



Txhua tus me nyuam yaus kawm thiab loj hlob raws li lawv tus kheej qib, tab sis muaj cov hom phiaj dav rau txhua tus me nyuam yuav tsum caum cuag thaum lawv txawj ua si, kawm, hais lus, coj yam ntxwv thiab qoj ib ce mus los.

Nov yog txoj kev rau koj nkag siab thiab txhawb txoj kev loj hlob ntawm koj tus me nyuam los sis tus me nyuam koj zov tu:

- Mus ntsib nrog koj tus kws kho mob tsis tu ncuu **rau cov kev ntsuam xyuas me nyuam kev noj qab nyob zoo.**
- Tej **lus nug los sis kev txhawj xeeb** uas koj muaj txog koj tus me nyuam txoj kev loj hlob tuaj nrog.
- Nug txog cov kev pab cuam tshuam thaum ntxov— raus tes ntxov yeej ib txwm zoo tshaj. **Wisconsin Birth to 3 Program (Txoj Kev Pab Cuam Birth to 3)** yuav haum rau koj lub tsev neeg.

[www.dhs.wisconsin.gov/birthto3/index](http://www.dhs.wisconsin.gov/birthto3/index)

QHOV  
PIB TAU ZOO  
NYOB RAU  
THAWJ 1,000 HNUB



# PAUB COV CIM QHIA



Koj paub koj tus me nyuam zoo tshaj. Ib yam tseem ceeb tshaj plaws uas koj tu xyuas tau ib tug me nyuam txoj kev noj qab haus huv thiab kev loj hlob yog taug qab txog lawv cov kev xeeb loj ib vuag zus.

Muaj qee **cov chaw muab kev pab** uas yuav pab tau koj ua qhov no:

- Koj tus kws kho mob yuav hais kom koj teb rau ib lub tswv yim ntsuam xyuas: ib Ages & Stages Questionnaires (Cov Lus Nug Txog Cov Qib Hnub Nyoog & Qib Kev Loj Hlob) (ASQ). Kawm kom paub tias yog dab tsi thiab nws yuav pab tau li cas nyob rau ntawm [www.agesandstages.com/about-asq/for-parents](http://www.agesandstages.com/about-asq/for-parents).
- Cov Centers for Disease Control and Prevention (Chaw Tswv thiab Tiv Thaiv Kab Mob) muaj cov tswv yim pab rau cov niam txiv ntawm [www.cdc.gov/ncbddd/actearly](http://www.cdc.gov/ncbddd/actearly).
- Lub Center on the Developing Child (Chaw Kawm Txog Me Nyuam Kev Loj Hlob) hauv lub tuam tsev kawm ntawv qib siab Harvard University muaj cov duab viv dis aus uas piav qhia txog kev ntxhov siab thiab kev ntsib teeb meem loj muaj feem xyuam li cas rau tus me nyuam txoj kev loj hlob. Xyuas lawv cov duab rau saib ntawm [www.youtube.com/c/HarvardCenter](http://www.youtube.com/c/HarvardCenter).

Tshawb ntxiv: [www.dhs.wisconsin.gov/birthto3/family/development](http://www.dhs.wisconsin.gov/birthto3/family/development).