

Nyob Zoo Tsev Neeg,

Muaj kev zoo siab txais tos qhov rais los ua ib tug niam thiab txiv! Zoo siab txais tos tus me nyuam hauv koj tsev neeg yog ib tug tseem ceeb thiab yog kev ntsib kev pom uas tsev neeg muaj, yog tej kev cia siab thiab tej kev npau suav thiab tej thaum kuj yog kev nyuaj siab ib yam nkaus thiab. Ntau yam kev ntsib kev pom tshiab uas tseem nyob tos koj thiab koj tus me nyuam, tsev neeg, thiab tej phooj ywg.

Los txog rau tam sim no, koj paub lawm tias koj tus me nyuam muaj kev hnov lus txawv txawv lawm. (Tej zaum ib txhia tib neeg yuav hais tias yog kev hnov lus tsis zoo.) Tej zaum koj yuav muaj lus nug ntau heev thiab muaj kev xav sib txawv ntau yam. Thov paub tias tsis yog muaj koj ib leeg nkaus xwb. Nws muaj cov neeg uas tuaj yeem pab txhawb koj rau txoj hau kev no, suav txog cov tswv cuab hauv tsev neeg thiab tej phooj ywg, lwm cov tsev neeg ntawm cov me nyuam yaus uas muaj kev hnov lus txawv, lag ntseg los sis cov neeg laus uas hnov lus tsis zoo, cov tswv cuab hauv zej zos, thiab cov kws saib xyuas kev noj qab haus huv thiab kev kawm nyob thoob plaws hauv Minnesota.

Lub hlwb ntawm cov me nyuam mos thiab cov me nyuam yaus mas muaj kev kawm txhua hnuv los ntawm txhua kis kev ntsib kev pom thiab txhua tus neeg nyob ib puag ncig lawv, tshwj xeeb mas yog los ntawm cov tswv cuab hauv tsev neeg thiab cov neeg zov. Vim cov me nyuam mos thiab cov me nyuam yaus uas muaj kev hnov lus txawv, thawj lub xyoos ntawm txoj sia mas yog lub sij hawm tseem ceeb tshaj plaws rau kev paub lus thiab kev sib txuas lus, kev sib txuas lus nrog lwm tus, thiab kev npaj txhiaj rau tej txuj ci uas tsim lub hauv paus rau kev mus kawm tim tsev kawm ntawv tom qab loj hlob tuaj. Nws yeej tsis lig rau koj tus me nyuam mos los mus pib kawm!

**Help Me Grow Minnesota** npaj tej ntaub ntawv thiab chaw pab cuam rau cov tsev neeg hauv Minnesota kom to taub txog cov sij hawm tsim kho thiab kawm kom paub seb yuav tau txais kev pab rau lawv tus me nyuam li cas yog muaj kev txhawj xeeb. **Help Me Grow** raug tsim kho los ntawm ib txoj kev txhawb ntawm Minnesota Lub Tsev Hauj Lwm Saib Xyuas Kev Kawm Ntawv, Tsev Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv, thiab Tsev Hauj Lwm Saib Xyuas Tib Neeg. **Help Me Grow** koom tes nrog tag nrho koog tsev kawm ntawv hauv ib cheeb tsam nyob hauv Minnesota. Koog tsev kawm ntawv hauv ib cheeb tsam kuj koom tes nrog cov kws pab cuam hauv ib cheeb tsam uas pab txhawb rau cov tsev neeg. Koj tuaj yeem nrhiav tej ntaub ntawv ntau ntxiv ntsig txog [Help Me Grow Minnesota](http://helpmegrowmn.org/HMG/index.htm) rau ntawm <http://helpmegrowmn.org/HMG/index.htm>.

Tej thaum yuav tsum muaj kev pab tshwj xeeb rau cov me nyuam mos thiab cov me nyuam yaus mas thiaj li muaj kev loj hlob thiab tuaj yeem kawm tau. Vim koj tus me nyuam thiab tus neeg zov thiab tus xib fwb yog feem tseem ceeb tshaj plaws, tej zaum koj yuav tau txais lwm cov ntaub ntawv ntxiv thiab kev pab txhawb rau koj tus kheej thiab koj tsev neeg thaum koj pab koj tus me nyuam. Ntxiv rau ntawm qhov kev pab tej ntaub ntawv hais txog kev tsim kho tus me nyuam rau cov tsev neeg, **Help Me Grow** pab sib txuas mus rau Minnesota tej kev pab cuam thaum ntxov rau cov tsev neeg uas muaj me nyuam mos, me nyuam xyaum mus kev, thiab cov me nyuam pib mus kawm ntawv nrog rau tej kev xav tau tshwj xeeb. Tej kev pab cuam no raug hu ua **Kev Pab Cuam Rau Cov Me Nyuam Mos thiab Me Nyuam Xyaum Mus Kev** (rau cov me nyuam uas muaj hnuv nyoog 2 lub xyoos) thiab **Tej Kev Pab Cuam Tshwj Xeeb Rau Tim Tsev Kawm Me Nyuam Yaus** (rau cov me

nyuam muaj hnuv nyooq 3 txog 5 xyoos). Tau muab tej kev pab cuam no pub dawb rau cov me nyuam thiab cov tsev neeg uas tsim nyog raug pab los ntawm koog tsev kawm ntawv hauv ib cheeb tsam thoob plaws Minnesota, yam tsis muaj kev xav txog tej nyiaj txiag khwv tau los ntawm yim neeg los sis qhov yog neeg hla teb chaws.

