



## **Kev kho mob ncuu deb nyob rau hauv NC Lub Khoos Kas Rau Cov Me Nyuam Mos-Cov Me Nyuam Uas Tab Tom Xyaum Mus Kev (N.C. ITP)**

### **Kev kho mob ncuu deb yog dab tsi?**

- Kev kho mob ncuu deb yog kev muab kev kho mob "hauv oos lais" uas yog siv lub xov tooj, laptop, los sis tablet, thaum tus kws kho mob nyob rau ib qho chaw sib txawv deb ntawm tsev neeg lawm.
- Kev kho mob ncuu deb yuav hais daws cov txiaj ntsig uas txheeb xyuas los ntawm tsev neeg nyob rau hauv Txoj Phiaj Xwm Kev Pab Cuam Uas Haum Rau Tsev Neeg (IFSP).

### **Kev kho mob ncuu deb ua hauj lwm li cas?**

- Kev kho mob ncuu deb yuav siv thev naus laus zis, xws li cov laptops, cov tablets, thiab cov xov tooj smart phones los txuas cov kws kho mob nrog cov tsev neeg. Cov kev sib tham yog "kev hu sib pom ntsej muag," uas yog siv Wi-Fi los sis cov data hauv xov tooj.
- Koj tus kws kho mob yuav xa qhov chaw txuas uas muaj kev ruaj ntseg hauv email tuaj rau koj nyob rau ntawm koj lub cuab yeej. Kev nias rau qhov chaw txuas yuav muab koj txuas mus rau tus kws kho mob.
- Koj tus kws kho mob yuav tuaj yeem xub qhia kom xyaum ua qhov kev sib tham ua ntej kom paub tseeb tias koj tuaj yeem sib txuas lus tau yam tsis muaj teeb meem.
- Qhov tuab ntawm kev kho mob ncuu deb yuav nce rau ntawm koj tus me nyuam tej kev xav tau ntiag tug.
- Qee zaus tej zaum koj yuav tuaj yeem xaiv kev mus kho mob ncuu deb thiab kev mus kho mob tim ntsej tim muag tau tib si, uas yog nce rau ntawm qhov koj nyiam thiab koj tus kws kho mob qhov chaw.

### **Tsev neeg yuav pib li cas?**

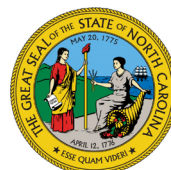
- Yog tias tsev neeg thiab pab pawg saib xyuas txoj IFSP txiaj txim tias koj tus me nyuam yuav tau txais txiaj ntsig los ntawm kev kho mob, ces Tus Neeg Dhia Dej Num Kev Pab Cuam Rau Kev Cuam Tshuam Pab Thaum Ntxov yuav muab cov kev pab cuam kho mob ncuu deb ua ib qho kev xaiv.
- Tej zaum koj yuav tau mus nug koj qhov kev tuav pov hwm txhawm rau saib seb kev kho mob ncuu deb puas yog ib qho kev pab cuam uas tau txais kev pab them nqi.

### **Kev kho mob ncuu deb puas muaj kev ceev ntiag tug thiab kev ruaj ntseg?**

- Muaj. Cov kws kho mob ncuu deb yuav ua raws li cov cai hais txog kev tsis pub lwm tus paub zoo ib yam li cov uas muab kev pab cuam tim ntsej tim muag.
- Lub Children's Developmental Services Agency (CDSA) yuav xyuas kom ntseeg tau tias txoj kev ceev ntiag tug ntawm tsev neeg cov ntaub ntawv kho mob yeej muaj kev ruaj ntseg.



**koj yim paub ntxov  
npaum li cas, ces lawv  
yim yuav loj hlob zoo  
npaum li ntawd xwb!**



**NC DEPARTMENT OF  
HEALTH AND  
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Division of Child and Family Well-Being  
NC Infant-Toddler Program (NC ITP)



## Kev kho mob ncuu deb puas haum rau koj tus me nyuam thiab tsev neeg?

### NC Lub Khoos Kas Rau Cov Me Nyuam Mos-Cov Me Nyuam Uas Tab Tom Xyaum Mus Kev

- Koj puas muaj kev taus internet uas ntseeg siab tau los sis kev txuas cov data xov tooj yam tsis muaj qhov txwv?
- Koj puas muaj lub tablet los sis lub laptop? Cov kev sib tham yuav yooj yim dua yog siv lub screen loj dua, tab sis kuj yuav tuaj yeem siv lub smart phone tau thiab.
- Koj puas muaj email kom tus kws kho mob tuaj yeem xa qhov chaw txuas mus rau qhov kev sib tham tuaj rau koj tau?
- Koj puas hnov xis siab rau kev siv koj lub cuab yeej (lub laptop, tablet los sis xov tooj smart phone)?

## Vim li cas kuv thiaj yuav tsum xaiv kev kho mob ncuu deb?

- Kev kho mob ncuu deb yuav pab kom koj tau txais cov kev pab cuam hauv thaj chaw uas tsis muaj kws kho mob nyob.
- Kev kho mob ncuu deb yuav pab kom koj nkag tau mus siv cov kws kho mob uas muaj kev paub tshwj xeeb uas yuav tsis muaj nyob rau hauv koj cheeb tсам.
- Muaj ntau leej niam leej txiv pom tau tias kev kho mob ncuu deb yeej muaj kev yooj yim.
- Kev kho mob ncuu deb siv tau hauj lwm zoo rau cov me nyuam uas txaj muag los sis muaj kev poob siab rau cov neeg txawv ntsej muag.

