

KAMBIYAT KO MASA A COVID-19

Kalangkapan ko serbisyo ko Masa

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2 🎧 Kalantas o mapiya pamikiran

3 🎧 Matatanor a mga galbuk

4 🎧 Mga rarata dadabyatan

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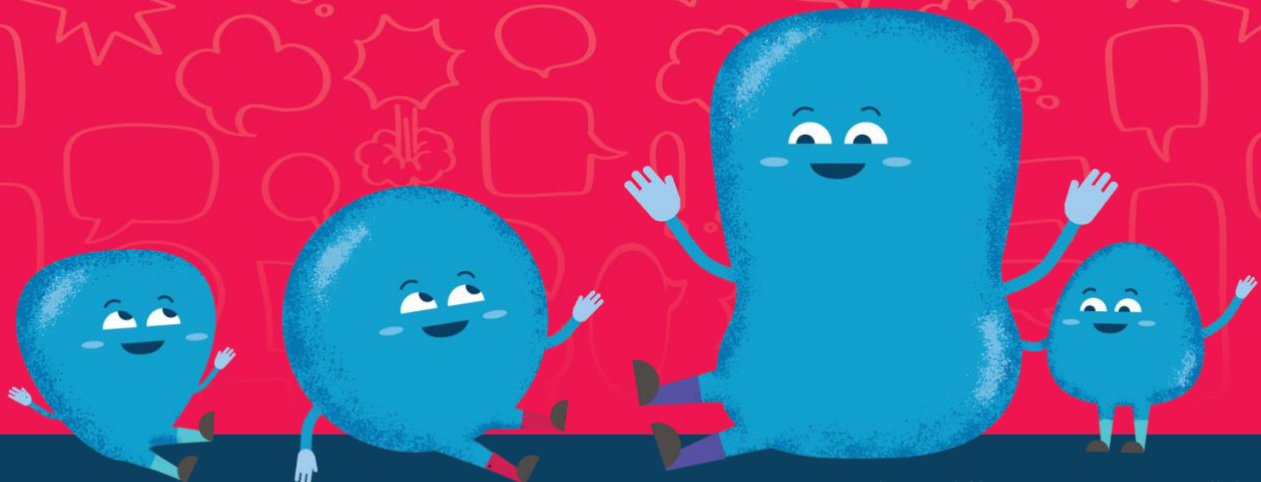
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Introduction to the Public Service Announcements

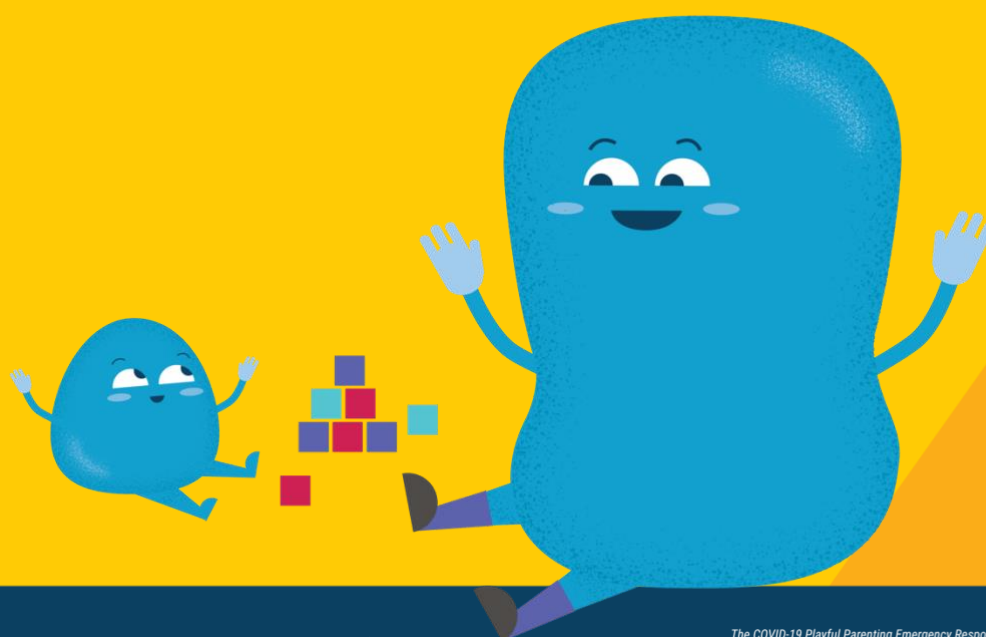
[The text below provides an introductory announcement, which can be given at the start of the announcement series.]

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.



