

**PAB
COV MINYUAM YAUS**



KOM LAWV YEEJ TEJ KEV NYUAJSIAB

Tej xwmtxheej phem uas tshwm yog ib yam uas nyuaj heev rau sawvdaws. Minyuam yaus, cov laus, thiab/lossis tshwjxeeb cov tibneeg xiam oob qhab mas haj yam nyuaj. Rau ib tug minyuam yaus, nws txoj kev xav txog tias lub ntiajteb no yog ib qho chaw uas tso siab tau ciali ploj tag li lawm. Cov minyuam no lawv yuav ntshai heev tias tej xwmtxheej phem no yuav rov tshwm dua thiab lawv tus kheev lossis tsevneeg yuav raug mob lossis yuav tuag. Tej kev puas ntsoog, cov raug mob, thia cov tuag vim los ntawm tej xwmtxheej phem no tshwm yog ib qho uas nyuaj heev rau cov minyuam yuav totaub.

Qhov uas ib leej niam leej txiv lossis lwm tus neeg laus ua rau ib tug minyuam yaus tom qab ib yam xwmtxheej nyuaj nyuaj twg yuav muaj peevxwm pab tau cov minyuam yaus zoo sai dua thiab zoo txhij dua. Daim ntawv me me no muaj tej tswvyim pab koj rau tej haujlwm no.

Yam minyuam ua

Ntau zaus cov laus yuav xav tias minyuam yaus txoj kev ntshai yog dag xwb tiamsis minyuam yaus txoj kev ntshai thiab txoj kev txhawj yeej muaj tseeb. Lawv ntshai nyob lawv ib leeg. Tom qab uas tej qhov xwmtxheej phem tshwm tag, tej zaum lawv yuav ua minyuam mos zog li lawv lub hnub nyoog lawm. Tej yam uas cov minyuam ua thaum lawv tseem yau, xwsli zis lav hmo ntuj, noj taub teg, tuav rawv niam thiab txiv lossis muaj txoj kev ntshai tej tibneeg nws tsis paub, yuav rov qab tshwm tuaj. Cov minyuam uas loj thiab muaj hnubnyoog zog lawm xav siv sijhawm nrog lawv tsevneeg. Lawv yuav muaj teebmeem txog kev mus pw. Tej zaum tus minyuam yuav pib ua npau suav phem, tsis xav pw nws ib leeg, thiab/lossis ciali ntshai txoj kev tsaus ntuj, pw tsis tsaug zog lossis tsis xav pw. Tej tus minyuam qhia rau peb tias lawv muaj txoj kev ntshai los ntawm qhov lawv mob. Txhua tus minyuam muaj teebmeem txog lawv txoj kev xav. Lawv ua dabtsi los ciali ua tsis tau, lawv ciali dhau mus ua ib co tsis meej pem thiab xav dabtsi los xav tsis tawm. Yog hnov tus ntshiab tsw, pom tej yam khoom lossis tej yam ua rau lawv tig rov mus nco txog qhov xwmtxheej phem ces txawm ua rau cov minyuam no feeb tsis meej. Tej zaum tej tus minyuam yuav paub tsis txog tias tej yam ntshiab tsw lossis tej yam khoom yuav ua rau nws zoo li ntawd thiab. Tsis yog lawv txhob txwm ua qhia tias lawv txhawj lossis ntshai.

Minyuam yaus thaum ntsib kev nyuaj mas cov me xav thiab ua txawv cov loj.

Yug kiag mus rau 2 xyoos. Vim cov minyuam no tseem yau thiab tsis tau txawj hais lus, lawv yuav qhia tsis tau rau peb txog tej yam xwmtxheej uas tshwm thiab seb lawv xav li cas. Tej zaum lawv yuav nco tau qee yam li, yam yus pom, yam yus hnov, lossis yam ntshiab hnov tsw. Thaum lawv loj tuaj lawm, lawv yuav muab tej lawv nco no coj los ua ib qho kev uasi. Minyuam mos liab mas tej zaum ua rau lawv nyob tsis taus, lawv quaj heev thiab xav kom puag tas li xwb. Qhov cov laus hlub thiab tshua txog lawv li no yuav pab tau lawv heev.

