



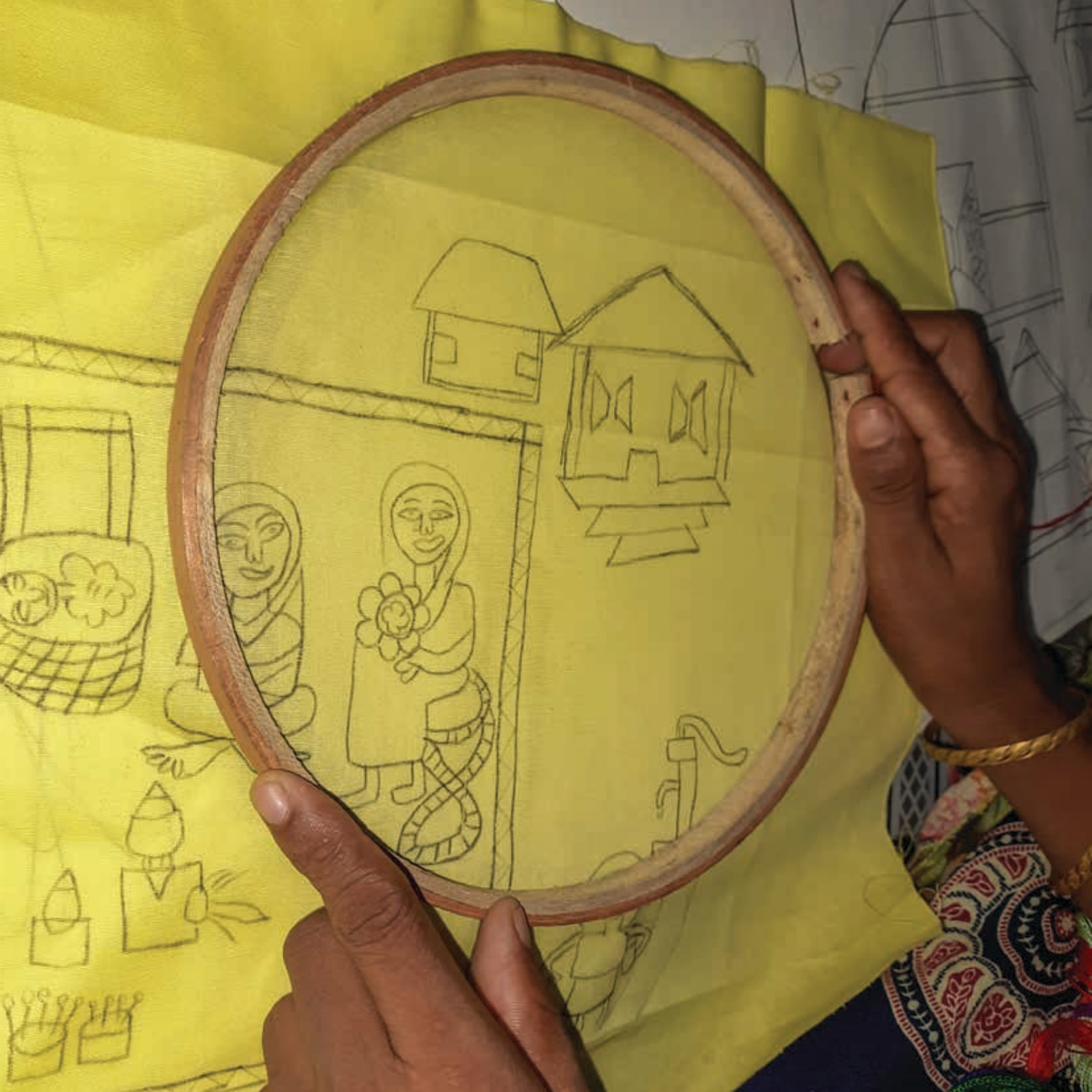
**AANR FUA LOI ADOR DOW
YAS SAA THAY HULAHALA GORI
HAWTA BAT TARA HOAWN**

HEART-TO-HEART WITH MY CHILD

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TAARIF

Ardozzia fuin suin ar baff maa okkol, tua rah bekku lu ne ardor doya ar mowdot gow raw de fuin suin dow re fa li dor gori bol laa.

Tua rah saa sita kiyal ra haw de fuin suin dorey anra da ot dir dil khulie yow re ardor doyar saa te hawta bat tara haw bol lah, mamela okkol lo re biya sa na goraw zein okkol fuin suin nott tu khostaw aw hoi te, dor fuin okkol loi ar shorow fuin okkol lott toon etharar gura zobatan ar de dor zobatan, maa baff okkol'or soaw la re, guzori ghee yoi de zamanar tozhur ba okkol, saar mayr asha okkol aro de ki fottidin oi ai yaed de duk hosh tow okkol lo re ken gori fa rai ai fari bo de eyan.

Kiyaa li hota batara zein 'e ki taab fot mazey diya noo za eiyaw'aw re mazey bhus biya sanaa gori bolla bol diyazar: fua loi maa baff loi, fua loi fua loi, dor fua loi dor fua, egay na okkol, gura dai, goror dahor ma'nuish ar nizor koun. E ki taab pwa ye a'raw nizor issa mota fe khushi ye kushiye ham goraw ya okkol, juwaan ham gorow yaa okkol, koun mo re modot shanti fo sow ya okkol, ustaad okkol'or laa modot oi bo aa'row modot oi bo de insaani somaji ham gow ro ya okkol, fua sasita gow row ya okkol, dil demak'or o'shantir shanti dow ya okkol le shuru gori bolla haw tabatara okkol zoruriya ham okkol lot.

Zodi ke tui e ke la, noyi le tor dah k du k honoki yaa nai haw ta hoi bolla boli, 'e ki taab fua ye awaaz d yo re modot gori bo, saaba okkol ar le ha te ha okkol'orey d yai yo re.

INTRODUCTION

Dear Children and Parents, and all of you loving and supporting children to grow up,

We invite you to have a heart-to-heart conversation with the children you care for and about, to discuss matters that adults and children find difficult to talk about: childhood, adulthood, parenting, past experiences, future expectations, and how to overcome difficulties that occur in daily life.