1 KAMBIYAT KO MASA A COVID-19

Kambugaya sa oras ko wata

Kasoy ka ko toosan

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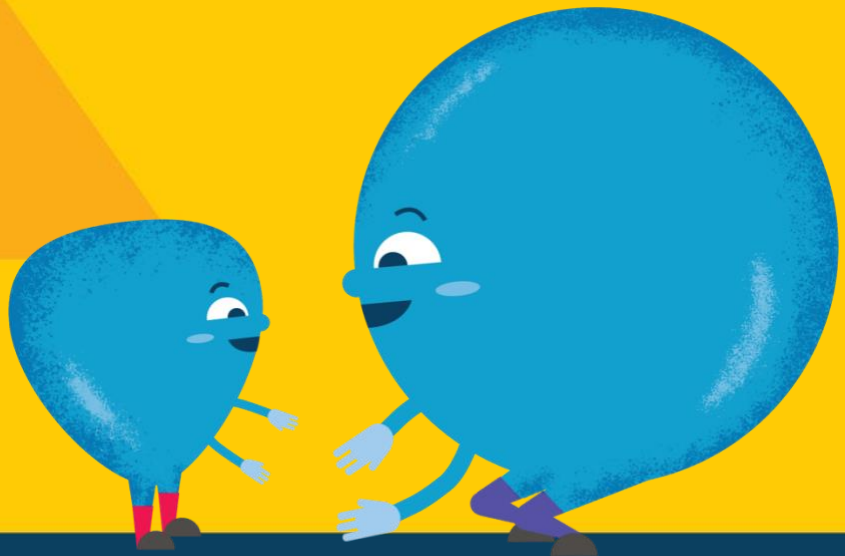
Mga malbod a okit:

- 1 So kabugay sa oras e titho a mapiya a regalo.
- 2 Tanudan tano so t'lo ka ukit: 'kapamagikinug, Kasiyap, ago kalangas'

Kalangkapan ko serbisyo ko Masa:

So Lockdown na tanto ko margun ko uman pamilya, ugaid na ana kapiyaan yan a malbod a kapakay a sowaan. B'gi nga sa oras uman gawii so mga iito a wata ka ago mga wata ka kangodaan. Ginan so mga pkababayaan iran lagid o kapanunutolan sa mga tutol. O di na so kambakas ko mga iidol'n o mga wata ka kangodaan. Kapakay pn ah plulumpiyo kano badn raks sa kapagida ida. So mga wata na pakagdam siran dn sa babayangka kiran ago ka importante iran rka.

Apiya bo ko (20) dowapolo ka minutos ko isa gawii na pakapiya ginawa iran dn sa giya kargunan imanto. Tanudi nga so t'lo a ukit: Kapamakinug, kasiyap ago kalangas!



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KAMBIYAT KO MASA A 2 COVID-19 Kalantas o mapiya pamikiran

2 Kasoy ka ko toosan

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Mga malbod a okit:

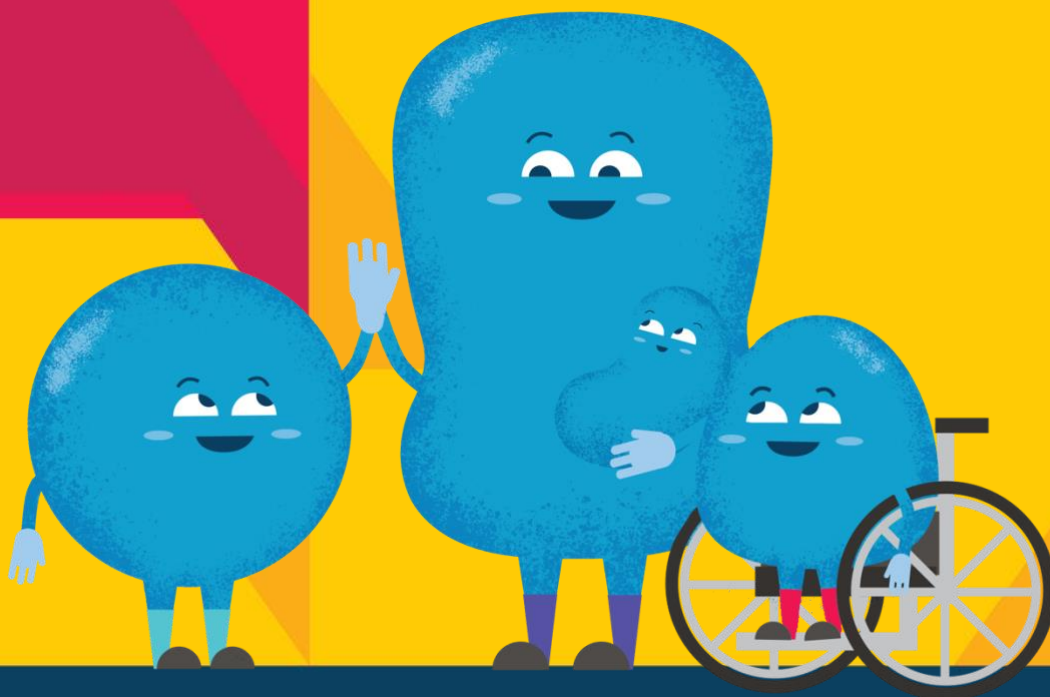
- 1 Kalantas o mapiya pamikiran.
- 2 So Kapudi na lalayon.
- 3 Panguyat sa ginawangka- Ba ana mapiya a di akn di mataro oman gawii?
- 4 Kapaka bubunar— kapaka lubod— kapiya adat.

