



# Cov niam cov txiv uas muaj kev cia siab Koj thiab koj tus me nyuam muaj hnuv nyoog mus kawm ntawv theem pib (Elementary)

(You and Your Elementary School-aged Child - Hmong)

Koj muaj cuab kav txhawb tau koj tus me nyuam lub neej li qhov los xyuas kom meej tias koj tus me nyuam pib tau txoj kev kawm yog lawm thiab koom tes nrog nws txoj kev kawm. Cov xyoo pib kawm ntawv yog lub hauv paus rau txoj kev kawm tau ntawv mus rau yav tom ntej. Cov xyoo pib kawm no yog lub caij koj tus me nyuam kawm tau cov tswv yim pib txawj nyeem ntawv, ua zauv, thiab lwm qhov uas yuav pab tau txoj kev kawm mus rau yav tom ntej.

## **Kawm kom paub koj tus me nyuam lub tsev kawm ntawv**

Ua ntej thaum tsev kawm ntawv yuav pib, mus saib lub tsev kawm ntawv koj tus me nyuam yuav mus kawm. Mus muab ib daim qauv ntawm tsev kawm ntawv txoj kev npaj rau niam txiv txoj kev koom tes, yog tias muaj.

## **Ua ntej koj tus me nyuam pib mus kawm ntawv, nug tus thawj tswj tsev kawm ntawv cov lus nug hais mus no:**

- Yuav qhia dab tsi rau cov me nyuam pib mus kawm thawj xyoos?
- Yuav siv sij hawm los qhia cov me nyuam nyeem ntawv thiab ua zauv ntau npaum li cas?
- Tsev kawm ntawv yuav siv dab tsi los ntsuas cov me nyuam txoj kev kawm tau ntawv?
- Kuv puas muaj cuab kav nrog kuv tus me nyuam mus koom kev qhia tsev kawm ntawv rau sawv daws (school orientation)?
- Lub tsev kawm ntawv puas muaj ib chav ua tsev neeg tug?
- Lub tsev kawm ntawv puas yuav qhia tau ntawv raws li cov hom phiaj kawm ntawv lub xeev teev cia?

Hais kom tus thawj tswj tsev kawm ntawv muab daim ntawv tshaj tawm kev kawm tau ntawv (report card) ntawm koog tsev kawm ntawv los yog lub tsev kawm ntawv los saib seb cov me nyuam puas kawm tau ntawv. Koj tseem muaj cuab kav mus saib cov xov tshaj tawm hais txog lub tsev kawm ntawv no nyob rau hauv [rc.education.state.mn.us](http://rc.education.state.mn.us).

## **Nrog cov ua hauj lwm hauv lub tsev kawm ntawv tham**

Cov ua hauj lwm hauv tsev kawm ntawv yog cov koom tes nrog koj los pab kom koj tus me nyuam loj hlob. Lawv yuav tsum pab tau thiab nyiam ntsib nrog koj.

## **Qhia dab tsi rau cov kws qhia ntawv thiab cov thawj tswj tsev kawm ntawv:**

- Qhia qhov koj tus me nyuam xav tau xwv lawv thiab to taub koj tus me nyuam zoo thiab pab tau qhov nws xav tau.
- Qhia tej teeb meem muaj nyob hauv tsev uas tej zaum kuj yuav cuam tshuam tau tus me nyuam txoj kev kawm tau ntawv, xws li kev sib nrauj los yog kev muaj mob muaj nkeeg.
- Yog tias lus As Kiv tsis yog koj thawj hom lus hais, tej zaum koj yuav npaj kom muaj ib tug uas txawj ob hom lus los pab koj thaum koj ntsib nrog koj tus me nyuam tus kws qhia ntawv.
- Tsev kawm ntawm los muaj cuab kav muab tau cov ntaub ntawv ua koj hom lus hais rau koj thiab.

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Txoj kev koom tes txhawb nqa koj tus me nyuam txoj kev kawm ntawv kom txaus yog koj ib qho feem xyuam; qhov koj koom tes nrog tsev kawm ntawv ntau npaum li cas ces, koj tus me nyuam kuj yuav kawm tau ntawv zoo npaum li ntawd.

### **Txhawb nqa koj tus me nyuam nyob hauv tsev kawm ntawv theem pib**

Nov yog qee cov tswv yim koj muaj cuab kav ua tau los txhawb koj tus me nyuam txoj kev kawm tau ntawv.

