

LUB TSWV YIM #8: XAV KOM TXHUA TUS MENYUAM LOJ HLOB NYOB HAUV LUB TSEV UAS MUAJ KEV COB QHIA ZOO, MUAJ KEV SAIB XYUAS, THIAB MUAJ KEV HLAB TXAUS

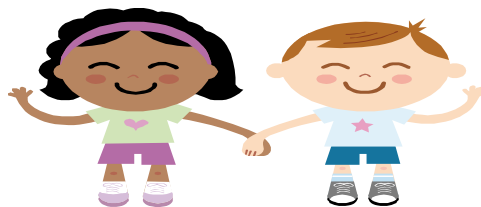
Thaum peb puag, hu nkauj, pub mov, thiab hnia peb tus me ab thiab menyuam yog ib tug yeeb yam zoo uas qhia tias peb hlab lawv. Yog niam txiv hlab menyuam yuav ua rau peb ncawg lawv thiab lawv yuav ncawg peb. Yog peb siv sib hawm zoo thiab siv sib hawm ntau nrog peb cov menyuam yuav pab tau rau lawv loj hlob zoo thiab mloog lus.

LUB TSWV YIM #9: NIAM TXIV YOG MENYUAM THAWJ TUG XIB FWB

Menyuam kawm tau yeeb yam zoo ntau tshaj los ntawm niam txiv. Menyuaam txawj hais lus thiab sib raug zoo vim muaj niam txiv qhuab qhia. Peb yuav tsum qhia menyuaam tias kev kawm ntawv yog ib qhov tseem ceeb heev rau txhua tus. Peb yuav tsum tau siv sij hawm ntau los nrog peb cov menyuaam sib tham. Cov menyuaam uas sib tham nrog niam txiv thiab sib raug zoo nrog niam txiv yuav kawm ntawv tau zoo dua li lwm tus. Peb yuav tsum nco qab ntsoov tias peb cov menyuaam yeej saib ntsoov peb ua lawv tus qauv xwb. Peb yuav tsum coj tus yeeb yam zoo uas peb xav kom peb cov menyuaam coj raws li.

LUB TSWV YIM #10: SIV SIJ HAWM TXHUA HNUB LOS QHIA KOJ COV MENYUAM TIAS LAWV TSEEM CEEB NPAUM CAS RAU KOJ

Txhua lub xyoo mus dhau lawm sai heev. Cov caij ntawd tsis yooj yim kiag, tiam sis nws tseem ceeb heev rau peb cov niam txiv. Peb cov menyuaam loj tuaj thiab lawv kawm tau yam tshiab ntxiv. Lub caij no yog lub caij uas niam txiv muaj kev zoo siab pub ntoob nrog lawv. Txhua tus menyuaam yuav tsum paub tias nws tseem ceeb npaum cas rau koj. Niam txiv los yog tus tu cov menyuaam, peb pab saib xyuas lawv kom zoo, ua thawj tug qhia lawv kom txawj, cob lawv kom ntse, pab lawv kom txog rau thaum lawv hlob tiav niam tiav txiv hlo.



Cov lus hauv no tau kev txhawb nqa los ntawm:



Merced County Mental Health



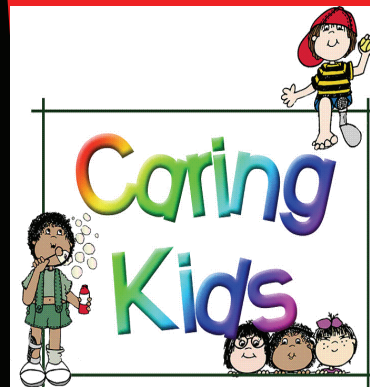
Merced County Office of Education

Xav paub peb kom zoo tshaj no, tuaj saib peb tau rau ntawm:

<http://www.mcoe.org/deptprog/earlyed/CK/Pages/Caring-Kids.aspx>

Los yog hu: 381-6790

Merced County Office of Education



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Lub

Tswv Yim

Los pab koj tus menyuaam kom loj hlob zoo thiab ua qhov zoo li nws ua tau!

Caring Kids' 10 LUB TSWV YIM

LUB TSWV YIM #1: QHUAS KOJ TUS ME- NYUAM THAUM NWS UA TAU ZOO THIAB MLOOG LUS

Yog peb siv sij hawm nrog peb cov menyuam thiab qhuas lawv thaum lawv coj tau zoo thiab mloog lus, peb cov menyuam yuav coj zoo thiab mloog lus ntxiv mus. Qhuas koj cov menyuam thaum lawv coj tau tus cuj pwm tau zoo yuav pauv tau lawv tus yeeb yam mus ua qhov zoo. Peb cov ua niam ua txiv yuav tsum tau qhuas peb cov menyuam 4 npaug ntau tshaj qhov lawv ua yuam kev es peb rhuav lawv.