Kalangkapan ko serbisyo ko Masa:

Igira so mga iito a wata ago kangodaan a tumatarg sa walay na, malbod siran bokln ago di paratiyaya. Ugaid na ana kapakay a sowan kaw n san!

Pagilaya nga siran o tumatarg siran dn na pudi anga siran sa mapiya! Ginan e mga toos na so mga wata iito ago mga kangodaan na mas pipipiya piya siran pn.

Panguyat sa ginawangka- Ba ana mapiya yataro akn imanto? na poti anga ginawa nga mambo. Giya intero a ingud na pkababayan ka iran.



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KAMBIYAT KO MASA A 3 COVID-19 Matatanor a mga Galbuk

➤ Kasoy ka ko toosan

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Mga malbod a okit:

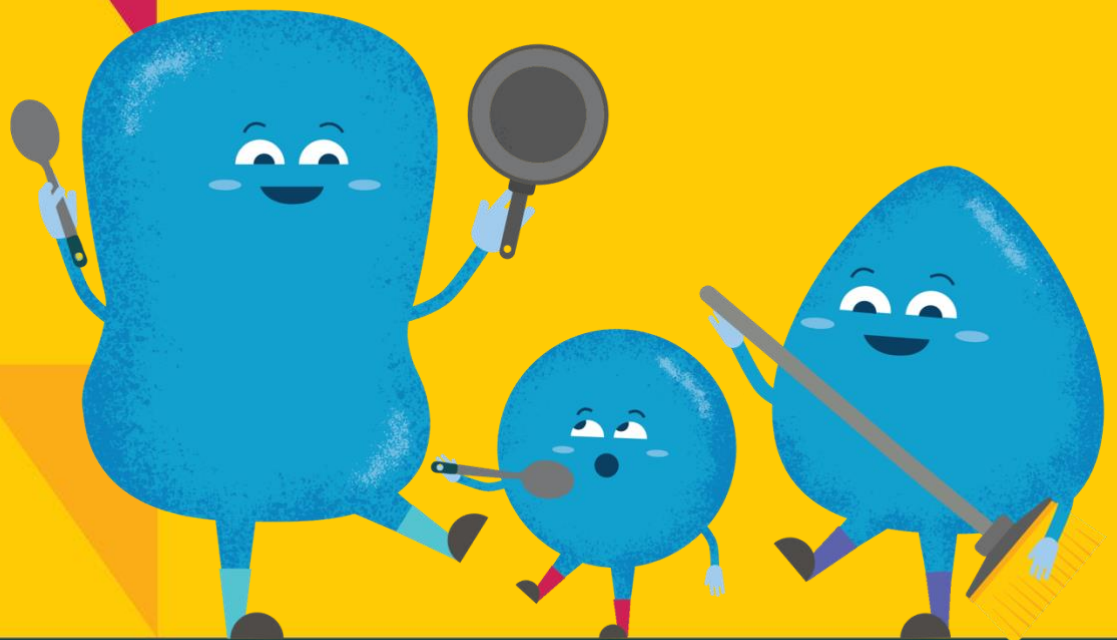
- Mga kasunor mipantag ko exercise.
- Kapamlano sa gawii mipantag ko galbuk ago kasunor.
- Mala kasunor na pakalintad sa gawii.

Kalangkan ko serbisyo ko Masa:

Kargunan gira so mga wata ago ska na lulukban so skwelan ago da kaliyo. So mga matatanor a mga galbuk na pkausar sa kalantas o pamikiran.

Kapamlano sa sowaan oman gawii raks so mga galbuk sa solod a walay, skuwelaan, ago mga kasunor. So mga wata na pakaugop sa kapamlano.

