

SIJHAWM MUAJ NQIS

*Txhua tus menyuam tus mos txog rau tus tiav
hluas TOOB KAS thiab XAV TAU niam-txiv lub
sijhawm muaj nqis.*

MUAB SIJHAWM MUAJ NQIS LI CAS

- Tham lus, ua pos-muag-tsiv-ntsaim los-sis hu nkauj rau koj tus menyuam mos.
- Hnav khaub-ncaws ua-si, qhuas thiab dai nws tej duab nws kos, saib nws ntaug-nrig-nphau, txais koj tus menyuam muab-txhom-puag thaum nws nqis taws-ntaiv los.
- Tham nrog koj tus menyuam seb hnuv ntawm nws kawm ntawv txog dabtsi, nrog nws sib-tws ua-si, sib mloog hais-lus tuaj dabtso.
- Ua hmo uake, mus tom chaws ua-si ua viav-vias, mus taug-kev.

*Lub sijhawm muaj
nqis nrog koj tus menyuam
txawv qhov ua nrog koj tus
menyuam uake xwb.*



MUAB SIJHAWM MUAJ NQIS RAU KOJ TUS MENYUAM LI NO

1. **Nres** tej yam uas koj tseem ua
2. **Ntsia** qhov muag saib koj tus menyuam
3. **Mloog**
4. **Hais rov qab**, nws hais li-cas, hais nws cov lus rov rau nws
5. **Txuas ntxiv**, sib-txuas lus ntxiv los ua-si uake

NO TSI YOG SIJHAWM MUAJ NQIS

Thaum koj tab tom ...

- Saib TV, tham xovtooj los tseem siv computer los siv ipad
- Nyuaj siab, nkees los-sis ntxhov siab thiab tsi tau zoo mloog koj tus menyuam
- Nrog koj cov phoojywg sib-tham thaum koj tus menyuam nrog koj
- Tu vaj tu tsev, ua dejnum los-sis saib ntaub ntawv thaum koj tus menyuam neb nyob ib-hoob

NPAUM CAS

*Cov sijhawm ibpliag-ib-
pliag ntau zaus tauj ib
hnuv*

TSHAWG ZAUS

Txhua-txhua hnuv

SIJHAWM ZOO LI CAS

*Sib-tham sib-txuas lus, Kev
kov, Ua-si*

THAUM TWG THIA-LI ZOO MUAB SIJHAWM MUAJ NQIS RAU KOJ TUS MENYUAM

- Lub sijhawm yuav pw
- Thaum nws nthxov siab
- Tom qab kawm-ntawv tag
- Thaum nws tajj
- Thaum kaj-ntug los-sis thaum nws sawv
- Lub sijhawm noj-hmo (npav noj mov uake li 3-4 zaug tauj ib lub vaa-nthiv, txhob kov xovtooj, txhob saib TV)
- Thaum ua-thiaum-tos mus nav-maim

QEE SIJHAWM RAU KOJ TUS MENYUAM MOS LOS MENYUAM HLUAS RAW S LI...

- 1 rau 2 nasthis thaum lawv tajj thiab tshov kom txhob pub kev tabkaum los cuam-tshuam
- 3 nasthis rov saum tomqab lawv sawv, tomqab lawv los tsev thiab ua-ntej mus pw
- 9 zaug rov saum los ntawm kev kov-ncaj-ncees xws li puag thiab nwj, npuaj-tes, xas-npais o-peej, phlws plaub-hau, npuaj nraub-qaum, sib-txhom sib-ntsuag zog, zuaj xwb-pwg los nraub qaum, nyem tes
- THIAIB ib hnuv no rau-siab luag-nywj-nyav, siv qhovmuag mos-muag, tsa taubtes, nias-co-hau thiab co-tes