The imaginary conversation that unfolds in this book was born to encourage discussion between: child and parent, child and child, adolescent and adolescent, relatives, friends, small group, neighborhood and community. This book can also help volunteers, youth workers, community mobilizers, teachers and social workers, child careers and psycho-social support workers to initiate conversations about important matters.

If you are alone or you have no one else around to talk to, this book can lend a helping voice from beyond the pictures and the texts. While and after reading the book or following the conversation, the children and you might discover answers, understanding, reconciliation, solace, braveness, kindness, empowerment, and forgiveness.

The book's dialogue may raise more questions or touch on emotional moments that range from sadness to a feeling of discomfort. We encourage you readers

E kitaab fua fori bosh shot ar fori ba de noyi le ni sor hawta batara ghin funiyo re, fuin okkol ar tu wara fait faros juwab okkol, buzzibi, dui ni tor fe razi robbot oawn, shanti gora, himmot, rahamot, taquot, ar maf d ya.

O'it fa re e' ki taab fua 'r hawta ghin ne besha bishi suwal okkol tulit fa re ar noyito ghi le dilor furani zai lagi yo re fe re shani toon oshanti banai fe laa. A'ara tuwara forow ya okkol o' rey boldir, gura fuin okkol ar dor fuin okkol ze tha ratto einnor shombon de tojrba ar bafah okkol asey etharaloi bishi bishi moshuwara gora fori bo ui tal loi ze ni ki modot gori fari bo, bala masus gori faros faan. Tui toi fabi tor kuom'or butottun oggua bish shaa shi manuish noyito ghi le insaani yo tor ham gorow ya okkol, torey ze niki bala buddi moshuwara di fari bo ze rey tui toi fabi oggua staff, volunteer noyito ghi le fuin dor keyla haanar caisor ham gorow ya, dor fuin dor keyla haana, bayriyan okkol ar zerfuin okkollor hefazotir hanaa, tottia fonna fora de zagaa ba de hefazotor asol zaga. Tui hawta hoi paribi etharar loi halika ar noyito ghi le tor maa baff 'or muntun ar kaas fuaijaa. Tui dil kuli yo re adoror satay etharal loi hawta hoi faribi.

Aara torey boldir fuin dor khushil la boli, la ga tar dil kuli ador gari hawta battara hoi bol la, hefazottolla, aram tai bolla ar etharay moddot gor kamiyab aoi bolla etharar sopna okkol buddittun ba de ar taquot tottun.

Shadadil'or saathay,
IOM Cox's Bazar

– children and adults – who experience these feelings and thoughts to discuss them more with someone who can help you feel better. You can find a trusted person in your community, or among the humanitarian workers, who can advise you best where you can turn to: a staff, volunteer or case worker of a Child Friendly Space, Adolescent Friendly Space, Women and Girls Safe Space, Temporary Learning Centre, Protection Hub. You can talk to them alone or in the presence of your parent or best friend. You can have your own heart-to-heart conversation with them.

We encourage you to continue having heart-to-heart conversations for children's happiness, safety, healthiness and to help them to achieve their dreams through their talents and best abilities.

Sincerely,
IOM Cox's Bazar



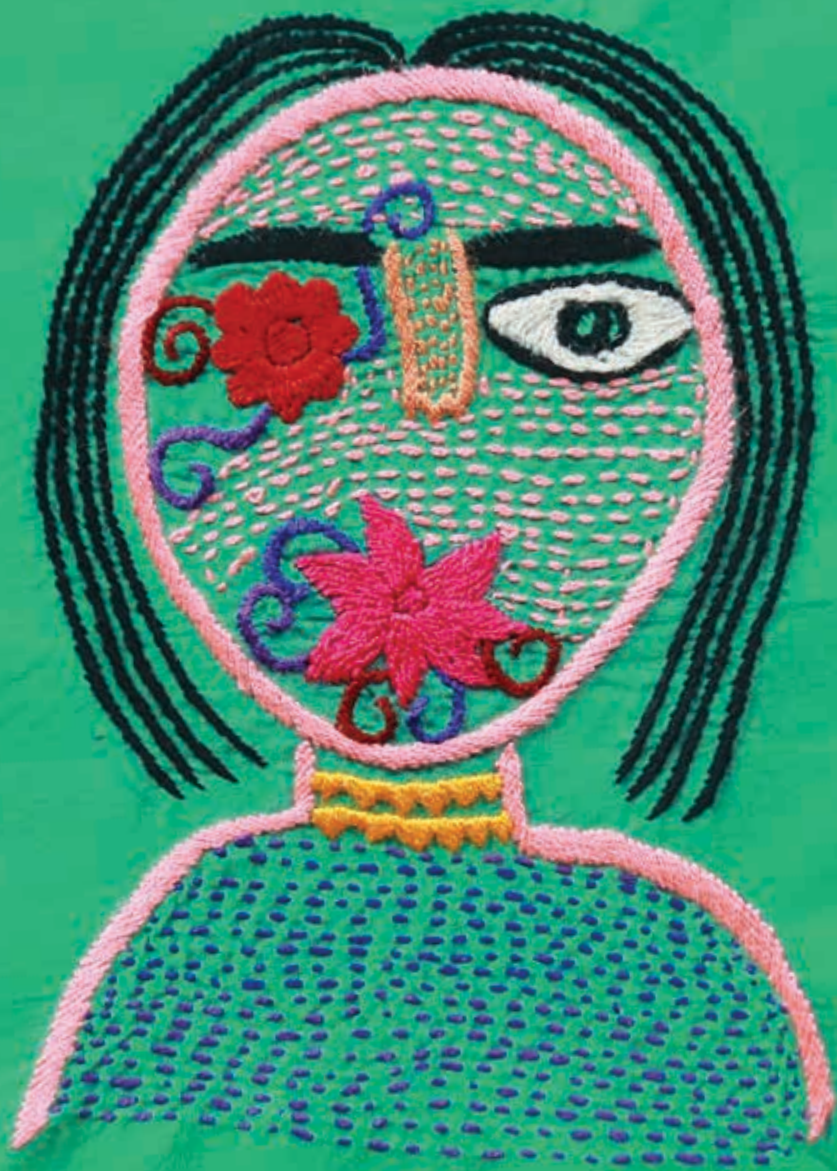
Morfua aiyorey morey hoiyey. Tui kiyolla feyrey chan awyoddey?
Tor arr dukkin morey hoifaribi. Mui ferey chani noim ar gusha
yow noim. Mui funim aw ar kushish gorim torey moshora
dibolla.

