



VIM LI CAS PEB THIAJ XAIV COV
NCAUJ LUS NO

Cov kev tshwm sim txog kev ntxhov siab ntsws yuav hnov thiab zoo sib txawv ntawm txhua tus neeg hluas. Muaj txoj kev ruaj siab zoo thiab xwm yeem yuav kheev tus hluas tham txog lawv txoj kev xav nyob rau hauv qhov chaw nyab xeeb. Muab cov hluas nrog positive childhood experiences (Kev Zoo Hauv Me Nyuam Lub Neej) (PCE) yuav pab cov kev ntxhov siab ntsws kom sib dua. Feem ntau, cov PCE muaj cov kev sib raug zoo pab txhawb los ntawm cov neeg laus thiab muaj kev ntaus phooj ywg sib raug zoo nrog lawv cov phooj ywg, tsev neeg, lub zej zog thiab kab lis kev cai.

KEV TSHAWB FAWB POM TIAS ^{1,2,3}

Ib txoj kev tshawb kawm uas siv Wisconsin cov ntaub ntawv los ntsuam xyuas cov muaj feem xyuam ntawm cov PCE thiab neeg laus kev nyuab siab. Nws pom muaj xya qhov tseeb uas tiv thaiv me nyuam ntawm txoj kev ntxhov siab, txo tsawg cov kev puas raug los ntawm kev raug mob, thiab loj hlob ua ib tug me nyuam khov kho.

- 1** Muaj peev xwm sib tham nrog lub tsev neeg txog cov kev xav hauv siab
- 2** Lub tsev neeg yeej pab txhawb thaum muaj cov sij hawm nyuab
- 3** Kev koom nrog lub tsev neeg thiab lub zej zog cov kab lis kev cai
- 4** Kaj siab nyob rau hauv tsev kawm ntawv qib high school
- 5** Kaj siab tau kev pab txhawb los ntawm cov phooj ywg
- 6** Muaj tsawg kawg yog ob tug neeg laus uas tsis yog leej niam leej txiv pab nrog zov tu
- 7** Nyob nyab xeeb thiab tau kev tiv thaiv los ntawm ib tug neeg laus hauv tsev

Nws tseem ceeb heev uas **tus neeg hluas txoj kev noj qab haus huv ntawm lub cev ntaj ntsug thiab lub siab ntsws yog ib feem ntawm kev sib raug zoo dua li nws lub tsev neeg.** Thaum lawv paub tias lawv yog leej twg zus, cov phooj ywg yuav muab kev pab txhawb thiab kev dim pa rau txoj kev nyuab siab, meem txom siab ntsws thiab kev ntxhov siab.



DAB TSI TSHWM SIM HAUW WISCONSIN?

**Nco ntsoov
5 Yam Ua Tau Zoo**

- 1** **Kev Pab Cov Me Nyuam Nkag Siab Txog Cov Kev Xav Hauv Siab Ntsws**
Social & Emotional Competence of Children (Me Nyuam Kev Muaj Peev Xwm Sib Raug Zoo & Siab Ntsws Ruaj)
Kev tsa tus ntv tes xoo yog ib txoj kev peb qhia txog kev xav hauv siab
- 2** **Parenting as Children Grow (Kev Tu Tub Ki thaum Me Nyuam Loj Zus)**
Knowledge of Parenting & Child Development (Kev Paub Txog Kev Tu Tub Ki & Me Nyuam Kev Laj Hlob)
Koj yog koj tus me nyuam thawj tus xib fwb thiab tus tseem ceeb tshaj plaws.
- 3** **Kev Txuam Nrog Lwm Cov Neeg**
Kev Ntaus Phooj Ywg Sib Raug Zoo
Zoo sib xws li koj tus ntv tes nruab nrab, koj yuav tsum tsis txhob nyob tib leeg.
- 4** **Txhawb Kom Ruaj Siab**
Niam Txiv Khov Kho
Koj tus ntv tes thib plaub sawv cev rau txoj kev mob siab tu xyuas koj tus kheev.
- 5** **Paub Mus Nrhiav Kev Pab**
Cov Kev Pab Txhawb Meej Thaum Muaj Kev Tu Ncuu Qhov Kawg, tsis tau yog tag li, thov kev pab yog koj xav tau.

Txawm yuav yog txhawb kom muaj cov kev sib raug zoo, qhia niam txiv txog kev sib txuas lus zoo nrog lawv tus me nyuam los sis txhawb kom muaj cov kev ntaus phooj ywg sib raug zoo nyob rau hauv lub zej zog, Wisconsin nkag siab txog qhov tseem ceeb ntawm cov kev zoo hauv me nyuam lub neej.

