

Loss of a parent

Language: Somali

Cruse
Bereavement
Support

Markuu waalidka dhinta

In kasta oo inteenna badani rajaynayo in waalidiinteen ay horteen dhintaan, haddana dad badan oo waaweyn ayaa la yaaban culayska iyo dheerarka murugada marka ay hooyadeen ama aabbahay geeriyoodaan. Waxay noqon kartaa mid aad u xanuun badan marka waalidka dhinto nololal dheer oo farxad leh kadib. Haddii ay si lama filaan ah ku dhintaan ama iyagoo intan ka yar tani aad bay u adkaan kartaa si loola tacaalo.

Waxaad dareemi karto ka dib markuu waalidka dhinto

Dareen kala duwan ayaa caadi ah marka waalidka dhinto.

Waxaa laga yaabaa inaad dareento si aad u kala duwan marba marka xigta, dareenka ayaa inta badan iska hor iman kara midba midka kale. Sidoo kale naxdin, murugo ama kabuubyo, waxaa laga yaabaa inaad dareento qoomamo, dembi ama xanaaq.

Dareemida dhimashada

Waxaad dareemi kartaa waayida kadib dhimashada hooyada ama aabaha. Waxa laga yaabaa in aad mar kale dareemayso sida ilmo oo kale, xataa haddii aad tahay qof weyn oo leh nololshaada iyo masuuliyadahaaga.

Luminta jacayl aan shuruud lahayn

Waayida waalid waxay la macno tahay inaad lumiso qof u maleeyay inaad tahay kan ugu muhiimsan, oo kuna jeclaa si shuruud la'aan.

Qoomamo

Haddii aad lahayd xidhiidh adag ama kala fogaansho, waxaa laga yaabaa inaad ka qoomamayso waxaad lahayn. Waxaa laga yaabaa inaad aad uga murugooto xiriirka aysan hadda suurtagal ahayn inay bogsato.

Cabsi

Dhimashada waalidku waxay ka dhigi kartaa dhimashadaada mid kuu dhow waxayna tani dareemi kartaa cabsi. Mararka qaarkood dadku waxay ka baqaan in sida waalidkood u dhintay ay noqon karaan sida iyaga laftoodu ay u dhiman doonaan.

Beddelida aqoonsiga

Isku dheelitirka jiilasha ayaa isbedela marka waalidku dhinto. Haraan, waxaad ahayd qof ilmihii. Hadda waxaad tihiin jiilkii hore taasina waxay noqon kartaa mid naxdin badan.

Luminta xiriirkii hore

Luminta waalidka, ama labada waalid, waxay la macno tahay inaad lumisay xidhiidhkii caruurnimadaada. Waalidiintu waxay nagala hadli karaan sannadaheeni hore, waxayna nala wadaagi karaan xusuusihii hore si aan qof kale awoodin.

Raysasho

Haddii aad daryeelaysey waalid uu qabay xanuun nolosha beddela, waxa laga yaabaa inaad dareento xoogaa nafis ah markay dhintaan ka dib. Tan aad ayay caadi u tahay. Isku day inaad dembi ka dareemin sida aad dareemayso. Way adagtahay in aad daawato waalidka oo dhibaataysan waana caadi in la rabo in xanuunkoodu dhamaado.

Saamaynta xidhiidhada kale***Daran***

Dhimashada qoyska ka dhaca ayaa dadka isu keeni karta, laakiin sidoo kale waxay abuuri kartaa mid daran. Waxay kicin kartaa muranno hore iyo xifaaltanka ka dhexeeya dadka walaalaha ah. Qoysaska qaarkood waxay awoodaan inay is taageeraan, laakiin sidoo kale waxaa jiri kara xubno gaar ah oo aan rabin (ama aan awoodin) inay dadka la wadaagaan dareenkooda, oo doorbida in keligood la daayo.

Nidaamka Isbeddel

Haddii hal waalid uu dhintay, xiriirka aad la leedahay waalidka ama kuwa waalidka ay wada joogaan oo weli nool ayaa laga yaabaa inuu isbedelo. Waxaa laga yaabaa inaad had iyo jeer u malaynaysay waalidka in si wadajir ah ula joogtid, sidii shuraako, oo hadda isku day in loo barato waalidka hadhay sidii qof gooni ah. Haddii waalidka kala tageen waxaa laga yaabaa inaad weli dareemayso inaad ka duwan tahay waalidka weli nool. Waqtigu wuu sii socdaa, waxaa laga yaabaa inaad la qabsato waalidka oo bilaabaya xiriir cusub.