O kaparo na, pag exercise oman gawii. Lagid o kasayaw ago kasunor sa walay. Iliyo so energy!



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4 KAMBIYAT KO MASA A COVID-19 Mangararata dadabyatan

Kasoy ka ko toosan

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Mga malbod a okit:

- So mga rarata dadabyatan na pkipato bo sa mangapiya dadabyatan. Ugupi nga so wata magbago.
- Kapananggila, Kasiyap, ago kapodi.
- Mga wata imanto na sii pkailay ko gowa goway nyan.

Kalangapan ko serbisyo ko Masa:

Mga wata ago kalumbayan a pakarata e dadabyatan. Poonan sa didn pakaliyo. Suka na kagaga nga a kaugupan ka kalbati nga ko mga marata ulawla.

Podin so mangapiya galbuk. Giya na paliyogat ko manisa. Poon ko mangaiito a wata taman ko mga kalumbay.

Igira man uto a di siran tatapiyan na sapari nga siran para siran pakapiya e adat. Usar ka sa mga kargunan iran lagid o kakowa kiran sa mga gita-gitaan na mapasad na bugi nga siran sa ayad a makapiya siran e olawla. Kapananggila, kasiyap ago kapodi.



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KAMBIYAT KO MASA A COVID-19

5 Lalayon so kalintad ago pagiwasan so stress

Kasoy ka ko toosan

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Mga malbod a okit:

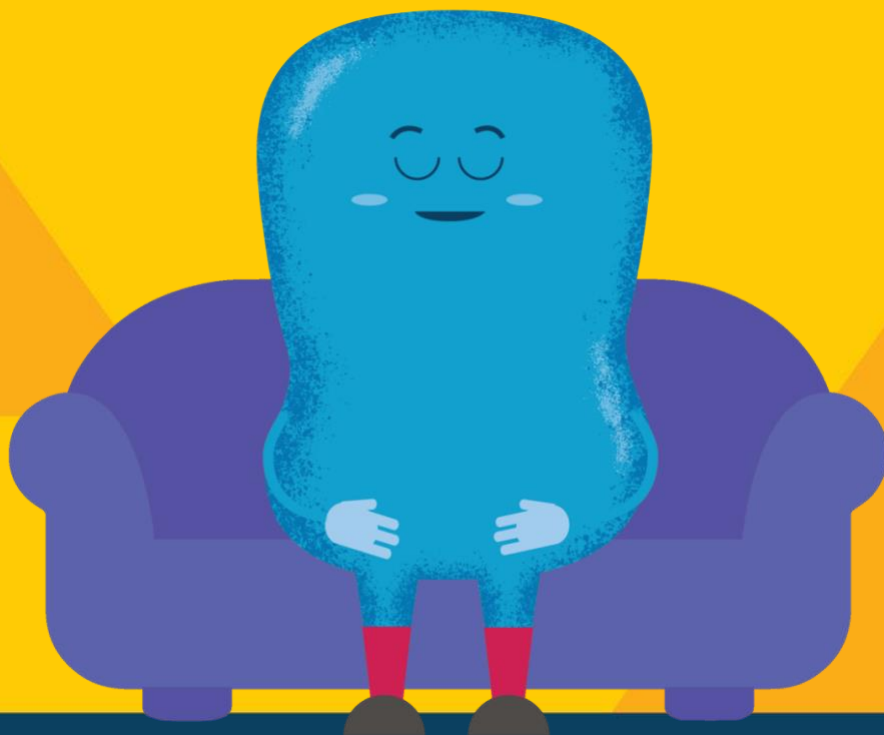
- 1 Pakadokaw so giya masosowa. Siyapa nga ginawa, para ko mga wata aka.
- 2 Misisibay ugaid na kunaba matatawan.
- 3 Malo ka duka sa di bo matiy.
- 4 Galbuk sa mapiya mipantag sa ginawangka.

Kalangapan ko serbisyo ko Masa:

Manisa na pagilaya niyan so mga iito a wata niyan ago si mga kalumbay sa walay- Patot a mapodi ka! Katawan tano a pakadokaw, bugi nga sa oras a ginawa nga. Pangilay ka sa kaliyowan ka sa rata ginawa. Igira kituturog so mga wata na duka kawn mambo.

Sowa nga giya mga malbod kaduka. Untod ka, pipidung ka. Pamakinuga nga so kaginawa nga sa madalum na gudami nga. Mapasad kana bukara ngadn so mga mata nga.

Kaipat sa ginawa, para pakaugop ko mga wata.



