမၤဂုၤထီၣ်တၢ်ဆဲးကျိးဆဲးကျါအတၢ်သ့တၢ်ဘၣ်တဖၣ်န့ၣ်လီၤ.အဝဲသ့ၣ်ဟ့ၣ်စ့ၢ်ကိးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဘၣ်ယးဖိသၣ်တဂၤအတၢ်သ့အိၣ်တၢ်ဒီးတၢ်အိၣ်တၢ်အိၣ်တၢ်အတၢ်သ့တၢ်ဘၣ်တဖၣ်န့ၣ်လီၤ.</p>
<p><b>35. Subsidised:</b></p> <p>Means 'supported financially'. In Australia, many services working with children are 'subsidised' by the government. This reduces the cost of the service to you.</p>	<p><b>35.ဟ့ၣ်မၤပုၤစၢၤန့ၣ်တၢ်-</b></p> <p>အခိၣ်ညီနီတၢ်ဆိၣ်ထွဲလၢကျိၣ်စ့တကမၤ”န့ၣ်လီၤ.လၢအိၣ်စၢၤလၢယါအပူၤတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်အိၣ်ဝဲအါမးလၢအမၤသကိးတၢ်ဒီးဖိသၣ်တဖၣ်န့ၣ်န့ၣ်ဘၣ်“တၢ်ဟ့ၣ်မၤပုၤစၢၤန့ၣ်တၢ်”လၢပဒိၣ်အအိၣ်န့ၣ်လီၤ.တၢ်အံၤမၤစၢၤလီၤတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤအလဲလၢနဂီၢ်န့ၣ်လီၤ.</p>
<p><b>36. Tantrum:</b></p> <p>An emotional outburst that is typically characterised by stubbornness, crying, screaming, and a resistance to attempts to stopping this behaviour. It may occur when a young child is frustrated or tired.</p>	<p><b>36.တၢ်သ့ၣ်ဒိၣ်သးဖျိး-</b></p> <p>သးအတၢ်တူၢ်ဘၣ်တခါလၢအပိၣ်ဖးထီၣ်ဒီးညီနီန့ၣ်ဖျါထီၣ်ခိၣ်ဖျိတၢ်ဟ်ကိၤအခိၣ်.တၢ်ဟီၣ်,တၢ်ကိးပသ့,ဒီးတၢ်မၤထီၣ်ဒါတြီဆာတခါဆူတၢ်ထဲးဂံၢ်ထဲးဘါလၢတၢ်ကမၤပတုၣ်တၢ်သကဲၣ်ပဝးတခါအံၤန့ၣ်လီၤ.တၢ်အံၤကဲထီၣ်ဝဲဖိသၣ်သးစၢ်တဂၤအသးမ့ၢ်ဘၣ်တံၢ်တံၢ်မ့တမ့ၢ်လီၤဟ့ၣ်လီၤတီၤအခါန့ၣ်လီၤ.</p>
<p><b>37. Toddler:</b></p> <p>A child aged between 1 and 3 years old.</p>	<p><b>37.ဖိသၣ်ဟးလၢအခိၣ်သ့-</b></p> <p>ဖိသၣ်တဂၤလၢအသးနံၣ်အိၣ် 1နံၣ်ဒီး 3 နံၣ်အဘၣ်စၢၤတဖၣ်န့ၣ်လီၤ.</p>





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**38. Toilet training:**

Is about teaching a child to use the toilet or 'potty' instead of wearing a nappy. Generally, signs that your child is ready for toilet training appear from about two years old. Some children show signs of being ready at 18 months while others a bit later than two years of age.

**38. တၢ်သိၣ်လိထိးအံၣ်ထိးဆ့ၣ်-**

မ့ၢ်တၢ်လၢအဘၣ်ဃးဒီးတၢ်သိၣ်လိဖိသၣ်တၢ်လၢအကသုတၢ်ဟးလီၢ်မ့တမ့ၢ် “အံၣ်ဆံၣ်သဟ” လၢ တၢ်ကူဝဲဒၣ်ဘဲဘိၣ်ခံအလီၢ်န့ၣ်လီၤ. ညီၣ်န့ၣ်, တၢ်အပနီၣ်တဖၣ်လၢနဖိအံၣ်အခါဘၣ်ဝဲဒၣ်လံလၢ အကမၤလိအသးလၢတၢ်ထိးအံၣ်ထိးဆံၣ်အဂီၢ်န့ၣ်အိၣ်ဖျါထီၣ်ဝဲဒၣ်စးထီၣ်ဖဲအအိၣ်ဝဲဒၣ်ခံနံၣ်ယၣ်ယၣ်န့ၣ်လီၤ. ဖိသၣ်တနီၤန့ၣ်ဖျါတၢ်ပနီၣ်တဖၣ်လၢအအိၣ်ကတၢ်ကတီၢ်လံအသးလၢတၢ်သိၣ်လိအဂီၢ်ဖဲအသးအိၣ် 18လၢဖဲအကတဖၣ်ဖဲခံဒိၣ်န့ၣ်ဒီးသးနံၣ်ခံနံၣ်န့ၣ်လီၤ.

