

# KAPENDUDU LUK'S KANO TIMPO NA COVID-19

## Pasabut kano Madakel

### Introduction to the PSAs

- 1 ⚡ Oras sa kapeg One-on-One
- 2 ⚡ Kapamikil sa positive
- 3 ⚡ Guguden su langon na pengkulian
- 4 ⚡ Mawag a palangayan
- 5 ⚡ Mangintana enggo atul'n so stress
- 6 ⚡ Kaped'sbung makapantag sa COVID-19
- 7 ⚡ Kagkatao sa siya ipagukit sa kapendalmet
- 8 ⚡ So kapendudulukes sya sa walay atawa dalpa a madakel e taw nin
- 9 ⚡ Amayka kalipunget tano
- 10 ⚡ Kapamagayon no pamilya
- 11 ⚡ Katiyakap kano mga wata sya sa online
- 12 ⚡ Kam-budget no pamilya



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# Introduction to the Public Service Announcements

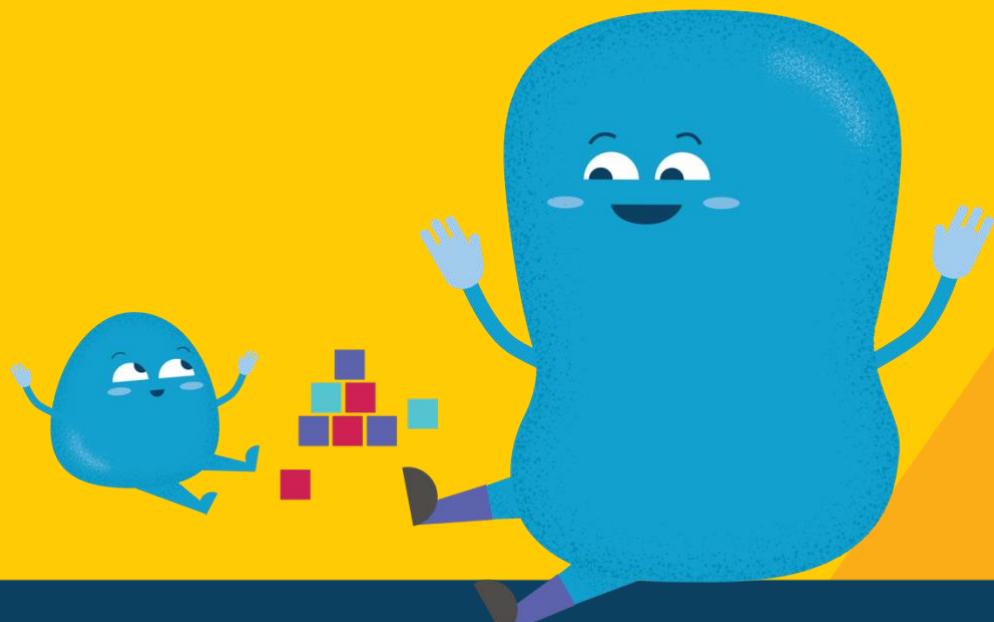
[The text below provides an introductory announcement, which can be given at the start of the announcement series.]

The coronavirus pandemic has disrupted family life around the world. Many families are struggling to keep children and teens occupied, and stress and anxiety levels are high. But we know parents still want to do the best for their children!

The '*Playful Parenting*' Announcements can help. These tips have been developed by parenting experts, and cover all aspects of family life – from learning through play and managing stress to talking about COVID-19 and family budgeting.

We will be broadcasting [one]\* parenting tip every day for the next [12]\* days on our regular '*Playful Parenting*' slot. Listen out for them at [XX]\* each day. We hope they will help you cope at this difficult time – and have fun and learn with your children!

\* Broadcasters can insert whatever is appropriate.



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# KAPENDUDU LUK'S KANO 1 TIMPO NA COVID-19 Oras sa kapeg One-on-One

Embalinan sa Index

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Ped a mga bahasa

## Tips sa saguna a gay:

- So One-on-One time e pinaka mapya a regalo a maka enggay nengka.
- Tanodan so telo timan a sangkad: Makikineg, Mangingilay, enggo Edtatawa.

## Pasabut kano Madakel:

So Lockdown na mapasang kano langon na pamilya, ogayd aden mga malmo enggo libre a kapakay penggalbeken. Tekawan so kapeg 'One-on-One time' sya kano mga wata enggo mga bagowata. Mana so kadtudtula atawa kadsebung kano mga kilala a mga tao a kalilinyan no mga wata nengka a bagowata. Mapakay bun so kadsengal-sengal enggay-gay pedtagapeda, pangangas sa pigkananan, atawa ka pamelimpyo. So maya ba a ukit na magdam no mga wata e pagalagan silan enggo ipegkalimo.

