

COMMUNICATION AND DISCIPLINE

INTRODUCTION: Discipline and communication in the home and at school facilitate the growth and maturity of a healthy child.

QUESTIONS FOR REFLECTION:

- How would I like my child to be when he or she reaches the age of 20?
- What does he or she need to become that person?

DISCIPLINE

To discipline our children means to teach them appropriate ways of behavior. Discipline is not the same as punishment. The word discipline comes from “disciple”, one who learns. Discipline is teaching...guiding.

Example of discipline: Caroline does her homework every day at 4:30 in the afternoon.

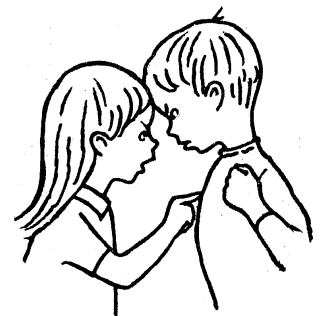
Example of punishment: Caroline’s mother spansks her when she brings home an “F” for not doing her homework.

RULES AND CONSEQUENCES

In every society, people are governed by laws. These laws help us live with one another and enjoy the freedom we have. The family is also a society with laws.

The first step toward effective discipline in the home is to tell your children what you expect from them. These expectations are the rules that govern the behaviors and activities of our homes.

We all follow rules, even though we might not be conscious of them (i.e., not using bad language, not eating in the living room, etc.). Just like in society, when family rules are not obeyed, the person that breaks them must face the consequences.



For a RULE to be effective, it must have clear CONSEQUENCES. Parents must be sure that the child:

- Understands the rule.
- Agrees to obey it.
- Understands the consequence of not obeying it.

PATTERNS TO ESTABLISH LIMITS AND RULES IN THE HOME

- ☺ If your children's ages permit, encourage them to participate in establishing the rules. Example: Keeping the home clean.
- ☺ Establish few rules, but firm ones.
- ☺ Make sure that you have logical reasons to support these rules.
- ☺ The consequences of breaking the rules should make children responsible for their own actions. For example, if children make the telephone bill go up, then this means that they should contribute from their allowance to help pay for it.
- ☺ If a rule is broken, take this opportunity to learn from the situation. Share your own mistakes.
- ☺ The limits and rules should be practical and realistic. They should be open for discussion and change.

PRACTICE EXERCISE

Write down three rules in your home

1. _____
2. _____
3. _____



Now answer the following questions:

- Have I talked clearly with my children about these rules?
- Were they able to give their opinion as to whether or not they agree?
- Are the consequences for breaking these rules clear?
- Are we, as the adults of the family, ready to provide a good example and to follow through with what we said?

OPEN AND CLEAR COMMUNICATION

When difficulties arise in the family, it is almost always because we don't have an open and clear communication.

There are some concepts about communication which we should understand in order to be able to improve the way we communicate with other people.

- ☺ As human beings we are constantly communicating, even when we aren't speaking. There is verbal and non-verbal communication. Non-verbal communication carries half of the message. Verbal communication is not always in agreement with our non-verbal messages.
Example: Why are you mad?
ME? (*screaming furiously*)
Who told you that I was mad?
- ☺ In communication, it is important to know how to listen. The conversation is interrupted if I am busy thinking about what I am going to answer, instead of paying full attention to what I am being told. Listen first, and then make yourself understood.

RULES FOR HAVING A CLEAR, PRODUCTIVE COMMUNICATION

1. Choose the words, tone of voice and body language that are appropriate to clearly communicate your message.
2. Avoid speaking in a blaming manner or using general terminology, such as "you always" or "you never".
3. Stay in the present by not bringing into the conversation arguments or discussions which have not been resolved for years.
4. Ask the other person if he or she understood your message.
5. Make sure that the other person understood your message (we don't always understand what the other person is saying, although we hear what they say).

With the children...

1. Get close to them. They don't understand from a "long distance".
2. If possible, position yourself at the child's eye level to make eye contact.



Remember that communicating is speaking and listening. When we don't listen to our children, we are not communicating.

How to Practice These Ideas...

IDEAS FOR PARENTS: DISCIPLINE

1. Love your children even if you are not happy with their conduct.
2. The rules should be in accordance with your child's age.
3. Provide a good example. Children learn best by what they see, not by what they hear.
4. When your children do something good, let them know. Also, show your approval through non-verbal communication such as a smile.
5. The way to discipline your child should not depend on your present mood. Consistency and fairness is the goal.
6. Be patient. Children are learning from their mistakes.
7. Expect the best from your child.
8. When you talk to your child, make sure that he or she understands you.



REMEMBER:

**DON'T GET DISCOURAGED....
BE CONSISTENT AND FAIR.
BY DISCIPLINING OUR CHILDREN,
WE ARE INCREASING THEIR OPPORTUNITIES
FOR FUTURE SUCCESS!**

Materials based on the Parent Institute for Quality Education Program in California

တၢ်ဆဲးကျိးဆဲးကျိး
ဒီး
တၢ်ဒိကန့ၣ်တၢ်သိၣ်တၢ်သီ

တၢ်ကတိၤလၢညါ - တၢ်အိၣ်ဒီးတၢ်ဒိကန့ၣ်တၢ်သိၣ်တၢ်သီဒီးတၢ်ဆဲးကျိးဆဲးကျိးလၢဟံၣ်ပူၤဒီးလၢကွဲၤန့ၣ်ကမၤစၢၤလၢဖိသၣ်လၢအအိၣ်ဆူၣ်အိၣ်ချ့တဂၤအတၢ်ဒိၣ်ထီၣ်ဒီးအတၢ်ကထီၣ်ပှၤဒိၣ်တုၣ်ခိၣ်ပှၤအဂီၢ်န့ၣ်လဲၣ်.