My child, come and talk to me. Why are you sad?
You can tell me anything that troubles you. I will not
get upset or angry. I will listen to you and try to give
you advice.



Mamma yey hamisha morey bahlah hawta okkol haw hushiyar taibola modot awdey indila ar duadi nogoribola aro mosibottun basitaibola ushiyaridey. Tuar bahlar hawtar zoriya soyi buzazaddey tui morey ador muhabbot gorosdey eiyaan, mui hawsuri ar golti gol ley yaw.

Mother, tell me always nice words to help me be careful and not hasty, to warn me from danger, or if you do not like what I do. With your nice words you can always assure me that you love me even with my faults and mistakes.



Morfua, torey hamisha maitum ar gayil ditumdey einnolla ferey chani awyom. Mui hoifarom dey awkon, ein moddottot nuashil kintuk mui hatihati awshanti ashiloom. Mui hoifarom tui morey dawraitu badey boddinfuzzontaw molloi nawmatiti. Mottu monot asey ekdin tui dailigidey ar aar hasey nuaito sailidey nodoraiyaw rey. Ayn za ni, arr ekmotta arr urey bish shash aitey timelaitow dey eiyan.

Attun mauney hoitodey tui hamisha aar ayrey aibolla, aarey bishshas goribola ar aalloi matibolla.

My Child, I regret I ever beat and scolded you. I know now it was not helpful, but I was really upset. I know you got scared of me and you did not talk to me for a long time. I remember when once you ran away and didn't want to come back to me out of fear.

I know it took time for you to trust me again. I want you always to come to me, trust me, and talk to me!



Baba, mottun kazgori horaff okktaw ashil. Mui baffiloon dey bolokkor dordor fuain okkol loi juribola. Morey ownnaw zoney yaw izzot goribaw. Kintuk morey dorfuain okkolley hamisha oshanti diyattakey. Badey dasey ayn kozzia shurugozilam koziya oinow fuain okkolloi. Ayn dukkot fozzilam dey eiyan ar ekzon ney deki yaw rey aarey moddot gozzil. Okkon aat toon baalah bahlah fuaizzia okkol asey ar ekzonorey aarekzoney saa sita moddot okkol gori.

Father, I really had a rough time. I thought joining the big boys in the block I will be respected by the others. But the big boys pressured me all the time, and I started fighting with other children. Then someone saw I am very troubled and helped me. Now I have good friends and we support each other.



Morfua, mui bishi hor raan awyom, sharadin goror haam okkol, hana tua ar rana barar ham okkol loi. Kintuk barmika besha bishi mosifort asey dey ettolla, tor ikkah nozor rahkon nan naw zorurot. Zodi kay ayn ekkay naa gori suhk bongollay, tor aurey kessu aoibaw. Eyannay mor holi zarey bang ngi fey laibaw.

My Child, I am so tired, all the time, doing so many chores, collecting food, cooking. But I need to keep an eye on you, as there are so many dangers outside. If I close my eyes for a moment, something might happen to you. It would break my heart.



Maa, ayn tuuar aina. Ayn dor oid dey oggua fulloddoil faanidi yorey zendila neki tui dorgoross fullorey. Ayn nokol gori tuuar hawtaa okkollorey, lorasora, tuar deka, tuar haw tah batatara ar hiyal diaan okkol bikilinorey. Ayn tuuar adorloi dor awyi ar ayn oggua bahlah manush bonibolla saila.

Mother, I am the mirror of you. I am growing as a flower you are watering. I mirror all your words, movements, the way you look, the way you speak, the mood you have. I grow out of your love and respect for me to become a good person.



Morfua, ekdin tui dor awbi badey tui oggua aaradoil mabaaf bonibi. Aattu torey mow ney hoddey aattu bahlah ghan shikibolla. Eiyen oail dey tui oggua kengori zimmawala manush bonibi. Aattu mow ney hoddey torey zettot tor nizer raas tat majjey tui haribi mow rey bishas goribol laa. Mow rey haw tor shoppon okkollor babutay, monsha okkol at kihya okkol, ayn sai tor sam nir zindikir babutay ki bahlah moddot gori fari.

My Child, once you will grow up and you will be a parent like me. I want you to learn the best from me. This is how you grow into a responsible person. I want you to trust me whilst walking on your own path. Tell me about your dreams, wishes and opinions and I will see how best I can support you in your future.



Aattu bikin shikitomon haor baba. Ayn zindigir babutay buzifari dey ettor dor awyi. Ayn ay kon naw bishi shikki, hanaa, gas kengori tuaa ar kessu goror kamkoros okkol lor majjay ayn moddot gori. Aattu arraw arr foribarorey moddot okkol gottiomonay haw, tuar fuiti tiyafuisar orey kengori khossagori yawrey zoma goribor babutay boosbiyasana, aarow zettot foribar duk hoth forey kengori moddot goratoribaw ardey halloi talukat goratoribaw. Ayn muttay tuaattu shiki fariumdey zoddi kay tui aarey hoiley einnokkollor shommondey.

I want to learn everything from you, Father. I am big enough to understand more about life. Now I learned a lot already, seeing you collecting food, wood, and I help in some house chores. I want to help my family even more, telling you my ideas, my suggestions, discussing with you on how to spend and save money, how can I support the family when the problems come, who to contact. I can only learn from you if you talk to me about these things.



Morfua, hushiyar ois. Nottulis awbor cylinder gin. Oinor bishi hasey naw jais. Dar guallah durey naw jais. Safsuratat majjay besh awktaw noguzaris. Tor gaa aizaw baredday. Tui nawzanos dey tottu bol hawdin asey dey eiyan attola boli torey tui dukdiyos dey eindila oibaw. Tor awktaw rey shikhat madey, fo raam madey ar kay la kulat guzaris.