Isbeddelka waajibaadka daryeelka

Sida aad u aragto naftaada ama sida dadka kale u arkaan ayaa laga yaabaa inay isbedelaan. Waxaa laga yaabaa inaad in muddo ah xanaaneyneysay waalid xanuunsan ama xiriir joogto

ah la lahayd, doorkan hadda waa la waayay. Tani waxay u iman kartaa sidii siidaynta iyo sidoo kale waayida. Waxay u horseedi kartaa dareen iskali-yeelid.

Markuu qof waalidka wada joogaan dhinta

Sidoo kale dareenka caadiga ah ee la yimaada waalidnimada waayida, dhimashada waalidka ay aabbaha u tahay waxa laga yaabaa inay la timaado dareeno kala duwan oo u gaar ah xidhiidhka aad la lahayd iyaga.

Waaya-aragnimada caadiga ah ka dib dhimashada qofka waalid qofka ay la nool yihiin waxa ka mid ah:

Dambi - Haddii aad xiriir adag la lahayd qofkay waalidka wada joogaa waxa laga yaabaa inaad dareento hilow ama ka shallayto xidhiidh aan weligeed jirin.

Ka saarida - Marka qof dhinto, taageerada badanaa waxay diiradda saartaa lammaanaha hadda ama carruurta qofka dhintay. Sidaa darteed carruurta walaaladaa ayaa laga yaabaa inay dareemaan in laga tagay habka murugada.

Welwelka ku saabsan xiriirka qoyska - Waayida qof waalidka la nool yahay waxa laga yaabaa inay culays saarto xidhiidhka walaalaha iyo xubnaha kale ee qoyska. Waxaa laga yaabaa inaad ka walaacsan tahay inaad lumiso cilaaqaadka aad la dhistay walaalaha ah iyo xubnaha kale ee qoyska.

Sida loo taageero naftaada ka dib marka waalidku dhinto

La hadal qof

Ka hadlida dareenkaaga runtii way ku caawinaysaa. Isku day inaad waalidka kala hadasho dad yaaqaanay. Ama la xiriirida khadka caawinta (eeg hoos).

Raadi siyaabo aad ku xasuusan karto

Waxay ku caawin kartaa inaad ka fikirto siyaabaha aad u xasuusan karto waalidka, oo aad uga dhigto qayb noloshada ka mid ah. Tani waxay macnaheedu noqon kartaa abuurista sanduuq xusuus ah, album sawiro gaar ah, ama qabanqaabinta wakhti ay qoyska iyo saaxiibada isugu yimaadaan oo ay xasuustaan.

Xilli hore qorshee sanad-guurada

Maalmaha dhalashada, sannad-guurada, ciidaha iyo maalmaha gaarka ah waxay noqon karaan kuwo adag ka dib marka waalidku dhinto. Waxay ku caawin kartaa in aad horay uga sii fikirto sida aad u maareyn doonto.

La xiriirida khadka caawinta ee Cruse

Haddii aad u baahan tahay caawimo dheeraad ah, oo aadan ku hadlin luuqada Ingiriisiga, waxaan kaaga diyaarin karnaa taageero khadkeena caawinta adeeg la yiraahdo LanguageLine.

Sida ay u shaqayso

1. Wac 0808 808 1677.
2. Waxaad maqli doontaa fariin la duubay oo Ingiriisi ah. Fadlan khadka kuji si aad qof ula hadasho. Waxaa jira baahi badan oo loo qabo adeegeena markaa waxaa laga yaabaa inaad isku daydo mar labaad wakhti mashquulka yaryahay haddii qofna awoodin inuu ka jawaabo.
3. Marka uu kaa qabto tabarrucaha khadka caawinta si cad ugu sheeg ingiriisi magaca luqadda aad ku hadasho.
4. Tabarucuhu wuxuu markaa wici doonaa adeegayada turjumaada – waxaad maqli doontaa iyagoo la hadlaya qof kale si ay u habeeyaan wicitaanka, fadlan khadka kusii jir. Tani waxay qaadan kartaa dhowr daqiiqo.
5. Turjubaanka ayaa markaa ku biiri doona wacitaanka oo kuu kala turjumi doona luqadaada iyo Ingiriisiga adiga iyo tabarucaha khadka caawimada kujira.
6. Sababtoo ah kani waa wada hadal saddex geesood ah waxay qaadan doontaa inay sida caadiga waxyar ka dheeraato wicitaanka khadka caawinta markaa fadlan samir.