Apya pan 20 ka minutos sa uman gay a mausal nengka salkanilan na masla a tabang kano kalpas nilan kano niya a mapasang a timpo. Tanodan so t'lo timan a sangkad: Makikineg, Mangingilay, enggo Edtatawa!



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# KAPENDUDU LUK'S KANO TIMPO NA COVID-19

## 2 Kapamikil sa positive

Embaligan sa Index

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### Tips sa saguna a gay:

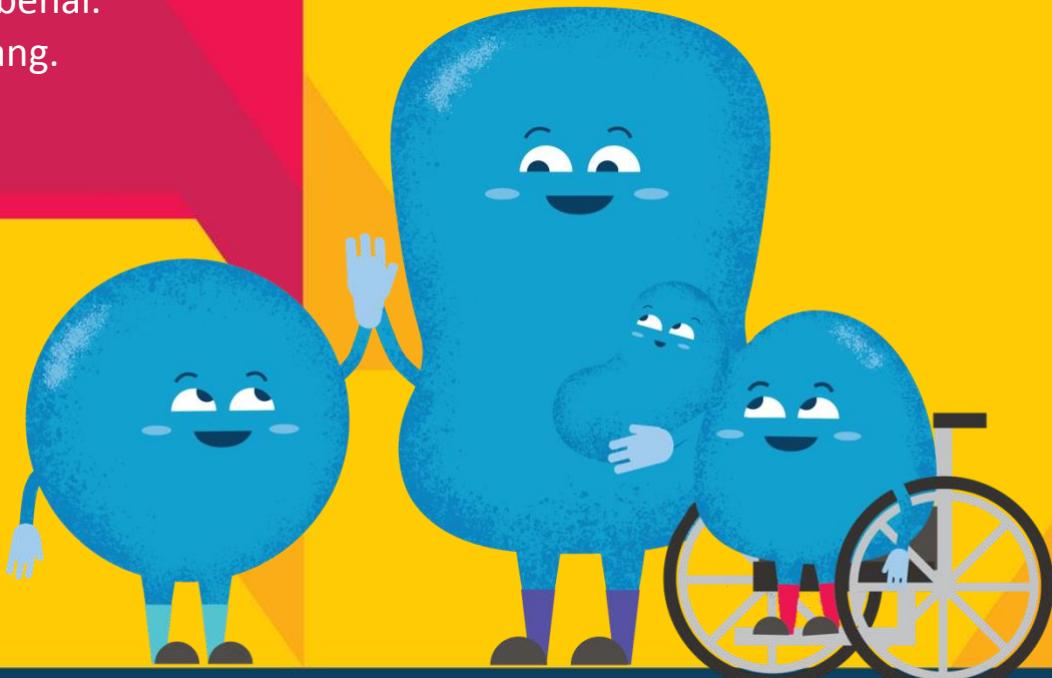
- Lalayon ka so kapamikil sa positive.
- Pamedtan so wata amayka aden galb'kan nin a mapya.
- Idsan so ginawa sa oman gay - ngento aden bun mangapya a bityala a nabel's ko saguna?
- Mangimbenal. Embantang.

### Pasabut kano Madakel:

Amayka maligken so mga wata endo so mga bagowata sya sa walay na malimus'ng taman sa sulangen nilan so mga atulan. Ugayd aden mapya a dayt a enggulan nengka.

Ilayn amayka aden mapya a nanggalbek nilan ka PAMEDTAN. So niya na makakakat salkanilan sa kanggalbek sa mangapya a galbekan.

Idsan so ginawa sa oman gay - ngento aden bun mangapya a bityala a nabel's ko saguna? O aden, na pamedta ka bun so ginawa nengka. Ka-proud gaid salka e inged tano a nya.



