

## WAXAY KU SAABSAN TAHAY "BIRTH FOR HUMANKIND"

Birth for Humankind waa hay'ad aan macaash doon ahayn oo fadhigeedu yahay Melbourne, oo bixisa waxbarasho iyo barnaamijyo taageero oo la xiriira dhalashada iyo daryeel dhalmada kadib ah oo loogu tala galay dumarka la kulma dhaqaale xumo iyo culeysyo bulshada ah.

Waxaan haynaa dumar caawiya dumarka oo si iskaa wax u qabso ah (saaxiibbo kaa taageeri doona dhalmada) kuwaas oo bixiya taageero si qaas ah iyo waxbarasho la siinayo haweenka muddada uurka, dhalashada iyo waalidnimada hore.

Macaamiisha aan taageerno waa kuwo ay heysato dhaqaale xumo iyo ugu yaraan mid ka mid ah kuwan soo socda:

- kuwa taariikhda u leh dhibaatooyinka caafimaadka maskaxda amaba hada qaba dhibaatooyinka caafimaadka maskaxda.
- kuwa mardhow soo galay wadanka [5-tii sano ee la soo dhaafay]
- qaxooti ama magangalyo doonka ah
- da'daada ka ya tahayr 25 sano
- kuwa leh taariikh hore ama mid hadda jirta oo ah in si xun ay u isticmaalaan mukhaadaraad
- kuwa ay soo martay taariikh naxdin leh, xadgudub ama rabshad qoys
- kuwa ka soo jeedo Aborijiniska ama Torres Strait Islander asal ahaan
- kuwa aan heysan qof kale oo taageero ah.

Barnaamijkeena Taageerada dumarka bixiyaan wuxuu ujeedkiisu yahay inuu aburo kalsooni, adkeysii iyo xiriir bulsho oo loogu tala galay dumarka la kulma dhibaato xaga uurka ah, dhalmada iyo waalidnimada hore.

Gudbinta waxaa lagu samayn karaa websaydhadeena <https://birthforhumankind.org/our-services/make-a-referral>

Adiga ayaa sameysan kara gudbin ama ka codsan kara umulisadaada, GP-gaaga ama adeegahaaga bulshada inay kusoo gudbiyaan.



## ABOUT BIRTH FOR HUMANKIND

Birth for Humankind is a not-for-profit organisation based in Melbourne, that provides education and birth and postnatal support programs to women experiencing financial and social disadvantage. We have a team of volunteer doulas (birth support companions) who provide free one-to-one support for women during pregnancy, birth and early parenting. The clients we support are experiencing economic disadvantage and at least one of the following criteria:

- have a history of mental health problems or current mental health problems
- be a recent migrant [within the past 5 years]
- be of refugee or asylum seeker background
- be aged under 25 years old
- have a history of or current substance misuse problem
- have a history of trauma, abuse or family violence
- be of Aboriginal or Torres Strait Islander background
- have no other support person.

Our Doula Support Program aims to build confidence, resilience and social connection for women experiencing disadvantage during pregnancy, childbirth and early parenting.

Referrals can be made via our website <https://birthforhumankind.org/our-services/make-a-referral>

You can make a referral yourself or ask your midwife, GP or social worker to make a referral.

## DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.