တၢ်သံကွၢ်လၢတၢ်ကခိဆၢအိၤအယိ -

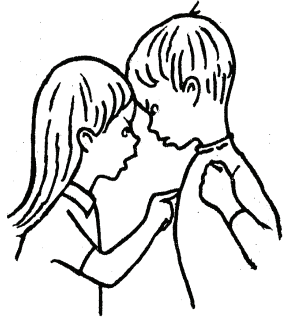
- ဖဲယဖိတုၤအသးနံၣ် ၂၀ အခါ ယအဲၣ်ဒီးမၤယဖိမၤအသးဒ်လဲၣ်.
- ဒ်သိးအဝဲပိၣ်ခွါ မ့တမ့ၢ် ပိၣ်မုၢ်ကကဲထီၣ်ပှၤတဂၤဝဲန့ၣ်အဂီၢ်လိၣ်ဘၣ်တၢ်မနုၤလဲၣ်.

တၢ်ဒိကန့ၣ်

တၢ်မၤပဖိတဖၣ်ဒိကန့ၣ်တၢ်သိၣ်တၢ်သီန့ၣ် မ့ၢ်ဝဲလၢပကသိၣ်လိအဝဲသ့ၣ်တဖၣ်လၢကဟံၣ်သ့ၣ်ဟံၣ်သးဂ့ၤဂ့ၤအဂီၢ်န့ၣ်လီၤ. တၢ်ဖိၣ်ယံးလၢကဒိကန့ၣ်တၢ်သိၣ်တၢ်သီန့ၣ် တမ့ၢ်တၢ်တမံၤယီၤဒီးတၢ်ဟ့ၣ်တၢ်ကမၤန့ၣ်ဘၣ်. တၢ်ကတိၤလၢအမ့ၢ်တၢ်ဒိကန့ၣ်တၢ်သိၣ်တၢ်သီန့ၣ်ဟဲလၢတၢ်ကတိၤလၢအမ့ၢ် “အပျဲၢ်အဘိၣ်”, အခိပညီပှၤလၢအမၤလိတၢ်န့ၣ်လီၤ. တၢ်ဖိၣ်ယံးလၢတၢ်ကဒိကန့ၣ်တၢ်သိၣ်တၢ်သီန့ၣ်မ့ၢ်ဝဲတၢ်သိၣ်လိတၢ် ... တၢ်နဲၣ်လိတၢ်န့ၣ်လီၤ.

တၢ်ဖိၣ်ယံးလၢကဒိကန့ၣ်တၢ်သိၣ်တၢ်သီ - ခဲရိလဲမၤအဟံၣ်တၢ်မၤကိးနံၤဒဲးဖဲ ဟါခိလီၤ ၄:၃၀ ကိးနံၤဒဲးန့ၣ်လီၤ.

တၢ်ဟ့ၣ်တၢ်စံၣ်ညီၣ်အဒိတဖၣ် - ခဲရိလဲအမိဒဲးအိၤဖဲအဟဲက့ၤစိၣ် “F” ဆူအဟံၣ်ခိဖျိတမၤအဟံၣ်တၢ်မၤအယိန့ၣ်လီၤ.



တၢ်သိၣ်တၢ်သီဒီးတၢ်လၢအပိၣ်ထွဲထီၣ်အခံတဖၣ်

လၢပှၤတဝၢခဲလၢာ်အပူၤ, ပှၤကညီတဖၣ်န့ၣ်ဘၣ်တၢ်ပၤဆုၤအိၤလၢတၢ်သိၣ်တၢ်သီတဖၣ်န့ၣ်လီၤ. တၢ်သိၣ်တၢ်သီတခါအံၤမၤစၢၤပှၤလၢပကအိၣ်သကိးဒီးတဂၤဘၣ်တဂၤဒီးသးခုလၢတၢ်သဘျ့လၢအအိၣ်ဒီးပှၤန့ၣ်လီၤ. ဟံၣ်ဖိယိဖိစ့ၢ်ကိးမ့ၢ်ဝဲပှၤတဝၢလၢအအိၣ်ဒီးတၢ်သိၣ်တၢ်သီန့ၣ်လီၤ.

ကျဲအိၣ်ထံးတဘိလၢကအိၣ်ဒီးတၢ်သိၣ်တၢ်သီလၢအတုၤလီၤတီၤလီၤလၢဟံၣ်ပူၤန့ၣ်မ့ၢ်ဝဲနကတဲနဖိတဖၣ်လၢ တၢ်လၢနမ့ၢ်လၢလၢနဖိတဖၣ်အအိၣ်န့ၣ်လီၤ. တၢ်မ့ၢ်လၢတဖၣ်အံၤမ့ၢ်ဝဲ တၢ်သိၣ်တၢ်သီလၢအပၤဆုၤဝဲတၢ်သကဲၣ်ပဝးတဖၣ်ဒီးပဟံၣ်ယိအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်န့ၣ်လီၤ.