6

KAMBIYAT KO MASA A COVID-19

Usayan mipantag sa COVID-19

Kasoy ka ko toosan

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Mga malbod a okit:

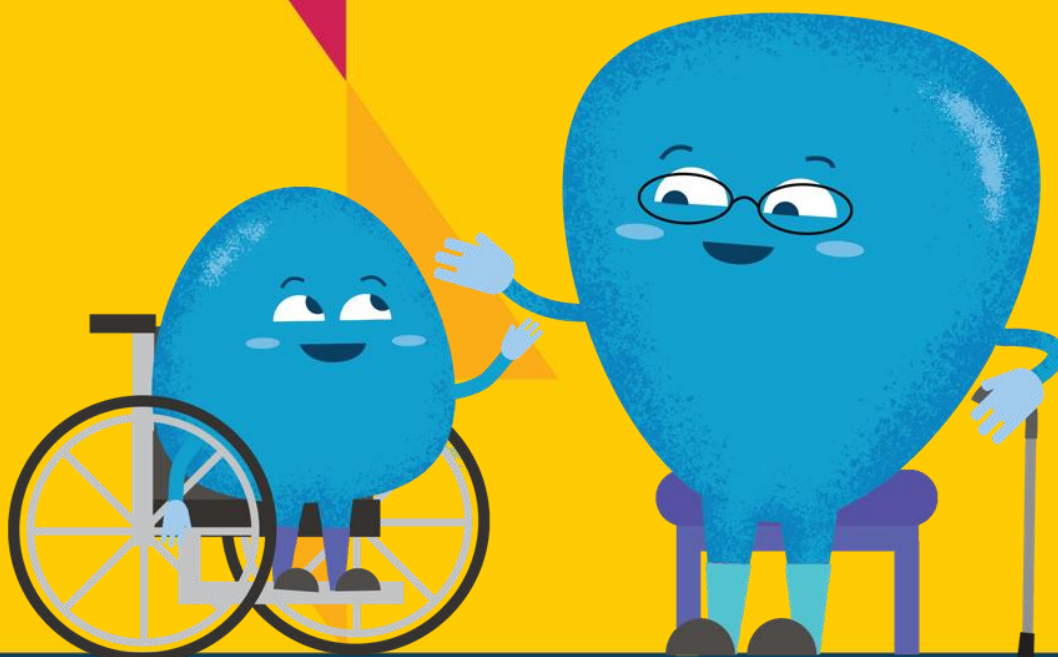
- COVID 19- aya bago a basa imanto.
- So katao na mabgur —taro ka lalayon sa bunar.

Kalangkapan ko serbisyo ko Masa:

Imbitiyaray nga so mga iito a wata ka ago kangodaan mipantag ko COVID-19. Taro ka sa bunar kiran.

Lalayon ka kiran so kapakaisa. Na sumbaga nga sa pyur. Odi nga katawan na mapiya dn. Madakl tano pn e paganadan.

Ipanutol ka piyapiya giya COVID-19 na di pamimili sa sungan yan antaka tonai paras ka andaka makapopoon. Kaogopan tano so mga sasakit. Pangdawan siran a makauugupan naba makakapanayongkat.



7

KAMBIYAT KO MASA A COVID-19 So kapakasowa ko okit o kasunor

Kasoy ka ko toosan

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[Other Languages](#)

Mga malbod a okit:

- So kasunor na mapunud a sansung.
- Mapiya kapakasowa mipantag sa kasunor.
- Kasunor para sii ko langod a edad.
- Apiya so maito a walay na pukaadnan sa maito a oras ago lugar para ko kasunor.