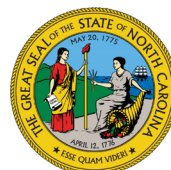


## Kev kho mob ncuu deb yog siv rau tus me nyuam thiab leej niam leej txiv.

- Cov me nyuam yaus tsis tas yuav tsum tau zaum twj ywm thiab ntsia ntsoov daim screen.
- Tab sis, koj yuav tsum tau ua si thiab sib cuag nrog koj tus me nyuam, raws li tus kws kho mob qhia koj txog txoj hau kev siv cov tswv yim los txhim kho koj tus me nyuam cov qauv tes.
- Kev kho mob ncuu deb yuav siv cov khoom uas koj twb yeej muaj nyob hauv koj lub tsev lawm. Tsis tas yuav siv lub cuab yeej tshwj xeeb dab tsi li.
- Kev kho mob ncuu deb yuav tsom mus rau kev pab koj tus me nyuam kawm paub los ntawm lawv cov dej num txhua hnuv xws li lub sij hawm noj mov, lub sij hawm ua si, kev nce tsheb, los sis loj xov lub sij hawm da dej tib si.
- Cov niam cov txiv thiab cov neeg hauv tsev neeg hauv lub tsev yuav yog cov sib cuag nrog lawv cov me nyuam ntau tshaj plaws thiab yog lawv cov kws qhia uas tseem ceeb tshaj plaws!

## Qhov kev sib tham kho mob ncuu deb yuav ua hauj lwm li cas?

1. Koj thiab tus kws kho mob yuav tham txog yam uas tau tshwm sim txij li qhov kev sib tham kho mob ncuu deb zaum kawg nkaus thiab txiav txim siab txog yam uas koj yuav ua nyob rau hnuv no.
2. Tus kws kho mob yuav qhia cov dej num ub no thiab cov tswv yim los sim rau koj tus me nyuam thiab tom qab ntawd yuav soj saib koj thiab koj tus me nyuam hauv ib qho dej num.
3. Tus kws kho mob yuav muab lus taw qhia thiab lus qhia rau koj.
4. Koj yuav sib tham txog yam uas ua tau zoo nyob rau hnuv no, thiab yam uas koj yuav xyaum hauv tsev ua ntej qhov kev sib tham zaum tom ntej.



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# Leej niam leej txiv cov lus xam pom txog kev kho mob ncuca deb



- \* *Kuv nyiam qhov yooj yim ntawm kev kho mob ncuca deb! Kuv tus ntxhais muaj kev ntxhov siab txog kev sib raug zoo, yog li qhov no yeej pab nws tau ntau heev. Nws tuaj yeem koom nrog raws nws tus kheej lub peev xwm thiab khiav mus deb. Yog tias tsis muaj kev kho mob ncuca deb, ces ntshe peb yuav tsis tuaj yeem tau txais cov kev pab cuam.*
- \* *Kev kho mob ncuca deb tau pab kom kuv tus me nyuam tau txais txoj kev pab uas nws xav tau, thiab nws kuj khees tuaj ntau lawm. Nws muaj kev txhim kho ntau heev txij li thaum sau npe nkag rau hauv lub khoos kas!*
- \* *Kuv nyiam kev kho mob ncuca deb rau ntau yam laj thawj, thiab nws haum rau kuv lub sij hawm dua.*
- \* *Kuv tus me nyuam nyiam siv kev kho mob ncuca deb heev. Nws muaj kev yooj yim nyob hauv nws cheeb tsam puag ncig thiab tau koom nrog nws tus kws kho mob ncuca deb.*
- \* *Kuv nyiam cov lus qhia txog kev coj ua hauv kev ua tej dej num ub no. Ntau yam uas kuv ib txwm yeej tsis tau xav txog li yeej ua hauj lwm los pab tau!*
- \* *Kev sim cov tswv yim hauv lub sij hawm tseeb tiag nrog kev kho mob ncuca deb yog qhov laj thawj uas peb tau ua tiav.*
- \* *Kuv nyiam lub sij hawm kom hloov cov hnuv thiab sij hawm mus los tau.*
- \* *Kuv tus kws kho mob ncuca deb yeej muaj kev paub zoo heev thiab piav qhia txog txhua yam mus rau txoj kev uas peb nkag siab thiab siv txhua hnuv rau peb tus tub.*
- \* *Kuv nyiam muaj peev xwm sim cov dej num niaj hnuv ua thiab kev ua dej num ub no hauv lub sij hawm tseeb tiag, nrog rau muaj lus taw qhia.*
- \* *Qhov yooj yim ntawm kev siv kev kho mob ncuca deb yog qhov uas kuv nyiam! Tus kws kho mob ncuca deb yuav xa tsab email uas muaj qhov chaw txuas tuaj mus rau kuv. Tom qab ntawd kuv nias rau qhov chaw txuas thiab peb nkag mus pom nws, thiab nws tuaj yeem pom peb thiab!*



koj yim paub **ntxov**  
npaum li cas, ces lawv  
yim yuav loj hlob **zoo**  
npaum li ntawd xwb!

