

LUB NEEJ TXOJ KEV XAV



NATIONAL CENTER ON
Early Childhood Health and Wellness

ov Lus Qhia rau Tsev Neeg los ntawm Lub Tuamtsev Saib Xyuas Menyuum Yaus thiab Lub Zog Khovkho thoob tebchaws

Lub neej txoj kev xav yog dabtsi?

Lub neej txoj kev xav yog txhais tau hais tias cov me nyuam yaus loj hlob hauv lawv lub peev xwm:

- nkag siab thiab sib qhia tej kev xav
- muaj kev sib ze thiab kev sib raug zoo
- tshawb thiab kawm

Vim Li Cas Nws Ho Tseemceeb?

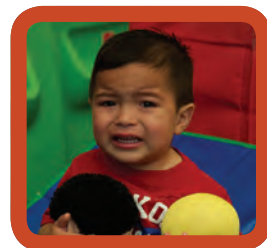
Muaj kev xav zoo ua rau nws yooj yim rau cov menyuum yaus muaj:

- Muaj kev sib raug zoo nrog tsev neeg thiab cov phooj ywg
- Ua yam zoo hauv tsev kawm ntawv
- Kawm tej yam tshiab
- Daws tau cov teeb meem nyuaj
- Xyaum us siab ntev (los yog tsis tso)

- Rau siab ntso rau ib qho haujlwm
- Thov kev pab

Thaum Cov Me Nyuam Yau Muaj Kev Txhawj Xeeb, Tu siab los sis npau taws, Nws Yuav Nyuaj Rau:

- Kev cov phooj ywg
- Ua raws li cov lus qhia
- Qhia kev xav lossis xav tau
- Ua raws li cov lus qhia yooj yim
- Them hauv chav kawm
- Txhim kho cov teebmeem rau qhov zoo
- Ua yam zoo hauv tsev kawm ntawv



Tej Yam Koj Ua Tau thiab Hais Qhia Rau Koj Tus Menyuum

• Rau Koj Tus Menyuum Mos

- Puag koj tus menyuum thaum pub nws mis. “Kuv nyiam puag thaum kuv pub koj.”
- Saib ntawm koj tus me nyuam thiab luag nyav, luag, luag nyav! “Heb, thaum kuv luag, koj luag ntshi koj luag thiab.”
- Tham txog koj tabtom ua dab tsi. “Kuv hloov koj daim khaub hlab tam sim no.”
- Cia mus so kom txaus thiab muaj kev lom zem. “Thaum kuv zoo siab, koj yuav tsis quaj.”
- Nyeem thiab hu nkauj rau koj tus menyuum txhua hnuv. “Nws yog sijhawm pw. Lub sijhawm rau zaj dab neeg thiab zaj nkauj koj nyiam.”
- Saib xyuas koj tus kheej. “Thaum twg kuv so, Kuv yuav tu koj kom zoo dua.”

• Rau Koj Cov Me Nyuam Me pib Mus Kev/Ua Ntej Kawm Ntawv

- Nco ntsoov lawv xav muaj kev nyab xeeb. “Kuv paub lub suab nrov nrov yuav txaus ntshai, tab sis nws tsis ua cas.”
- Muab kev xaiv.

“Koj puas xav tau lub tsho xiv lossis lub tsho liab?”

- Xyaum ua siab ntev. “Cia peb tos kom txog thaum lub suab nkauj dhau thiab ces peb mam li tawm mus nraum zoov.”
- Ua kom to taub. “Koj yeej xav tau lwm lub khoom qab zib! Nws yog ib qho nyuaj thaum koj tsuas muaj ib qho.”
- Pub lub sijhawm ntxiv. “Kuv pom koj tsis xav tawm ntawm thaj chaw ua si. Ib zaug ntxiv rau ntawm daim swb, ces peb yuav tau tawm mus.”
- Ua si ua ke tsawg kawg yog 15 feeb ib hnuv twg. “Muaj ntau yuav ua tab sis nws tseem ceeb heev rau peb ua si ua ke.”
- Ua raws li nws nyiam. “Kuv pom tias koj xav mus ua si nrog cov blocks. Dabtsi koj puas mus tsim ua?”
- Qhuas koj tus menyuum thaum nws sim ua. “Kuv nyiam txoj kev uas koj pheej sim nrhiav qhov yog daim rau lub puzzle.”
- Xyaum ua raws li cov lus qhia. “Ua ntej tuaj tos cov blocks, mam li tawm lub tsheb.”