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# KAPENDUDU LUK'S KANO 3 TIMPO NA COVID-19 Guguden sa mga penggulan

Embaligan sa Index

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Ped a mga bahasa

## Tips sa saguna a gay:

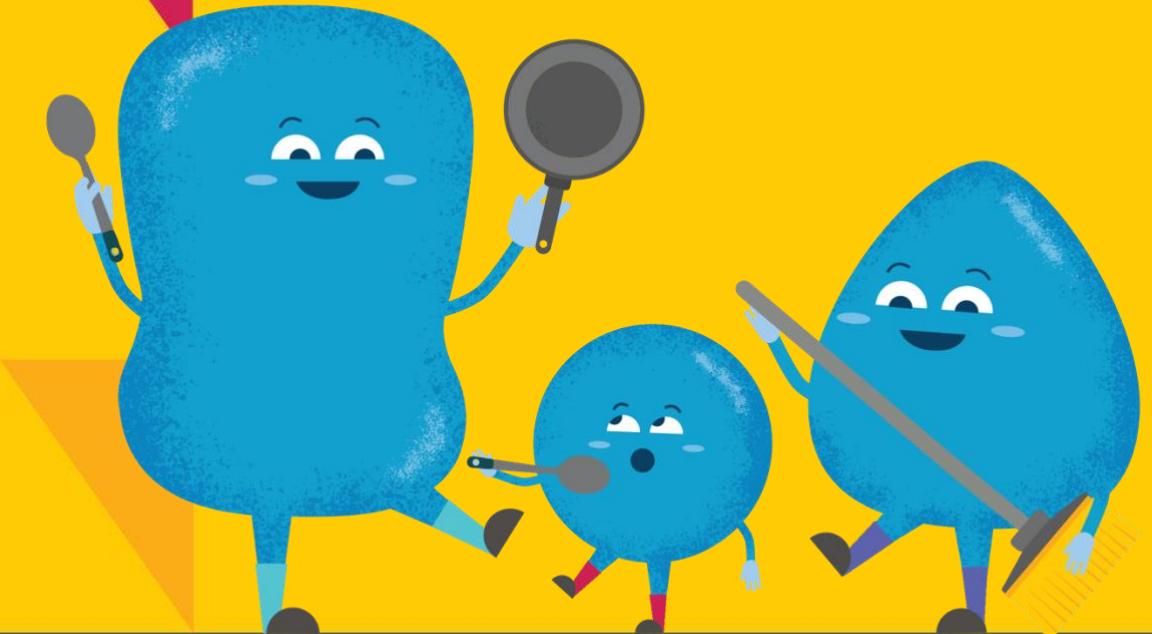
- En-dance ka enggo makapag-exercise.
- Atul'n so oras a kapenggalbek endo oras a kapendalmet.
- Mumbal sa manggalbek a istedi penggalbeken sa uman gay.

## Pasabut kano Madakel:

Malgen kano mga wata amayka close so mga pangangian endo di pakandalalakaw, ugayd amayka aden structure atawa ka atulan no mga galbi'kan na mas malemu e kapamikil sa positive.

Ebplano ka so uman gay sa amonga den su galb'kan sa walay, assignment no mga wata, kandalalmet, enggo so kapangintel'nen. Mapakay patabangen so mga wata sa kapagumbal sa plano atawa iskedyul.

O magaga na mag-exercise sa uman gay.  
Mana upama na kan-dance.



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# KAPENDUDU LUK'S KANO 4 TIMPO NA COVID-19 Mawag a palangayan

Embaligan sa Index

E-click sya para sa Evidence-Based

Ped a mga bahasa

## Tips sa saguna a gay:

- So mawag a palangayan na wata na mapakay pangilayan sa ukit a pakalimpang lun asal mabaloy a mapya su galbekan nin. Opama ka peludso den pagalingasa so wata, na pangilayan sa ukit a makalimpang lun, mana so kapangenggat sa kapandalmet.
- Kump'nen, tiyakapan, enggo pamedtan.
- Siya sa penggelbeken na mga wata kailay o ngen e kagedam nin.

## Pasabut kano Madakel:

Langon na wata na malimus'ng amayka maligken sya sa walay. Makadatabang ka sa ka kump'n sa kano mga mawag a galbkan nilan.

Pamedta ka so mga mapya a galbekan nilan. So nya na importante kano edsinakatawan labi den kano mga wata nengka.

Amayka ka penggalbek silan sa mawag na enggay ka silan sa warning ka enggo silan makapagumalin. Sa mana upama na kwan so mga dalm'tan nilan. Ugayd na enggan pon silan sa chance a makanggalb'k silan sa mapya. Omayka makanggalbek sa mapya na PAMEDTAN. Kump'nen, tiyakapan, enggo pamedtan.



