

Npaj Nyeem thiab Sau Ntawv

Thaum tus menyuam mosliab yug kiag tau los nws lub hlwb tabtom qhib yuav kawm txhua yam. Tej yam uas pheej tshwmsim mus los tas zog rau tus menyuam pom thaum nws tseem yau yuav nyob hauv nws lub hlwb tag nws sim neej. Yog li no, qhov zoo tshaj uas yus yuav txhawb tau nws lub hlwb los ntawm kev xyaum hais lus, nyeem thiab sau ntawv yog ib qho yus muaj peevxeem qhia ua nrog kev lomzem txhua txhua hnuv yus tu nws thiab nrog nws nyob.

Thaum tus menyuam mos pib loj hlob, koj muaj peevxwm:

- Puag, tham lus luag ntxhis, hu nkauj, thiab khawm puag tsaj nws.
- Tham qhia rau tus menyuam mloog txog yam koj tabtom yuav mus ua rau nws.
- Hu tej zaj nkauj neb nyiam uake. Hu zaj nkauj mus mus los los.
- Saib ntawv txhua hnuv uake. Qhia txog cov duab thiab zaj dabneeg ntawm phau ntawv. Maj mam siv sijhawm nrog nws saib saib nws nyiam saib qhovtwg. Mus nqa ntawv ntawm lub chaw qiv ntawv (library) ze koj los saib.

Thaum tus menyuaj loj tuaj lawm, koj muaj peevxwm:

- Txwv txhob pub saib TV ntaus. Yog koj xaiv ib zaj zoo rau neb saib uake, tham nrog nws txog zaj ntawv rau nws mloog.
- Tsom rau tej qho ntawv sau (lus ceebtoom) thiab txhais saib qhov ntawv hais rau tus menyuam li cas.
- Koj nyeem thiab sau ntawv ua yam ntxwv zoo rau koj tus menyuam pom.
- Txhawb tus menyuam sau ntawv, siv xim ko tiab duab. Pib qhia sau cov tshiaj ntawv ntawm nws lub npe thiab qhia nws hais ib tug zuj zus.
- Xaiv cov tsev them zov menyuam uas muaj kev sib tham lus, nyeem thiab sau ntawv uake nrog yus tus me nyuam.



Maj mam tawb tus menyuam. Kev ncho, pov, lossis diaj co yog ib qho kev ua rau tus menyuam lub hlwb puas tsuaj mus ib txhis yuav kawm tsis tau dabtsis li. Yog li kev tivthaiv nws lub hlwb thiab maj mam cob qhia thiaj yog ib qho tseemcee heev.

Koj yog koj tus menyuam thawj tug naiskhus ntag. Los ntawm koj qhov kev pab kev qhia, koj tus menyuam yuav kawm tau tej yam kev txawj ntse tseemcee heev thaum yau los txog rau thaum loj nws thiaj yuav paub tias kev kawm txujci yog ib qho lomzem!

Xav paub ntau ntxiv?

Menyuam lub hlwb xeeb kawm.....UW-Extension 608-224-3722

Kawm nyeem thiab sau ntau.....Madison School District 608-663-5235

Nrhia tsev them zov menyuam.....4-C of Dane County 608-271-9181

Accredited family child care..... Satellite Family Child Care 608-275-6740

Preschool story times..... Madison Public Library 608-266-6345

Managing anger and stress..... Parental Stress of Dane County

24 hr confidential 608-241-2221