Yog koj muaj kev txhawj xeeb txog kev loj hlob thiab kev tsim kho ntawm koj tus me nyuam, **Help Me Grow** tuaj yeem pab koj tsev neeg los mus ntaus thawj nrhiav lwm yam kev pab txhawb ntxiv los sis xa koj tus me nyuam mus kho ntxiv, ceev zoo tsis pub lwm tus paub, kuaj ntsuas txog kev tsim kho los sis muab kev qhuab qhia pub dawb rau koj. Koj tuaj yeem nrhiav tej ntaub ntawv hais txog qhov yuav tau txais kev pab li cas rau koj tus me nyuam rau hauv os lais [Help Me Grow–Get Help for Your Child](http://helpmegrowmn.org/HMG/GetHelpChild/index.html) at <http://helpmegrowmn.org/HMG/GetHelpChild/index.html>. Koj kuj tuaj yeem hu rau **1-866-693-GROW (4769)** los mus thov kev pab.

Koj tus me nyuam tus kws kho kev hnov lus thiab lwm tus kws saib xyuas kev noj qab haus huv kuj tuaj yeem pab xa tej ntaub ntawv thiab tej kev pab txhawb tuaj rau koj tus me nyuam uas muaj kev hnov lus tsis zoo thiab lawv tsev neeg. Cov kws saib xyuas kev noj qab haus huv, nrog rau lwm cov kws uas pab rau cov me nyuam mos thiab cov tsev neeg mas yuav tsum xa kom mus raws li kev li cai rau txhua tus me nyuam yaus uas muaj kev txhawj xeeb txog fab kev tsim kho thaum ntxov rau lawv. Feem ntau, koj tus me nyuam tus kws kho kev hnov lus yuav xa koj tus me nyuam mus kho thaum ntxov rau ntawm **Help Me Grow** Minnesota. *Dhau ntawd Help Me Grow* mam li xa mus rau ib tug neeg sawv cev ntawm koj koog tsev kawm ntawv hauv ib cheeb tsam feem **Saib Xyuas Me Nyuam Mos thiab Me Nyuam Xyaum Mus Kev** los sis **Tej Kev Pab Cuam Tshwj Xeeb Rau Hauv Tsev Kawm Me Nyuam Yaus** uas yog cov yuav tiv toj ncaj qha rau koj txog cov kauj ruam tom ntej.

Cov kws yeem pab dawb tuaj tim koj koog tsev kawm ntawv feem **Saib Xyuas Me Nyuam Mos thiab Me Nyuam Xyaum Mus Kev** thiab **Tej Kev Pab Cuam Tshwj Xeeb Rau Hauv Tsev Kawm Me Nyuam Yaus** mas ntsi ntsees los mus pab rau cov tsev neeg muaj me nyuam yaus uas xav tau kev pab tshwj xeeb nrog tej ntaub ntawv, tej chaw, tej kev pab cuam, thiab tej kev pab txhawb uas txhua tsev neeg xav tau los pab lawv tus me nyuam nrog rau tej kev xav tau tshwj xeeb rau kev kawm thiab kev loj hlob. Kiag tom qab tau txais daim ntawv xa mus lawm, ib tug kws lis hauj lwm ntawm kev pab txhawb thaum ntxov los sis kws qhia ntawv tshwj xeeb hauv tsev kawm me nyuam yaus uas tuaj tim koj koog tsev kawm ntawv mam li tiv toj tuaj rau koj. Lawv mam li tham nrog koj txog koj tus me nyuam thiab txhua yam kev txhawj xeeb uas koj muaj. Lawv mam li qhia ntxiv txog feem kev pab cuam thiab kev pab txhawb uas mus tau los nyog rau cov me nyuam yaus thiab cov tsev neeg uas tsim nyog raug pab. Lawv mam li tham nrog koj txog cov kauj ruam tom ntej yog koj xav los txais tej kev pab txhawb no rau koj tus me nyuam thiab tsev neeg. Yog ib tug niam thiab txiv los sis yog tus neeg zov tseem ceeb, koj yog feem tseem ceeb tshaj plaws ntawm koj tus me nyuam pawg kws pab txhawb. Cov kws qhia ntawv mas tau mob siab los mus pab txhawb koj ntau txoj hau kev kom muaj txiaj ntsig rau koj tus me nyuam thiab qhov xav tau tshwj xeeb ntawm tsev neeg.

Peb kuj tuaj pab txhawb koj rau ntawm no. Yog koj xav paub tej ntaub ntawv ntau ntxiv ntsig txog tej kev pab cuam rau cov me nyuam yaus uas muaj kev hnov lus tsis zoo thiab lawv tsev neeg, los sis yog koj muaj lwm cov lus nug los sis kev txhawj xeeb dab tsi, ces thov tsis txhob me siab tiv toj rau peb.

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