



Yuav npaj koj tus me nyuam muaj qhov tsis taus mus kawm qib pib li cas: Cov tswv yim pab cov niam txiv

(How to Prepare Your Child with Disabilities for Kindergarten: Tips for Parents - Hmong version)

Mus kawm qib pib yog thawj kauj nruam loj kawg nkaus hauv ib tug me nyuam lub neej. Rau cov me nyuam muaj qhov tsis taus, qhov npaj txhij mus kawm ntawv thawj zaug no yuav tau muaj kev npaj kom zoo. Qhov lis hauj lwm nrog koj tus me nyuam pab neeg npaj kev kawm ntawv tus kheej, koj muaj cuab kav npaj tau koj tus me nyuam mus kawm tau ntawv thiab ua kom kev mus kawm thawj xyoo tau zoo.

Siv pab neeg npaj kev kawm ntawv tus kheej los npaj mus kawm kom tau ntawv

Npaj koj tus me nyuam txoj kev nkag mus kawm hauv qib pib yuav pib tau ntxov li ib xyoo ua ntej. Koj muaj cuab kav pib npaj qhov mus kawm uas yog hais kom pab neeg no los nrog koj tham txog cov tswv yim koj tus me nyuam yuav tau muaj thiaj mus kawm tau thiab cov hom phiaj kawm ntawv tshwj xeeb twg yuav pab tau koj tus me nyuam mus tau rau qhov ntawd. Pab neeg npaj kev kawm ntawv tus kheej muaj cuab kav qhia tau cov dej num nyob hauv vaj hauv tsev uas koj muaj cuab kav siv tau los pab koj tus me nyuam kawm tau cov tswv yim hauv qib pib kawm. Pab neeg no tseem muaj cuab kav qhia tau cov kev pab nyob hauv zej zog yog koj xav tau.

Nyob rau lub ciaj npooj ntoos hlav ua ntej koj tus me nyuam yuav mus kawm qib pib, koj muaj cuab kav pib xam xaiv cov tsev kawm ntawv tau. Koj pab neeg npaj kev kawm ntawv tus kheej muaj cuab kav qhia cov chaw kawm ntawv koj xaiv tau nyob hauv thaj tsam koj nyob rau koj ntxiv. Ntau koog tsev kawm ntawv muaj cov hnuv “mus ncig xyuas cov chaw kawm qib pib” xwv tsev neeg thiaj muaj cuab kav xyuas tau cov kev kawm nyob hauv ntau lub tsev kawm ntawv. Lwm koog tsev kawm ntawv yuav muab cov me nyuam kawm qib pib tso kawm hauv cov tsev kawm ntawv nyob raws tej thaj tsam. Yog koj xyuas lub tsev kawm ntawv nyob thaum caij nplooj ntoos hlav, nco ntsoov tias cov me nyuam koj mus pom ntawd yog cov me nyuam uas twb tau kawm yuav luag ib xyoo lawm thiab lawv yuav txawj ntawv tshaj cov uas nyuam qhuav yuav pib mus kawm.

Paub qhov txawj ntawm kev npaj txhij mus kawm qib pib

Kev npaj txhij mus kawm qib pib tsis yog muaj peev xwm nyeem ntawv, sau ntawv, ua lej, thiab paub science. Cov kws qhia ntawv hais tias kev npaj txhij mus kawm qib pib tiag yog muaj cov tswv yim sib txuas lus thiab muaj tus yam ntxwv zoo.

Cov kws qhia ntawv hais qhia tias cov me nyuam pib mus kawm qib pib yuav tau muaj rab peev xwm:

- Hais tawm qhov xav tau thiab qhov yuav yuav
- Kam koom thiab kam sib tos nrog lwm tus
- Yog tus xav kawm ntawv tiag
- Mloog lus thiab zaum twj ywm
- Siv tau tus cwj mem qhuav thiab tus txhuam kob
- Suav tau mus txog 20
- Paub cov tsiaj ntawv kom tag

Txiav txim seb koj tus me nyuam puas npaj txhij

Yog koj xav tias koj tus me nyuam tseem npaj tsis tau txhij mus kawm qib pib, nrog koj pab neeg npaj kev kawm tus kheej tham thiab ua ke ntawd koj muaj cuab kav xav seb yuav ua li cas. Nco ntsoov tias, koj tus me nyuam tsis tas yuav muaj txhua qhov tswv yim thiaj mus kawm tau qib pib. Qhov tiag ces, cov kev swm nyob hauv qib pib xws li nrog tau cov me nyuam luaj li nws tham los tej zaum yeej pab tau koj tus me nyuam tsim tau cov tswv yim lawm.