Kom pab txhawb cov tsev cov kev ua tau zoo, Wisconsin Child Abuse and Neglect Prevention Board (Thawj Tswj Hwm Kev Tsim Txom thiab Tiv Thaiv Txoj Kev Tsis Saib Xyuas Me Nyuam) pom muaj tsib yam tseem ceeb uas yuav pab tau cov niam txiv thiab cov neeg zov tu txhawb kev sib raug zoo nrog cov me nyuam kom zoo dua hu ua **"Five for Families (Tsis Rau Cov Tsev Neeg)."**

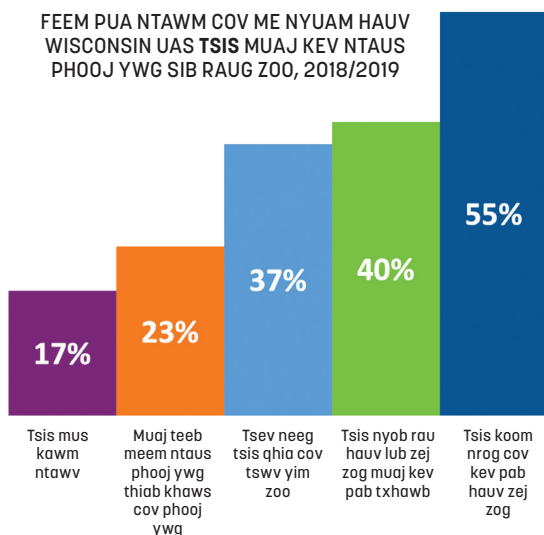


-txuas mus ntxiv-

MUAJ KEV NTAUS PHOOJ YWG SIB RAUG ZOO TXHAIS LI CAS? ⁴⁻⁶

Cov me nyuam muaj kev ntaus phooj ywg sib raug zoo thaum lawv muaj cov phooj ywg txaus ua rau lawv kaj siab, muaj kev hmov tshua lawv, muaj nqis thiab muaj kev pab txhawb. Tiam sis, tsis yog txhua tus me nyuam hauv Wisconsin tau cov kev pab txhawb zoo tas li. Yog tsis muaj txoj kev tiv thaiv los ntawm cov kev ntaus phooj ywg sib raug zoo, lawv yuav tsis khov txaus thaum muaj cov sij hawm nyuab ntxhov.

FEEM PUA NTAWM COV ME NYUAM HAUV
WISCONSIN UAS **TSIS** MUAJ KEV NTAUS
PHOOJ YWG SIB RAUG ZOO, 2018/2019



Ib yam kev ua si muaj txiaj ntsim tshaj plaws uas tus neeg hluas ua tau kom txhawb cov kev phooj ywg yog pab txhawb rau ib lub hom phiaj ntawm sawv daws. Kev pab dag zog dawb yuav pab ib tug neeg hluas tsim muaj kev kaj siab thiab kev paub hauj lwm tam ib tug pej xeem.

COV CHIV KEEB:

¹ Bethell, C., Jones, J., et al. Qhov Qauv Thoob Plaws Lub Xeev Positive Childhood Experiences (Kev Zoo Hauv Me Nyuam Lub Neej) thiab Adult Mental and Relational Health (Neeg Lous Kev Puas Siab Ntsws Puas Hlwb thiab Kev Sib Raug Zoo): Associations Across Adverse Childhood Experiences Levels (Cov Kev Sib Raug Zoo Thoob Plaws Cov Qib Hauv Kwv Tswm Hauv Me Nyuam Lub Neej. JAMA Pediatr. 2019;173(11):e193007.

² Yang, C., Boen, C., et al. Social relationships and Physiological Functioning (Cov kev sib raug zoo thiab Siab Ntsws Kev Xav). Cov txheej txheem ntawm National Academy of Sciences Ib Hlis Ntuj xyoo 2016. Rub tau los ntawm: <https://www.pnas.org/content/pnas/early/2016/01/02/1511085112.full.pdf>

³ Braman, L. 7 Positive Childhood Experiences that Shape adult Health and Resiliency-Illustrated (Kev Zoo Hauv Me Nyuam Lub Neej uas Pab Txhawb Txoj Kev Noj Qab Haus Huv thiab Kev Kho Ntawm Neeg Laus). (Vas Sab) 2021, Plaub Hlis Ntuj Hnub timl 6. Rub tau los ntawm: <https://lindsaybraman.com/positive-childhood-experiences-aces/>

⁴ Wisconsin Office of Children's Mental Health (Cov Kev Kho Puas Siab Ntsws Puas Hlwb Rau Me Nyuam). Collective Impact Definition (Ntsiab Lus Txhais Txog Kev Muaj Feem Xyuam Ua Ke). 2021. Madison, WI

