

INN IHSI ZIRNAK: NU LE PA PAWL LE KILKHAWITUPAWL HRANG THEIHTERNAK

Nauhakpawl inn ih an zirnak bawmtu ding ruahnak, bawmnak le zirnak hmanrua pawl.

INN IHSI ZIRNAK THU

Na fa le inn ihsin an zirnak ih na bawm thei mi thupi zet pawl cu nitin can dikteih an tuah ringring mi tuahter, a tulmi bawm le thazang peknak pawl a si. Zo hmanin zirhtu na si ding le an zirni sapzek ah na thiam zet an lo beisei lo.

Na fa le an tlawnginn ih an pehtlaihnak ni thla hminsin that kha a thupi zet.

Na fa le'ih tlawng cun:

- fiang zetin nauhak zirhtu ih tluanvo pawl an tuah suak dingih tlawngtapawl le nu le pa pawl le kilkhawitupawl ziang an tuah a tul ti an lo sim ding.
- Na fa le hrang an zirnak ih tuah tulmi cangvaihna an lo pe ding.
- Nu le pa le tlawngtapawl an lo pehzawmnak chanal, thimnakah via tlawng website, ca kuat le email ih si ca kuatnak pawl hmangin pehzomnak an nei ding.
- Inn ihsi an zirnak hrang tulmi thilripawl nauhak in online ih hman dingmi thilripawl hman dan ruahnak an lo pe ding.

Inn ah computer lole internet nan neih lo a si le, tlawnginn in an lo pehtlai dingih na fa hrangah san a tul le tul lo an lo rel pi dingih zirnakih tulmi thilri pawl an lo tawrel sak ding a si.

ZIRNAK KIANGKAP TUAH DAN

Inn tin hi a bangaw hai lo. A can thei ahcun, zirnak ding hmun cu innsang um khawmnak deuh a tha. Thimnakah, cawlnak hmun lole rawl einak hmun. Cui hmun pawl cu ihsin khan hnakin an tha sawn, ziangah tile nauhakin amah lawng um dingih thilrem dan can remcang tuah dan a thiam phah ding.

Hivek hmun pawl a si ding:

- Thawmvang dai khepkhi ding
- Nangmah lole tleirawl dang an umnakah.

INN IH ZIR SUNGIH TLAWNGTA IH TLUANVO PAWL

An kum le an dinhmun ih zirni, hivekpawl hi an tuah dingih beisei an si:

- Zirhtupawl hnenin thilr kirsalna le thuthannak hrangah punghman monita dizital paletfawm
- an hna a theh tikah a tha bikih tuah.
- Tikcu bikhiahmi can le ni thla ih tuah fel ding.
- Zalen zetin zirhtupawl thawn pawlkom thei ding le thuhla thar suah pi thei ding.
- Tlawnginn ih an um dan ding thlun peh vivo ter ding.

NITIN TUAHMI LEH TUAH DINGIH BEISEIMI HNGETTER

Nan fa le inn ih an zir sungah nitin an tuah keltuah thei dingih bawm hi a thupi tuk a si. Cumi cun kiangkap a nuam terih zirnak hrang forhialnak a si.

Nitin an zir thawh can le an ðeh can ah na fa le ziang an zir ti hitin cekfel aw:

- Zirhtu pawl ih fialmipawl fiang zetih le felfai zetih theihthiam
- Inn ih an zirnak hrangah an tuah hmaisat dingmi theithiam dingin le an mahte tuah dingin bawm aw.

Eksirsai an tuah le an cawlh can thei dingin bawm aw. Tawnginn in tuah dingmi hrek khat an lo fial men thei.

Harhdamnak thawi milawmi eiin an thiam theinak ding le a ðul zat tidai in dingin fial hai aw.

Nauhak zate hrangah ihthat can hmanhman ten an neih theinak dingah bawm aw, hleice in nauta deuh pawl hrang.

SCREEN CAN LE ONLINE HIMTEIH AN HMAN THEI DINGIH TUAH DAN

Na fa le online ih can an hman men thei ruangah, online himte ih an hman thiam a thupit zia na sim a ðul. Cumi cun dizital ðha hril an thiam dingih cun theiternak le pawlkomawknak teknoloji hman thiam dingin a bawm ding a si.

