



KEV TXHAWB ME NYUAM TXOJ KEV NOJ QAB NYOB ZOO LOS NTAWM KEV TAWM TSAWM RAU COV HLOOV TXOG COVID NYOB RAU HAUV TSEV KAWM NTAWV

(SUPPORTING CHILD WELL-BEING THROUGH RESPONDING TO COVID CHANGES AT SCHOOL)

PLAUB HLIS NTUJ 2021

VIM LI CAS PEB THIAJ XAIV COV NCAUJ LUS NO

Qee cov neeg kawm ntawv uas rov qab mus kawm tim ntsej tim muag yuav ntxhov siab txog txoj kev rov mus ua raws cov qub kauj ruam thiab txog chav kawm ntawv uas muab kho hloov txawv lawm. Lawv yuav tsis muaj kev sib raug zoo heev nrog cov xib thiab cov neeg kawm ntawv, thiab lawv cov tsev neeg yeej tseem daws cov teeb meem txuam nrog kab mob kis thoob ntiaj teb. Cov neeg kawm ntawv yuav tau muaj kev pab txhawb ntxiv kom siab ntsws noj qab haus huv tus thiab kawm tau tawv vam meej.

KEV TSHAWB FAWB POM TIAS 1, 2, 3

Rau cov me nyuam uas twb yeej muaj cov teeb meem kev puas siab ntsws puas hlwb los sis teeb meem hauv lub tsev neeg lawm, muaj txoj kev kab mob kis thoob ntiaj teb yuav cov nyom heev ntxiv. Cov me nyuam uas yuav tau muaj kev qhia ntawv tshwj xeeb, cov muaj nyiaj tsawg thiab cov me nyuam nyob cov cheeb tsam zos me yuav ntsib tus kab mob COVID-19 txawv heev, thiab yuav tau muaj kev pab txhawb ntxiv thaum lawv rov qab mus kawm ntawv tim ntsej tim muag.



Cov lag luam pov hwm pab them nqi kho mob tau ceeb toom qhia **pom nce lawm 100%** rau txoj kev **tsim kev mob rau tus kheej, kev quav tshuaj yeeb dej caw, thiab kev puas siab ntsws puas hlwb** rau cov neeg hluas hauv xyoo 2020 yog muab piv nrog xyoo 2019.

Ceeb toom pom cov neeg Mev Hispanic laus yog cov muaj kev nyuab siab thiab xav txov tus kheej txoj sia coob tshaj plaws ntawm cov haiv neeg thiab cov hom pawg neeg hauv xyoo 2020 vim yog txoj kev tsis muaj khoom noj khoom haus txaus los sis vaj tse ruaj nyob, ua rau lawv cov me nyuam muaj kev ntxhov siab thiab txhawj.



DAB TSI TSHWM SIM HAUV WISCONSIN?



Tes Hauj Lwm ntawm **Voices of Wisconsin Students (Cov Neeg Kawm Ntawv Hauv Wisconsin Lub Suab Lus)** yog tsim muaj los ntawm Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob

Kev Nkeeg) txoj kev sib koom tes nrog University of Wisconsin's (Tuam Tsev Kawm Ntawv Qib Siab) lub Wisconsin Institute for Public Policy and Service (WIPPS) Research Partners and the Medical College of Wisconsin (Chaw Kawm Txog Pej Xeem Txoj Cai thiab Cov Kev Pab) (MCW) los sau ua ke tswv yim ntxiv txog cov neeg kawm ntawv qib nrab thiab qib high school ntoog li cas txog txoj kev kawm ntawv, kev kawm, cov kev pab rau txoj kev ntxhov siab thiab lub neej thaum muaj tus kab mob COVID-19.