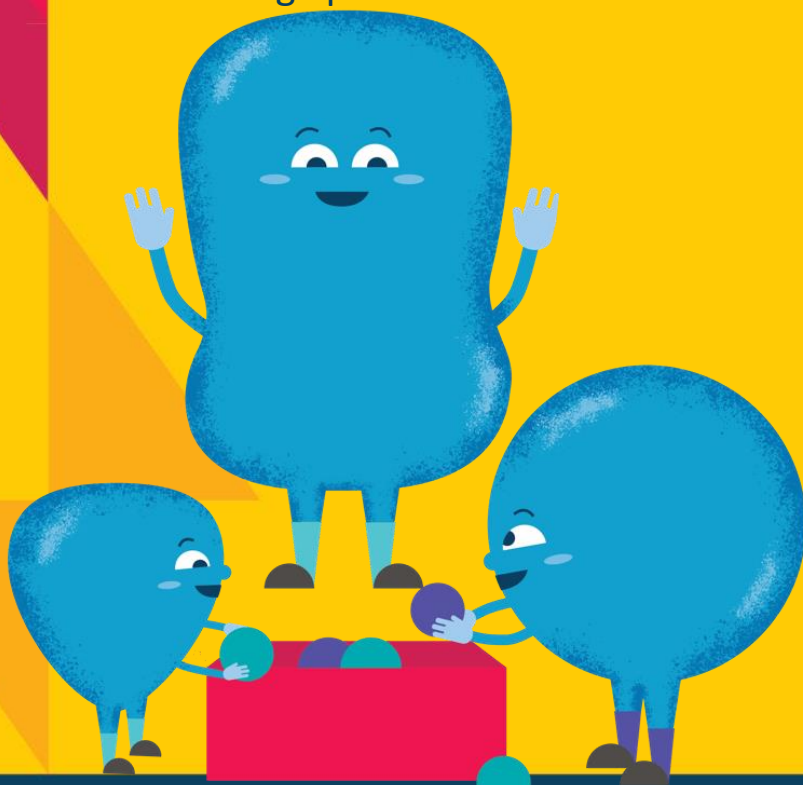
Kalangkapan ko serbisyo ko Masa:

Kadn ka sa walay rakus o mga wata ago kalumbay? Pakasowa siran ko okit o kasunor.

Osar ka sa kapamintung-bintung a kasunor. Psayaw siran na kisuk ka sa, "Targ!". Na talo ka sa ngaran a pangangayamun a sowan iran so style yan.

Pamangbal kano sa mga tutolan- umanisa na ana mga basa iyan.

Layama nga so wata aka kalumbayan a pagisa rka sa mga pakaisa.



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8

KAMBIYAT KO MASA A COVID-19

Kambiyat ko madakl a taw ko walay ago ingud

Kasoy ka ko toosan

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Mga malbod a okit:

- 1 Margun so kabaling ko madakul a taw.
- 2 Pakisabutan sii ko mga wata so usayan ko mga patakarán.
- 3 Baloya nga kasandagan.
- 4 So kapamintung-mintung na aya rka mapiya para ko lawas ago ipakalantas o pamikiran.
- 5 Bugi nga sa oras-Pangbal ka sa atoran ago aya nga dinggulaola-an.

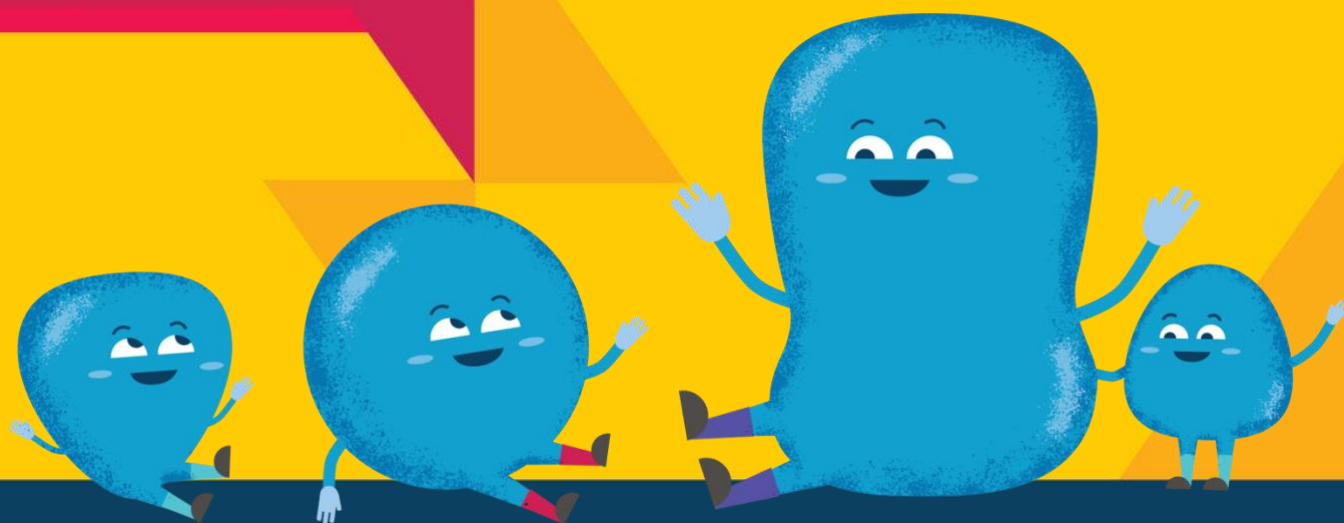
Kalangkapan ko serbisyo ko Masa:

Igira madakul tano ko walay ago ingud na margun so da kaliyo para ko mga wata, kalumbay ago suktano!