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# KAPENDUDU LUK'S KANO

# 5 TIMPO NA COVID-19

## Mangintana enggo atul'n so stress

Embalingan sa Index

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Peda miga bahasa

### Tips sa saguna a gay:

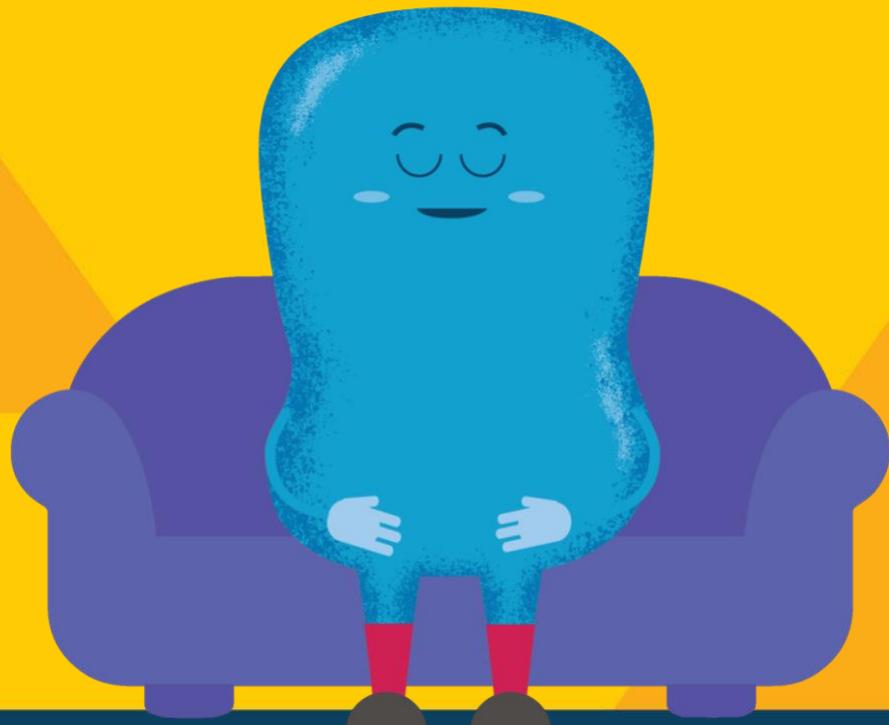
- Saguna na stressful a timpo. Tiyakapi ka so ginawa nengka, ka enggo nengka katyakapan bun mambo so mga wata nengka.
- Naligken ka ugayd na dikna nadtalabisa.
- Pangintl'nen ka muna.
- Enggalb'k ka sa mapya ko ginawa nengka.
- Pakikineg ka so mga wata nengka.

### Pasabut kano Madakel:

Kanu langun naw a pedtiyakap sa mga wata endu teenagers sa walay — Dayt salekanu su pamedta! Katawan tanu inya na paka-stress, sabap santu na pangaden ka sa kutika a para sa ginawa nengka. Amayka pakagedam ka sa lidu na ginawa, na pangilay ka sa mambityala nengka a taw. Amayka su manga wata na pedtulug, na pangintelenen ka.

Tekawi ka so nya a ukit na kapangentel'nen. Pagagayan ka, salta na tikup ka so mga mata nengka, ginawa ka sa madidal'm ka engegedam-gedam ka e ginawa nengka. Nya nengka kagedam e nakapangintelenen ka dn, ento pan ka embamata ka.

Tiyakapi ka su ginawa nengka ka endo nengka katyakapan bun so mga wata nengka.