My Child, be careful. Don't lift those heavy cylinders!
Don't go too close to the fire! Don't go far to collect wood!
Don't spend too much time on cleaning! Your body is still developing, you shall not overestimate your strength because you will harm yourself. Go and spend more time to learn, study and to play.



Dadima, ayn hoifari tui sawrey biya gozzosdey. Aekon awktaw bodoligiye goi, fonna foribola noilay tennin faibola. Hasgori, awkonnor halotot, sar mer arar aibodey zobatan ar foribarorla bishi zorurot.

Grandma, I know you got married early. Now times have changed, and getting an education or training, especially in the current situation, is more important than ever for our future and for our family. I am grateful that you support me to go on this way before I would get married.



Morfua, foribari banonan borow ekkan zimmadari. Tui zodi sorey biyagoros, tottu tiyafuisa hama foribaw tor foribarow rey ar fuin suoin dorey solaforibaw. Tui aizaw bishi shoraw. Eindila shoraw haley zodi tottu zimmadari bishi oiley, bishi hoshtaw fabi. Hamhoros bishi gora foribaw. Tui biyaram forizabi goi mossifottor hammottun. Oinnawzoney fokkorai ar dor lagai faribaw, arrawdasey hamgorai yowrey tiya nodibaw. Ar tottun basi aitey duk oibaw. Morfut hushiyar takis.

My Child, establishing a family is a great responsibility. If you get married early, you will need to earn enough to take care of your family and children. You are still very young. If you have too many responsibilities when you are still a child, many hardships may come. Your body might be affected by the heavy labour. You may become sick from the dangerous work. Others can cheat you, threaten you, make you work without payment, and you might have difficulties to escape. Be careful, my child!



Maa, tai tai aattu dorlagey, ferey shani lagey ar ferey shani lagay. Kiolla ai nozani. Kintuk zettot ayn schoollot zai, awktaw guzari fuizza okkollor fuiti ar foribaror fuitti ar doilla boddollia khushi okkol tuitam. Ein okkolley gomlaibolla moddot gottow.

Bazummotta ayn deki tam dey tui loi tor baff loi, awshanti ar gusha oitow dey eiyan. Ayn asha gorir haalot bahlah oi abaw ar tor awshanti durey zai baw.

Mother, sometimes I feel scared, sad and upset. I don't know why. But when I go to school, spend time with friends and family and look out for different fun activities, it helps me to feel better.

I see you and father sometimes also feel stressed and angry. I hope the situation will get better and your unhappy feelings will go away.



Morfua, zin degi majjay besha bishi dukkosh taw asay. Awktaw einnow rey aaratun dor laggil. Aara bishi dukkoshtaw faiyi. Einnolla aara dahan gori gusha ar ferey shani oitaam, kozzia fozzaht oitaw, aaraw foribarot golti buzabuzi oitaw. Aarattun shikah forribaw kengol liay tandar saatay tai faizum, kengori basifaizzum ar foribaroray kengori fuaratti rahki faizzum. Aarattun ekzonorey aar ekzonottun timor orey sorry koifara foribaw ar maff goridow yaa bonaforibaw.

My child, there are many difficulties in life. We are scared in those times. We face lots of hardship. And because of this, we might get angry and sad suddenly, causing fights and misunderstandings in the family. We need to learn how to remain calm, how to survive, how to keep the family together. We need to say sorry to each other at times, and we need to be more forgiving as well.



Baba, ayn owkon bishi dor/boddah oigiyigoi, tuwattun ai haizizayum boidey eiannorey awshanti waanoforibaw, cyclone tufaan ar honow monsoonnot majjay uddah. Ai tuaar fuwarati hamisha aasi. Zodikay noyilay yaw, ai to rey hawyum ai hawrey zaiddey ar hottay ai oafes ashum. Ai zani dor bodda tufaan ney zagar otlari felaibaw, kessu zaga okkol mosifot bonibaw. Ayn dasey hari nofai zum fanittun, kelai nofaizum zay zagat fani wuittay. Ayn durey taikum electi rikor wire rottun.

Father, I am so big now, you should not worry that I will get lost, even if the cyclone hits us or the monsoon is on us. I will always be with you. If not, I will tell you where I will go and when I will come back. I know that the big storm can change the land and some places can become dangerous. I will not walk through the water or play in the flooded areas. I will stay away from electric wiring.



Morfua, aarar orey zendila aibow aiyok, aarar foribar zodikay fuarati takilay ekzonorey aar ekzoney basai faizum. Zoddikey tui hazigilay goi, muttay hefazottor zagaa tuis, aaray tuitow dis, tuis oinaw maa baff okkol, fuinsuin, nayitogilay tui bishash gorifarodday endila oggua hossiafua. Haw eitararey tui hazigiyosdey eiyan, badey moddot lagedday eiyanow. Monot rakis tornam hois, aarnam hois, aaratakidey zagaarnam aarow haasgori aarar aatara for ekaan bahlah forisottor zagaar nam.

Ai toray tuiyum. Ekpuri nodorais, ai to rey tuiyum!

My Child, whatever may come upon us, we can protect each other when our family is together. If you get lost, just find some safety, and let me find you. Look for other parents and children, or an adult you think you can trust. Tell them you lost your family and you need help. Remember to tell your name, my name, where we live, and if you remember any special places around us.

I will also look for you. Just don't be scared! I will find you!



Baba, ayn sintha gorir aar fuiza okkol lolla ar mamulla, zodikay mosoon howrab onnod dara aarattun boongori lorizagaa foilley. Aar fuizat tun bishi tohkolip awil kiyolla boli hoilay eitay eitaar teng gorey estay maal gori nofarey ar eitaar mattun aaraw fuin okkol asey soyi libolla. Aarmamu waa naafaan, nofunay aaratu zettot zagoiforayr. Eittay hamisha akaylah. Aar fuiza ar mamu yay moddot maitow nawsaa. Aarar fuarati aibola eithararay moddot gozzum. Sowyi?

Father, I am worried about what will happen to my friend and my uncle if we need to leave suddenly due to bad weather. My friend has so many difficulties as he can't use his legs and his mother has other children to take care. My uncle is deaf and might not hear when we need to leave. He is alone often. My friend and my uncle don't want to ask for help. We will help them to come with us, right?