Saacadaheena khadka caawinta waa:

- Isniin: 9.30am-5pm
- Talaado: 9.30am-8pm
- Arbaco: 9.30am-8pm
- Khamiis: 9.30am-8pm
- Jimco: 9.30am-5pm
- Sabti iyo Axad: 10am -2pm

English version

When a parent dies

Although most of us expect our parents to die before us, many adults are surprised by the complexity and depth of our grief when our mother or father dies. It can be very painful when your parent dies after a long and happy life. If they died unexpectedly or while younger this can be very difficult to cope with.

What you might feel after losing a parent

A range of feelings is normal when your parent dies.

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You may feel very differently from one moment to the next, and the feelings can often contradict each other. As well as shock, grief or numbness, you might feel regret, guilt or anger.

Feeling lost

You can feel lost after the death of a mother or father. You may even find yourself feeling like a child again, even if you're an adult with your own life and responsibilities.

Loss of unconditional love

Losing a parent may mean losing someone who thought you were the most special, and who loved you unconditionally.

Regret

If you had a difficult or estranged relationship, you might regret what you didn't have. You may feel very sad for a relationship it's not now possible to heal.

Fear

The death of a parent can make your own death seem closer and this can feel frightening. Sometimes people fear that the way their parent died may be the way they themselves will die.

Changing identity

The balance of generations changes when a parent dies. Before, you were still someone's child. Now you are the older generation and that can be a shock.

Loss of connection to the past

Losing a parent, or both parents, means you've lost a connection to your own childhood. Parents can talk to us about our own early years, and share memories in a way no-one else can.

Relief

If you've been looking after a parent who was suffering from a life-changing illness, you might feel some relief after they die. This is very normal. Try not feel guilty about how you're feeling. It's difficult to watch your parent suffer and it's OK to want their pain to end.

Effect on other relationships

Tension

A death in the family can bring people together, but it can also create tension. It can wake up old arguments and rivalries between brothers and sisters. Some families are able to support one another, but there may also be individual members who don't want to (or can't) share their feelings, and prefer to be left alone.

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Change in dynamic

If one parent has died, your relationship with a parent or step-parent who is still alive may change. You may have always thought of your parents together, as a partnership, and now find yourself getting to know the remaining parent as a separate person. If your parents were separated you may still find you feel differently to a parent who is still alive. As time goes on, you may have to cope with a parent starting a new relationship.

Change in care duties

The way you see yourself or the way others see you may change. You may have looked after an ill parent for some time or had regular contact, and this role has now disappeared. This can come as a release and also a loss. It can lead to a sense of isolation.

When a step-parent dies

As well as the usual feelings that come with losing a parent, the death of a step-parent may come with a number of different emotions specific to the relationship you had with them.

Common experiences after the loss of a step-parent include:

Guilt - If you had a difficult relationship with your step-parent you may feel a sense of longing or regret for a connection that never was.

Exclusion - when someone dies, community support is often focused on the partner or biological children of the person who died. Step-children may therefore feel left out of the grieving process.

Worries about family ties - the loss of a step-parent may put a strain on relationships with step-siblings and other family members. You may be concerned about losing the relationships you've built with step-siblings and other extended family members.

How to support yourself after the death of a parent***Talk to someone***

Talking about your feelings really helps. Try talking about your parent with people that knew them. Or contact our helpline (see below).

Find ways to remember them

It can help to think of ways you can remember your parent, and keep them as part of your life. This might mean creating a memory box, a special album of pictures, or organising a time for family and friends to come together and remember.

Plan ahead on anniversaries

Birthdays, anniversaries, holidays and special days can be difficult after a parent dies. It can help to think in advance about how you are going to manage.

Contacting the Cruse Helpline

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm