



Center for Early Education and Development

Cov Lus Nug Txog Tub Ki

Leej Txi Puas Cob Qhia Tau Lawv Cov Me Nyuam Thiab?

Ib nkawm niam txiv hluas ntsia nkawv tus me ntxhais uas muaj 6 hli ncav mus muab ib qho khoom ua si nyob hauv pem teb ze ntawm nws xub ntiag. Nqe tsam nws kuj txa tau mus ze qhov khoom; nqe tsam nkawv kuj txa nws mus kom deb qhov khoom. Qhov leej niam xav tau mas yog muab qhov khoom txa los ze kom nws ncav cuag los sis muab txais tes los txhawb tus me nyuam qab xib taws xwv nws thiab cuab tau zog ncav mus ntxiv. Leej txi mas xav cia nws tus me ntxhais sim ua kheej. Qhov leej niam xam pom mas, thaum nws nca tsis tau ces yuav ua rau nws chim thiab nws xav tau kev pab. Qhov leej txiv xam pom mas, nws yuav xyaum ua tau kheej yog cia nws mam sim ua, txawm nws nca muab tsis tau zaum no los tsis ua li cas. Txoj hau kev twg thiab yog txoj zoo rau cov me nyuam? Txoj twg los yeej zoo. Kev tshawb xyuas qhia tau rau peb tias cov me nyuam yuav paub tab dua thaum lawv muaj kev cob qhia txawv los ntawm leej niam thiab leej txi. Me nyuam yeej tsis ntxov siab txog qhov nws niam thiab nws txiv tu nws. Qhov tseeb tiag mas, cov me nyuam kawm tau tias ob tus neeg yeej muaj cuab kav muab tau kev hlub tshua rau lawv. Thiab thaum yeej muaj ntau yam uas leej niam thiab leej txiv tu lawv cov me nyuam mos txawv los yeej muaj ntau yam zoo sib xws. Ob tug niam tug txiv puav leej muaj cuab kav cob qhia thiab tu kom nws loj hlob cus plaws tau.

Tus txiaj ntsim ntawm qhov muaj leej txi tu nrog

Cov me nyuam uas muaj leej txi nrog cob qhia txaus nkaus yeej loj hlob tau cus plaws tshaj cov uas leej txi cob qhia tsis txaus. Lawv yeej muaj tswv yim los daws teeb meem zoo dua thiab tsis tshua muaj tej kev ntxhov siab, txawj yooq, tob taub txog qhov lwm tus xav, thiab txawj yooq tau nrog lwm tus. Qhov leej txi nrog cob qhia txaus yuav ua rau tus me nyuam muaj lub siab tus, txawj coj, thiab txawj mob siab mus soj ntsuam thiab nyiam kawm.

Qhov ua kom leej txi tu ncuat txoj kev tu

Txawm poj niam thiab txiv neej yeej muab cuab kav kawm kom paub tu me nyuam tib yam nkaus los, cov niam yeej yog tus xub tu me nyuam ntau tshaj. Kuj muaj ntau qhov paus ntsis hais tias yog li cas thiab zoo li no:

- **Txiv neej tsis swm nrog cov me nyuam ntau li cov niam.** Hauv peb lub neej, cov niam thiab cov ntxhais yeej xyaum tu me nyuam tas li xws li zov me nyuam, pab lwm tus zov me nyuam, tu nws tej me nyuam. Cov me tub thiab cov txiv neej hluas yeej tsis tshua kov tej hauj lwm no. Vim li no, cov txiv neej thiab tsis tshua kam zov los sis tsis tshua txawj tu tej me nyuam.
- **Txiv neej pheej tsis xav tias lawv muaj qhov txhob li cov poj niam los kawm tu lawv cov me nyuam.** Vim li ntawd, lawv yuav tsis tshua nrhiav kev qhia los ntawm cov tub txawg, tsev neeg, phooj ywg, thiab lwm qhov chaw kom lawv txawj tu me nyuam.
- **Thaum cov niam ua tus tu me nyuam xwb, lawv kuj txawj tu thiab saib cov txiv li cov tsis tshua txawj.** Thaum zoo li no lawm, qhov tu me nyuam ces yeej hais tau tias leej niam yog tus tu ntau dua, kawm tu ntau dua, tso siab tu ntau dua, thiab ua tus muaj feem xyuam ntau dua los tu tej me nyuam ntau zuj zus ntxiv. Thaum no ces cov txiv cia li tsis tshua tu, tsis tshua kawm tu, thiab tsis tshua muaj peev xwm los tu tau me nyuam lawm. Thaum pheej zoo li no lawm ces, cov niam yog cov tu ntau tshaj, cov txi cia li tsis zov tu tej me nyuam lawm, thiab cov me nyuam los yuav tsis tau txais tej txiaj ntsim los ntawm ob tug niam tug txiv lawm.
- **Kev ua ib tsev neeg thiab kev noj kev haus muaj cuab kav ua kom qhov muaj leej txi nrog tu no tu ncuat.** Nyob li tej tsev uas muaj ib leej niam lawm xwb, tej tsev sib nrauj los sis sib cais lawm ces, cov txiv yuav tsis nyob nrog lawv cov me nyuam lawm. Txhua hom tsev neeg, cov poj niam thiab cov txiv neej yeej ntsib txoj kev khwv kom tsev neeg txaus noj txaus haus los sis mus ua hauj lwm ces lawv yuav los nyob tu tej me nyuam tsis tau raws li siab xav. Txoj kev khwv thiab txoj kev mus ua hauj



lwm haj yam ua rau cov txiv tsis muaj lub ciaj los nrog tej me nyuam nyob li qhov lawv xav.

