



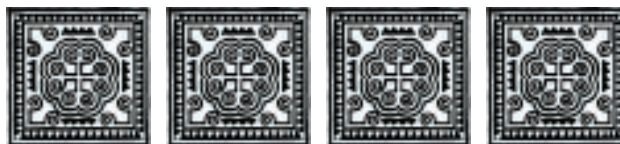
“Thaum xub thawj mas wb yeej tsis xav hu rau leej twg li, tab sis wb kuj zoo siab tias wb tau hu lawm. Tam sim no wb tus me nyuam uas muaj ob xyoos tab tom xyaum mus kev thiab wb kuj kawm tau tias wb yuav pab tau nws txhua txhua hnuv ntau npaum li cas ntxiv.”

—A Minnesota mother

Koj tus me nyuam thiab koj tsev neeg lub neej yuav mus tau zoo

Thaum tau kev pab rau thaum yau thiab kev txhawb nqa lawm, koj:

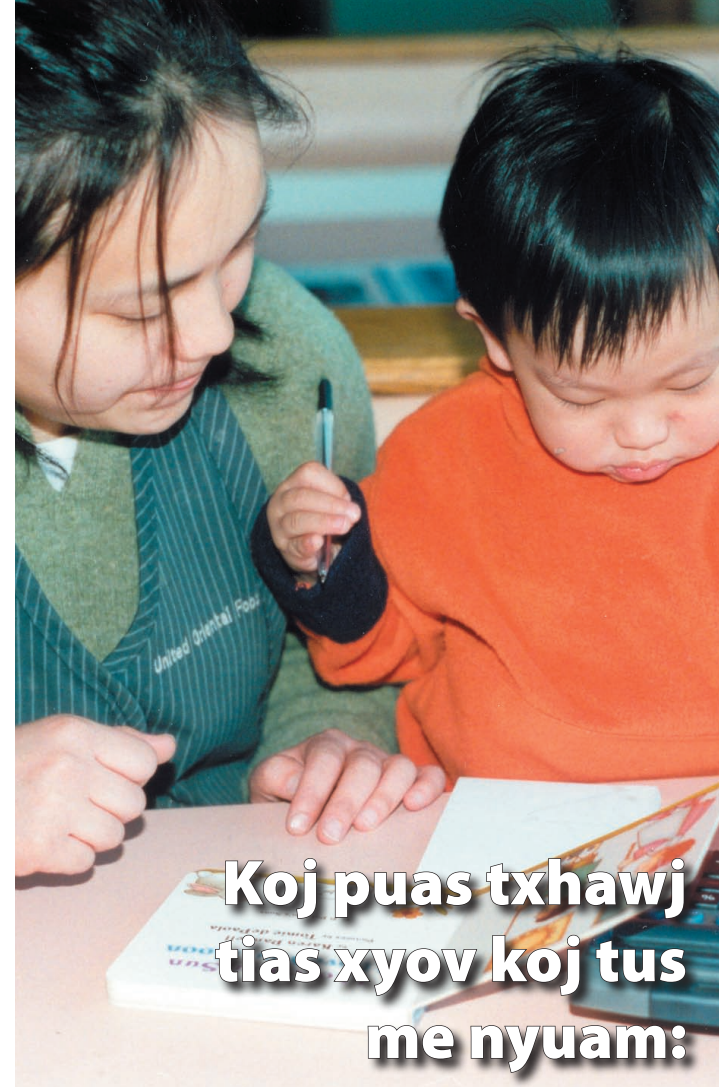
- Pab tau tag nrho koj tsev neeg
- Kawm paub qhov koj tus me nyuam ua tau li cas, muaj cuab kav li cas, thiab yam dab tsi thiaj pab tau nws
- Yuav ntseeg siab los muab tau kev txiav txim siab zoo hais txog cov keb pab rau koj tus me nyuam.



Hu xov tooj rau

Tsim nyog txhua tus me nyuam muaj lub caij loj hlob, muaj kev xyaum, thiab muaj kev kawm kom txawj. Nrhiav kev pab ces yeej sai thiab yooj yim.

