

# Kë yi ëë Waar

## Being a Dad

### Dinka/Thuonjän



**Waar ëë ciengic ku akuudiic eben aril apëei tene mæthok. Anon thool juëc to bin ke ya waa. Ten ye waa kë luui thin pan Australia ëë ten alëu bik ää yam te du.**

### Waar ku mæthok

Waar anon luuoidit ye ke thueec mæthok, ku te yen mith dïit thin ku piooc.

Mæthok aye yök kapuooth ten ye waar:

- > piäth ku ye ke röt pälpiny
- > atheek nyuooth ëë non kooe mæthook
- > röt mää non muock mithic
- > mith köny te non ka rëec këek
- > kuonny yök te wic këk ën.

Waar kok ye ben Australia aye lööi kë yök kë ci röt wär non mæthok. Alëu bik röt yök ëë kë cimëet ëë muockic, ku löithök ten ciin ën mæthok tæen bi kë juäk ci mëen wään thëer.

**Waar puooth, adumuuk ëë mæthok eben col aril.**



Kë yi ewaar alëu bi yiek miet puocu dit. Yiin ää aban ril apëei ëë non mæthok.

Cɔl mith kë yi kõny  
te nɔŋ ɛn kalɔi. Yɛɛn  
alɛu bi yuul bäär lɔɔm  
alandɛn ku alɛu bi kë  
kõny bik pioc.



## Yeŋo lɛu waar bi lööi

Waar tɔ Australia aye kë wɛɛi bik mith ya kõny  
bik dit ku pioc kë te:

- > ye yuul looi ke kë, jam, thueec ku yake lɛŋ
- > ye röt määt ɛɛ piirdɛnic akolkol:
  - kë cääm, kë wääk, mith kor cuɔɔth koth
  - ye kë yaath ɛɛ thukuulic, ten diktoor
  - röt määt kak mithic ci mɛɛn thuɛɛc riel ku  
thuɛc kɔk
- > ye athör rɔm ke mith – ɛɛ English ku thöŋdet
- > ye mith lɛk keŋ ɛɛ nɔŋ piirden ku cieŋden.

**Waar alɛu bik mith këɛn pioc bik piäth ku bik  
ya dumuɔɔk, ku nyiir këɛn te cit te yɛ ke ŋɔɔth  
ɛɛ nɔŋ te bik ya theek ruɛi këɛn.**

## Waar ku maar ye luui tøk

Mɛcthook aye riel ten yɛ waar ku maar nɔŋ ruän  
puoɔth, agut te ci këk cɔk rɛɛr ɛɛ tøk. Aril apɛɛi  
ten waar ku bik diäär ya thëek ɛɛ macthok.

Yɛn ɛɛ kõny ten:

- > waar rö nyuoɔth kë yɛ dumuɔɔk/dukuny. Bik  
maar ya kõny bik ya lɔɔŋ, bik ya lapäl, ku yɛ ke  
kääm lɔɔŋ lɔɔm
- > maar ku waar bik lön midhieedh ya rɔm, ku  
yëkë tåk ɛtøk.

Na nɔŋ ke rɛɛc tɔ, ke yi duk thäär mith nhiim ku  
duk määndɛn lɛk karäc kë nhiim. Anɔŋ löilöi tɔ lɛu  
bik kõny ɛɛ rin ruɛi macthok.