Qhov zoo tshaj rau tsev neeg

Txawm leej txi yuav muaj kev tu ncuu los nrog tu lawv cov me nyuam los, ob tug niam txiv txoj kev sib hlub yeej muaj cuab kav los daws tau tej kev tu ncuu no. Yeej muaj ntau txoj hau kev uas cov niam thiab cov txiv muaj cuab kav los sib pab tes dej num tu thiab txawj cob qhia tau lawv cov me nyuam. Thaum koj xav txog koj tsev neeg, tej zaum koj yuav xam txog qhov hais mus no:

Involved fathers learn by doing. Parenting skills are learned on the job, and men may shy away or have less opportunity for this hands-on experience. The earlier a father starts and the more he does, the more comfortable and competent he will feel. Most people feel pretty incompetent at first, but for giving, loving and gentle parents, babies are very good teachers.

- **Cov txiv uas nrog tu me tub me nyuam yeej xeem ua xeem kawm.** Kev txawj tu me nyuam ces yeej kawm tau los ntawm qhov raus tes ua, thiab tej zaum cov txiv neej yuav tsis tshua muaj caij los mus xyaum tu li hais no. Yog leej txi pib tu thaum ntsoov thiab yog nws tu ntau zuj zus ces nws yeej yuav tso siab thiab txawj tu tau. Tib neeg feem coob yeej tsis tshua txawj thaum ntej, tiam sis cov niam cov txiv uas muaj txoj kev hlub, kev tshua thiab kev chawj, lawv yeej xyaum kom txawj los tu tau lawv cov me nyuam.
- **Muaj ntau txoj kev rau leej niam thiab leej txi los kawm kom txawj cob qhia tau lawv cov me nyuam.** Qhov cov niam cov txiv cov qhia sib txawv thiab qhov cov qhia sib xws ntawd yeej zoo rau cov me nyuam tag nrho. Nco ntsoov tias yeej muaj ntau txoj hau kev zoo los tu cov me nyuam thiab cov me nyuam los yuav tau txais txiaj ntsim los ntawm ntau txoj hau kev tu me nyuam no. Yeej meem cia kom muaj txoj kev hlub txawv li qhov koj tus txiv muaj rau cov me nyuam.
- **Txhua tus niam txiv yeej muaj txoj kev los tsim txoj kev sib raug nrog tus me ab.** Peb feem coob yeej xyaum tau txawj los tu me nyuam thaum tsis muaj leej twg los xauj ntsia peb "qhia kom ua" thaum peb zov me nyuam. Muab tej lub caij rau ob tug niam txiv los zov tej me nyuam ib leeg, tsuas sib qhia tu me nyuam me ntsis xwb, thiab tso siab rau koj tus txij nkawm los xyaum tu li koj xyaum thiab.
- **Ceev ob tug niam txiv txoj kev sib hlub kom ruaj.** Kev tshawb xyuas pom tias txoj kev sib hlub ntawm ob tug xwb thiab pab tau leej txi los nrog cov qhia cov me nyuam.

COLLEGE OF EDUCATION
+ HUMAN DEVELOPMENT

UNIVERSITY OF MINNESOTA

Tus sau yog: Gloria Ferguson, B.A., CAPS, Health Educator, Health Start's Director of Community Services, St. Paul, Minnesota.

Xav paub ntau tshaj no

Yog xav paub ntau txog leej txi txoj kev tu me nyuam, thov hu rau Father's Resource Center, xov tooj yog 612-521-3409, the Early Childhood Family Education program (ECFE) nyob hauv koj lub zos, xov tooj yog 1-800-KIDS-709 Los yog mus saib hauv <http://www.fathersworld.com/resources>.

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Cov Lus Nug Txog Tub Ki muaj nyob hauv Web:

<http://cehd.umn.edu/ceed>

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The Center for Early Education and Development hauv Minnesota lub tsev kawm ntawv qib siab yog cov sib koom los tsim cov lus nug txog tub ki. Minnesota lub tsev kawm ntawv qib siab yog qhov chaw muaj vaj huam sib luag rau txoj kev kawm ntawv thiab kev ua hauj lwm. Yog koj xav tau cov lus hauv daim ntawv no ua lwm hom los yog xav tau ntau daim ntawv, thov hu rau tus xov tooj 612-625-3058.

"Do Dads Really Make a Difference?" Hmong translation by Dao Xiong.