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# 6

# KAPENDUDU LUK'S KANO TIMPO NA COVID-19 Kadsebung-sebung makapantag sa Covid-19

Embalingan sa Index

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Ped a mga bahasa

## Tips sa saguna a gay:

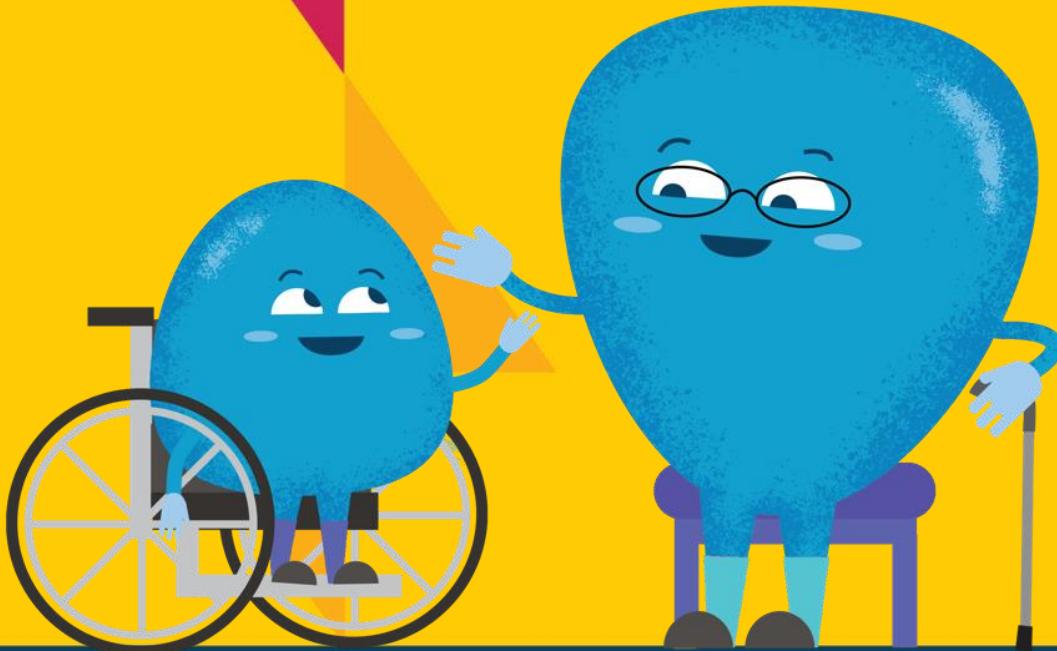
- Madakel e mga bityala a pedsulapak sa saguna a timpo na COVID-19.
- So ilmo na bagel – embityala sa mapayag enggo bantang.

## Pasabut kano Madakel:

Ngento kalido e ginawa nengka kano mga wata nengka makapantag sa kapeds'bung sa Coronavirus? Embantagi ka den mun silan.

Suguti ka silan sa makapangingidsa. Sumpani ka silan sa bantang. Upama ka di nengka katawan e sumpan, na kna mawag e madtalo nengka e di nengka katawan. Madakel pan e dayt a pedtuntyan tano.

Pasabuti ka sa mga wata nengka e so COVID-19 na dala lakit lambya nin sa ngen e palas na taw atawa ka endaw sekanin nakabpon. Kadtabangan tano so mga taw a pedsakit. Pamando ka silan sa panon e katabang nilan sa taw, dikena kapangumis.



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# KAPENDUDU LUK'S KANO

## TIMPO NA COVID-19

# 7 So kagkataw gay-gay pendadalmet.

Embalingan sa Index

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### Tips sa saguna a gay:

- So kandadalmet na mapya.
- So kandadalmet na mapya ukit a kagkataw.
- So kandadalmet na makakagalaw kano uman isa sa apya ngen den e umul nin.
- Apya pan manawt bun so walay, na mapakay mangaden sa oras enggo lugar a kandadalmetan.

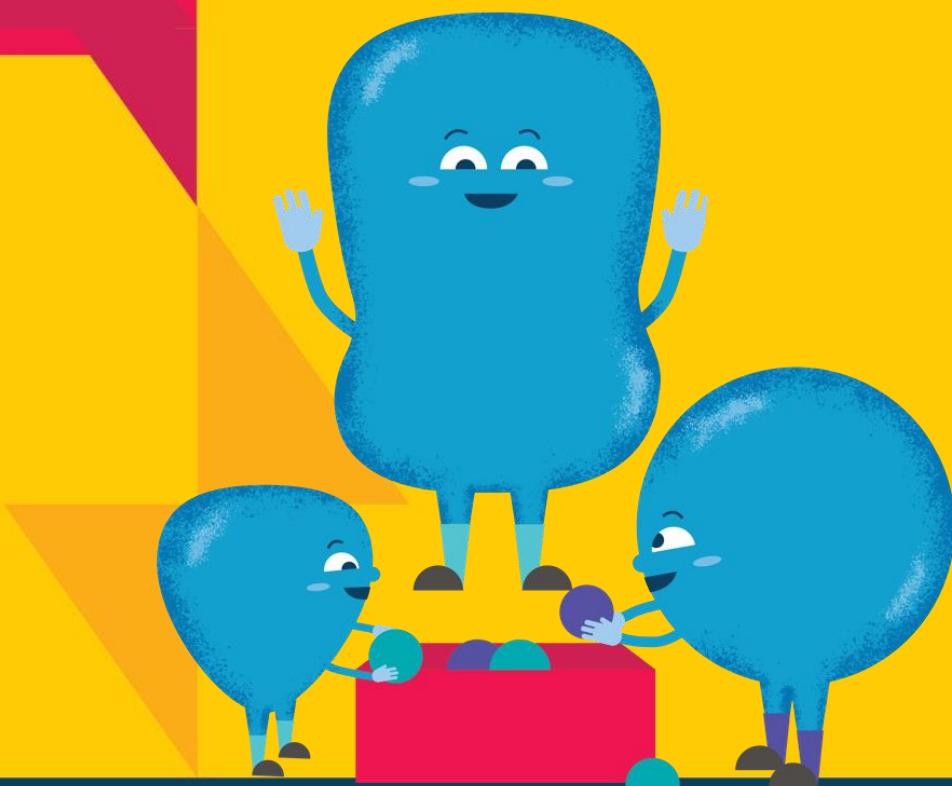
### Pasabut kano Madakel:

Ngento naligken ka enggo so mga wata nengka sya sa walay? Makapaganad bun silan sa ped a mga ilmo sa siya ipagukit sa kandadalmet. T'kawi no so kapendalmet sa Movement Game.

En-dance ento pan ka lemalis sa, "Stop!". Pam'labit ka sa mga binatang ka entopan ka edsasagingan.

Mangembal sa tudtulan - uman e isa na manudtul sa sataga, tupan ka sumpatan na pedtundog salkanin.

Enggat ka so mga bagowata sa idsan ka nilan sa quiz questions!



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# KAPENDUDU LUK'S KANO TIMPO NA COVID-19

## 8 So kapenduduluk's sya sa walay atawa dalpa a madakel e taw nin

Embaligan sa Index

E-click sya para sa Evidence-Based

Ped a mga bahasa

### Tips sa saguna a gay:

- Mapasang amayka magaget so pendadalpaan.
- Tanodan so mga pangitaban ka pantuntayan kano mga wata.
- Pakagalawn.
- So Kapag exercise na makagkypy ko lawas enggo pamikilan.
- Embad- bad'n so mga galb'kan-emban sa schedule a kaunutan sa tidto.

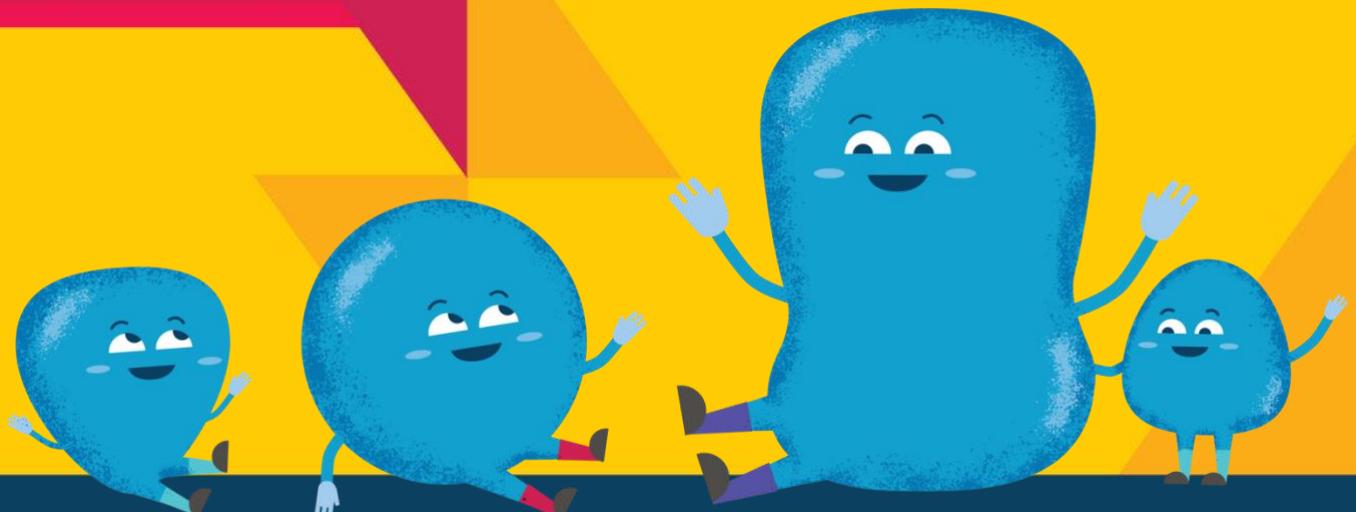
### Pasabut kano Madakel:

Amayka sya tano sa magaget a walay enggo dalpa na mapasang kano mga wata makataman salkitano.

Amayka magaga na mga wata nengka e makadtangkay, makapangagas sa lima, endo makad s'nggay-s'nggay na pamedta ka silan.