Morfua, ayn sintat asi zodi key ayn biya raam ot foil lay ar aaray doctor hanna ni lay toh rey honey saa sitha goriboh? Aarey ayn tuai sy ahon hore ar ken gori hefazot ot taki fari aro ayn zodi bala oi toh rey lot fy bohla. Ayn zyn toh sair ayn sara tui kengori hefazot taki fari bhi.

My child, I am worried about what would happen if I fall sick and I am taken to the hospital. Who would take care of you? Come here, let's find out now where and how you could stay safe, and I can find you once I am well. I want to know you would be safe without me.



Maa, tui anla sinta nogoris, zodi kay toh tu aary kesu time ola raki zaa foiley, ayn hefazot ot takyum ar fuwanja loi ar hibar foribar loi. Ayn beshi manush sini zetera neki hamisha aanra loi bala. Aanra hoi fari hita raarey aanrar oshantir baabutay. Fusar lo hitara tu zodi kay hitara morey kyal raki fari boh ne zodi kay toh tu kesu oiley. Tarpur tui aanre loth fahbhi zetot tui aanre gorot nibala toiyar oibhi.

Mother, don't worry about me! If you need to leave me for a while, I can be safe with my friend and her family. We know of a lot of people around us who are always very good to us. We could talk to them about our worries and ask them if they would care for me if something happens to you. Then you would find me when you are ready to take me home.



Morfua, hunshi yar takis! Ayn funi dey kesu osinyo manush okkol aanrar aata reseyy ar daakey dukey zin zaga aasey hairey ai yoh rey fuain okkol orey fanna forayum, hamdiyum, ar biya gorayum boli hoi fuain okkol lizar goi day funir, zodi kay fuain hitarar fuwathi zyle, toi manush hiney fuain hin orey duk dit faarey. Ayn beshi dorair zodi toh rey da hiday hey tunot toh rey lot nafailay.

My Child, be careful! I heard of some strangers coming around the neighborhood offering kids like you great deals for schooling, jobs or marriage, if children go with them. These people might be criminals who would hurt you later. I am so scared at times when I call you and you are not around.



Baba, ayn beshi soh rey biya gojjilam. Ayn zani tui aanraray basai to sos ar anr zamai anr loi bala gori solloog gorey dey yan o. Sinta nogoris, hitey zaney aanrar noya foribar ot majjay ayn fanna foiley fyda hasil gorifari boh de yan hetolla hitey razi oiyey aanre fanna forai bolla. Ayn aro zy toh sy community center ot majjay holiba ham shi ki bolla ar hay rey gom o lagay, kiyol la hoiley hay rey ar fuaizza okkol asey tarar fuwathi bala time fybala. Ayn anr zamai rey beshi izzot gori.

Father, I got married very early. I know you wanted to protect me and my husband to treat me well, don't worry. He agreed that I can go to learn, because he knows our new family would benefit from my studying. I also like to go to the community centre to learn stitching, sewing, or just to be with others to have some nice time. I respect my husband very much.



Morfua, ayn funni dey anr aataras otu ken hoiley hitara ba pyedday tora tori biya dibala kyala hoile hitara bapyil dey yaney hitarar zer fuain doh re dukot tu basai fariboh dey yan. Aykon hobor funni ekzon otu, yan hondila hoiley notun biya goje dey zamai yay boh loi beshi oshantit asey bohley, hitara dui ni zon sara sari gori fili bola, Bera wa beshi horab aro dor la ga dey hiba rey sari boh boli hoi. Eiyanloi miyala fuwar baff maa beshi dukot asey.

My child, I am hearing from the neighbor that they arranged a hasty marriage because they thought this can protect their daughter from harm. The offer came from someone they hardly knew, and now the new couple is very unhappy and wants to divorce. The man is bad to the wife and threatens to abandon her. Now her parents are in great pain.



Maa, ayn oggua gura fuwa, zetot majjay ayn dor awyum ayn oggua maa boni yum. Anr tu fai to money hoddey oggua shundor ara miyot wala fuwalla. Ayn zani dey wan, ayn aijo gura, ar anr nizer fuwarey ayn kulot loi faribala. Anr holya dey byn za boi zodi hono ekan horaf kesu anr shundor ja fuwar fuwathi ar noi le ayn mori zayum boi ekuware.

Mother, I am a child, and when I grow up, I will become a mother. I want to have a gorgeous healthy baby. I know that now my body is too young to carry my own child. My heart would break if something bad would happen to my beautiful baby or I could not be there for my child for life.



Morfua, ayn zani biya hodey yan beshi zoruriya ekkan tok. Mortu toh rey mo ney hoddey otoh din fojontoh soy tak zetoh fujon toh tui bosh ola noyos ar biya gori bhi dey manush hibaarey bala gori sini nafa ros, aro takit gora foriboh tor fysala gan ki soyi fysala toh la ar tor foribarolla. Tottu zindigir babu tey beshi tohjuruva lyboh ar toh tu ki lyboh dey yan zana foribo har aro tot tu maf difa ra fori bohdey honan hoi le tor zamyf fuwathi tui kushi taki faribhi ar dasey tor foribar ore kyal raki faribhi.

My child, I know that marriage is an important step. I want you to wait until you get older and know the person more before you get married, and to make sure this is the right decision for you and our family. You need to experience more of life and know what you want, and to judge if you would be happy with your future spouse and to care for your family.



Baba, ayn oggua gura fuwa ar ayn oggua bala manush oitoh sy tohr dikya. Meherbani gori moh re tor adoror majjay dowr goar, ar rasta daha, oggua bala manush oiabla. Tui ar fuwathi zetoh din takos hetoh din ayn fanna fori fajum kiyolaboli hoiley fanna hode yan beshi zururiya eindila badola bodilir duniyat majjay.

Father, I am a child and I want to become a great person as you are. Please let me grow in your love and guidance to become a great adult. As long as I am with you, I can also continue my education because it is so important in this changing world.