ပဝဲကိးဂၢၤဒဲးပလူၤပိၣ်ထွဲတၢ်သိၣ်တၢ်သီ ဖဲပတဟံၣ်သ့ၣ်ဟံၣ်သးအိၤအခါဒဲၣ်လဲၣ်လီၤ. (အဒိ - တစူးကါတၢ်ကတိၤလၢအဂ့ၤ, တအိၣ်တၢ်လၢတၢ်အိၣ်သကိးဒီးဒီးအဂၤ) တဖၣ်လီၤ. ဒ်တၢ်အိၣ်လၢပှၤတဝၢအပူၤသကိး, ဖဲတၢ်တဒိကန့ၣ်ဟံၣ်ဖိယိဖိအတၢ်သိၣ်တၢ်သီတဖၣ်ကဘၣ်ကွၢ်ဆၢၣ်ခဲဝဲတၢ်လၢအကပိၣ်ထွဲထီၣ်အခံတဖၣ်န့ၣ်လီၤ.

လၢ တၢ်ဘျၢ တခါကမၤတၢ်တုၤလီၤတီၤလီၤအဂီၢ်, ကဘၣ်အိၣ်ဒီးတၢ်ပိၣ်ထွဲထီၣ်အခံတဖၣ်လၢအဖျါရဲၣ်ပျီၣ်န့ၣ်လီၤ. မိၢ်ပၢ်တဖၣ်ကဘၣ်မၤလီၤတၢ်ဝဲလၢဖိသၣ်အံၤန့ၣ် -

- နၢ်ပၢ်တၢ်သိၣ်တၢ်သီတၢ်ဘျၢတဖၣ်
- အၢၣ်လီၤဝဲလၢကဒိကန့ၣ်ဝဲ
- နၢ်ပၢ်ဝဲတၢ်မ့ၢ်တဒိကန့ၣ်တၢ်သိၣ်တၢ်သီန့ၣ် တၢ်မနုၤကပိၣ်ထွဲထီၣ်အခံလဲၣ်န့ၣ်လီၤ.

တၢ်အဒိအတၢ်တဖၣ်လၢကသ့ၣ်လီၤဆီလီၤတၢ်ဟံၣ်ပနီၣ်ဒီးတၢ်သိၣ်တၢ်သီလၢဟံၣ်ပူၤ

- ☉ နဖိအသးမ့ၢ်ဟ့ၣ်အခွဲန့ၣ်, ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါအီၤလၢ ကပၣ်ယုၣ်မၤသကိးတၢ်လၢတၢ်ဆီလီၤဟံၣ်ပနီၣ်တၢ်ဘျၢတဖၣ်န့ၣ်တက့ၢ်. အဒိ - ဟံၣ်နီၣ်ကစၢ်အဟံၣ်ကဆဲကဆီ
- ☉ ဟံၣ်လီၤတၢ်သိၣ်တၢ်သီထဲတစဲးတမ့ၢ်, ဘၣ်ဆၣ်ကမ့ၢ်ဝဲတၢ်သိၣ်တၢ်သီလၢအဂၢၢ်အကျါန့ၣ်လီၤ.
- ☉ မၤလီၤတၢ်လၢနကအိၣ်ဒီးတၢ်ခဲလၢကအိၣ်ဒီးအဂ့ၢ်အကျါလၢကဆိၣ်ထွဲမၤစၢၤတၢ်သိၣ်တၢ်သီတဖၣ်အံၤလီၤ.
- ☉ တၢ်ပိၣ်ထွဲထီၣ်တၢ်လူၤသ့ၣ်ခါပတ်တၢ်သိၣ်တၢ်သီအခံန့ၣ် မ့ၢ်ဖိသၣ်တဖၣ်ကဘၣ်ဟံးန့ၢ်မူဒါလၢတၢ်လၢအမၤဝဲအဖိခိၣ်န့ၣ်လီၤ. အဒိ - ဖိသၣ်တဖၣ်မ့ၢ်မၤထီၣ်လီၤတဲစိအပူၤန့ၣ်, အခိပညီမ့ၢ်ဝဲအဝဲသ့ၣ်ကြးဟ့ၣ်ကဒါက့ၤစ့လၢအမၤန့ၢ်ဝဲလၢကိၣ်ပူၤအကျါလၢကဟ့ၣ်စၢၤက့ၤဝဲလီၤတဲစိပူၤအဂီၢ်န့ၣ်လီၤ.
- ☉ တၢ်မ့ၢ်မၤကမၣ်တၢ်သိၣ်တၢ်သီအံၤန့ၣ်, ဟံးန့ၢ်တၢ်ခွဲးတၢ်ယၢ်အံၤလၢကမၤလိန့ၢ်တၢ်လၢတၢ်အိၣ်သးအဖိခိၣ်တဂ့ၤ. တဲဘၣ်အဝဲသ့ၣ်ဒီးတၢ်လၢနမၤကမၣ်တဖၣ်တက့ၢ်.
- ☉ တၢ်ဟံၣ်ပနီၣ်ဒီးတၢ်သိၣ်တၢ်သီတဖၣ်န့ၣ် ကြးမ့ၢ်တၢ်လၢတၢ်မၤပိၣ်ထွဲအီၤသ့ဒီး အမ့ၢ်တၢ်မ့ၢ်တၢ်တီတဖၣ်န့ၣ်လီၤ. တၢ်ကဘၣ်အိးထီၣ်န့ၢ်တၢ်ခွဲးတၢ်ယၢ်လၢ တၢ်ကတဲသကိးဒီးဆီတလဲအီၤအဂီၢ်န့ၣ်လီၤ.

မၤလိသကိးတၢ်မၤလိတဖၣ်

ကွဲးလီၤတၢ်ဘျၢသၢခါလၢနဟံၣ်ပူၤတက့ၢ်.

- ၁. _____
- ၂. _____
- ၃. _____



ခဲအံၤစံးဆၢတၢ်သံကွၢ်လၢလၢ်တဖၣ်တက့ၢ်.