- Yog koj muaj lus nug—los yog muaj kev txhawj xeeb txog koj tus me nyuam—thov hu rau Ntaub Xyooj hauv koom haum PACER Center, tus xov tooj yog 952-838-9000 los yog tus xov tooj hu tau dawb yog 1-800-537-2237. Nws yog ib tug sab laj to taub thiab yog ib leej txi ntawm ib tug me ntxhais muaj ib qho tsis taus. Nws yuav nrog koj tham txog qhov koj txhawj xeeb thiab sab laj seb yuav mus nrhiav kev pab qhov twg rau koj tus me nyuam. Nws tseem yuav muab tau cov ntaub ntawv zoo nyeem sau ua ntawv Hmoob rau koj thiab.
- Yog koj txawj hais lus As Kiv, koj hu tau rau koog tsev kawm ntawv dawb ntawm koj nyob thiab qhia tias koj xav nrog tus saib xyuas kev kawm ntawv tshwj xeeb rau thaum yau tham. Nug seb koj tus me nyuam tsim nyog tau cov kev pab rau thaum yau no tau li cas. Yog koj txawj lus As kiv tsis txaus los, koj muaj cuab kav thov thiab tso cai rau lwm tus pab hu mus los yeej tau tib yam.



Koj puas txhawj tias xyov koj tus me nyuam:

**Pom kev los yog hnov lus li cas?
Mus taus kev los yog ua si tau li cas?
Hais tau lus los yog kawm tau li cas?
Coj li cas?**

Xyuas seb koj yuav ua tau dab tsi ntxiv...

PACER Center
Opening Doors of Possibilities for
Children with Disabilities

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Koj yuav kaj siab zog yog koj tshawb xyuas koj tej kev txhawj xeeb

Coob tus niam txiv xav tias xyov lawv tus me ab los yog tus me nyuam puas tab tom txawj xyaum, loj hlob, thiab kawm tau zoo raws li siab xav. Yog tias qhov koj xav ntawd ho tig los ua qhov koj txhawj txog ces:

- Nrog koj tus me nyuam tus kws kho mob tham,
- Yog koj tseem muaj kev txhawj xeeb thiab, koj yuav tau tshawb xyuas mus ntxiv.

Koj yuav zoo siab tias koj tau tshawb xyuas lawm.

Koj tshawb xyuas thaum ntxov npaum li cas ces haj yam zoo rau koj tus me nyuam npaum li ntawd

Yuav tau muaj kev pab ntxiv rau nqee tus me ab los yog tus me nyuam txoj kev kawm kom txawj nkag, txawj mus kev, thiab txawj hais lus. Lawv tau kev pab ntxov npaum li cas ces:

- Kuj yuav pab tau lawv sai dua.
- Lawv kuj yuav npaj tau txhij mus kawm ntawv thaum lawv mus pib kawm ntawv lawm.

Koog tsev kawm ntawv dawb ntawm koj nyob muaj cuab kav pab txheeb xyuas seb koj tus me nyuam puas muaj kev loj hlob cob pob uas tsim nyog muab keb pab rau nws.



Hmong Quote

Yeej muaj cov kev pab dawb

Yog koj tus me nyuam tsim nyog tau kev pab lawm, koog tsev kawm ntawv yuav muab ib tug neeg tuav kev pab los pab koj npaj cov kev pab thiab cov kev txhawb nqa li koj tus me nyuam thiab koj tsev neeg xav tau. Cov kev pab no yuav yog:

- Kev qhia ntawv tshwj xeeb rau cov me nyuam tseem yau thiab cov kev pab cuam xws li kev qhia xyaum hais lus kom meej, kev xyaum kom tes taw muaj thiab ib ce muaj zog
- Cov tswv yim los pab koj tus me nyuam xyaum li cas nyob hauv tsev kom txawj ntxiv
- Pab koj mus cuag cov kev pab tau nyob hauv zej zog

Yog koj tus me nyuam ho tsis muaj cai tau cov kev pab los, koog tsev kawm ntawv tseem muaj cuab kav pab koj nrhiav cov kev pab nyob hauv zej zog thiab.