LUB TSWV YIM #2: TXHOB QHUAS KOJ TUS MENYUAM THAUM NWS COJ PHEM

Nws tseem ceeb heev rau peb kom peb nco ntsoov tsis txhob qhuas peb cov menyuam thaum lawv coj phem. Yog peb qhuas lawv, yuav ua rau lawv coj tus yeej yam tsis zoo no mus ntxiv. Xws li yog peb tus menyuam quaj vim nws xav noj qhoob noom es peb muab rau nws noj, lwm zaus nws yuav quaj ntxiv kom tau qhoob noom noj li qub.

LUB TSWV YIM #3: QHIA KOJ TUS MENYUAM COJ TUS YEEB YAM ZOO TXHOB QHIA KOJ TUS ME- NYUAM COJ TUS YEEB YAM TSIS ZOO UAS KOJ TSIS NYIAM

Yog peb cov menyuam tawv ncauj es tsis kam ua tej yam niam txiv txib nws, yuav tsum nrhiav lwm yam los hloov rau nws lis kom tiav. Nws yuav siv caij qhia me ntsis, vim thaum menyuam ua tej yam niam txiv tsis haum siab, niam txiv yuav tau qhia pab kom nws pauv nws tus kheej mus ua qhov zoo.

LUB TSWV YIM #4: QHIA KOJ TUS MENYUAM MLOOG KOJ HAIS CES MAM MUAB YAM NWS XAV TAU RAU NWS

Qhia koj tus menyuam kom ua raws li koj hais, koj thiaj muab yam nws xav tau rau nws. Xws li kom tu chav pw ua ntej nws mus nrog nws cov phooj ywg ua si los yog noj zaub mov ua tej mam muab qhob noom rau nws noj. Qhov no yuav qhia tau rau menyuam tias yuav tsum mloog niam txiv hais ua ntej lawv yuav tau yam lawv xav tau los ntawm niam txiv thiab lawv yuav paub txog tej kev tu vaj tse thiab saib xyuas lawv tus kheej mus lawm yav tom ntej.

LUB TSWV YIM #5: YOG KOJ TAU HAIS LI CAS RAU KOJ TUS MENYUAM LAWV MAS YUAV TSUM HAIS LI NTAWD XWB, TXHOB HLOOV LUS

Thaum peb qhia kom peb cov menyuam mloog peb hais, peb yuav tsum hais lus kom lawv nkag siab thiab yog koj tau hais li cas rau menyuam lawm mas txhob hloov lus. Thaum koj cov menyuam tsis mloog hais, niam txiv yuav tsum pab nws thiab ntxias kom nws kam ua li niam txiv hais. Xws li yog peb hais kom menyuam khaws nws cov khoom ua si es nws tsis kam khaws, peb yuav tau hais rau nws tias yog nws tsis khaws nws cov khoom ua si ces nws yuav tsis tau mus ua si nraum zoov.

LUB TSWV YIM #6: SAIB XYUAS KOJ TUS KHEEJ

Qhov zoo tshaj plaws uas peb yuav siv tau lub tswv yim zoo los hais thiab qhuab qhia peb cov menyuam yog yuav tau saib xyuas peb tus kheej ua ntej. Tu menyuam tsis yog ib qho yooj yim. Peb yuav tsum nco qab ntsoov saib xyuas peb tus kheej thiab nrhiav sij hawm los daws kev nyuaj siab. Yog thaum peb so txaus thiab ua tau lub siab tus lawm, peb thiaj zam tau menyuam rau tej yam lawv ua txhom thiab hais tau lawv thaum lawv tsis mloog lus.



LUB TSWV YIM #7: COB MENYUAM KOM LAWV PAUB LAWV COV HAUJ LAWV LAWV UA TXHUA HNUB

Qhia menyuam kom lawv paub xwb fab lis tej hauj lwm thiaj paub ua tau ib tug qauv zoo rau lawv tus kheej. Thaum menyuam paub tias lawv yuav ua dabtsi ntxiv tom qab lawv ua ib yam tiav, yuav ua rau lawv muaj kev cia siab rau yav tom ntej. Cov menyuam uas loj hlob hauv ib lub tsev twg uas qhia kom menyuam ua dabtsi txhua hnuv yuav pab tau rau lawv txoj kev kawm ntawv thiab qhia tau rau menyuam kom paub zoo tias xib fwb xav kom lawv ua ib yam li ntawv hauv tsev kawm ntawv. Qhia koj cov menyuam tias lawv yuav ua dabtsi txhua hnuv yuav pab tau rau lawv paub txog lawv lub hom phiaj rau yam tom ntej thaum lawv loj hlob tuaj.