## Ku na ten wëët?

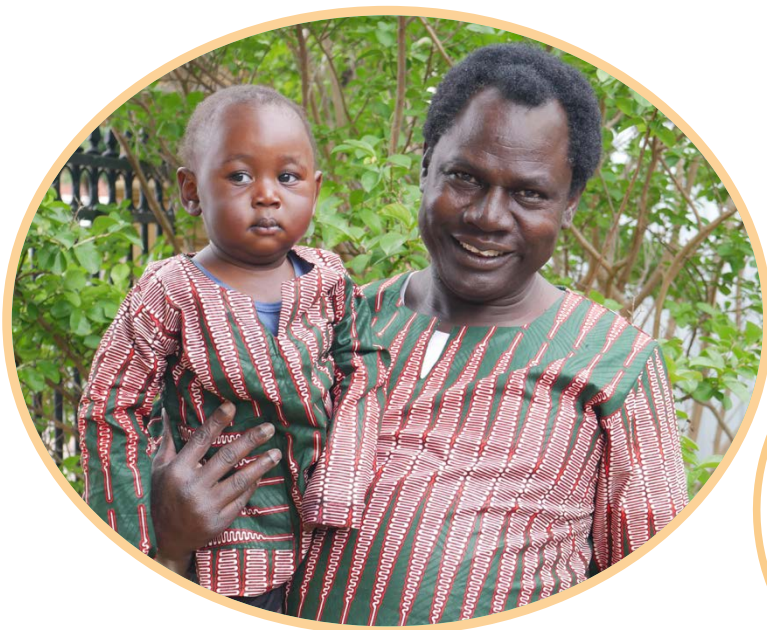
Wëët wɛdic ɛɛ nyuuth mith ku kuocny dɛn bik  
pioc ɛɛ duciek yɛɛ ŋɔɔth.

Yɛɛn ɛɛ mith kõny bik pioc te yɛ yin:

- > lo laŋ ku tet kë ke wic ku yeŋo yenic riel, arak  
kidhic te cit te wieec yɛ
- > ye röt palpinyten cɔk yin puocu riaak
- > thɛm ba dɛɛt yeŋo ye mith yiëk ‘ducieŋräc’
- > jam wëkë ku bakbei wë ketöŋ cak thoɔl wɛdhië.

**Biäk ku bän mith aci kë yëköny bik pioc. Këek  
alɛu bik thëhëk ku wuoc ke te bik kë kadhalkë  
lɛu thin. Bäär räc ɛɛ mith aliu loŋic. Anɔŋ  
löilöi tɔ lɛu bik kõny te nɔŋ ɛn katɔ kë diirin.**

Waar ayɛ dupioc yɛ  
mith kë thoɔŋ. ɛnyindhië  
yɛ röt cieŋ te wic yin mith  
ku bikëk ya ceŋ thin.



Waar ää ril aya. Yë loŋ te cit te leu yë, löi ka yë nhiäär, ku tiŋ piäl guop du. Tiŋ diktor du te ye yin röt yök ke yi ye guop thiäi, te cin piool, puocu riääk awa ca goth.

## Na noŋ waar karec

Na noŋ karec ëë piir du yic, kë yë alëu bi riel ba ya waa.

Ätek ka bi:

- > ya taŋ ka theer ci bak
- > ya dier rin kɔc nhar ci doŋ cien
- > karac kë piäl, luçi, visas, maau, thuëëcrec, walrec.

Yën alëu bi köny ten:

- > cɔl lööi. Waar aye kë lör ku kɔk anoŋ kuocny löithök te noŋ waar
- > cɔl mith kë yi tiŋ kë yi cohok kaŋ. Këëk aye pioc ëë ten yeleu karec te du.

**Na cɔk kuat keriec röt yalöi, kë yiin anjöt ke yi yë waar dit. Nyuoth mith bik ŋic wët nhiëerin kë.**

Muuk pandu/  
manydu keril ba ya gel  
ëë noŋ toŋ.

## Toŋ machhook

Kolkɔk waar ku kɔc kɔk këëk aye toŋ lööi baai. Yën kën akëc kân ëëciëŋic awa akudic. Yëën aliu loŋic pan Australia.

Toŋ alëu bi:

- > ya thɔɔr, cit mëen yub/gut, pik
- > ya te ye yök röt, cit mëen riëec, rel, toŋ luëth ril raan det, kɔc lööi bik röt ya yök kë rec
- > kɔc ya gël kak keen lööi kë.

Toŋ ëë kuat raan to machhook yiek yaam. Mith aye atiel ëë toŋ kë yɔɔm agut te kec këk ye caak tiŋ awa kec ke yë piŋ. Yëën ëë ten ye nyith këën diid thin wäär ku ka ce dit apuoth awa ka ce yë pioc apuoth. Toŋ baai ëë lööi bi yic riel ten kɔc dit ku bik mith muuk apuoth.