Morfua, tui dor oi faribhi zodi tor mon ar tor hunsh kula taa kay hono dor sara. Ayn zani tui aanre kesu time ot majjay dukot dekos ar yan loi tui oshantiwat takos. Ayn nosaiday toh re duk di bolla anr nijam mari takaloi. Tottu zodi horab ya obishash laddey oiley, eikyai ar haw anray. Ayn toh rey mamala yan buzy bala modot gorium ar mamala gan byn bala fuwathi bapyum. Zenan tor golti noh yan ot toh rey ayn golti nodiyum.

My child, you can grow if your heart and mind remain open without fear. I know you see me troubled sometimes and you are confused about it. I don't want you to be hurt by my silence. If you feel bad or uncertain, come and tell me. I will help you understand the issue, and we can think together how to solve it if it affects you badly. I don't want you to blame yourself for anything that is not your fault.



Maa, ayn beshi sintat ar dukot asi kesu jinis loi. Ayn zani dey zodi ayn honikiya rey hoi anrey tu bala my boh. Bazumata anttu tu hoibala money hoddey ar mama rey, boein norey ar fuaizza rey. Kintu bazumata anr mui okollo rey hoi CFS (Kela Hana), ar noile TLC (Toita fonna foradey School) ot. Anr tu gom laggey tara rey hoile yow ar bazumata anre bol aaddey modot to gohrey.

Mother, I am so worried and confused about something. I know if I could talk to someone, I would feel better. Sometimes I like to talk to my mum, or my sister, or my friends, but sometimes I talk to the aunties in the Child Friendly Spaces or the Temporary Learning Centre. I love talking to them too and sometimes they encourage me and help me.



Mor Shundozzia fua, yui mor zindigir bohry. Aanra dui zon otu ayn nozani dey ayn toh rey ken gori basayum dey yan. Aanr tu honik yar oorey bishash nai. Ayn abar biya nogoriyum kiyol la hoiley ayn doh ry anr notum zamai yey anr shundor zerfuwar orey sok diboh ar duk diboh dey yan. Aanr tu ho nik yar orey bishash nai.

My beautiful child, you are the pride of my life. We are just two of us and I am not sure how I could protect you. I have no trust in anyone. I did not get married again as I feared my new husband might set an eye on my beautiful girl, you, and hurt you. I have no trust in anyone.



Maa, aanr gah rey ful loi guri rakil, anrtu beshi kushi laagil.
Aanr gah rey ayn hodafuti okkol loi guri raki anrtu kushi laggil.
Zodi honikya yey aanr ga dotyo sai ley anr tu kushi nolaagey.
Anrtu aram nolage ar dor laagey. Kintuk ayn ekzon orey hoilam
bishash gori yan ar eiyan ayn zani dey honikya tu hok nai aanr
gaa dottow, shudey ful ar hodda futi yay dori fariboh dey, kay
la hoiley ayn hitararey ijazot diyil!

Mother, I covered my body with flowers and felt happy.
I covered my body with butterflies and felt happy.
Someone wanted to touch my body but I did not feel
happy. It was very uncomfortable and scary. But I told
someone I trusted and now I know no one has right to
touch my body, only the flowers and butterflies because
I allowed it!



Morfua, tor tu ken oildey? Tui oggua en kushi, chom kede gura myala fua, block ot majjay mya la fuin dor funwathi kely thi dey ar ur thi dey hoda futhi dikya tor jagara loi. Tui beshi bodoli giyos goi. Tui beshi nijam ar halat loi durey giyos goi, kya la hoile tui zodi duniya yanottu tor zindigi bon goros dey oiley.

Ayn asaha gori dey tui zanos tor zindigit ki korab odey henan. Ayn asi toh la erey. Ayn tohre modot gojum ar bol ow diyum, kya la hoile tor mu kot ayn hasha abar deki bolla syr.

My child, what happened to you? You used to be a cheerful, shining little girl, playing with the girls in the block, flying around like a butterfly in your frock. You changed so much. You became quiet and distant, as if you closed the world out of your life.

I wish you would know, whatever bad happened to you, I am here for you. I want to help you, support you so I see your smiling eyes again.



Maa, ayn toh rey ken gori hoitam, anrtu kesu hati hati horab oyedey yan? Ken gori ayn toh rey oshanthi ar fereshan goi tam? Ayn hin ar nazor bitorey rakitam, kintuk ayn mah sus gori dey ayn jail hana majjay asi paan. Ayn honikya re hoi nafajum.

Ayn toh rey shophonot majjay dekhi, Maa, tui mor hama rat ayorey nijam mari boitakos mor fuwathi. Ayn tor sukot einan deki dey tui aanr buzi faros dey eiyan. Ayn toh rey hoyum hinor babu tey, ayn azad oizayum boi.

Mother, how could I tell you that something really bad happened to me? How could I sadden and upset you? I am keeping it to myself but I feel like I'm in prison. I can't talk to anyone.

I dream of you, Mother, that you come into my room and sit quietly with me. I could see from your eyes that you understand me. I would tell you about it and I would feel freed.



Ayn oggua sairfuwar maa, kintuk ayn honodin bor masus nogori ayn fuindorey sasita habai tay solaitay. Aar dor zerfuwa ar fua aykhon schoollot, aar gura zerfuawa loi fuwaloi khela fottidin khela hanat CFS. Hitara sairzon fuin bishi forok. Hitara bekkun dukkot foriza goy, mottu rasta toi ekzon ekzon norey modot gora fozzil. Ekzon dasey bishi immot wala, aar ekzon dasey funa immot sara, tin lom boror gua bishi salaak ar lassor gua bishi aatoq. Morfua sairowattun kisimmiya kisimiya linorurey morey zorurot.

I am a mother of four children, but I never felt burdened to look after each of them. My eldest daughter and son are now in the learning centres, and my younger daughter and son are playing every day at the Child Friendly Space. They are four very different children. They all went through some difficult times, and I had to find a way to help each of them. One is very brave, the other is timid, the third one is very smart, and the last one is quite sensitive. All four of my children need me in very different ways.



Maa, tui holidey bishi bishi motta morey henshundor fua boli hoi, mottunnow endila bontomonay hoil. Ya dasey mor mukhot adey ar mor gaa majjay daak loi ar furar markah loi bori giow. Hinoz zoria morey mui sailay fereyshani lagay, badey araw fuizza okkol goitomon nohaw. Bohot din badey mor agagura samommadey fulfura shuru oiyey. Toiley buzazaddey, biyaram morey dabai gori ayeddey hiyan.