- မ့ၢ်ယကတီၤတၢ်ဒီးယဖိတဖၣ်ရဲၣ်ပျီၣ်ဘၣ်ဃးတၢ်သိၣ်တၢ်သီတဖၣ်အံၤဝံၤလံၤခါ.
- မ့ၢ်အဝဲတဖၣ်ဟ့ၣ်ထီၣ်အတၢ်ကူၣ်တၢ်ဆးလၢအဝဲသ့ၣ်အၢၣ်လီၤတအၢၣ်လီၤဝဲဘၣ်န့ၣ်ခါ.
- မ့ၢ်တၢ်ပိၣ်ထွဲထီၣ်တၢ်တဒိကန့ၣ်တၢ်သိၣ်တၢ်သီအစၢတဖၣ်ဖျါရဲၣ်ကစီဒါ.
- မ့ၢ်ပဝဲဒ်ပမ့ၢ်ပူၤသးပုၤလၢဟံၣ်ပူၤတဖၣ်အိၣ်ကတဲကတီၤပသးလၢပကကဲတၢ်ဒိဂ့ၤတဲဘၣ်ဒီးပကလဲၤလၢကျဲၤပဝဲတ့ၢ်အသိးသ့ခါ.

ပကမာထွဲသကိးတၢ်ဟ့ၣ်ကူၣ်တဖၣ်အံၤဒ်လဲၣ်...

တၢ်ဟ့ၣ်ကူၣ်တဖၣ်လၢမိၢ်ပၢ်တဖၣ်အဂီၢ် - တၢ်ကနဲတၢ်သိၣ်တၢ်သီ

၁. အဲၣ်နဖိတဖၣ်ဖဲနမ့ၢ်တသးဖုံလၢအဝဲသ့ၣ်အတၢ်မၤအခါဒ်လဲၣ်န့ၣ်တက့ၢ်.
၂. တၢ်သိၣ်တၢ်သီတဖၣ်ကဘၣ်ကြၢးဒီးဖိသၣ်အသးနံၣ်န့ၣ်လီၤ.
၃. ကဲန့ၢ်တၢ်အဒိအတဲာ်လၢအဂ့ၢ်န့ၣ်တက့ၢ်. ဖိသၣ်တဖၣ်မၤလိန့ၢ်တၢ်အဂ့ၢ်ကတၢ်ခီဖျိတၢ်လၢအထံၣ်ဝဲန့ၣ်လီၤ. တမ့ၢ်လၢတၢ်လၢအထံၣ်ဝဲအဖီခိၣ်န့ၣ်ဘၣ်.
၄. ဖဲနဖိတဖၣ်မၤတၢ်ဂ့ၢ်တမံၤမံၤအခ, ဇးသ့ၣ်ညါအီၤန့ၣ်တက့ၢ်. ဒ်န့ၣ်အသိးဇးနဲၣ်နတၢ်ဘၣ်သးခီဖျိတၢ်ဇးနဲၣ်အဒိအတဲာ်ဒ်အမ့ၢ်တၢ်နံၣ်ကမ့ၢ်တဖၣ်န့ၣ်တက့ၢ်.
၅. ကျဲလၢနကဟ့ၣ်နဖိတဖၣ်တၢ်သိၣ်တၢ်သီန့ၣ် တကြၢး ဒီးသန့ၤထီၣ်အသးလၢနတၢ်ပာ်သးလၢကတီၢ်အံၤဘၣ်န့ၣ်လီၤ. တၢ်မၤအသးထီၣ်ဒ်သိးသိးဒီးတၢ်ထဲသိးတုၤသိးတဖၣ်န့ၣ်မ့ၢ်ဝဲတၢ်ပညိၣ်တဖၣ်န့ၣ်လီၤ.
၆. အိၣ်ဒီးတၢ်သးစူၤတက့ၢ်. ဖိသၣ်တဖၣ်မၤလိန့ၢ်တၢ်လၢအတၢ်ကမၣ်န့ၣ်လီၤ.
၇. မ့ၢ်လၢတၢ်အဂ့ၢ်ကတၢ်လၢနဖိတဖၣ်အအိၣ်တက့ၢ်.
၈. ဖဲနတဲတၢ်လၢနဖိအခါ, မၤလီၤတၢ်လၢအဝဲကနဲပၢ်နၢ်န့ၣ်တက့ၢ်.



သ့ၣ်နီၣ်ထီၣ် -

တဘၣ်ပျဲနသးအဂံၢ်အဘါစၢ်တဂ့ၤ...
 တဘၣ်မၤတၢ်ဖုၣ်ထံၣ်ဖုၣ်ထီၣ်ဒီးမၤတၢ်ထဲသိးတုၤသိးတက့ၢ်.
 ခီဖျိလၢပမၤပဖိတဖၣ်ဒိကနဲတၢ်သိၣ်တၢ်သီအယိ,
 ပမၤအါထီၣ်န့ၢ်အဝဲသ့ၣ်အတၢ်ခွဲးတၢ်ယာ်တဖၣ်
 လၢအတၢ်မၤနၢၤခါဆူညါအဂီၢ်လီၤ.

Materials based on the Parent Institute for Quality Education Program in California

QUESTIONS PARENTS MIGHT ASK AT THE PARENT TEACHER CONFERENCE



At what grade level is my child reading and doing math?
How is she/he doing in relation with the others in his class?

Can you show me samples of grade level work and compare
them to actual work that my child can do?

Have you observed any evidence of learning problems in my
child? If you have, what should I do to make sure that these
problems are evaluated (tested) and special help provided
to help resolve these problems?

