

Saib Xyuas Koj Tus Kheej thiab Koj Cov menyuam yaus

"Kev zoo nkauj hauv kev ua siab ntev: Kev sib koom ua ke kev noj qab haus huv rau hauv txhua qhov kev coj ua"

Los ntawm Christina Chu

Ntau tus neeg yuav qhia rau koj tias lawv nyiam Humboldt Lub Nroog rau qhov zoo nkauj thiab muaj txiaj ntsig zoo ntawm cov xwm txheej. Nws yog ib qho chaw uas tsis sib haum xeeb thiab tshwj xeeb, nrog kev txaus siab rau cov ntoo, daus hauv roob, cov dej ntws ntshiab, thiab cov ntug hiav txwv zoo nkauj (yog tias txias). Ib txhia yuav qhia rau koj paub qhov kev zoo nkauj ntawm Humboldt County tsis yog sab nraud xwb, tab sis nyob rau hauv peb txhua tus ib yam nkaus.

Peb tau hais txov dab tsi ntawm no? Tej zaum koj tuaj yeem siv sijhawm ib feeb nrog peb thiab paub tias:

Tsuas yog rau feeb no, koj yuav xav txog txhua qhov ua pa koj ua yog taug kev taug kev lossis roob; koj nqus pa yog qhov nqes hav, koj tso pa tawm yog txoj kab nqes. Yog tias koj kos rau ntawm ib

daim ntawv, tej zaum koj yuav pom ib lub roob siab siab lossis ib qho chaw ntawm cov toj roob hauv pes. Tej zaum qhov koj pom sib xyaw thiab hloov pauv, xav tau kev hloov pauv kom sawv tab sis tom qab ntawd swb yooj yim. Koj tuaj yeem rub tawm cov duab ntawm qhov zoo nkauj Humboldt toj roob hauv peb thiab qhwv nws nyob ib ncig ntawm koj ua tsis taus pa - ntoo txav tawm tam sim raws txoj kev, nthwv dej maj maj txog qhov ntug.



Ib txhia yuav qhia rau koj paub qhov kev zoo nkauj ntawm Humboldt County tsis yog sab nraud xwb, tab sis nyob rau hauv peb txhua tus ib yam nkaus.



... txuas ntxiv rau nplooj ntawv 2



Saib Xyuas Koj Tus Kheej thiab Koj Cov menyuam yaus

Caij Ntuj No 2025

Ntim 29



...txuas ntxiv los ntawm nplooj ntawv 1

Koj txoj kev taug kev puas tau hloov ntawm txoj kev? Pom koj ua tsis taus pa zoo li cas thaum koj yees duab txawv scenes? Lub sijhawm twg zoo tshaj plaws rau koj hauv koj lub cev? Yuav ua li cas peb yuav ua raws li qhov ua pa zoo dua, qhov kev xav zoo nkauj dua, ua rau koj noj qab nyob zoo li cas?



Qhov koj tab tom nyeem txog yog kev taug qab, ib qho txuj ci tseem ceeb qhia los ntawm

[Community Resource Model \(CRM\)®](#) uas tau tsim los ntawm [Trauma Resource Institute](#). CRM qhia tias txhua tus tib neeg muaj cov lus teb ntawm lub cev uas khi rau peb txoj kev xav thiab rau kev ntxhov siab. Cov qauv no tsom mus rau qhov uas peb muaj peev xwm ua tau los pab txhawb cov kev xav zoo siab thiab rov tsim cov lus teb uas tsis pab peb. Kev taug qab yog lub hauv paus kev txawj ntse vim nws pab peb txheeb xyuas qhov ua haujlwm rau peb los ntawm kev saib xyuas lub cev qhov kev xav thiab kev xav.



Cov qauv zoo li no - uas qhia txog kev zoo nkauj hauv kev tiv thaiv thiab nthuav tawm lub zog ntawm peb cov neeg - yog qee yam cuab yeej siv tau tshaj plaws uas peb tuaj yeem qhia peb cov zej zog. [Thawj 5 Humboldt](#) tos ntsoov rau kev sib koom cov txuj ci ntawm kev taug qab thiab lwm yam kev paub txog kev noj qab haus huv CRM ntawm cov kev cob qhia yav tom ntej los ntawm Kev Txais Tos Tus Me Nyuam: Txoj Kev Mus Rau Qhov Kev Pab Cuam Tshuam thiab kuj tau muab qee cov ntsiab lus tseem ceeb ntawm CRM qauv rau hauv lwm qhov kev koom tes hauv zej zog.