Mother, you told me many times what a gorgeous baby I used to be. Now my body and my face are covered with scars and burns. My look really made me sad and did not want to have friends. After a long time I started to see the flowers growing all over my skin and I knew my soul began to heal.



Morfua, aara zokom ar duk fai aayidey dilot majjay adey gaammadey. Zokom okkol ein kessu timolla buwa foreddey. Montauk zokom okkol daak boni yorey bala oizagoi. Monot rahaforibodey aaratun zokom ashil dey hiyan ar zokommor ottot kenlagil dey hiyan. Aara ekdin shoppon deki faizzum, kushi takkiyaw, kushi rey damdiyaw ar buz ziaaw zindeggi hoddey hiyan kimoti.

My Child, we have been wounded from life, hurting our soul and body. We carry these wounds for a while. But the wounds turn into scars as the wounds healed. We have the scars to remember how strong and brave we were and are. We will be able to dream again, be happy, value joy and understand life is precious.



Haala/mohyi, boddin badey mui baf filoon dey, hari nofa rommodey hiyan Allah row gozzop boli. Boht bosor oigiyegoi mui bisannot foriroyom dey. Tuwara morey baharmik kha nitay kiyol doror dey boli hoilay, manshay morey loi tuwararey fashai goribodey hiyannolla. Mor fuaizza okkollottun zaintomoney hoddey, ayn oggua etharodoil gura fua, kushirey ador gorowya, chotani at hotabatara etharar fua rathi hawn, ar schoolot etharar fuaithi forafori goron.

Ayn bekkun gori fari kintuk etharadoil harinofari dey eian ekkan. Aar muhyi rey shukuriya gorir kiyolla boli hoilay tui modot goros morey fottidin.

Auntie, for a long time I thought this is God's punishment that I can't walk anymore. I have been lying in the bed for years. You were so afraid to take me outside as you thought others would make fun of me. My friends needed to know that I am a child just like them: loving to have joy, fun, to chat with them, to learn in the school with them. I am able to do anything but walk like them!

I am grateful to you, my dear Auntie, that you help me every day to be me, who I am. A child as all the others, just in need of a bit more of support.



Morfua, tui duk foddey eiyen zani dey botdin awyey. Furatime torey dekhazadey bisan not tu lorisori nofaros, mor holizagaan dey farigiyoi.

Mor aadah zindigigan dey torey duafalat, ha nah ha baat ar hor finaidiat furai giyoi. Ayn ferey chanit dey kiboliholay tui dukfailay eiyannot tu tui basinofaribi dey eiyen, araw honokiyayey to rey dukditosadey eiyenotuyaw. Kintuk morfua tui bishi mosbutt. Tui hamisha fonnah shikitaw sos. Tui oggua fua zeniki bekin gori farey kintuk hara gaan badey. Ayn oggua tor firista zibarey Allah yey tor modotola defey rayay.

My Child, I know of your suffering for a long time. Seeing you in the bed all time, unable to move, broke my heart.

Half of my life was busy with washing, feeding, and clothing you. I worried so much that you would get injured, or not be able to escape if somebody would try hurt you. But you are so strong, my child, as you always wanted to learn. This is who you are. A child who is able to do anything but walk, and I am your Angel that God sent to support you.



Baba, ayn oggua mar gorborotu lot buk ar nah fang, aar zibonot tor konodin aabas nofuhni. Ayn hamisha ferey shanit dey yan tui ar mor fuaiza okkolley morey buzino faray dey yan, mor gaar botottun aabas di guzol lio. Mor sairo mik katun semodi layyow mui nofunom dey yannola mottun dorlagey. Ayn nofuni honikka yey dakha li yow ar hushyari dilayow. Kintuk yea oggua oushol fayi. Aar ataras sey zanifaray zodikay ayn kono ekkan dukkot, ar ayn dorailay, aar ataras sey aar gufoni yottorey zani farey. Eiyalot, morey halika felai rakigilay goiyaw, ayn shanti gori tait farie.

Father, I am deaf and mute since birth, I have never heard your voice in my life. I am frustrated often that you and my friends don't understand me, even when I feel my inner voice is shouting. I am just frightened sometimes that I can't hear the noises around me. I can't hear if someone is calling and warning me. But now I got a whistle, and even our neighbors know my secret sign if I am scared or in trouble. Since then, I have a peace of mind when I am left alone.



Maa, ayn hana aintaw gilay ham gorow ya yay aaray awshanti gorey. Eitay hana anidibow dey bolay morey zodi ayn ethar fuarati hamarat gilay. Ayn bishi doraiyo rey duri dayi goi. Ayn oinow fuaiza okkollotun funni dey, ethay oinnow manush okkolorey yaw dor laga bolay, araw eithay beriyan dorey bishi horab hawtha haw bolay. Aaraa kengori eithar heray hanalla zai faizzum.

Mother, I went to fetch the food but the aid worker was very nasty to me. He said he will give me food only if I go to the staff room with him. I got very scared and I ran away. I heard from other friends that this man scared others too, and he talks to the women in a very bad language. How can we go back now to get food from him?



Adoror fua, ham gorow ya eithara sadday aararay eithararay gush dibolla, araw eitharar fuarathi horab ham gorai bolla, eithara beyizitta manush. Tui hamisha moray hois zodiki yandila honokisu totu awyilay. Mottun toray ar oinow miyalafuain okkolloray yaw basai to mo ney hor. Bekkulun bala manush boli naw buzis. Aarattun bish sash lagay dey insanor hokkor hamgoroya okkollorey hwa foribowdey aaratun ki awyeday yan, eithara modot goribow aararey.

Dear Child, those aid workers who want us to pay them a bribe or make us do bad things with them are disgraceful people. You always need to tell me if something like this happens to you. I want to protect you and the other girls as well. Don't forget that most people are good, and we need to tell the trusted humanitarian workers what happens to us and they will help us.