Hitin na nauhakpawl na sim thei:

- Tlawnginn lole Fimthiamnak Zung (Department of Education and Training (DET)) ih hmantermi online hmanrua hmang aw
- Online ih biakawknak an neih canah upat dingin, hmai tawn ih an biakawk vekin an upat thei dingin
- Dizital hmanruapawl kha a hmanna hmunte ih hman.

Online himnak (mirang in) nu le pa le kiltupawl hrang theih duh bet le: www.esafety.gov.au

THINLUNG HARHDAMN NAK LE DAMCAHNAK KILKHAWINAK

Na fa le hrang thinlung le taksa harhdamnak nitin cekfel can neih hi a thupi zet a si.

A tlawngkaipi pawl hmu loh zirnak dan thleng mi le nitin tuah ðeumi thlengaw mi pawl hi na fa le hrangah awlte in an tuah thei lo men thei. Nauhak zate in hmun thar le tuah dan thar thuah-tuarnak dangdang a si mi riahsiatnak, beidawnnak, harsatnak le thinhengnak tiang an tawng ciar ding.

Hitin na nauhak na bawm thei:

- An tuarmi thu ah mi dangih ziangtin an tuarlet ve timi ngai dingin le mi dang tawnmi pawl sim ve hai aw
- Pakhat khat an tuah zik tikah anmah te lole nangmah thawn an tuah theimi thil pawl langter aw.
- Inn ihsi ca zir hi ziangtin an hmu timi sut aw, cun na bawm zo mi ziang tal an duh mi a um si le.

An thinlung lam harhdamnak le an damcahnak ding thuah theih bet na duh a si le, zangfahtek nan tlawnginn ah bawmnak rak dil aw.

NU LE PA LE KILKHAWITU HRANG NAUHAKEPAWL IH ȚUL BETMI RUAHNAK PEKMI

Na fa le in bawmna an Țul bet le, an zirhtupawl bulpak fimzirnak tumtahmi thu na sut a Țul. Cumi in inn ihsi zirnak hrang a lo bawm zet ding.

Inn ihsi zirnak thu hla ah nu le pa le kilkhawitu pawl hrang thu famkim hmuh thei dingin mirang ih ngan mi nu le pa hrang page ah DET website (www.education.vic.gov.au/parents) zoh a theih.

Cun tuah dan ding famkim khal (mirang in) a um ih hitawk ah na ko thei *Understanding learning difficulties for parents (nu le pa hrang zirnak ih tawnmi harsatnak pawl): a practical guide (taktak kaihhrainak)*. Taktak ih tuah dingmi zirnak ih hasatnak le an recomen miapps pawl a tel a si. Hitawkah ngah a theih www.uldforparents.com

CALAI LE NAMBAT SIARNAK HRANG HMANRUA LE TIPPAWL

Tlawnginn in zirnak hrang hmanrua le thilri a lo pe betih, a thuailam ih hmarua le thiri pawl hi inn ih zir sung nauhak hrang ah nan hmang thei a si. Himi hmanrupawl cu a zaten Mirang in a si:

Calai le nambat siarnak:

Nu le pa le kilkhawitu in nan fa le ca siar le nambat siar an thiam thei nak dingah hi tawk ihsin nan dawnlawd thei www.education.vic.gov.au. Hawl aw: *get involved in literacy and numeracy*

Hramthawk Hrang Casiar Zirnak Duhnak Chalen:

Chalen in nauhakpawl le tlawngtapawl an suah ni thla ihsin kum 10 tiang siar dingin cabu an rem dingih an siarmi kum le an tuah suak thei mi kha online ah ngan khum duhnak a suak.

www.education.vic.gov.au ah register tuah aw. Hawl aw: *premiers reading challenge*

Inn ah Mathematics le nambat siar dan:

Nauhak nambat siar an thiamnak dingah le Țhansohnak ding ahcun nu le pa le kilkhawitupawl hi an thupi tuk. Innsang hrang ruahnak pekmi le hmanrua pawl cu www.education.vic.gov.au ah dawnlawk theih a si. Hawl aw: *mathematics and numeracy at home*

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