Yog koj tsis pom zoo nrog pab neeg npaj kev kawm ntawv tus kheej txog koj tus me nyuam cov peev xwm, tej zaum koj yuav siv tau ntau txoj hau kev sib kho lus los hais kom haum. Cov kev kho lus no yog kev sib tham kho lus thiab kev xab thooj.

Npaj koj tus me nyuam mus kawm qib pib

Thaum twg koj tau txiav txim siab tso koj tus me nyuam mus kawm qib pib lawm thiab tab tom qhia cov tswv yim kom npaj txhij, koj muaj cuab kav pab kom koj tus me nyuam muaj txoj kev hloov mus kawm ntawv tau yooj yim li qhov hais mus ntxiv no:

- Coj koj tus me nyuam mus saib cov chaw kawm thiab ntsib tus kws qhia ntawv ua ntej tsev kawm ntawv yuav pib.
- Yees tsev kawm ntawv thiab cov chaw kawm duab thiab siv cov duab no los nrog koj tus me nyuam tham txog qhov pib mus kawm ntawv qib pib.
- Npaj cov sij hawm ua si thaum caij ntuj so nrog lwm cov me nyuam kawm ntawv uas yuav mus kawm tib chav nrog koj tus me nyuam.
- Nyeem cov phau ntawv nrog koj tus me nyuam hais txog qib pib kawm, xws li:
 - Phau “David Goes to School (David mus kawm ntawv)” tus sau yog David Shannon
 - Phau “Off to School, Baby Duck! (Mus kawm ntawv, Me nyuam os!)” tus sau yog Amy Hest
 - Phau “Vera’s First Day of School (Vera thawj hnub kawm ntawv)” tus sau yog Vera Rosenbeery
 - Phau “Look Out Kindergarten, Here I Come (Saib os qib pib kawm, Kuv tuaj lawm os)” tus sau yog Nancy Carlson

Cov ntawv hais tawm ntxiv

“K is for Kindergarten,” yog ib phau me ntawv pub dawb los ntawm koom haum PACER Center. Xav tau phau ntawv no, thov hu rau tus xov tooj 953-838-9000 los yog email mus rau mnpirc@PACER.org.

“Kindergarten Readiness: Using Age or Skills in Assessing a Child’s Readiness (Kev npaj txhij mus kawm qib pib: Siv lub hnub nyoog los yog cov tswv yim los ntsuas tus me nyuam kev npaj txhij)” yog ib tsab ntawv sau tawm los ntawm Education Resources Information Center (ERIC). Nrhiav tau tsab ntawv no nyob hauv eric.ed.gov; ntau “ED490711” mus tshawb nrhiav qhov lus thiab xaiv “ERIC tus nab npawb” mus nrhiav qhov chaw muaj cov ntawv no.

“Readiness for Kindergarten: Parent and Teacher Beliefs (Npaj txhij mus kawm qib pib: Qhov niam txiv thiab kws qhia ntawv ntseeg tau)” ib tsab ntawv sau tawm los ntawm National Center for Education Statistic, Office of Educational Research and Improvement, U.S Department. Nrhiav tau tsab ntawv no nyob hauv nces.ed.gov/pubs93/web/93257.asp.

“Still Unacceptable Trends in Kindergarten Entry and Placement (Tseem muaj qhov lees txais tsis tau nyob hauv kev mus kawm ntawv qib pib thiab tso kawm)” yog ib tsab ntawv hais tawm los ntawm National Association of Early Childhood Specailist in State Department of Education. Nrhiav tau tsab ntawv no nyob hauv www.naecs-sde.org/STLL_Unacceptable_Trends_in_Kinderg.pdf.

“Try These Tips for a Smooth Transition to Kindergarten (Sim cov tswv yim no los pab kom muaj txoj kev hloov mus kawm qib pib tau yooj yim)” ib tsab ntawv sau tawm nyob hauv koom haum PACER Center tsab ntawv xov xwm “Early Childhood connection,” lub caij ntuj no xyoo 2008. Nrhiav tau tsab ntawv no nyob hauv PACER.org/newsletters/ec/winter08.pdf.