Preschool mus rau Kindergarten. Tej sijhawm kev xwmtxheej phem li no tshwm, cov minyuam yaus no yuav xav tias lawv ua tsis tau dabtsi, tsis muaj lub zog, thiab pab tivthaiv tsis tau lawv tus kheej. Yog thaum twg lawv pom tias lub ntiajteb uas yog qhov chaw ua rau lawv nyob tau kaj siab raug puas tsuaj, lawv tsis muaj chaw cia siab thiab ntshai heev. Cov minyuam yaus no tseem tsis totaub txog kev puas tsuaj puas ntsoog. Lawv ntseeg tias tej yam phem tshwm no muab tig rov ua zoo los tau. Lawv yuav muab tej yam zoo li no coj los ua yeebyam uasi. Kev cov minyuam yaus ua li no yeej tsis yog ib yam txawv. Kev raug muab tso tseg nyob ib leeg yog minyuam yaus ib txoj kev ntshai, yog li yuav tau qhia tag los qhia ntshai rau cov minyuam yaus no tias koj yuav hlub thiab tshua lawv thiab yuav tsis muab lawv tso tseg.

Tej yam koj ua tau tom tsev lossis tsev kawm ntawv — ua yeebyam uasi, sib puag, minyuam roj hmab, duab, dab neeg, thiab pov npas thiab lwm yam.

7 to 11 xyoos. Cov minyuam nyob rau theem no totaub thiab paub txog yam puas tsuaj puas ntsoog lawm. Lawv xav paub txhua yam txog qhov xwmtxheej thiab lawv nug lwm tus tham txog tej yam tshwm ntawd. Tej zaum lawv yuav kawm tsis tau ntawv thiab yuav poob qab mintsis. Vim lawv hnubnyoog loj zog lawm lawv txoj kev xav kuj tob zog lawm thiab. Vim li no tej zaum lawv yuav xav ntau yam: tu siab, xav rau tus kheej tias yus ua tsis tau dabtsi, thiab chim.

Cov minyuam no tej zaum lawv yuav rov qab mus ua tej yam uas thaum lawv yau thiab lawv ua. Tej yam thaum lawv yau thiab lawv ua yog lawv pw tsis tsaug zog. Lawv txoj kev txhawj thiab ntshai yuav ua rau lawv muaj mob.

Tej yam koj ua tau tom tsev lossis tsev kawm ntawv — ua yeebyam uasi, uasi nrog minyuam roj hmab, teeb thiab thas xim duab, qhia txog tej yam lawv raug rau cov phoojywg, nyeem ntawv, sau ntawv los nrog lwm tus tham.

12 rau 18 years. Lub sijhawm no, cov minyuam no ntshaw kom lawv dhau los ua ib co txawj ntse thiab paub txhua yam rau lub ntiajtec, tshwjxeeb rau lawv tsev tibneeg thiab phoojywg. Thaum twg lawv ntsib ib yam kev nyuaj dabtsi lawv xav paub thiab muaj txoj kev xav kom lawv tej phoojywg nrog lawv txhawj thiab ntshai ib yam. Vim lawv kovyeej qee yam kev phem, lawv yuav xav tias lawv yuav tuag tsis tau. Qhov kev xav no yuav coj lawv lubneej mus ua tej yam phem. Lawv txoj kev xav tseem yog xav ib nrab li thaum yau thiab ib nrab li cov laus sib xyaw. Lub sijhawm hluas yog ib lub sijhawm uas lawv yuav tawm mus sab nraud mus rau lub ntiajtec. Txawm li ntawd los, qhov uas cov hluas no ntsib tej kev phem uas tshwm no yuav qhia rau lawv tias lub ntiajtec no yog ib qho lawv tso siab tsis tau rau. Txawm yog lawv yog cov hluas lawm los lawv yuav tau rov mus ua qee yam li thaum lawv tseem yau thiab. Vim tej kev phem thiab nyuaj siab no ntau thiab ntau, cov hluas no yuav tsis muaj peevxwm tham tej yam no nrog lawv tsevneeg.

Tej yam ua tim tsev kawm ntawv — ua tej yam uas niaj hnub ua nyob rau hauv chav kawm ntawv, nyeem ntawv, pab phoojywg, kawm txog kev noj qab nyob zoo, kawm txog kev teeb duab, kev hais lus/ua yeebyam, kawm lub ntiajtec no/nomtswv, keebkwm.

KEV PAB COV MINYUAM YAUS

Hauv tsevneeg

Haujlwm. Yus tsevneeg muaj feem pab tau cov minyuam yaus los ntawm qhov uas lawv tso lawv tej minyuam ua tes haujlwm li qub —lub sijhawm noj mov, lub sijhawm uasi, thiab lub sijhawm pw — kom lawv rov mus ua li lawv ib txwm ua.. Kev koj ua li no pab rau tus minyuam tso siab tau thiab nws tseem muaj feem tswj tau qee yam. Ntau li ntau tau, minyuam yaus yuav tau nrog cov tibneeg uas nws paub tshaj nyob.