How much time should my child spend doing homework
each day?

What can I do at home to help my child with their homework
or school work?

What programs and services are offered by the school that
can help my child overcome difficulties (tutoring, glasses,
etc.) or to help them get ahead (GATE)? How can I enroll my
child in these programs?



WHEN AND HOW SHOULD I CONTACT THE TEACHER?

Parents should establish contact with the teacher at the beginning of the school year, before a problem develops. An encouraging note, or simply a cheery “hello” will help establish rapport. In addition to this, there are times when a parent has the responsibility to contact a teacher. Some of those times include:

- When I want to know more about my child's academic achievement.
- When my child's grades have gone down without explanation.
- When my child's attitude towards school has become negative without explanation.
- When a special problem or concern at home may be causing my child to behave out of character.
- When my child is having behavior problems in class or on the playground.
- When I have a concern about a book or other teaching material used in the classroom.
- When I need clarification about the school's learning objectives.
- When I don't understand the teacher's grading methods.
- When my child never seems to have any homework (but is at the age where he/she should).
- When I would like to visit the classroom.

(Source: “Pop Quiz: 20 Questions Parents Should Ask about Their Children's School”.
Linda Page, Manager of Education Policy).

PARENTS PARTICIPATION IN THEIR CHILDREN'S EDUCATION



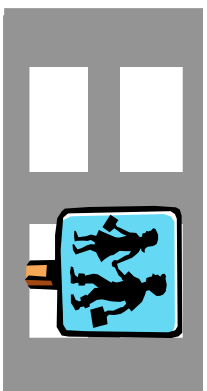
SCHOOL

COMMUNITY

PTA
ELAC
S.S.C.
Committees/Leadership

Parents as active participants on the school decision making

Volunteering



Requesting School Services and Programs



Parent-Teacher Conference



Homework



Study Habits



Parents as first teachers

Parents as vigilant about the quality of their children's education

RECOMMENDATIONS ABOUT HOW TO DISCIPLINE A CHILD



- ❑ Consider the age and stage of development of your child when you tell him/her how to behave.
- ❑ Set limited rules and tell your child clearly and precisely what you expect of him/her according to his/her age.
- ❑ Don't keep repeating to your child instructions you have already given him/her, but take action when he disobeys.
- ❑ When you threaten to discipline your children and do not follow through, you are teaching them not to listen to you.
- ❑ Be a model of the attitudes and behavior you want your children to imitate and learn.
- ❑ Reward good behavior, but avoid using rewards such as money, sweets or presents. Keep in mind your children need your attention. If they do not feel they can get it when they are good, they will attempt to get it by misbehaving.
- ❑ Don't overemphasize poor behavior, but never accept destructive or injurious behavior.
- ❑ Punishment does not have to be severe, but should always be consistent; keeping promises made as to consequences.
- ❑ When your child misbehaves, don't insult him/her. Verbal abuse can do more harm than physical blows.
- ❑ Parents do not have to agree at all times how to teach their children, but they must always appear united when setting rules.
- ❑ Spend time with each of your children, taking advantage of every available opportunity.
- ❑ Respect your children so they learn to respect you.

Rod Rodriguez – San Diego County Mental Health Department

တၢ်သံကွၢ်တဖၣ်လၢ မိၢ်ပၢ်တဖၣ် ကသံကွၢ်ဖဲ မိၢ်ပၢ်ကိၣ်သရၣ်တၢ်အိၣ်ဖှိၣ်



ယဖိဖးလံာ်ဒီးဒွးတၢ်ဒွးလၢအအိၣ်ပှဲၤတီၤအခါန့ၣ်လဲၣ်.
အဝဲပိာ်မုၢ်/ပိာ်ခွါအတၢ်ရၢလိာ်ဒီးပှၤအဂၤတဖၣ်လၢတီၤပူၤန့ၣ်အိၣ်ဒ်လဲၣ်.

မ့ၢ်နဒူးနဲၣ်ယၤလၢကိၣ်အတၢ်မၤအတီၤပတီၢ်အဒိတဖၣ်ဒီးထီၣ်သတြီၤအီၤလၢလံာ်လၢယဖိ
တဖၣ်မၤဝဲသ့နီၢ်ကီၢ်ကသ့ဒါ.

မ့ၢ်နထံၣ်ဘၣ်တၢ်အုၣ်သးတမံၤမံၤလၢယဖိအိၣ်ဒီးတၢ်မၤလိတၢ်အတၢ်ဂ့ၢ်ကီၢ်တဖၣ်ဒါ.
မ့ၢ်အိၣ်အယိ, မ့ၢ်ယကဘၣ်မၤလီၤတၢ်လၢတၢ်ကီၢ်တၢ်ခဲတဖၣ်အံၤဘၣ်တၢ်သမံၤသမိး
(သံကွၢ်သံဒီး) ဒီးတၢ်မၤစၢၤလီၤဆီအိၣ်တမံၤမံၤလၢ ကယုၣ်လီၤတၢ်ဂ့ၢ်ကီၢ်တဖၣ်အံၤဒါ.

တနံၤဘၣ်တနံၤယဖိကြၢးသူတၢ်ဆၢကတီၢ်လၢကမၤကိၣ်အဟံၣ်တၢ်မၤအဂီၢ်ထဲလဲၣ်.

ဒ်သိးယကမၤစၢၤယဖိလၢအဝဲသ့ၣ်အဟံၣ်တၢ်မၤ မ့တမ့ၢ် ကိၣ်အတၢ်မၤအဂီၢ်
ယမၤတၢ်မနုၤသ့လၢဟံၣ်န့ၣ်လဲၣ်.