Yuav sau ua ke cov ncauj lus tseem ceeb los ntawm cov neeg kawm ntawv hauv 23 pab pawg sib txawv, uas yuav pab faj seeb txog cov kev sib tham los ntawm cov tsev neeg, cov tsev kawm ntawv thiab cov neeg tsim tsa kev cai txog kev pab txhawb rau cov neeg kawm ntawv txoj kev kawm hauv tshuab huav taws xob, tim ntsej tim muag los sis cov kev kawm ib kuag ib hom/sib txuam ua ke.

Koj puas xav tias koj tus me nyuam yuav tsum tau muaj cov kev pab kho kev puas siab ntsws puas hlwb thiab tsis pom qab yuav pib qhov twg? Xyuas **peb cov lus coj qhia txog kev mus cuag cov kev pab kho me nyuam txoj kev puas siab ntsws puas hlwb.**

Key Mus Cuag Children's Cov Kev Kho Puas Siab Ntsws Puas Hlwb Rau Me Nyuam

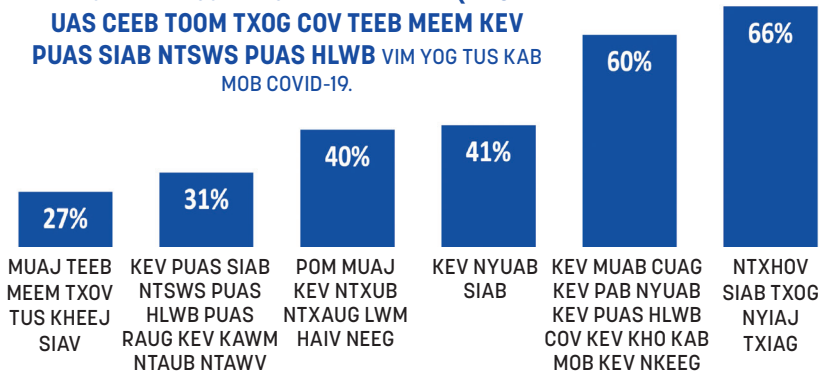
- 1. Koj puas xav tias koj tus me nyuam yuav tsum tau muaj cov kev pab kho kev puas siab ntsws puas hlwb thiab tsis pom qab yuav pib qhov twg? Xyuas peb cov lus coj qhia txog kev mus cuag cov kev pab kho me nyuam txoj kev puas siab ntsws puas hlwb.**
- 2. Koj puas xav tias koj tus me nyuam yuav tsum tau muaj cov kev pab kho kev puas siab ntsws puas hlwb thiab tsis pom qab yuav pib qhov twg? Xyuas peb cov lus coj qhia txog kev mus cuag cov kev pab kho me nyuam txoj kev puas siab ntsws puas hlwb.**
- 3. Koj puas xav tias koj tus me nyuam yuav tsum tau muaj cov kev pab kho kev puas siab ntsws puas hlwb thiab tsis pom qab yuav pib qhov twg? Xyuas peb cov lus coj qhia txog kev mus cuag cov kev pab kho me nyuam txoj kev puas siab ntsws puas hlwb.**
- 4. Koj puas xav tias koj tus me nyuam yuav tsum tau muaj cov kev pab kho kev puas siab ntsws puas hlwb thiab tsis pom qab yuav pib qhov twg? Xyuas peb cov lus coj qhia txog kev mus cuag cov kev pab kho me nyuam txoj kev puas siab ntsws puas hlwb.**



-txuas mus ntxiv-

KEV CUAM TSHUAM RAU COV NEEG KAWM NTAWV QIB SIAB ⁴

FEEM PUA NTAWM COV NEEG KAWM NTAWV QIB SIAB UAS CEEB TOOM TXOG COV TEEB MEEM KEV PUAS SIAB NTSWS PUAS HLWB VIM YOG TUS KAB MOB COVID-19.