**Na ye röt yök ke yi dak puocu awa yëë ciët ke bi machhökdu yaam, ke yi jël agut te bin röt apälpiny. Kɔn ŋic loŋ mith ato kë puoal. Löm dhɔl puoath bin kë pioc.**

Na tɔ tɔŋ paandu  
ke yi lɔc kuɔɔny wic  
(yök) nyinic. Na rɛɛc  
lantɔŋ, cɔl Böolith ten  
000.

## Löilöi

### Arɛethrɛeth

000 Böolith, Mac, Riänriŋwëi (Police, Fire, Ambulance)  
13 14 44 ben Böolith te nɔŋ ɛn kerac ku ace meen thoock

### Duweer

#### Tɛn Wer ku tet Thökiç (Interpreting and Translating Centre)

1800 280 203, 8.30nhiak-5theei, Akol rou agut ci Akol detem  
Cɔl awa duweer nyin ke nyin [www.translate.sa.gov.au](http://www.translate.sa.gov.au)

#### Löoi Wer ku tet Thökiç (Baaic Eben) (Translating and Interpreting Service (TIS National))

13 14 50 nyindhië akol awa wɛɛr cɔl duweer telephonic  
[www.tisnational.gov.au](http://www.tisnational.gov.au)

### Muɔɔk

#### Abɛr Kuɔɔny Midhieedh (Parent Helpline)

1300 364 100 ten lɛk ɛɛ piäl guɔp meth ku muɔɔk

#### Löoi Piäl Guɔp Macthok ku Meth (Child and Family Health Service (CaFHS))

1300 733 606, 9nhiak-4.30taan, Akol rou agut ci Akol detem ba yuul ruk  
Löoi ɛpãth ten mith kör ku mith ci nɔuɛn run 0-5 didic. Timirijin alëu bik  
mith kõny piäl guɔp, cam, niin ku did  
Tiŋ [www.cafhs.sa.gov.au](http://www.cafhs.sa.gov.au) ten wël piäl guɔp meth ku muɔɔk

#### Lutheran Community Care Family Zone

8349 6099, 9nhiak-4taan, Akol rou agut ci Akol dhiic, 9nhiak-3taan Akol  
detem  
2 Belalie Road, Ingle Farm  
Waar' akuut muɔɔk, akuut thueec ku juek ten war  
Tiŋ [www.lccare.org.au](http://www.lccare.org.au)

#### Löirek Biinhial Mith (Raising Children Network)

Wël muɔɔk ku videos ɛɛ thöök juejic <http://raisingchildren.net.au>

#### Muɔɔk SA (Parenting SA)

Nyöõth Midhieedh piɔlic kɔk ɛɛ cienjic ku Nyöõth diid laauic, madic kɛ  
'Ke yi Midhiedh', 'Yeŋo kuat Muɔɔkdu?' [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

### Ruɛi macthok

#### Mensline Australia

1300 789 978 nyindhië akol awa wɛɛr  
Jam wɛ mony yɛ kɔc jaam nhiim lɔŋ taaupiãth, ruɛi awa macthök nɔŋ  
diirɛ [www.mensline.org.au](http://www.mensline.org.au)

#### Ruɛi Australia (Löilöi Cienjadic) (Relationships Australia (Multicultural Services))

1300 364 277 awa 1800 182 325 (kɔcɔc cööt lɔŋ thin) 9nhiak-5theei, Akol  
rou agut ci Akol detem

- > Juek ten ruɛi macthok, mith ku rienythii, thuecrãc, tɔŋ, HIV,  
hepatitis [www.rasa.org.au](http://www.rasa.org.au)
- > Kuɔɔny macthök te ci kɛk puɔɔc  
[www.rasa.org.au/services/post-separation/family-dispute-resolution](http://www.rasa.org.au/services/post-separation/family-dispute-resolution)

#### AC Care – Communities for Children (CFC)

1800 880 913  
Löilöi ten mith 0-12 ku macthok kɛn nɔŋ ɛɛ Limestone Coast,  
Murraylands ku Riverland, amadic kɛk aguieer muɔɔk  
ten war [www.accare.org.au/family-children](http://www.accare.org.au/family-children)

