

14 NQE TSWV YIM QHIA KEV HAIS LUS

Siv cov nqi tswv yim qhia no los txhawb cov lo lus thiab tig los mus hais lus, nyeem ntawv, los sis hu nkauj nrog me nyuam.

1. **Sib tham txog** yam uas koj tab tom ua thiab xav.
2. **Tawm tswm yim rau** yam lawv tab tom ua los sis tab tom saib rau.
3. **Tis npe rau tej khoom** uas lawv nyiam raug.
4. **Txo hwj chim qis mus rau lawv them:** tim ntsej tim muag.
5. **Kov, puag, tuav.**
6. **Kho rau thiab teb rau** yam lawv saib, ua, thiab hais.
7. **Tos lawv teb.**
8. **Hais lawv lawv qab,** thiab ntxiv cov lo lus rau.
9. **Uantsej muag, siv yam ntxwv kev txav mus los ntawm lub cev (gestures).**
10. **Sib hloov hais** – tsis txho ua tush ais nkaus xwb.
11. **Rov hais dua thiab ntxiv** rau qhov lawv hais thiab ua.
12. **Ua raws li lawv kev coj ua,** ua qhov lawv nyiam.
13. **Txhawb nqa lawv,** kom xav txog seem zoo.
14. **Ua xws li ruam!** So thiab muaj kev lom zem!

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Sib tham ntxov txua tau tus me nyuam lub neej kom zoo.

LENA txua kev hais lus ntxov.

Mus saib lub vev xaib LENA.org kom paub seb peb cov kev pab cuam muab cov ntaub ntawv muaj txiaj ntsig rau hauv cov tsev neeg thiab cov kws qhia ntawv los tsim kho cov txiaj ntsig rau me nyuam yaus li cas.

THE 14 TALKING TIPS

Use these tips to increase words & turns when talking, reading, or singing with a child.

1. **Talk about** what you're doing and thinking.
2. **Comment on** what they're doing or looking at.
3. **Name things** that they're interested in.
4. **Get down to their level:** face to face.
5. **Touch, hug, hold.**
6. **Tune in and respond** to what they look at, do, and say.
7. **Wait for their response.**
8. **Imitate them,** and add words.
9. **Make faces, use gestures.**
10. **Take turns** – don't do all the talking.
11. **Repeat and add** to what they say and do.
12. **Follow their lead,** do what interests them.
13. **Encourage them,** be positive.
14. **Be silly!** Relax and have fun!

LENA[®]

Early talk shapes a child's life. LENA shapes early talk.

Visit LENA.org to learn how our programs put powerful data in the hands of families and teachers to improve outcomes for children.