

CUIDADA AMEDIANTE DE COVID-19

Maga Anuncio de Servicio Publico

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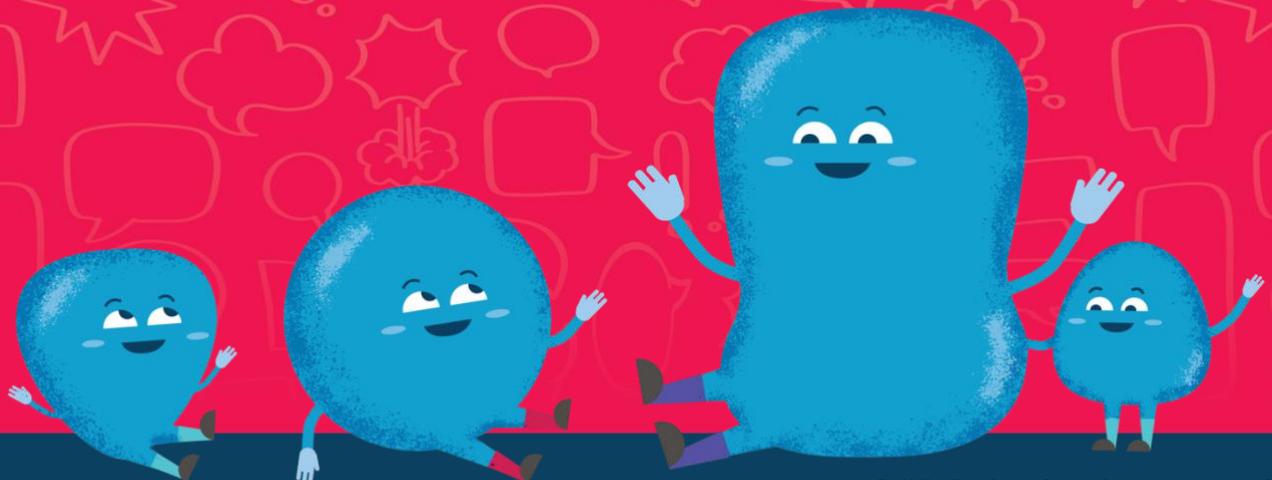
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Introduction to the Public Service Announcements

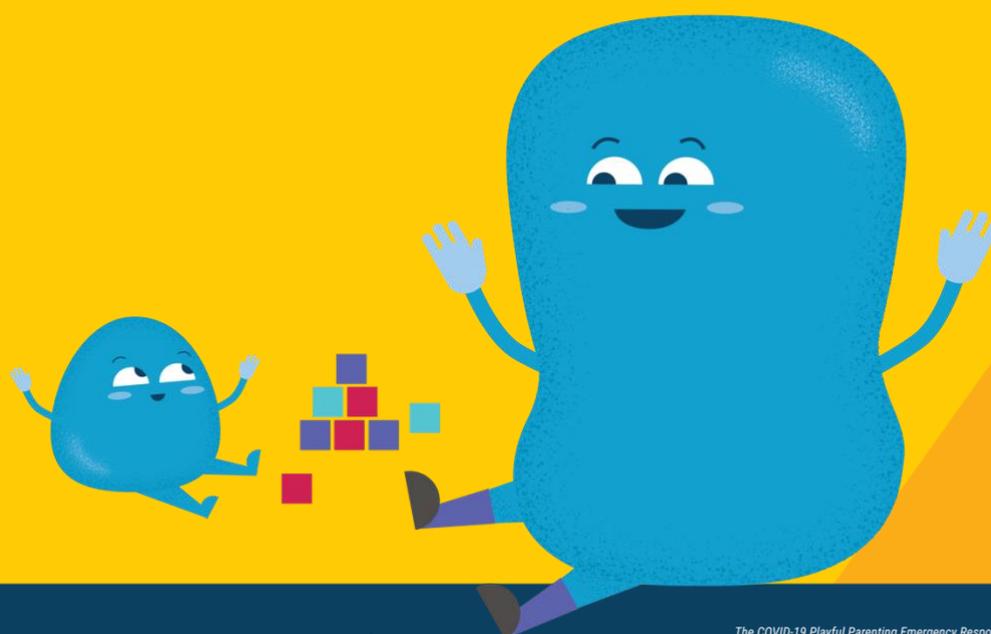
[The text below provides an introductory announcement, which can be given at the start of the announcement series.]