Txawm hais tias koj tab tom nrhiav los koom nrog lub rooj cob qhia uas twb muaj lawm lossis ua tus thawj 5 Humboldt CRM Kev Siv Ntsib rau koj pab neeg, peb xav qhia cov cuab yeej no rau koj. Hu rau hnub no thiab peb yuav tham txog cov kev xaiv uas haum rau koj lossis koj pab neeg.

Txais tos menyuam: Txog Kev Mus Rau Lub Peev Xwm Ua Tau Los Yog Hloov Tau Yam Yooj Yim Thiab Qauv Tsev Neeg Ntsuj Plig Mus Saib Xyuas



Nyob rau hauv kev npaj rau Txais Tos Me Nyuam: Txoj Kev Rau Txoj Kev Pab Cuam Tshuam muaj rau cov tsev neeg, cov neeg ua haujlwm yuav tau mus koom John Hopkins Family Spirit Visiting Training. Family Spirit Program yog ib qho pov thawj-raws li qhov muaj zog-raws li tus qauv mus saib hauv tsev uas tau tsim los rau thiab nrog cov zej zog hauv paus txawm uas lub hom phiaj los txhawb cov tsev neeg kom tau txais kev paub thiab kev txawj ntse los pab rau lub cev, kev xav, kev txawj ntse thiab kev loj hlob ntawm lawv cov menyuam.

Muaj tag nrho ntawm 65 zaj lus qhia suav nrog hauv cov ntaub ntawv kawm uas tau tsim los ntawm Tus Neeg Ua Haujlwm Saib Xyuas Kev Noj Qab Haus Huv Hauv Zej Zog lossis Tus Neeg uas Quav Saib Xyuas Kev Noj Qab Haus Huv Hauv Zej Zog nrog cov ntaub ntawv hais txog cov tsev neeg cov kev xav tau los ntawm kev xeeb tub mus txog peb xyoos. Cov ntaub ntawv kawm no tau nthuav dav tsis ntev los no kom suav nrog ntau cov ntsiab lus kev noj qab haus huv ntawm niam thiab menyuam yug tshiab thiab yuav ua kom haum rau peb txoj haujlwm.

Qee tus ntawm peb cov neeg koom tes hauv txoj haujlwm tau muaj kev paub dhau los siv tus qauv mus saib hauv tsev no thiab qee tus neeg koom tes tsis muaj kev paub dhau los, yog li peb tos ntsoov yuav pab lawv kom tau txais cov neeg ua haujlwm tau txais kev cob qhia txij li qhov nthuav dav ntawm cov ntaub ntawv kawm no thiab txhawb kev siv cov cuab yeej no thaum muab kev saib xyuas rau cov tsev neeg vim tias nws muaj txiaj ntsig zoo.



Thawj 5 Humboldt

Chaw nyob

325 Second Street,
Ste. 201
Eureka, CA 95501
(P) 707- 445-7389
(F) 707-445-7349

Teev

Monday txog
Thursday
9:00 – 5:00 p.m
Hnub Friday, 9:00-
tav su los yog teem caij

<https://www.first5humboldt.org>

[@first5humboldt](#)



First 5
HUMBOLDT
Tomorrow Starts Today



Saib Xyuas Koj Tus Kheej thiab Koj Cov menyuam yaus

Caij Ntuj No 2025

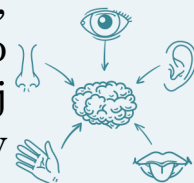
Ntim 29



Los ntawm
Melissa Reed

Xwm Txheej Taug Kev: Tig Mus Rau Hauv Tsib Txoj Kev Ntsuas

Raws li lub caij nplooj ntoos hlav los txog thiab hnuv loj hlob ntev dua, xav txog kev taug kev nrog koj tus me nyuam kom txaus siab rau qhov zoo nkauj ntawm lub caij hloov! Sib cuag nrog koj tus kheej, txuas nrog koj tus kheej thaum yau, thiab txhawb kev xav paub, kev txaus siab, thiab kev sib koom tes los ntawm kev hloov mus rau tsib qhov kev ntsuas ua ke.