⁵ Child and Adolescent Health Measurement Initiative. 2018-2019 National Survey of Children's Health (NSCH) cov ntaub ntawv. Data Resource Center for Child and Adolescent Health uas

YAM PEB UA TAU⁷

➔ COV NEEG TEEB TSA KEV CAI:

- Pib muaj cov kev pab muaj txiaj ntsim thiab cov kev cai tseem ceeb uas txhawb cov qauv kev ntaus phooj ywg sib raug zoo xws li kev zov tu txuam muaj ntau yam, kev cuam tshuam thaum ntxov, thiab cov kev sib koom ua ub ntawm txhua fab.
- Pab nyiaj rau cov pab pawg neeg sib txhawb kom cov neeg hluas muaj kev sib cuag nrog lwm cov npoj yaig thiab ntaus cov kev phooj ywg.

➔ TSEV KAWM NTAWV:

- Txhawb kom muaj kev sib hwm hauv chav kawm ntawv los ntawm txoj kev txo tsawg cov kev poob ntsej muag los sis kev sib thuum ntawm cov neeg kawm ntawv.
- Txib cov hauj lwm hauv chav kawm ntawv rau cov neeg kawm ntawv uas yuav txhawb tsim nyog rau txoj kev loj hlob.
- Tsa kom muaj cov pawg xib fwb qhuab qhia hauv tsev kawm ntawv uas paub thiab mob siab rau cov neeg kawm ntawv cov kev vam meej.
- Npaj kom muaj cov kev kawm nrog cov phooj ywg hauv tus me nyuam qhov Individualized Education Plan (Tswv Yim Npaj Qhia Ntawv Rau Tib Leeg) (IEP).

➔ COV CHAW MUAB KEV PAB:

- Txheeb kom paub cov kev tiv thaiv los txo tsawg cov kev to kev ntxhov siab mus ntev.
- Mus cuag cov tsev neeg kom tau cov pawg neeg pab txhawb, thiab txhawb txoj kev siv cov tsev qiv ntawv, thiab lwm cov kev koom nrog cov phooj ywm uas pheej yig los sis tsis raug nqi dab tsi.
- Qhia cov txuj ci ua lub neej rau cov me nyuam kom lawv xyuum ua ib tug phooj ywg zoo thiab muab kev ntaus phooj ywg ntau tshaj plaws.

➔ COV NIAM TXIV:

- Nrhiav cov kev rau koj tus me nyuam muaj kev sib cuag nrog cov phooj ywg thaum ntxov thiab ntau npaum li ntau tau kom cov me nyuam txawj ntaus phooj ywg lawv tus kheej.
- Nug seb koj tus me nyuam cov phooj ywg yog leej twg, tshwj seeb yog cov hauv tsev kawm ntawv qib high school.
- Tham nrog koj tus me nyuam txog thaum twg yuav tau muaj kev ntaus phooj ywg, thaum twg yuav tau teeb tsa cov ciaj ciam thiab thaum twg yuav tau xaus cov kev phooj ywg.

txhawb los ntawm Teb Chaws Asmeskas Department of Health and Human Services (Tuam Tsev Tswj Xyuas Kev Noj Qab Haus Huv thiab Pej Xeem), Health Resources and Services Administration (Chaw Muab Kev Pab Rau Kev Noj Qab Haus Huv thiab Cov Kev Pab Tu Xyuas) (HRSA), Maternal and Child Health Bureau (Koom Hauv Tswj Xyuas Leej Niam thiab Me Nyuam Kev Noj Qab Haus Huv) (MCHB). Rub tau los ntawm [04/16/21] from www.childhealthdata.org.

⁶ Forder, M.L., What Teens Gain When They Contribute to Their Social Groups (Cov Neeg Hluas Tau Dab Tsi Thaum Lawv Txhawb rau Lawv Cov Pawg Phooj Ywg). Greater Good Magazine: Science-Based Insights for a Meaningful Life (Cov Tswv Yim Raws Kev Xeeb Txawv rau Lub Neej Muaj Txiaj Ntsim). Xya Hli Ntuj Hnub tim 22, 2019. Rub tau los ntawm: <https://greatergood.berkeley.edu/article/item/what-teens-gain-when-they-contribute-to-their-social-groups>

⁷ Centers for Disease Control and Prevention (Cov Chaw Tswj thiab Tiv Thaiv Kab Mob). School Connectedness (Kev Sib Cuag Nrog Tsev Kawm Ntawv): Strategies for Increasing Protective Factors Among Youth (Cov Tswv Yim Txhawb Kev Tiv Thaiv Ntawm Neeg Hluas). Atlanta, GA: Teb Chaws Asmeskas Department of Health and Human Services (Tuam Tsev Tswj Xyuas Kev Noj Qab Haus Huv thiab Pej Xeem); 2009.