



Kev Nyob Nyab Xeeb Thaum Muaj Hluav Taws Kub Hav Zoov

Muaj coob tus neeg ua tsev nyob rau hav zoov, deb roog lossis rau saum tej roob. Lawv ua lub neej muaj kev sov siab nrog hav zoov tab sis lawv kuj ntsib teebmeem xws li hluav taws kub hav zoov. Hluav taws kub hav zoov pib kub yam tsis qhia rau leej twg paub. Hluav taws kub kis mus nrawm heev, kub nroj tshuag, ntoo thiab vajtsev. Nyob rau thaum hluav taws kub, txhua lub sij hawm tseem ceeb tag!

Koom Haum Maim Npuaj Liab Asmeslibcas muaj cov lus hauv qab no qhia kom koj thiab tus neeg koj hluv ntsib kev nyob xeeb thaum muaj hluav taws kub hav zoov thaj chaw koj nyob li no:

Tsim Tus Qauv Kev Npaj

Yuav kom muaj teebmeem tshawg koj yuav tsum npaj tam sim no ua ntej yuav muaj ib qhov hluav taws kub hav zoov. Ua raws li cov lus qhia hauv qab no thiaj li yuav pab tau koj tsev neeg, koj lub tsev thiab tej khoom tseem ceeb.

- **Tsis Daim Qauv Npaj:** Hu rau cov tub ceev xwm tua hluav taws nyob ze koj, lossis cov tub ceev xwm saib xyuas hav zoov hais txog kev cai lij coj ntawm hluav taws kub. Qhia kom tsheb tuaj tau txog koj lub tsev tau. Yuav tsum hom txoj kev mus rau koj lub tsev thiab qhia koj chaw nyob rau tib si. Tham qhia rau koj tsev neeg txog hluav taws kub hav zoov — kev tiv thaiv hluav taws thiab kev taws yog tias muaj. Qhia rau sawvdaws txog tus xov tooj ntawv cov tub ceev xwm saib xyuas xwm txheej hluav taws kub.
- **Nrhia Txoj Kev Tawm:** Muab kom tau ntau txoj kev tawm hauv koj tsev xws li kev tsheb thiab mus kev taw.
- **Xaiv Qhov Chaw Sib Ntsib:** Muab ib qhov chaw rau koj tsev neeg tau sib ntsib uas nyob deb ntawm koj zej zos yog tias koj tsis tuaj yeem rov mus tau tsev lossis nej xav tau kev tawm. Nrhia cov neeg uas nyob txawm roog “li xov tooj” rau sawvdaws tau hu.



- **Npaj Kev Tawm Rau Sawvdaws Tom Qab Hluav Taws Kub Hav Zoov Tas:** Sau cia rau ib phau ntawv seb cov neeg zej zog tus twg txawj yam twg, xws li kev kho mob lossis lwm lub tswv yim. Tham seb yuav pab cov neeg uas nws pab tsis tau nws tus kheej li cas, xws li cov neeg laus lossis cov neeg pab tsis tau tus kheej. Npaj kev tawm pab cov me nyuam yaus tus uas nyob rau hauv tsev vim cov laus rov qab tsis tau los pab nws lawm.
- **Tiv Thaiv Koj Lub Tsev:** Kho thiab tus koj lub tsev kom hluav taws txhob kis tau yoom yim. Xaiv cov khoom ua tsev thiab nroj tshuag uas yuav tua tiv thaiv hluav taws zoo. Tu Tej qab vaj tsib taug thiab qau tsev koj huv. Yuav tsum qhia paub yog tias pom yam twg yuav kis tau hluav taws kub yooj yim. Nrha dej thiab khaw dej cia ze ntawm koj lub tsev, xws li khawb pas dej, rhaws ntim dej, qhov dej lossis pa dej da.
- **Kho Li 30- txog 100- Ruam Kev Ncig Koj Lub Tsev Kom Tsis Muaj Qhov Yuav Kub Tau:** Nyob rau thaj tsam no, koj tuaj yeem tus ntshis kom txhob muaj tej yam yuav kis tau hluav taws thiab kub nyhiab, xws li tsis pub muaj nplooj qhuav, thiab tej khoom yuav kis hluav taws. Hu rau cov neeg tuas hluav taws nyob ze koj lossis cov neeg hauj lwm saib xyuas hav zoov yog xav paub lwm yam ntxiv.