Tsw: Koj tuaj yeem hnov qab dab tsi? Daim ntawv ceeb toom yuav ua li cas cov ntshiab hloov thaum koj taug kev. Yog tias koj taug kev hauv nroog, puas yog cov pob zeb pua kev / xim mas hnov tsw? Tsis ntev los no nws puas tau los nag? Puas yog ib tug neeg nyob ze txiav nyom? Puas muaj tej paj ntoo uas koj hnov tsw tau? Koj tuaj yeem kaw koj lub qhov muag zoo dua rau hauv cov ntshiab tsw ib puag ncig koj. Qhov ntawd cuam tshuam li cas rau koj qhov hnov tsw?

Pom: Koj pom dab tsi nyob ib puag ncig koj? Cov xim dab tsi pom zoo tshaj11111? Koj puas tuaj yeem pom lub ntuj - yuav ua li cas yog tias koj saib thaum taug kev? Tej zaum sim pib qhov kev ua si zoo li "Kuv Spy" ua si caw koj cov me me kom pom cov ntsiab lus me me ntawm lawv ib puag ncig.

Saj: Puas muaj ib qho saj laug caij nyoog ntawm koj tus nplaig? Huab cua saj li cas? Yog tias koj muaj dej nrog koj, xav txog "qhov qab" ntawm cov dej. Puas yog nkig? Me ntsis qab zib?

Suab: Ua piv txwv tias koj yog lub twj nyiab soj ntes khaws cov suab hauv koj ib puag ncig. Dab tsi dhia tawm ntawm koj tam sim ntawd? Sim txhais ntawm qhov deb thiab ze suab. Koj puas hnov noog? Cua? Lwm tus neeg? Yuav ua li cas rau lub suab thaum koj tig koj lub taub hau mus rau sab laug thiab sab xis? Qhov ntawd hloov li cas? Yuav ua li cas yog tias koj khob koj txhais tes qab koj pob ntseg thiab thawb koj pob ntseg mus rau pem hauv ntej? Los yog thaum koj npog ib pob ntseg? Ua si nrog nws!

Kov: Saib koj txhais tes. Koj xav li cas los taug kev nrog lawv ntawm koj ob sab? Xav li cas rau lawv thaum huab cua ua rau? Puas yog txias, qhuav, me ntsis ntub? Koj puas tuaj yeem hnov



... txuas ntxiv rau nplooj ntawv 5

...txuas ntxiv los ntawm nplooj ntawv 4

thaum koj txav los ntawm thaj tsam ntawm lub hnuv? Yog tias koj muaj hnab ris, muab tso rau hauv koj lub hnab ris me me - qhov ntawd hnov li cas? Puas muaj tej ntoo lossis nroj tsuag uas koj muaj peev xwm hluab thiab maj mam tshawb nrog koj tus ntiv tes?

Thaum koj ua tiav koj txoj kev taug kev, siv sijhawm ib pliag kom pom tias koj xav li cas thiab xav txog kev ua tsaug rau koj tus kheej rau kev saib xyuas koj lub cev. Caw koj cov me nyuam los ua ib yam!

Los ntawm

Qhuas Koj Tus Menyuam Jeanne Gordon

Lub Chaw Tiv Thaiv Kev Ua Phem Rau Menyuam Yaus qhia tias kev qhuas tseem ceeb ib yam li kev muab zaub mov thiab chaw nyob rau tus menyuam. Thaum koj qhuas tus menyuam, koj ua rau lawv lub siab tag nrho ntawm tus kheej muaj nqis. Nws yog ib feem tseem ceeb ntawm kev yug me nyuam muaj kev ntseeg siab.

Txawm zoo dua, nws yog ib qho yooj yim ua uas tuaj yeem cuam tshuam loj!

Thaum koj qhuas koj tus menyuam, siv koj cov lus los piav txog qhov koj pom.



