

CEREBRAL PALSY

Cov Lus Kuv Nyiam Tshaj

1



Kev Ua Khoom Tej zaum kuv yuav ua tej yam khoom txawv zog tab sis kuv yeej ua tau cov khoom ntawv. Txoj kev kuv ua khoom tsis tseem ceeb. Thov cia kuv sim.



2 Tsev Neeg Lawv paub kuv zoo tshaj thiab kuv ntseeg tias lawv yuav ua qhov zoo tshaj rau kuv. Mloog lawv. Tham nrog lawv. Hnov lawv. Hwm lawv.

3



Kev Muaj Sia Muaj Zog Txhua txhua tus yuav tsum muaj sia muaj zog thiab noj qab haus huv, kuv los ib yam thiab. Pab kuv nrhiav tej txoj hau kev kom muaj sia muaj zog.



4 Phooj Ywg Muaj phooj ywg thaum yau tseem ceeb. Thov muab kuv lub cib fim los ua phooj ua ywg nrog cov muaj hnuv nyooq li kuv.

5



Kev Lom Zem Txoj kev ua me nyuam yaus yog kev lom zem thiab kev ua si. Li no yog txoj kev kuv kawm thiab loj hlob. Thov pab kuv ua tej yam uas kuv pom lom zem tshaj.



6 Yav Tom Ntej Kuv yuav loj hlob ib hnuv, yog li thov nrhiav tej txoj hau kev rau kuv los xyaum txoj kev ywj pheej thiab los koom nrog kuv lub zej zog.

World Cerebral Palsy Day worldcpday.org

Zoo siab txhawb los ntawm The Allergan Foundation

 **CanChild**
www.canchild.ca

Based on Rosenbaum, P. & Gorter, J.W (2012), The 'F-words' in childhood disability: I swear this is how we should think! Child: Care, Health and Development, (38) 4. Visit <https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability> for more resources.
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