ဒ်သိးယဖိတဖၣ်ကမၤနၢၤတၢ်ကီၢ်တၢ်ခဲတဖၣ်အဂီၢ် ကိၣ်ဟ့ၣ်တၢ်ရဲၣ်တၢ်ကျဲၤဒီးတၢ်မၤစၢၤ
(တၢ်သိၣ်လိစၢၤတၢ်, မဲာ်ထံကလၢဒီးအဂၤတဖၣ်) မနုၤလဲၣ် မ့တမ့ၢ် မၤစၢၤအီၤလၢကမၤ
န့ၢ် (GATE) လဲၣ်. ယဆဲးလီၤန့ၢ်ယဖိတဖၣ်အမံၤလၢတၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်ကသ့ဒ်လဲၣ်.



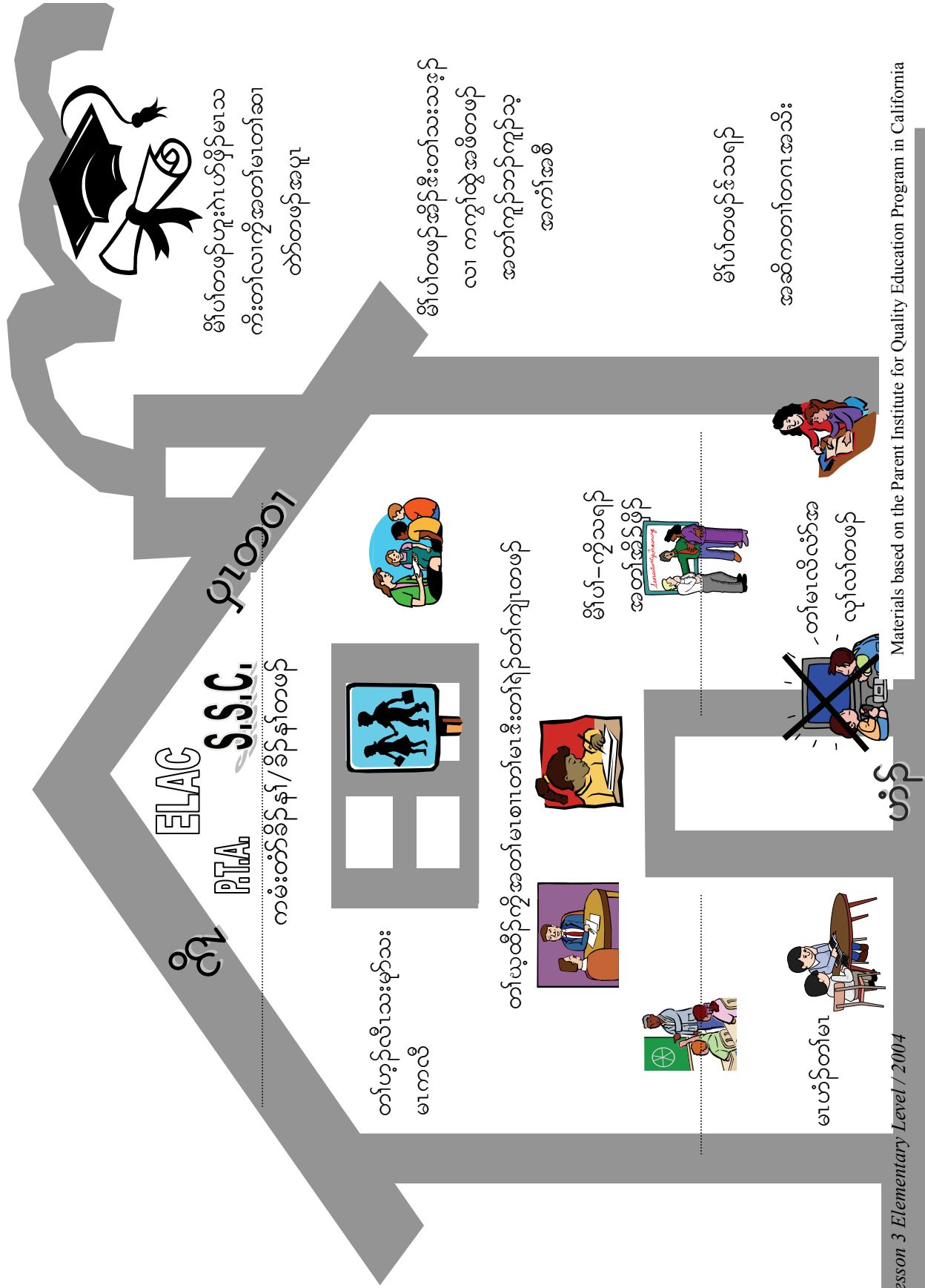
ယကဘဉ်ဆဲးကျါကိုသရဉ်အခါဖဲလဲဉ်ဒီးနဲလဲဉ်.