### Piäl guɔp lɔŋ tektɛk ku tääpuuoth

#### Survivors of Torture and Trauma Assistance and Rehabilitation Service (STTARS)

8206 8900, 9nhiak-5theei, Akol rou agut ci Akol detem  
81 Angas Street, Adelaide; 11 Wehl Street, Mt Gambier  
Ten kuat raan ci riãäk rãc, cit meen tɔŋ, maar kɔc nhiãär ke kɛ waan njoët  
kɛc kɛk ɔhehet Australia [www.sttars.org.au](http://www.sttars.org.au)

#### Beyond Blue

1300 224 636 nyindhië akol awa wɛɛr awa lub abɛrkɔu  
Wel ku juek te nɔŋ ɛn raan yɛ röt yök kɛ ci puɔɔu dak awa kɛ dieer  
Wël atɔ ɛɛ thöök juejic [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### Abɛrpiir (Lifeline)

13 11 14 nyindhië akol awa wɛɛr te nɔŋ ɛn raan yɛ röt yök kɛ goth, dieer  
awa yɛke tãk cit bik röt ɔɔm [www.lifeline.org.au](http://www.lifeline.org.au)

### Tɔŋ macthok

#### Ba yök kuɔɔny ɛɛ dak puɔɔu ku tɔŋ

#### Abɛr Rɛɛc Tɔŋ Baai (Domestic Violence Crisis Line)

1800 800 098 nyindhië akol awa wɛɛr ten löilöi lëu bik kõny  
<http://womenssafetyservices.com.au>

Tiŋ aya Akut Abaköök Australia, Australian Migrant Resource Centre ku  
Ruɛi Australia athörkɛn kɔu.

### Löilöi cienjadic

#### AMES Australia

7224 8550, 9nhiak-5theei, Akol rou agut ci Akol detem  
Alɔŋ piiny, 212 Pirie Street, Adelaide  
7224 8500, 9nhiak-5theei, Akol rou agut ci Akol detem  
2/59 Commercial Road, Salisbury  
Löilöi nyuuc ten abaköök ku abaköök puɔɔc ben  
[www.ames.net.au/locations/find-sites](http://www.ames.net.au/locations/find-sites)

#### Löoi Piäl Guɔp Abaköök (Refugee Health Service)

8237 3900 awa 1800 635 566 (kɔcɔc cööt lɔŋ thin) 9nhiak-5theei, Akol rou  
agut ci Akol detem  
21 Market Street, Adelaide  
Löoi piäl guɔp ten abaköök puɔɔc ben ku asylum seekers

#### Australian Migrant Resource Centre

8217 9500, 9nhiak-5theei, Akol rou agut ci Akol detem  
23 Coglein Street, Adelaide  
Löilöi ten nyuuc, ruɛi macthok ku tɔŋ macthok nɔŋ abaköök ku asylum  
seekers  
Tiŋ [www.amrc.org.au](http://www.amrc.org.au) ten geethdit ku ɔaan baaic

#### Akut Abaköök Australia (Australian Refugee Association)

8354 2951, 9nhiak-5theei, Akol rou agut ci Akol detem  
304 Henley Beach Road, Underdale  
8281 2052, 9.30nhiak-4.30taan, Akol rou agut ci Akol detem  
1 Brown Terrace, Salisbury  
Kuɔɔny ku juek ten abaköök [www.australianrefugee.org](http://www.australianrefugee.org)

Nyöõth Piɔlic ɛɛ Midhieedh kɛn ɛɛ tøk tene kõŋ ka 9 ci kɛ löoi ɛɛ Muɔɔk SA ten macthok nɔŋ akuut cienjadic yãm bɔ nhiãl ɛɛ pan South  
Australia. Å yöök nhiãr buk löilöi juec ku macthok lɛɛc riin ci kɛk njicdɛn ku tääkɛn juãr ten Nyöth, ku löoi thök ten macthok ku kɔc luji  
kök ci atib kɛn tic ɛɛ Nyöthic.

Muɔɔk SA yɛɛn amãt luji kɛk Yööm muk Piɔc ku lõn nuët ɛɛ Pãl Diãr ke Mith.

Phone (08)8303 1660

[www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

Nyöõth Piɔlic Midhieedh ayɛ yök path pan South Australia

Aril: Lɛk kɛn yɛn aci wic ku bin wël raan njic lööŋ wãr.

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Government  
of South Australia