#### **Koj ua tau dab tsi nyob ahuv tsev los pab nws txoj kev kawm:**

- Nrog koj tus me nyuam nyeem ntawv. Cia koj tus me nyuam pom koj nyeem ua si thiab.
- Siv cov tuam tsev saib ntawv nyob hauv zej zog thiab siv internet (yog koj muaj) los ua qhov chaw nyeem ntawv, pab ua homework, thiab tshawb nrhiav qhov txaus siab rau.
- Xyuas meej tias koj tus me nyuam ua tiav nws cov ntawv nqa los ua hauv tsev. Nco ntsoov cia koj tus me nyuam muaj lub tsam thawj los muaj feem xyuam thiab ua nws tes dej num tus kheej. Txhawb kom mob siab ua.
- Ua tib zoo xyuas qhov koj tus me nyuam saib TV, siv computer, los yog tua nkias (games). America cov kws kho me nyuam yaus lub koom haum muaj cov tswv yim los pab cov niam txiv xyuas tej no. Lawv qhov site yog [AAP.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx](http://AAP.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx)
- Ua tib zoo mloog qhov koj tus me nyuam hais thiab ua tib zoo nrog nws tham kom ntau. Kev tshawb xyuas pom tias cov me nyuam uas tau nrog cov neeg laus nyob hauv nws lub neej tham txaus ntawd tsis yog cov yuav kawm tau ntawv zoo xwb, tab sis tseem yog cov muaj kev noj qab haus huv thiab muaj kev zoo siab nrog.

#### **Koj muaj cuab kav ua tau dab tsi nrog tsev kawm ntawv los pab koj tus me nyuam kawm ntawv:**

- Nrog koj tus me nyuam tus kws qhia ntawv tham tas li rau lub caij kawm ntawv. Qhia kom lawv paub tias koj yeej txaus siab txhawb koj tus me nyuam txoj kev kawm ntawv, thiab nrhiav txoj hau kev nrog lawv tham. Cov kws qhia ntawv yuav ua tsaug rau qhov koj txaus siab li no.
- Tshawb xyuas tus kws qhia ntawv cov hom phiaj lawv muaj rau koj tus me nyuam. Cov hom phiaj no yuav hloov mus raws li qib kawm.
- Nrog nws tus kws qhia ntawv tham kom sai li sai tau yog koj pom koj tus me nyuam hloov coj tus cwj pwm tsis zoo los yog kawm tau ntawv tsis zoo.
- Hu mus qhia tus kws qhia ntawv paub yog koj tus me nyuam muaj teeb meem tsis koom tes los yog tsis kam ua si nrog lwm cov me nyuam. Qhov ua li no yuav pub koj txheeb tau thiab daws tau cov teeb meem tshwm sim hauv tsev kawm ntawv ua ntej yuav loj zuj zus tuaj.
- Ua tib zoo hais tiag tiag; yog koj tsis tau txais cov lus teb meej, tej zaum koj yuav tau mus ntsib kiag tus me nyuam cov kws qhia ntawv, tus kws saib kev kawm ntawv, thiab tus thawj tswj tsev kawm ntawv ua ke tib si.
- Koj tseem muaj cuab kav hu tau rau cov kws qhia ntawv yog koj tsis to taub cov ntawv lawv muab rau koj tus me nyuam coj los ua hauv tsev, xav tau kev pab ntxiv, los yog xav tsis tag nrog ib yam dab tsi.
- Mus koom lub rooj sib tham npaj tau cia rau cov niam txiv nrog cov kws qhia ntawv; npaj mus mloog thiab tham nrog lawv. Tej zaum qhov koj npaj sau tau cov lus nug sau rau hauv ntawv tseg ua ntej kuj yuav pab tau heev. Cov kws qhia ntawv yuav tsum tham txog cov ntaub ntawv koj tus me nyuam ua tau thiab nws txoj kev kawm nkaus nkaus xwb. Xav txog qhov cov kws qhia ntawv qhia rau koj thiab rov nrog lawv tham ntxiv seb koj tus me nyuam ho kawm tau li cas ntxiv lawm.

### **Muaj lus nug?**

Koj puas muaj lus nug txog qhov muaj kev cia siab? Koj hu tau rau Ntaub Xyooj nyob hauv koom haum PACER Center, tus xov tooj yog (952) 838-1368.

*Koom haum PACER Center yog ib lub koom haum pab dawb nyob hauv xeev Minnesota. Lub koom haum no txhawb cov me nyuam muaj thiab tsis mauj qhov tsis taus cov cai mus kawm ntawv. Koom haum PACER muab kev tham qhia, pab tswv yim rau ib tsev neeg twg, sau tej ntaub ntawv sau tawm, thiab ntau yam ntxiv.*