မိၢ်ပၢ်တဖၣ်ကဘဉ်ရဲဉ်ကျါလၢကဆဲးကျါ ဒီး ကိုသရဉ်ဖဲကိုစးထီၣ်သီ, တချုးတၢ်ကိတၢ်ခဲအိၣ်ထီၣ်ဘဉ်အခါန့ၣ်လီၤ. တၢ်ကွဲးဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါ, မ့တမ့ၢ် တၢ်ကွဲးဆၢဂ့ၤဆၢဝါ “ဟဲလိ” ယိယိဖိန့ၣ်ကသ့ၣ်ထီၣ်ဝဲတၢ်မၤသကိးတၢ်အဂီၢ်လီၤ. အါန့ၢ်အန့ၢ်, တၢ်ဆၢကတီၢ်အိၣ်ဝဲလၢမိၢ်ပၢ်အိၣ်ဒီးမူဒါလၢကဘဉ်ဆဲးကျါကိုသရဉ်န့ၣ်လီၤ. တၢ်ဆၢကတီၢ်တဖၣ်အကျါပၣ်ယုၣ်ဒီး -

- ဖဲယအဲၣ်ဒီးသ့ၣ်ညါအါထီၣ်ဘဉ်ဃးယဖိအတၢ်မၤလိမၤဒီးအတၢ်လဲၤထီၣ်လဲၤထီၣ်အခါ
- ဖဲယဖိအပတီၢ်လီၤဆူတၢ်ဖိလၢတအိၣ်ဒီးတၢ်ဂ့ၢ်လၢတၢ်ရှဲပုးအီၤသ
- ဖဲယဖိအတၢ်ဟံၣ်သ့ၣ်ပၣ်သးလၢကိုအဖိခိၣ်အိၣ်ထီၣ်လၢအတဂ့ၤတကပၤလၢတအိၣ်ဒီးတၢ်ဂ့ၢ်လၢတၢ်ရှဲပုးအီၤသ့ဘဉ်န့ၣ်လီၤ.
- ဖဲတၢ်ကိတၢ်ခဲလီၤဆီ မ့တမ့ၢ် တၢ်ဘဉ်ယိၣ်ဘဉ်ဘိလၢဟံၣ်တဖၣ်အယိ ယဖိဟံၣ်သ့ၣ်ပၣ်သးလၢအတဂ့ၤတဘဉ်အခါ
- ဖဲယဖိအိၣ်ဒီးတၢ်ဟံၣ်သ့ၣ်ပၣ်သးအတၢ်ကိတၢ်ခဲလၢတီၤပူၤ မ့တမ့ၢ် လၢတၢ်ဂဲၤလိာ်ကွဲးပျီပူၤအခါ
- ဖဲယအိၣ်ဒီးတၢ်သံကွၢ်ဘဉ်ဃးအတၢ်ကိတၢ်ခဲလၢတီၤပူၤ မ့တမ့ၢ် လၢတၢ်ဂဲၤလိာ်ကွဲးပျီပူၤအခါ
- ဖဲယအိၣ်ဒီးတၢ်သံကွၢ်ဘဉ်ဃးလံာ်တဘျီ မ့တမ့ၢ် တၢ်သီတၢ်သီအပိးအလီလၢတၢ်စူးကါအီၤလၢတီၤဒၢးပူၤအခါ
- ဖဲယလိၣ်ဘဉ်တၢ်ရှဲပုးဒုးန့ၢ်ပၢ်ယၤအါထီၣ်ဘဉ်ဃးကိုအတၢ်မၤလိအတၢ်ပညိၣ်အခါ
- ဖဲယတနၢ်ပၢ်ကိုသရဉ်အတၢ်ဟ့ၣ်အတီၤပတီၢ်အကျါအကျဲတဖၣ်အခါ
- ဖဲယဖိတဖၣ်ဖျါလၢတအိၣ်ဒီးဟံၣ်တၢ်မၤနီတမံၤဘဉ်အခါ (ဘဉ်ဆၢအိၣ်ဖဲအသးန့ၣ်လၢအကြးအိၣ်ဒီးဟံၣ်တၢ်မၤအခါ)
- ဖဲယအဲၣ်ဒီးလဲၤဟးကွၢ်တၢ်မၤလိမၤဒီးအခါ

(Source: "Pop Quiz: 20 Questions Parents Should Ask about Their Children's School". Linda Page, Manager of Education Policy).