Yam tshwjxeeb xav tau. Yuav tau lees paub tias muaj qee yam tshwjxeeb uas cov minyuam xav tau ntawm koj thiab qhia rau lawv kom tso siab tau rau koj. Puag lawv yog lawv xav tau kev puag; cia teeb nws cig nws rau yav hmo ntuj yog minyuam xav kom tseg cia cig lossis txhob cia lawv pw ib leeg lossis muab lawv tus minyuam roj hmab uas lawv nyiam tshaj plaws lossis lawv daim pam rau lawv; tsis txhob txhawj txog qhov lawv xav nyob ze koj xwb li.

Yam uas qhia txog tej xwmtxheej no. Tom qab tej yam xwmtxheej phem tshwm, txhua tus yeej tos ntsoov mloog seb yuav muaj yam dabtsi tshwm ntxiv. Tiamsis, tej tibneeg uas tshawb txog tej yam xwmtxheej phem qhia tias yam yus tsis xav hnov lossis tej duab uas tsis xav pom hauv TV yog ib qho txaus ntshai heev, ua rau tej kev nyuaj siab rov tshwm tuaj. Ntxiv ntawd, tus tibneeg uas saib qhov uas hais txog tej xwmtxheej phem no muaj peevxwm dhau mus ua qhov uas luag hu hais tias tus “raug kev nyuaj zaum ob” thiab yuav ntsib kev nyuaj siab thiab teebmeem sab nqaij tawv. Nws yog ib qho zoo uas tsis txhob cia cov minyuam yaus saib saib tej yam xwmtxheej phem no.

Kev xav thiab yam lawv ua. Cov minyuam qhia txog lawv txoj kev xav thiab yam lawv ua txawv li koj thiab kuv. Qhov koj lees paub tias lawv kev xav txawv yuav pab rau koj cov minyuam kov yeej tej xwmtxheej phem no sai dua. Qhov no txhais tau tias qee tus minyuam yuav ua tej yam txawv xwsli muab lawv tus kheej txav kom deb li deb tau thiab tsis muaj peevxwm qhia tau tej xwmtxheej phem no rau leejtwg. Nws yog ib qho yoojyim heev rau minyuam tsis totaub txog tej yam uas tshwm no thiab lawv txoj kev xav. Koj tsis txhob totaub yuam kev yog thaum twg lwm tus tibneeg uas saib thiab hnov tej xwmtxheej phem no es ho tsis muaj teebmeem. Nws tsis

yog txhua tus tibneeg yuav muaj teebmeem sai sai tib yam; qee tus tibneeg yuav muaj teebmeem qeeb zog uas yog ntau hnub, ntau limtiam, lossis ntau lub hlis tom qab mam tshwm, thiab ntau tus tibneeg yuav tsis muaj tej teebmeem no li.

Tham txog yam tshwmsim.

- Mloog thiab lees paub txog minyuam tej kev xav.
- Muab cov lus teb uas yog lus tseeb, yoojyim, thiab luv luv rau lawv cov lus nug.
- Ua kom lawv totaub koj cov lus teb thiab lub ntsiab lus koj xav kom lawv paub.
- Siv cov lus lossis tej kab lus uas yuav ua rau tus minyuam totaub zoo thiab tsis txhob ua rau lub ntiajtec no txaus ntshai.
- Nrhiav caij nyooq rau cov minyuam los sib tham txog yam xwmtxheej phem tshwm ntawd thiab seb lawv xav li cas txog tej yam ntawd.
- Qhia tseeb tseeb rau koj tus minyuam tias vim tej kev phem no tshwm mas koj chim heev thiab tsis xav tham txog. Koj yuav tau nrhiav sijhawm thiab thov kom ib tug txheeb ze uas koj ntseeg tau pab koj.
- Yog minyuam twb nug tas lawm los tseem pheej nug ntxiv tib lo lus nug xwb yog vim lawv xav totaub thiab paub txog yam phem uas tshwm ntawd; lawv xav paub kom meej txog yam uas tshwm rau lawv lub nitajtec. Cov minyuam uas tseem yau yuav tsis totaub tias kev tuag yog ib txhis, qhov lawv nug tag pheej nug ntxiv yog lawv xav tias txhua yam yuav tig rov qab los nyob li qub.
- Yog ib tug minyuam twg tu siab, nug nws kom nws piav seb yog ua li cas. Mloog zoo zoo seb puas yog nws xav tias yam tshwm no tej zaum yog tim nws thiab. Koj yuav tau piav rau nws tias tej yam phem tshwm li no, yeej tsis muaj leejtwg, tshwjxeeb cov minyuam, yuav muaj peevxwm tivthaiv tau kom txhob tshwm.
- Cia tsev kawm ntawv pab. Minyuam tus xibhwb yog ib tug totaub zoo txog koj tus minyuam li coojpwm kev hloov thiab yuav muaj peevxwm nrhiav tau kev pab.
- Txawm yog koj xav tias lub ntiajtec no yog ib qho chaw tsis tso siab rau, koj yuav tau qhia rau koj tus minyuam tias, “Tej yam xwmtxheej phem no twb dhau lawm. Tamsim no peb mam li ua txhua yam kom nyob tso siab plhuav, thiab los ntawm txoj kev peb sib pab txhua yam yuav rov qab zoo li qub.”
- Xam pom lub sijhawm minyuam muaj lus nug thiab xav tham.
- Ua ib tug muaj kev hlob thiab txoj kev txhawb; minyuam xav tau koj heev lub sijhawm no.