Pag exercise kano kano wata nengka apaya pan peb papadsyaw bo. Ka makadtabang e nya sa kapaya na kapenggugulawas endo makagkulang sa stress.

Amayka pedsusubla den so enggagaisa, na ginawa ka sa madidal'm . Nalpas bun so nya.



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# KAPENDUDU LUK'S KANO TIMPO NA COVID-19

## Amayka ka kalipunget tano.

## ➤ Embalingan sa Index

E-click sya para sa Evidence-Base

Ped a mga bahasa

## Tips sa saguna a gay:

- So COVID-19 na kadsabapan na kalipunget nengka.
  - D'gka ka sa mga pila ka minutos taman sa maluntana sa kanggegedam nengka.
  - Amayka ka aden kadsabapan na kapegkasaki na ginawa nengka, na aden bun kadsabapan na kagkapyá na ginawa nengka. S'kat ka so ginawa nengka sa mapangingilay nin so makagkapyá sa ginawa nengka.
  - Pamadsatiman kabo sa uman gay.

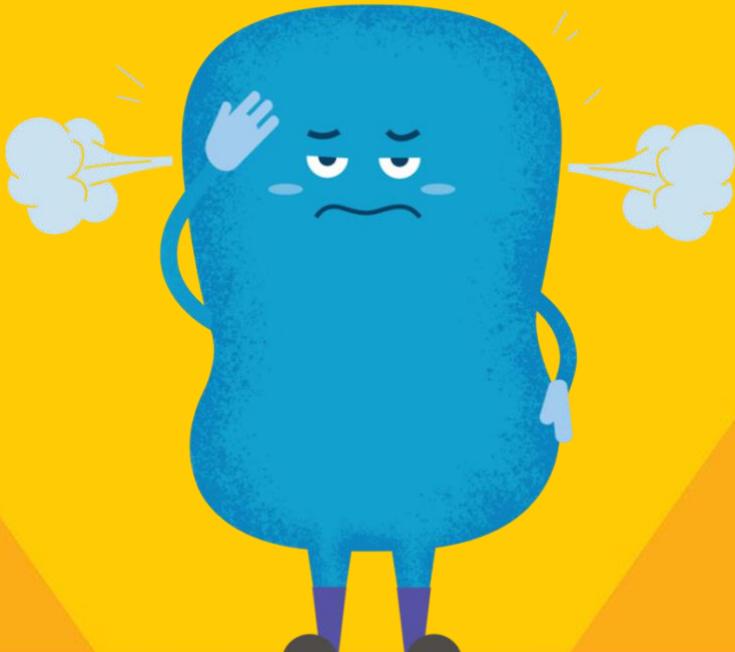
# Pasabut kano Madakel:

So Lockdown enggo so kapangandam na kadsabapan na kalipunget tano kano mga wata enggo so mga bagowata. Aden bun mga malmo a ukit a makadtabang.

T'kawi ka g'minawa sa dadal'm sa makalima.  
Endo pegkalwag so kagedam nengka.

Enda ka pendalangutan, labi den o kailay na  
mga wata.

So science na naamad nin e amayka di tano btayn enggo enggangalian so mga wata na egkapulo so brain development nilan. Nya ba e tidto a success.



# 10

# KAPENDUDU LUK'S KANO TIMPO NA COVID-19 Kapamagayon no pamilya

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## Tips sa saguna a gay:

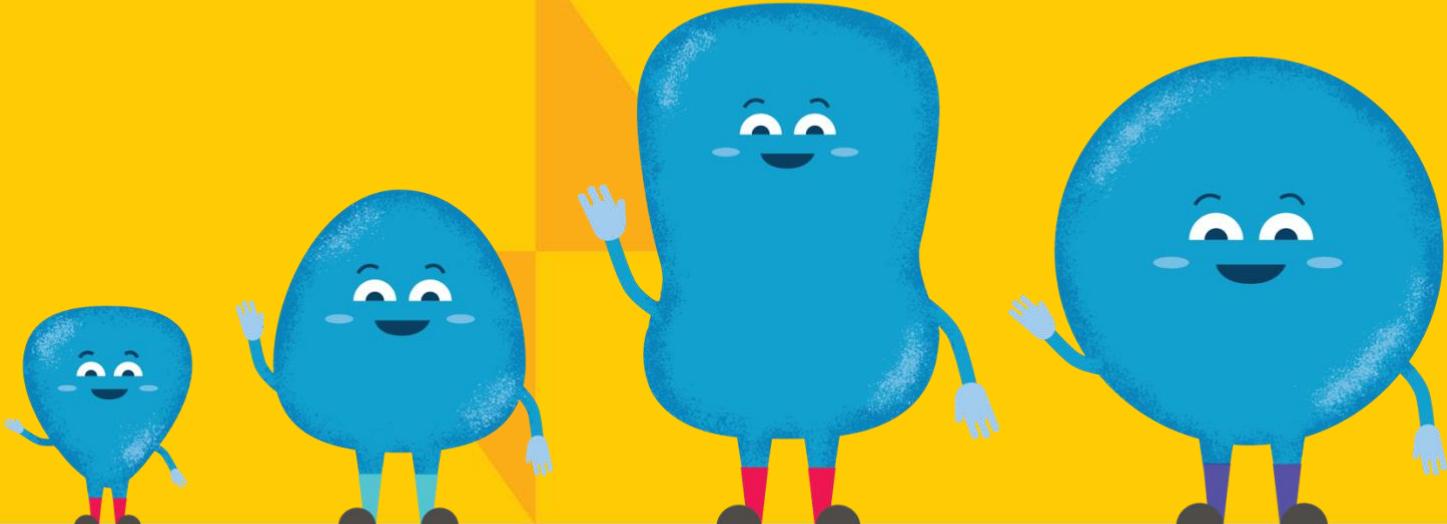
- Amayka ka so kadtalabisa na diden kapalaguyan- na makin panglavn den e kypy a nin.
- Amayka ka pamagayon so uman e isa, na maaden so Magalaw a pamilya.

## Pasabut kano Madakel:

So kapegkaligken no isa a pamilya na mapakay a kadsabapan na kalimus'ng no uman e isa. Ugayd na baloyn tano so ginawa tano a sunggulingan kano mga wata , mana so kanggalbek sa mg amapy. Aden e nya masla a padsa nin kano mga wata kano ukit o kanggalb'k enggo kapamikil nilan.

Lalayonen so kapamikil a mapya. Edtalwan so ped sa dayt enggo di dayt a enggulan. Embababdn so mga galb'akan ko mga bagowata salta paamongen bun so mga wata.

Tanodan tano e nya timpo na masenget, ugayd na makadtabang so nya a paydo mga steps sa mapya so kambeb'tad no pamilya.



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Against Children



PARENTING FOR  
LIFELONG HEALTH

Maestral.



CENTERS FOR DISEASE  
CONTROL AND PREVENTION

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# KAPENDUDU LUK'S KANO TIMPO NA COVID-19

# 11 Katykap ko mga wata sa mga mawag sya sa online.

## Tips sa saguna a gay:

- 1 Sabotan so mga makagkarya, sabotan bon so mga makabinasa.
- 2 Sya bun salka so katyakap ko mga wata nengka ebpon sa mga mawag sa online.
- 3 Tuganol ka so mga wata nengka.

## Pasabut kano Madakel:

Saguna na so mga bagowata enggo so mga wata na kausal nilan so oras nilan a madakel sya sa online.

These may include adults targeting young people for sexual purposes, children or teens being exposed to harmful content, or sharing personal information which may harm them.

Ya den mapya a bnal a ukit a katyakap kano mga wata ebpon sa mga mawag sya sa online na makawmbal kano sa kapasadan sa PANON endo NGEN bo e oras a dayt a mausal nilan online. Control ka silan. Ids'bung nengka silan tatap.



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for every child



WORLD WITHOUT DRUGS



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# KAPENDUDU LUK'S KANO TIMPO NA COVID-19

## Kapen Budget no pamilya

Embalingan sa Index

E-click sya para sa Evidence-Based

Ped a mga bahasa

### Tips sa saguna a gay:

- Umbalan sa budget so pamilya enggo pasabutan salkanilan so ento a budget.
- Dala pan mga surprises- ebplanoan so mga nasisita enggo kalilinyan.
- Amayka nakatingguma so COVID-19 na pagadilan sa dayt a e pagadil lun.



### Pasabut kano Madakel:

Sabap kano COVID-19 na madakel e mga taw a kalido e pantag sa kulta. Ugayd na aden pamon mga mapya a dayt a engulan.

Mangni sa tabang sa Goberno enggo sya kano mga Community Organisations. Ilayn so mga pasabot enggo mangingidsa.

Paamongen so mga wata sa kaumbal sa budget no pamailya. Pamagadayan o n panon e kagasto kano kulta uman sawlan. So nya na makadtabang sa kaawa na stress enggo makadtabang bun kano kalpas no kapasang a katamanan.



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