- “Kuv nyiam qhov uas koj muab koj cov tais tso rau hauv qhov chaw ntxuav tais diav. Qhov ntawd pab tau tiag tiag.”
- “Koj tau siv zog kawm caij tsheb kauj vab. Kuv xav nws zoo heev thaum koj ua nws ntawm koj tus kheej.”
- “Koj tau ua siab ntev ua si nrog cov khoom ua si ntawd. Kuv xav tias koj tus phooj ywg txaus siab rau qhov ntawd.”

Xav txog kev siv tus kov zoo, xws li muab koj txhais caj npab ncig koj tus menyuam, khawm lawv, lossis muab "high five". Qhov ntawd tuaj yeem ua rau kev qhuas ntau dua!

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Kev tsim txom menyuam yaus yog tiv thaiv tau

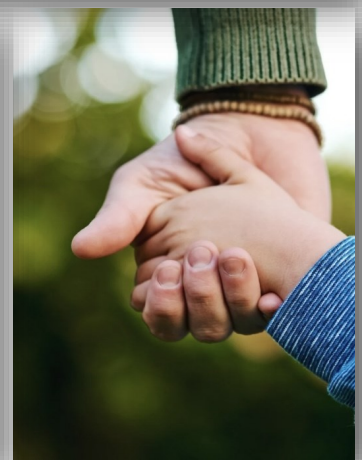
Los ntawm Cindy Sutcliffe

Kev tsim txom menyuam yaus yog tiv thaiv tau. Peb lub zos CAPCC paub qhov no thiab cov koom haum hauv teb chaws ua ib yam. Lub Chaw Tiv Thaiv Kab Mob sau tseg cov ntsiab lus tseem ceeb no:

- Muab kev nyab xeeb rau menyuam yaus, ruaj khov, txhawb kev sib raug zoo thiab ib puag ncig tiv thaiv kev tsim txom menyuam yaus thiab tsis saib xyuas.
- Kev cob qhia thiab kev kho mob rau menyuam yaus thiab tsev neeg tuaj yeem txo qis thiab mus sij hawm ntev ntawm kev tsim txom menyuam yaus thiab kev tsis saib xyuas.
- Txhua tus muaj lub luag haujlwm los tiv thaiv kev tsim txom menyuam yaus thiab tsis saib xyuas.

Kev yug menyuam tuaj yeem nyuaj - thov kev pab thaum xav tau. Hu rau tus zov menyuam, tsev neeg, lossis cov phooj ywg ze. Sib tham txog koj cov kev txhawj xeeb nrog koj tus menyuam tus kws kho mob. Hu rau koj lub Chaw Pabcum Tsev Neeg hauv zos kom paub txog cov pab pawg lossis cov kev pabcum rau cov niam txiv thiab cov neeg saib xyuas. Kawm paub yuav ua li cas daws cov teeb meem kev ua niam ua txiv thiab txhim kho kev txawj ntse kom koj tuaj yeem txaus siab pab koj tus menyuam loj hlob nrog [CDC's Essentials for Parenting Me Nyuam hluas thiab Me Nyuam mus kawm ntawv Preschool lossis Qhov Tseem Ceeb rau Niam Txiv Hluas](#). Nrhiav hauv Google CDC - Child Abuse Prevention (Kev Tiv Thaiv Kev Ua Phem Rau Me Nyuam) los kawm ntxiv.

Lub caij ntuj sov no yog nyob rau ntawm kev saib rau Tsev Neeg Thawj lub vev xaib ntawm [CAPCC lub vev xaib muab ntau yam zoo](#), cov lus qhia hauv zos ntawm txoj hauv kev uas koj, koj ib leeg, tuaj yeem tiv thaiv kev tsim txom menyuam yaus.