Igira so mga wata aka a mangaito ago kangodaan na yakasowa mawat, mangunab sa lima ago dipliyo na taron ka kiran a pukababayangka siran.

Tupinka a pamintung-mintung kano ko oman gawii- so kalto sa puro ago pababa sii sa walay. Pakaugop uto para ko kapipiya ginawa ago pakalubat sa stress.

Igira didn kagaga, na ginawa ka sa madalum ko lima ka minutos. Mapiya sa kiyapakawma nga saya!



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KAMBIYAT KO MASA A 9 COVID-19 Igira pukararangitan tano

1 Kasoy ka ko toosan

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Mga malbod a okit:

- 1 So COVID-19 na pukabaloy ka niyan a marangit.
- 2 Awat ka pasin ago pamimikiran ka sa pipira ka minutos para ka makarunuk.
- 3 So langon a pukasabapan ko rarangit ka na, ana isa pakapiya ginawa nga. Panguyatan ka ginawa nga a matoon ka so kapipiya ginawa!
- 4 Kaosar sa gawii piyapiya.

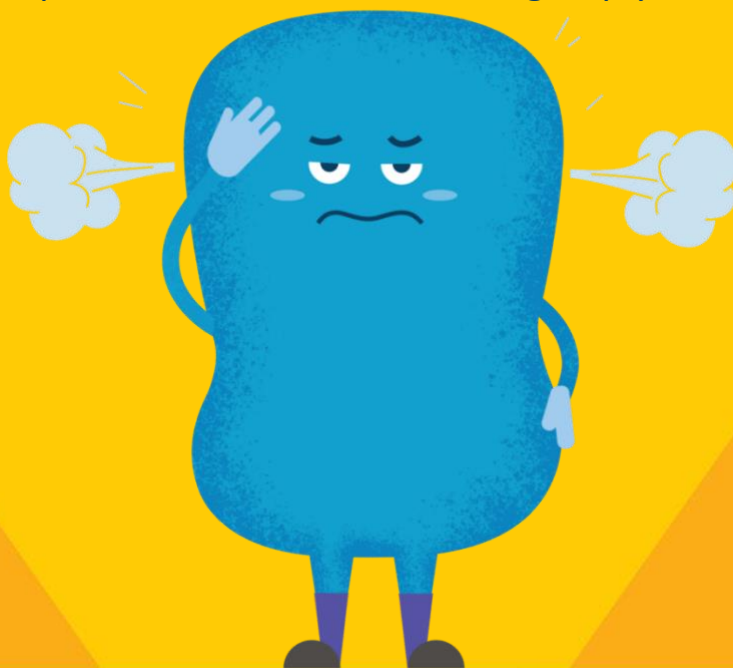
Kalangkapan ko serbisyo ko Masa:

So da kaliyo ago di matitikna so pikir na dimbaloy rarangit mipantag ko mga iito a wata tano ago ko kalumbay. Adn a mga okit-okit a pakaugop ron.

Ginawa ka sa madalum sa sulod ago liyo ko lima ka minutos, na pakapiya ginawangka.

Targan so kainom sa mga pakaburug, labawn gira makadadanga so mga wata.

Sa kaalim, na yataro ron a so di kapakatana sa lima ago kambongut ko mga wata o dina kangodaan na, mapakapiya siran e kapamimikiran. Na isa uto a tagumpiya!



10

KAMBIYAT KO MASA A COVID-19

So kapagisa-isa o Pamilya

Kasoy ka ko toosan

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Mga malbod a okit:

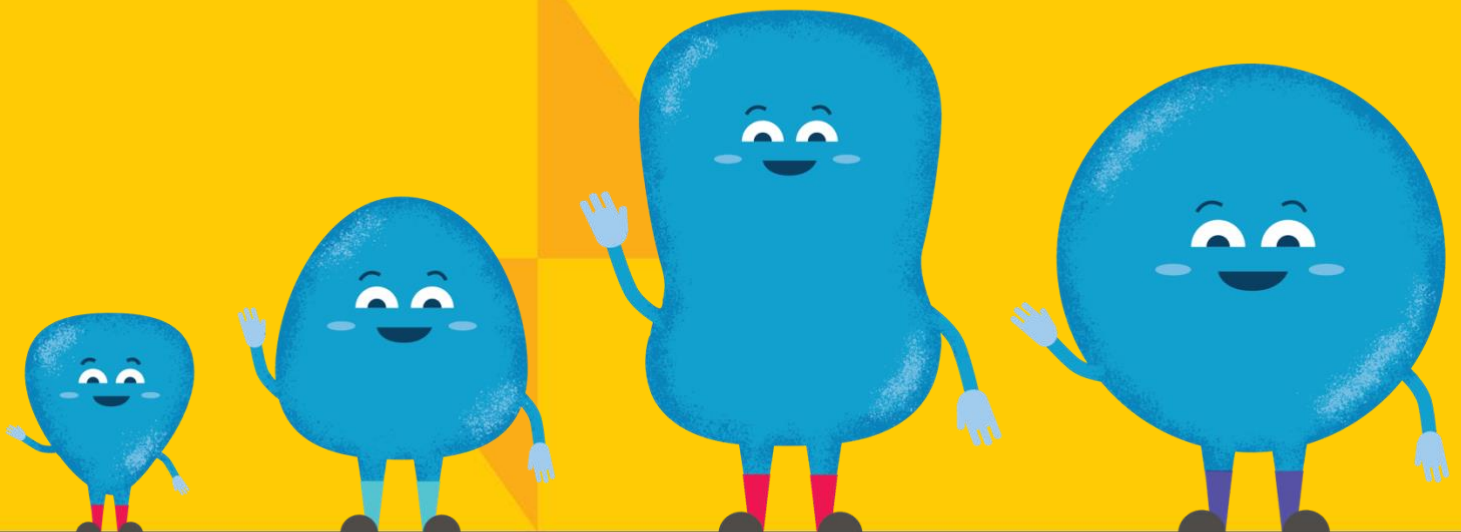
- O so kagunuk sa walay na margun, layama nga ginawa nga ago nga kababayaa.
- O so kadakulan sa pamilya na mababaya ko kapagida ida, na makapangbal siran sa mapiya ida-ida.

Kalangkapan ko serbisyo ko Masa:

Margun so kakadun sa walay oman gawii a mulagid-lagid so pukapud tano. Ogaid na so olawla tano na aya mala pagilayn o mga wata ago kalumbay- na mala kiran e epekto so mga olawla tano sa walay.

Paganadan so kausar sa mangapiiya basa. Tarwa nga ko pd so mga kabaya ka golawlaan iran ago so mga di nga kabaya. Podi anga siran mapasad. Ipud ka so mga loks ago mga wata ko mga galbuk a makaaayon kiran.

Tanodan, Margun so masosowa imanto, ugaid na ana mangaito a okit para makakap so ginawa tano sa walay.



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KAMBIYAT KO MASA A COVID-19

Kasiyap ko wata sa kausar sa online

🔍 Kasoy ka ko toosan

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Mga malbod a okit:

- 1 Paganadan so kamapiyaan, paganadan so piligro.
- 2 So kausar sa online o nga wata na sisii rka makapapadalum- sangkaan, siyapa nga, pangbal ka sa mapiya ulawla ago usar sa kaootkan.
- 3 Kasiyap ko mga wata piyapiya- Mala pakaugop.

Kalangkapan ko serbisyo ko Masa:

Mintin a kaosar sa online o mga wata ago kalumbayan na pukasabapan imanto sa mangararata galbuk. O makakaalima dn kiran na pakapiya ginawa iran.. Ogaid na dimbaloy a piligro.

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.

Aya mapiya okit a masisiyap so wata sa kausar online na pangbal sa kapasadan kiran o anda taman e kapagusar iran sa internet. Malalayon dapat so di kausar sa online a mga galbuk. Mintin pukausapa so mga wata ka so kambitiyaray na aya mapiya.



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12

KAMBIYAT KO MASA A COVID-19

Ka-budget o isa ka pamilya

Kasoy ka ko toosan

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Mga malbod a okit:

- Lalayon ka titimo sa budget mipantag ko pamilya ka lagid o luluptun a tangub.
- Da kapankaw-Pamlanowan dn so mga importante ago karalitaan.
- Igira man o uto a mipantag rka so kargun o COVID-19 na makapangilay kadn sa ukit-ukit.

Kalangkapan ko serbisyo ko Masa:

Kalilid ko masa imanto na makaawid a pamikiran iran mipantag sa perak poonan sa giya COVID-19. Sabap san na ana mga ukit para ka makatabang.

Kakowa sa tabang poon ko gobyerno ago mga kapagingud a ompungan. kapangingisa ko pd a taw ago kailay ko mga kalangkapan.

So kambaal o pamilya pud so wata mipantag ko budget o pamilya uman sawlan. Na isa ko kapakaluwag gira karurugunan.



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