Cov qib kev nyuab siab, ntshov siab, kev xav txov tus kheej siab, thiab txoj kev xav tau cov kev pab kho kev puas siab ntsws puas hlwb rau cov neeg kawm ntawv qib siab hnuv nyooq 18-24 yeej muaj ua ntej muaj kab mob kis thoob ntiaj teb. Tam sim no, cov neeg kawm ntawv ceeb toom tias muaj cov kev nyuab siab heev tshaj tuaj, uas ua kev puas tsis zoo rau lawv rab peev xwm kawm ntaub ntawv. Nrxi nrog rau lawv txoj kev ntshov siab ntsws, cov neeg kawm ntawv qib siab tau plam ib kauj ruam tseem ceeb ntawm lawv txoj kev kawm xws li kev kawm ntawv tiav, kev koom nrog kev ntaus pob ncaus pob thiab lwm cov kev raus tes uas yuav puav leej muaj feem xyuam ntau rau lawv txoj kev noj qab nyob zoo.

YAM PEB UA TAU ^{5,6}

➔ COV NIAM TXIV:

- Sib tham nrog koj tus me nyuam txog yam lawv yuav tau ras txog thaum rov qab mus kawm ntawv. Xav pab koj txoj kev sib tham pem thiab xav kawm tau dab tsi koj mus siv, saib daim viv dis aus luv luv [Parenting during the Pandemic: Managing Stress and Anxiety \(Kev Ua Niam Ua Txiv thaum Muaj Kab Mob Kis Thoob Ntiaj Teb: Tswj Xyuas Kev Nyuab Siab thiab Ntxhov Siab\)](#).
- Txhawb kom koj tus me nyuam tu xyuas tus kheej xws li so ntawm txoj kev saib ntawv uas yog mus taug kev thiab koom nrog tej phooj ywg ua ub no tsis tu ncu.
- Yog tias koj tus me nyuam muaj qhov Individualized Education Plan (Tswv Yim Npaj Qhia Ntawv Rau Tib Leeg) (IEP), hu cuag lub tsev kawm ntawv cov kws pab tswv yim kev kawm thiab cov xib fwb kom pab txhib tas zog ntxiv rau koj tus me nyuam txog cov yam nws yuav tau muaj thiaj li kawm ntawv vam meej.

➔ TSEV KAWM NTAWV / COV XIB FWB:

- Sib koom tes nrog cov tsev neeg kawm kom paub ntxiv txog lawv tus me nyuam cov kev tu ncu tshwj xeeb.
- Pab txhawb kom cov neeg kawm ntawv txawv haiv neeg thiab cov muaj tej kev tu ncu tshwj xeeb kom muaj txoj kev ruaj siab thiab chaw ruaj, kom phim rau cov muaj feem xyuam los ntawm txoj kev muaj kab mob kis thoob ntiaj teb.
- Tsis ntsees siv cov kev cuam tshuam ua hauj lwm zoo kom tswj tau lub siab ntsws noj qab haus huv.

- Tshawb txog cov kev kawm Mental Health First Aid (Xub Cawm Kev Puas Siab Ntsws Puas Hlwb) kom paub tham nrog cov neeg hluas txog kev noj qab nyob zoo ntawm lub siab ntsws lub hlwb.

➔ COV NEEG TEEB TSA KEV CAI:

- Txhawb nyiaj txiag ntxiv rau kev pab kho kev puas siab ntsws puas hlwb hauv tsev kawm ntawv kom muaj cov kws kho kev puas siab ntsws puas hlwb, cov kws pab tswv yim thiab cov neeg tu mob.
- Txhawb nyiaj txiag ntxiv rau xib fwb kev kawm txog cov kev puas ntsoog.
- Sib koom cov nyiaj txiag pab txhawb kom muaj ntxiv rau cov tsev kawm ntawv kom muab tau cov kev kho kev puas siab ntsws puas hlwb rau cov neeg kawm ntawv.
- Muab qhov nyiaj se Earned Income Tax Credit (Nyiaj Se Khwv Tau) kom ntau dua ntxiv kom tso tsawg tau txoj kev tom nyem thiab tso tsawg tau lawv cov kev koj yam ntxwv uas tsim muaj teeb mem.