Mottun bishi monot orer morfualla. Ya eithay agarow bosor oibaw. Nawya desh shot boarder ottun farai ashi, eithay aar nazorttun hazigi yay goi, ayn eitharay arr nowdiki. Ayn eitharay tuailam fotti zaga zaga. Ayn lasot hoilam ekzonnoray, zay niki tuwai bola modot gori faribaw eitharay tuwai faribola. Bishi deri oilay yaw, mottun aizaw bikilin monot asay, eithay horsuor fintawdey hin ar tengot gura dak oiboshot ashil dey yan, araw zagagan zeray eitharay ayn hazai fililam. Mordowl, ayn asha gorir morfua yay yaw mor monot goribaw. Ar honok kiyatun modot magi yoray wafes foribaroray tuai dola oibow lasot.

I miss my child so much. He should be 11 years old by now. Coming to this new country over the border, he disappeared from my sight and I have never seen him again. I searched for him so much in every corner of this place. I finally talked to someone who could help me to find him. Even if it happened years ago, I still remember every detail: the clothes he was wearing, the little birth marks on his leg, the place where I lost him. As I did, I hope my son remembers me and tells someone to help him to trace his family and reunite us finally.



Ayn desh yiya not halika oi gi yi goi. Ayn ashilam dey mammar fuithi. Kintuk ayn bekkunor butotun hazi giyi goi. Mottun dor laggil. Mui muttay eibaray tuibola duri duri takki lumdey kintuk eibaray arekmotta nawdehom. Oggua bala miyalafua yay morey dekkil baday gorot golail goi. Eibayaw ekayla ashil, morey bishi sasitha khiyal gottaw. Eibayay morey modot goribola khushis goyittaw. Ayn zeray hoi hay rey nitow, mamayay morey hazy felaiyedey ken gori ein fusalloitaw. Mottun bikkilin howafottow zedin zindigit majjay monot ashil. Eithara goribaw modot mor foribar loi dawla gori bola ar milai dibolla lasot.

I am in this country all alone. I came with my mother, but I got lost among the many people. I was scared and I was just running and running to try to find her, but I have never seen her again. A kind woman found me and has taken me in. She is very caring as she was all alone. She tried to help me, took me to a place where I was asked about my mother and how I got lost. I had to tell all I remembered of my life. They will help me trace my family and reunite us finally.



SHUKURIA ZAA NAR HAGOS

IOM mey khushi zaheir goreddey Rohingyaar juwaan okkol lorey, gura gura miyala fuin okkol lorey, mabaff okkol lorey ar sabarurey ful tuloya okkol hass gori e ki taab fual'la. Rohingya refugee okkol zetara deye etharar sabatular zana buza rey e ki taab fualla ein owildey ekkisimya Rohingyaar Rosomor Kimoti Ghor / Rohingya Cultural Memory Centre (CMC), ze' yan oilo de oggoa fawrok project, ze baa re shoro gawra gheel IOM Cox's Bazar Mental Health and Psychosocial support program (MHPSS).

CMC ye mawdot gorey de Rohingya manush okkol re, saba taba to'lawya okkol re, aa'tor hum goroya okkol re, sha'yiri le hoyo okkol lo re, ba de ar oinno oinno salak sotur manush okklo re yo taara'r yaad ar aisha wai gara okkol re ze'ya ta rah ke bollah. Refugees (dok fa ye de manush) esaa fe, beshi au'shaanti'r time eddi taw'jorba okkol tun guzu zar dey, zaa hir gori gori yato yaad gori gori kissa hon'or duwara, saba tulawn'or, sawbi waigar'ar, sha'yir hoi yo re, fonsh loi se lai se lai haazon' tun, dekaa za de hum okkol tun, gaas waigara hum'ot tun, steel'or hum'ot tun, lai dula ba nawn'ot tun, baadi oinno oinno hum okkol ze en ne mawdot gorey fa re aa' rum, baala oi ayon maazi, kushi au'shan ti tun oi ayon ot mazi, shanti fon ot mazi au'shanti tun, ar oit fa re beshi bawl de hin dillah manuish og'goar wuzu, Rohingya manuish okkol 'or yaw. Aara saw yi saw yi kushi za hir gorey hitar'ar mawdot loi e hota ghen'or re dil taani de ad de aisha foida gore dey de hin dillah goreddey

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The CMC supports Rohingya community, artists, crafters, poets and other talented people to keep their memories and hopes alive. As refugees, going through distressing times and experience, speaking out or remembering through storytelling, drawing, photography, poetry, embroidery, visual art, woodwork, metalwork, basketry and other activities can help in healing, recovery, reconciliation, finding solace and can be very empowering to the person as well as the Rohingya community. We truly appreciate their contribution to inspire these messages and making them more understandable for all of us through their imagination and art pieces.

This book was made by IOM Cox's Bazar, Bangladesh.

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Facilitation: Shahnaz Akter, Saleha Akter Urmi, Shahirah Majumdar, Lucky, Asma and Shahida Win

bawllah, aara beggoloo ne beshi gori buzi fa refan gorede'ye de heya'on ollah hee tarar buzar ad de shuro sharo elom'or duwara.

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Zoudi tuār tou modothor zururot wo, ae telephone numbers ginot phone gouri fariba ase butore Bangladesh:

Tuāi oušan ti, paireshani, mon hourab outoba tuār tou goom nolar neki? Phone gouro IOM mour MHPSS sor hotline notmaze: 01847-351787

Tuār tou hono modothor zururot ouyene?
Tuāi outhoba tuāi senode hono akzonot tou hefazot nolar ne? Meheir banegore telephone gouro ae numbers ginot maze.
IOM Protection
Ukhiya: 01877753074
Teknaf: 01877753089

MSF hotline: 01844050199
UNHCR protection hotline: 16670
IOM's Counter Trafficking Hotline: 01872741801

Insaniyothor moudot gourede daiokkole thamam moudots okkolere zururotor oure dharmodar goure maana outhoba ande dey.

If you need help, you can call these phone numbers available in Bangladesh:

Are you stressed, anxious, worried or sad?
Call IOM's MHPSS hotline: 01847-351787

Do you need help?
Do you or someone you know feel unsafe?
IOM Protection
Ukhiya: 01877753074
Teknaf: 01877753089

MSF hotline: 01844050199
UNHCR Protection Hotline: 16670
IOM's Counter Trafficking Hotline: 01872741801

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