Npab Ib Lub Hnab

Thaum muaj hluav taws kub hav zoov tuaj, koj tsis muaj sij hawm yuav mus npaj lossis tshawb tej khoom koj yuav siv li lawm. Npaj lub hnab ntim cov khoom xav tau yog tias koj yuav tsum tau taws. Ntim cov khoom no rau lub hnab ya, lub hnab uas nqa yooj yim xws li hnab ev, lwm yam hnab. Ntim yam khoom xws li:

- **Khoom Noj Tsis Txawj Lwj:** Ntim yam khoom xws li dej caws, khoom noj nyob tais koom poom lossis batawj.
- **Ib Taub Dej Rau Ib Tus Neeg Ib Hnab**
- **Khoom Kho Mob thiab Tshuaj**
- **Teeb Nyem, Roj Teeb lossis Lub Nloog Xov Tooj Cua, Khoom Siv Tseem Ceeb thiab Ntawv Qhia Kev**
- **Khaub Ncaws thiab Khau Rau**



- **Khoom Siv Tus Kheej thiab Khoom Muab Kev Nyiam Huv:** Ntim Cov Ntawv Tseem Ceeb, Khoom Muab Kev Nyiam Huv thiab Khoom Nqa Yooj Yim Xws Li Ntawv Nyeem thiab Khoom Ua Si.
- **Nqa Nyiaj Ntsuab Nrog Cev**
- **Cov Neeg Saib Xyuas Xwm Txheej Xov Tooj**

Yuav Tsum Paub

Kawm tiv thaiv koj tus kheej thiab kawm tom kev yuav pab lwm tus ua ntej, nyob rau lub sij hawm thiab tom qab kub nyhiab tas.

Yuav Ua Li Cas Yog Muaj Hluav Taws Kub Hav Zoov

- Nloog xov tooj cua seb lawv qhia li cas thiab muab kev taws li cas. Ua raws nrais li qhov hais.
- Nco ntsoov nres tig taub hauv tsheb tawm lossis nres tsheb rau qhov chaw ua kaj yuav tawm tau yooj yim.
- Muab cov tsiaj kaw rau ib chav. Tawm kev pab koj cov tsiaj yog tias koj yuav tsum tau tawm khia.
- Nrha tsev so uas yog koj cov phoojywg lossis kwv tij uas nyob deb ntawm koj lub zos.
- Yuav tsum lug pa taws thiab plua plav. Nloog thiab saib cov huab cua thiab kev ceeb toom txog pa taws.

Yog Tias Lawv Hais Kom Tawm Khia, Yuav Tau Tawm Tas Siv

- Hnav cev khaub ncaws tiv thaiv koj nrog rau khauv looj, khaub ncaws taws, hnav ris ntev, hnav ntsho npab ntev, rau hnab looj tes, thiab looj ntaub thaiv ntsej muag.
- Nqa koj lub hnab uas koj tau npaj thaum muaj kev puas tsuaj.
- Kaw koj lub tsev cia.
- Qhia lwm tus tias koj tawm lawm thiab qhia qhov chaw koj mus rau lawv.



- Xaiv txoj kev uas nyob deb qhov hluav taws kub nyhiab. Saib zoo seb hluav taws kub cev thiab ces uas kub nyhiab thiab cov pa taws.

Rov Mus Tsev Tom Qab Hluav Taws Kub Tuag Tas

- Tsis tshob rov mus tsev yog tias tub ceev xwm tsis tso lus.
- Yuav tau ceev faj thaum nkag mus rau hauv tsev: Rau hnab looj ntes ntaub thiab khau tawv tiv thaiv koj ntes thiab taw los ntawm kev puas ntsoov tseem muaj, xws li lauj kaub kub, uas tseem kub tab sis tsis paub.
- Ua raws li kev xyuam xim kev noj qab hauv huv thaum tu vaj tu tsev thiab rau ntaub npog qhov ncauj.
- Ntov dej rau tej khoom raug kub nyhiab puas ntsuaj kom txhob muaj plua plav.
- Xyuas seb khoom noj thiab dej hauv puas tseem huv ua ntej yuav siv. Muab tej khoom noj raug kub nyhiab, pa taws lossis raug txhiab pos tseg. TSIS TXHOB siv cov dej uas koj xav tias haus yuav muaj mob.