THAUM TWG YOG ZOO SIJHAWM NRHIAV KEV PAB

Txawm tias minyuam twb raug kev nyuaj siab vim tej kev phem no lawm los lawv yog ib co uas pab thiab hais yoojyim heev. Tej zaum tug minyuam yuav tau kev pab los ntawm ib tug nplig siab uas muaj peevxwm pab tau vim nws yuav cia tus minyuam no qhia txog tej yam uas tau tshwm thiab nws txoj kev xav. Kev nrhiav txoj kev pab los ntawm lwm tus uas raug kawm tawm los yog ib lub zoo tswvyim thiab yog tus minyuam yeej muaj tej teebmeem nram no ntev dua 3 hlis tom qab ntsib tej xwmtxheej:

- Coojpwm hloov lossis muaj teebmeem tim tsev kawm ntawv.
- Siab luv heev thiab pheej nthe.
- Rho nws tus kheej tawm ntawm tej yam nws ib txwm ua lossis nrog lwm tus uasi.
- Npau suav phem heev lossis lwm yam teebmeem txog kev pw.
- Teebmeem sab nqaij tawv ib yam li xeev siab, mob taubhau, puv lossis yuag.
- Muaj kev txhawj heev lossis tsis lees paub tej coojpwm uas hloov vim qhov kev phem.
- Ntsoos heev lossis tsis muaj txoj kev cia siab rau lubneej tom ntej.
- Haus dej haus cawv lossis siv tshuaj yaj yeeb.
- Muaj tej yam coojpwm txawv txawv heev.
- Ntshai txog yam phem uas tshwm ntawd tas mus li hauv nws lubneej.

Qee yam xwmtxheej yuav muaj peevxwm ua rau ib tug minyuam yoojyim raug tej kev nyuaj. Yog tias ib tug minyuam nyuam qhuav ntsib tej yam kev nyuaj ntawm nws lubneej xws li niamtxiv sib rauj, ib tug neeg ze ze nws tuag, lossis kev tshais chaw mus nyob rau lub zej zos tshiab, nws yuav muaj kev nyuaj siab heev los ntawm

tej kev nyuaj no. Qee yam xwmtxheej phem phem yuav muaj peevxwm rov qab ua rau tus minyuam muaj kev nyuaj siab dua tshwjxeeb yog tus minyuam ntawd twb muaj ib yam kev nyuaj zoo li no ua ntej lawm, thiab qhov kev nyuaj no muaj peevxwm muaj zog yeej tus minyuam uas nyuaj siab no.

Mus ntsib ib tug nplig siab tsis txhais tau tias tus minyuam yeej muaj kev “mob hlwb” lawm lossis tsis yog tias koj yeej pab tsis tau nws lawm. Tom qab ib yam kev nyuaj siab heev heev twg, nws muaj ntau tus tibneeg laus thiab minyuam yaus tau pom tias kev uas mus nrog ib tug neeg nplig siab uas txawj thiab tau kawm txog kev pab tom qab kev nyuaj siab no dhau lawm yeej yog ib qho uas pab tau lawv heev. Nws ua rau lawv totaub thiab lawv rov qab pab tau lawv tej kev nyuaj siab.