Kev tiv thaiv kev tsim txom menyuam yaus thiab kev tsis saib xyuas yog kev siv zog hauv zej zog. Yawg Rogers, uas tej zaum koj yuav nco tau tias yog lub ntsej muag ntawm PBS qhov kev ua yeeb yam ntev ntev "Mister Rogers' Neighborhood," ib txwm hais rau peb tias, "Tsuas muaj ib tus neeg hauv ntiaj teb no zoo li koj, thiab tib neeg tuaj yeem nyiam koj vim koj yog koj." Thaum peb muaj peev xwm muaj kev hlub thiab kev khuv leej rau peb tus kheej, peb qhib peb tus kheej kom hlub thiab khuv leej lwm tus. Kev yug menyuam yog ib txoj haujlwm nyuaj. Rau qee tus, nws yuav yog qhov nyuaj tshaj plaws uas lawv tau ua txawm tias thaum lawv hlub txhua feeb. Kev txhawb nqa peb cov neeg zej zog, cov phooj ywg, thiab tsev neeg - txawm tias qhov kev xav lossis kev txhawb nqa - tsim kev nyab xeeb hauv zej zog uas ua rau cov menyuam muaj kev noj qab haus huv, muaj kev zoo siab nrog cov neeg saib xyuas noj qab haus huv, zoo siab dua.

Kuv kuj xav qhia ob peb lo lus ntawm kev txawj ntse ntxiv los ntawm Mr. Fred Rogers thaum peb taug kev hauv lub sijhawm tsis paub ua ke - raws li cov neeg nyob ze:

"Koj yog tus tshwj xeeb thiab yog li txhua tus neeg hauv ntiaj teb no."

"Txhua yam uas hais tau tuaj yeem tswj tau ntau dua."

"Xav seb peb cov zej zog yuav zoo li cas yog tias peb txhua tus tau muab, raws li qhov tseeb, tsuas yog ib lo lus zoo rau lwm tus."

"Txhua tus uas muaj peev xwm txhawb nqa txoj haujlwm zoo tau muaj tsawg kawg yog ib tus neeg - thiab feem ntau ntau - uas tau ntseeg nws."

"Peb nyob hauv lub ntiaj teb uas peb yuav tsum sib koom tes. Nws yooj yim hais tias 'Nws tsis yog kuv tus menyuam, tsis yog kuv lub zej zog, tsis yog kuv lub ntiaj teb, tsis yog kuv qhov teeb meem.' Tom qab ntawd muaj cov neeg pom qhov xav tau thiab teb. Kuv xav txog cov neeg no yog kuv tus phab ej."





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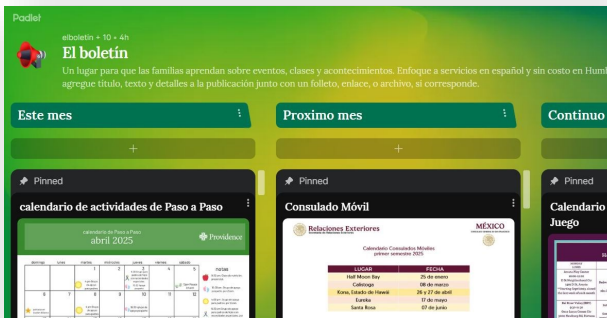
Ntim 29



Digital corkboard rau Spanish cov tswv cuab hauv zej zog

Paso a Paso, ib qho kev pab cuam uas muab ntau hom kev kawm, pab pawg thiab cov xwm txheej hauv zej zog rau cov neeg hais lus Mev thiab tsev neeg hauv Humboldt County, tab tom tuav lub corkboard digital tshiab hu ua "El boletín" ntawm Padlet platform.

"El Boletín" yog rau cov tsev neeg kawm txog cov xwm txheej, chav kawm, thiab tshwm sim thiab tsum mus rau cov kev pabcuam lus Mev dawb hauv Humboldt. Cov neeg koom tes hauv zej zog raug txhawb kom xa cov ntawv tshaj tawm thiab cov ntawv tshaj tawm ua lus Mev nrog rau qhia qhov txuas nrog cov neeg siv khoom thiab cov neeg mob.



