



KEV UA KOOB TSHEEJ HAUV CHAV KAWM NTAWV RAU TUS ME NYUAM

Pab kom koj tus me nyuam chav kawm ntawv tsis txhob ua qhov uas muab khoom noj ua nqi zog rau hauv chav kawm ntawv. Muab cov hnab khoom uas tsis yog khoom noj faib rau hauv chav thaum ua koob tsheej rau hnub yug los sis nqi zog txhua hnub los tau. Cov nov muaj xws li::

- Mem qhuav
- Mem kua
- Mem kob zas
- Mem kob kua
- Lub lww ntawv
- Coupons
- Saw yawm sij
- Hlua khau
- Saw tes
- Nplhaib
- Saw caj dab
- Cov tum ntawv sau
- Phau ntawv pleev kob
- Ntawv lo duab rau ntawm tawv nqaj (sticker tattoos)
- Kav haus dej
- Cwj mem av uas siv sau ua si nraum kev

Muab txoj kev ua koob tsheej rau hnub yug hauv chav kawm ntawv uas pheej muaj noj khoom tas li rov los xav thiab muab tshem tawm, thiab ntxiv kev siv lub cev ua ub no rau txhua hnub uas kawm ntawv. Txhob muab ncuav khob los sis tej khoom qab zib rau koj tus me nyuam nqa tuaj faib rau nws cov phooj ywg uas kawm ntawv ua ke, koj tuaj yeem:



1. Muab tej yam tshwj xeeb rau koj tus me nyuam hnav los sis coj
2. Kom koj tus me nyuam xaiv ib qho kev ua si (game) coj mus ua si hauv gym los sis thaum lawb ua si
3. Ua koob tsheej seev cev ua si hauv chav
4. Hais kom tus xib hwb muab sij hawm ntau zog rau cov me nyuam thaum lawb ua si nyob rau koj tus me nyuam hnub yug



5. Muab ib phau ntawv uas koj tus me nyuam nyiam tshaj rau nws nqa mus rau tus xib hwb los sis ib tug neeg tshwj xeeb tom tsev kawm ntawv nyeem rau cov me nyuam hauv chav kawm ntawv mloog.
6. Nug seb tus xib hwb puas kam koj tus me nyuam ua tej yam tshwj xeeb nyob rau nws hnub yug (xws li ua tus thawj coj kab los sis tus pab xib hwb)

Yog koj xav tau tswv yim pab rau txoj kev noj qab nyob zoo hauv chav kawm ntawv, mus saib hauv.spps.org/wellness



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Muab txoj kev ua koob tsheej rau hnuv yug hauv koj tus me nyuam chav kawm ntawv uas pheej muaj noj khoom thiab dej haus tas li rov los xav. Nws yooj yim thiab nyab xeeb dua rau cov tub ntxhais kawm ntawv thiab xib hwb, thiab yog ib qho zoo rau txoj kev noj qab nyob zoo.

Kev nqa khoom noj tuaj yuav ua rau cov tub ntxhais kawm ntawv uas muaj tej yam kev txwv los ntawm kev lis kev cai thiab/los sis tej yam uas noj tsis haum (allergies) thiab muaj mob koom tsis tau. Nws kuj yuav ua ib lub nra rau cov tsev neeg thiab vim lawv yuav tau yuav khoom noj kom txaus rau tas nrho cov me nyuam hauv chav kawm ntawv. Nug koj tus me nyuam tus xib hwb txog lwm seem kev lom zem uas tsis raug nyiaj dab tsi los ua koob tsheej rau koj tus me nyuam hnuv yug.

KAUM seem ua koob tsheej hnuv yug hauv tsev kawm ntawv uas tsis siv khoom noj:

1. Ua koob tsheej seev cev ua si hauv chav li kaum feeb tej
2. Muab ib phau ntawv uas koj tus me nyuam nyiam tshaj rau nws nqa mus rau tus xib hwb los sis ib tug neeg tshwj xeeb tom tsev kawm ntawv nyeem rau cov me nyuam hauv chav kawm ntawv mloog.
3. Muab tej yam tshwj xeeb rau koj tus me nyuam hnav los sis coj
4. Hais kom tus xib hwb muab sij hawm ntau zog rau cov me nyuam thaum lawb ua si nyob rau koj tus me nyuam hnuv yug
5. Noj sus nrog koj tus me nyuam
6. Ua ib yam tshwj xeeb nrog cov me nyuam nyob rau hauv chav kawm ntawv
7. Nug seb tus xib hwb puas kam koj tus me nyuam ua tej yam tshwj xeeb nyob rau nws hnuv yug (xws li ua tus thawj coj kab los sis tus pab xib hwb)
8. Tsim ib lub thawv hnuv yug tshwj xeeb rau cov me nyuam sib pauv cov ntawv uas qhia tias lawv xav tau dab tsi rau lawv hnuv yug.
9. Kom tus me nyuam nqa ob peb daim duab coj tuaj teeb los sis cov duab mus kev txog nws tus kheej tuaj tso rau cov me nyuam hauv chav kawm ntawv saib
10. Hais kom tus xib hwb nrhiav ib lub sij hawm rau cov me nyuam los ua si nrog ib qho khoom lom zem uas tsis niaj hnuv muaj xws li lub kaus (parachute)





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Muab yeeb koob (rewards) rau tej uas tub ntxhais kawm ntawv ua tiav rau tej seem zoo!

Siv tej khoom noj xws li pizza thiab khoom qab zib (candy) los ua kev txhawb zog muaj peev xwm:

- ua rau cov me nyuam rog
- ua rau cov tub ntxhais kawm ntawv uas muaj tej yam kev txwv thiab/los sis tej yam uas noj tsis haum thiab muaj mob koom tsis tau

KAUM seem ua koob tsheej hnuv yug hauv chav kawm ntawv uas tsis siv khoom noj kom tsim nyog nco qab txog:

1. Mus ua si nraum zoov kom ntev zog
2. Ua koob tsheej seev cev ua si hauv chav kawm ntawv
3. Ua ib yam tshwj xeeb nrog cov me nyuam nyob rau hauv chav kawm ntawv
4. Muaj ib lub ntsiab lus hnuv (xws li Hnuv Tsoos Pw, hnuv hnav tsoos zoo li ib tug neeg ua koj nyiam nyob rau hauv phau ntawv)
5. Nrhiav ib lub sij hawm los ua si nrog ib qho khoom lom zem uas tsis niaj hnuv muaj xws li lub kaus (parachute) los sis cov tsheb maus taus me me
6. Nrog chav kawm ntawv mus ua nkees nrhiav khoom
7. Ua yeeb yam nthuav txuj nyob rau hauv chav kawm ntawv
8. Muaj sij hawm seem ua lwm yam
9. Tawm mus kawm tshwj xeeb rau sab nraud
10. Mloog suab paj nruas thaum ua hauj lwm