မိတ်ဆက်ပေးရန်အတွက်အသုံးပြုရမည့်အရာများ



တၢ်ဟ့ၣ်ကူၣ်ဘၣ်ဃးကဘၣ်မၤဒ်သိးဖိသၣ်ကအိၣ်ဒီး တၢ်ဒိကန့ၣ်ဒီးတၢ်သိၣ်တၢ်သီအဂီၢ်



- ❑ ဖဲန့ၣ်တဖၣ်လၢကဘၣ်ပၢ်သ့ၣ်ပၢ်သးဒ်လဲၣ်န့ၣ် ဆိကမိၣ်န့ၣ်တၢ်လၢ အဝဲသ့ၣ်အသးန့ၣ်ဒီး အတၢ်ဒိၣ်ထီၣ်ထီၣ်အပတီၢ်တဖၣ်အဖိခိၣ်တက့ၢ်.
- ❑ ပၢ်လီၤန့ၣ်တၢ်သိၣ်တၢ်သီလၢတၢ်ပၢ်ပနီၣ်အိၣ်ဒီးတဲဘၣ်န့ၣ်ရဲၣ်ပျီၣ်ပျီၣ်ဒီးလီၤတၢ်လီၤဆဲးလၢအဝဲသ့ၣ် အသးန့ၣ်ထဲအံၤအဖိခိၣ်န့ၣ်မုၢ်လၢတၢ်မနုၤလဲၣ်န့ၣ်လီၤ.
- ❑ တဘၣ်တဲဝံၤတဲက့ၤ တၢ်န့ၣ်လီၤလၢန့ၣ်ဟ့ၣ်လီၤတ့ၢ်လဲၣ်န့ၣ်တဖၣ်ခဲအံၤခဲအံၤဘၣ်ဒီးဖဲအဝဲသ့ၣ် တဒိကန့ၣ်ဝဲအခါဟံးန့ၣ်အဂ့ၢ်သိၣ်က့ၤသီက့ၤအိၣ်တက့ၢ်.
- ❑ ဖဲန့ၣ်ပျီၣ်န့ၣ်တဖၣ်ဒ်သိးကအိၣ်ဒီးတၢ်ဒိကန့ၣ်ဒီးန့ၣ်မုၢ်တမၤပိၣ်ထွဲအိၣ်ဘၣ်အယီၤ, မ့ၢ်န့ၣ်သိၣ်လီၤ အိၣ် ဒ်သိးတဘၣ်ကန့ၣ်န့ၣ်ဘၣ်န့ၣ်လီၤ.
- ❑ ကဲန့ၣ်တၢ်ဒိတၢ်တဲလၢ န့ၣ်တၢ်ဒိဂ့ၤတဲဘၣ်လၢ တၢ်ပၢ်သ့ၣ်ပၢ်သးဒီး တၢ်တၢ်သကဲၣ်ပဝးလၢ နအဲၣ်ဒီးမၤန့ၣ်တဖၣ် မၤပိၣ်ထွဲဒီးမၤလီၤဝဲန့ၣ်တက့ၢ်.
- ❑ ဟ့ၣ်ခိၣ်ဖးဖဲန့ၣ်တဖၣ်အသကဲၣ်ပဝးဂ့ၤအခါ, ဘၣ်ဆၣ်ဟးဆဲးတၢ်ဟ့ၣ်ခိၣ်ဖးဒ်အမ့ၢ်စ့, တၢ်ဆါ ကိၣ်လိၣ်တဖၣ် မ့တမ့ၢ် တၢ်ဟ့ၣ်တဖၣ်န့ၣ်တက့ၢ်. ပၢ်သ့ၣ်ပၢ်သးလၢ န့ၣ်တဖၣ် လိၣ်ဘၣ်န့ၣ်တၢ်က့ၢ် ထွဲကဟ့ၣ်ကယၢ်န့ၣ်တက့ၢ်. အဝဲသ့ၣ်မ့ၢ်တတူၢ်ဘၣ်ဝဲလၢ အဝဲသ့ၣ်မၤန့ၣ်ဝဲတသ့ဖဲအပၢ် အသးဂ့ၤဂ့ၤ အခါအယီၤ, အဝဲသ့ၣ်ကဂ့ၢ်ကျဲးစးမၤန့ၣ်ဝဲခီဖျိတၢ်ပၢ်သ့ၣ်ပၢ်သးလၢ အတဂ့ၤဘၣ်န့ၣ်လီၤ.
- ❑ တဘၣ်သးဖဲအါတလၢလၢအဝဲသ့ၣ်အတၢ်ပၢ်သ့ၣ်ပၢ်သးလၢအတဂ့ၤအဖိခိၣ်တဂ့ၤ, ဘၣ်ဆၣ်တဘၣ် တူၢ်လိၣ်အဝဲသ့ၣ်အတၢ်ပၢ်သ့ၣ်ပၢ်သးလၢအကမၤဟးဂီၤတၢ် မ့တမ့ၢ် မၤဘၣ်ဒိဘၣ်ထံးတၢ်န့ၣ်တဂ့ၤ.
- ❑ တၢ်ဟ့ၣ်တၢ်ကမၢ်တဖၣ်တဘၣ်နးတလၢဘၣ်, ဘၣ်ဆၣ်ကြၢၤလဲၣ်အသးတပယူၢ်ယီၤလီၤ, တီဒီးတၢ် အၢၣ်လီၤတဖၣ်ဒီးန့ၣ်မ့ၢ်တဲဒီးအၢၣ်လီၤတၢ်တမံၤမံၤန့ၣ်နကဘၣ်မၤထွဲအိၣ်လီၤ.
- ❑ ဖဲန့ၣ်တဖၣ်မၤတၢ်တလီၤတဘၣ်န့ၣ်, တဘၣ်တဲဆါမၤမဲၣ်ဆုးအိၣ်တဂ့ၤ. တၢ်ကတီၤန့ၣ်မၤဆါတၢ်သ့ အါန့ၣ်ဒီးတၢ်မၤဆုးမၤဆါလၢနီၢ်ခိၣ်က့ၢ်ဂီၤန့ၣ်လီၤ.
- ❑ မိၢ်ပၢ်တဖၣ်တဘၣ်သးလီၤပလိၣ်ကိးဆါကတီၢ်လၢကဘၣ်သိၣ်လီၤအဖိခိၣ်လဲၣ်, ဘၣ်ဆၣ် ဖဲအဝဲသ့ၣ် ပၢ်လီၤ တၢ်သိၣ်တၢ်သီအခါအဝဲသ့ၣ်ပျီၣ်ပျီၣ်လၢကဘၣ်အိၣ်ယူၢ်လိၣ်ဖိးလိၣ်အသးလီၤ.
- ❑ စူးကါန့ၣ်တၢ်ဆါကတီၢ်လၢန့ၣ်တဂၤစုၣ်စုၣ်အဂီၢ်, ဟံးန့ၣ်တၢ်ခွဲးတၢ်ယၢ်တခါခါဖဲ အအိၣ်ထီၣ်တဘျီ လၢလၢန့ၣ်တက့ၢ်.
- ❑ ပၢ်ကဲန့ၣ်တဖၣ်ဒ်သိးအဝဲသ့ၣ်ကမၤလီၤလၢကပၢ်ကဲန့ၣ်အဂီၢ်န့ၣ်တက့ၢ်.

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