Paso a Paso

[Paso a Paso | Providence](#)

[El boletín](#)



California Cov Niam Txiv thiab Cov Tub Ntxhais Hluas Kev

California Cov Niam Txiv thiab Cov Tub Ntxhais Hluas Kev Pabcuam tau pib los ntawm Cov Niam Txiv Anonymous hauv 2020 hauv kev koom tes nrog tus tswv xeev Newsom thiab California Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv. Txog kev pab muaj nyob hauv xov tooj, ntawv xov tooj tes, thiab sib tham 12 teev ib hnub, 7 hnub hauv ib lub lis piam, txij 8 teev sawv ntxov txog 10 teev tsaus ntuj ua lus Askiv, Mev, thiab lwm yam lus. Cov Niam Txiv Anonymous muab cov peev txheej thiab kev txhawb siab rau cov niam txiv thiab cov hluas hauv California txhawm rau txhim kho lub neej ntawm tsev neeg. Cov Niam Txiv Anonymous tseem ua cov pab pawg txhawb nqa niam txiv hauv online txhua lub lim tiam.



<https://caparentyouthhelpline.org/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPRING INTO WELLBEING Tus Me Nyuam Thiab Tsev Neeg Cov Kev Ua Ub No Nyem qhov hais txog cov lus saib cov chaw muab kev pab thiab kev ua ub no.					Food for People First 5 Humboldt	Humboldt Family Resource Centers
North Coast Growers Association	211 Humboldt 	LEGO building contest	Self-Care Checklist for Dads 	Apply for CalFresh here	Pajama party	Certified Farmer's Market Locations
Downloadable Poster: How Are you Feeling Today?	Dance party 	Humboldt Library Events	10 Free Spanish Apps and Games for Children and Parents	Make your own pinwheel! 	How to make a Journey Stick 	Write a story
Video game tournament The Toddler	NASA Kids Club	Photo activities  Divorce and	Build paper airplanes	Play hide and seek 	The Importance of Healthy Touch 	Bubble-blowing contest
Drowning Prevention 	Bike Safety 	Five Super Body Safety Rules		American Red Cross Emergency Preparedness		Dr. Maya Angelou: "Be a Rainbow in Someone Else's Cloud"
Go to the beach				Fire Safety Safe - Kids Worldwide	Bake cookies 	



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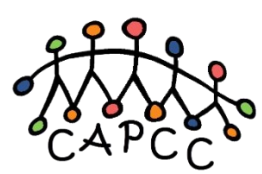
Pawg Saib Xyuas Kev Tiv Thaiv Kev Ua Phem Rau Menyuum Yaus Ntawm Lub Nroog Humboldt yog ib lub koom haum tsis yuav nyiaj pab txhawb nqa uas ua haujlwm txhawm rau tshem tawm kev tsim txom menyuum yaus thiab tsis saib xyuas menyuum yaus hauv peb lub zej zog los ntawm (1) sib zog ua kom muaj kev sib koom tes thiab cov cai tswjfwrm rau kev tiv thaiv, kev cuam tshuam thiab kho kev tsim txom menyuum yaus nrog coob lub koom haum, (2) nquag txhawb nqa cov kev pabcuam zoo uas txo qis kev tsim txom menyuum yaus thiab tsis saib xyuas menyuum yaus thiab (3) ua kom muaj kev paub txog pej xeem cov peev txheej los pab tiv thaiv kev tsim txom menyuum yaus thiab txo kev ntxhov siab hauv tsev neeg.

CAPCC Lub Hom Phiaj

Txhim kho kev sib txuas hauv zej zog los txhawb kev nyab xeeb, noj qab haus huv, cov menyuum yaus thiab cov tsev neeg muaj kev nyob zoo hauv lus nroog Humboldt.



@capcchumboldt



Ua ib tsaug rau

tshwj xeeb:

Forrest Archer
Melissa Reed
Christina Chu
Cindy Sutcliffe
Jeanne Gordon
Maria Ortega

Leticia Padilla Navia

Tub neeg kho ntawm xov xwm:

Lauren Dahl
Yog mauj lub taw qhia ntxiv
lossis lus nug hu rau Lauren
Dahl ntawm

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707-601-4105

Thov xav koom nrog peb los tsim kom muaj kev nyab xeeb hauv zej zog rau peb cov menyuum yaus thiab ua tiav daim ntawv thov kev koom tes dav dav, txheej txheem luv luv thiab dawb kiag li. Nws muaj nyob rau ntawm peb lub vev xaib: www.capcchumboldt.org.