➔ COV ZEJ ZOG:

- Ib yam kev ntshov siab loj tshaj plaws rau cov tsev neeg yog tsis muaj khoom noj khoom haus txaus. Tsim tsa koom txoos thov nyiaj los pab rau koj qhov chaw pub khoom noj khoom haus rau pej xeeb hauv zos.
- Tsi ntsees pab nyiaj rau COVID-19 kom daws tau cov teeb meem sib luag rau cov zej zog neeg uas muaj nyiaj tsawg khiab tsev nyob thiab kev tsis muaj vaj tse nyob ruaj.

COV CHIV KEEB:

¹ Lee J. Kev puas siab ntsws puas hlwb muaj feem xyuam rau cov kev kawm tsev kawm ntawv thaum lub coj muaj tus kab mob COVID-19. Lancet Child Adolesc Health 2020; 4: 421 Rub tau los ntawm: [https://www.thelancet.com/action/showPdf?pii=S2352-4642\(20\)2820%2930109-7](https://www.thelancet.com/action/showPdf?pii=S2352-4642(20)2820%2930109-7)

² McKnight-Eilly LR, Okoro CA, Strine TW, et al. Racial and Ethnic Disparities in the Prevalence of Stress and Worry (Cov Teeb Meem Kev Ntxhov Siab thiab Txhawb Txog Kev Ntxub Ntxaug Lwm Haiv Neej thiab Hom Neej), Mental Health Conditions, and Increased Substance Use Among Adults During the COVID-19 Pandemic (Cov Kev Puas Siab Ntsws Puas Hlwb, thiab Kev Quav Tshuab Yeej Dej Caw Ntau Ntxiv Ntawm Cov Neej Laus Thaum Muaj Tus Kab Mob Kis Thoob Ntiaj Teb COVID-19) — Teb Cbaws Asmeskas, Plaub Hlis thiab Tsis Hlis Xyoo 2020. MMWR Morb Mortal Wkly Rep 2021;70:162–166. DOI: <http://dx.doi.org/10.15585/mmwr.mm7005a3external icon>

³ Kev Noj Qab Haus Huv Ncaj Ncees. Ntawv Dawb. The Impact of COVID-19 on Pediatric Mental Health (COVID-19 Kev Cuam Tshuam rau Me Nyuam Kev Puas Siab Ntsws Puas Hlwb): Ib txoj kev ntiav tshawb kawm txog cov kev noj qab haus huv. Peb Hlis Ntuj 2021.

⁴ The Healthy Minds Network in collaboration with the Amer. College Health Association. The Impact of COVID-19 on College Student Well-Being (COVID-19 Cuam Tshuam rau Neej Kawm Ntawv Txoj Kev Noj Qab Haus Huv). Tsis Hlis Ntuj 2020.

⁵ Casel. Reunite, Renew, Thrive. A Social Emotional Learning Roadmap for Re-opening Schools (Txoj Hau Kev Rov Qhib Cov Tsev Kawm Ntawv Zoo Rau Siab Ntsws Kev Sib Raug Zoo). Xya Hli Ntuj 2020.

⁶ Wisconsin Department of Public Instruction (Tuam Tsev Tswj Xyuas Kev Qhia Ntawv rau Pej Xeeb). Policy and Budget Team (Pab Neej Tsim Kev Cai thiab Ntsuas Nyiaj Txiag). Summary of 2021-23 Biennial Budget Request & Governor Evers' 2021-23 Biennial Budget Proposal (Lus Nthuav Txog Xyoo 2021-23 Qhov Nyiaj Ntsuas Thov Rau Ob Xyoo & Hau Xeev Ever Qhov Nyiaj Ntsuas Pom Zoo Rau Xyoo hauv 2021-23). (Inploo 8).