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.*



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1 CUIDADA AMEDIANTE DE COVID-19

Tiempo para uno y otro

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

- Tiempo con uno y otro el mejor de todo regalo que puede tu dale.
- Acorda con este tres cosas: "Oi, Mira, y Re."

Maga Anuncio de Servicio Publico:

Dificil el lockdown para na todo familia, pero tiene maga facil y libre maga cosas que puede tu hace. Pruba tu dale tiempo para na uno y otro cada dia junto con dituyu maga anak y soltero/soltera. Puede que sila el escuji—por jemplo, cuntada de maga cuento. O conversa por causa con un gente famoso que idolo dituyu anak. O puede tambien el limpiada y lavada del plato junto mientras ta canta cancion. Puede estos manda sinti con dituyu maga anak que sila importante y amado.

Maga 20 minutos lang cada dia ay puede ya ayuda kanila dentro de este maga tiempo de dificultad. Acorda con este tres cosas: "Oi, Mira, y Re!"



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2

CUIDADA AMEDIANTE DE COVID-19 Esta Positivo

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

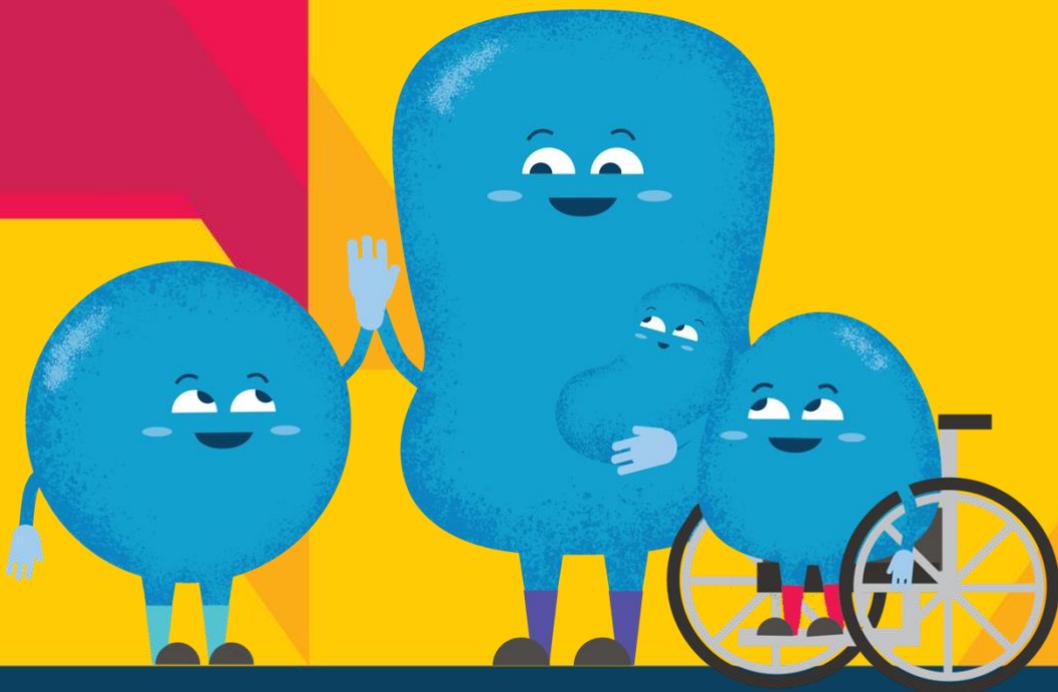
- Esta Positivo.
- Grande ta puede hace el apreciacion.
- Prigunta con el cuerpo—tiene ba yo cosa ya habla bueno cada dia?
- Admiti na cuerpo—Hace klaro—Esta generoso.

Maga Anuncio de Servicio Publico:

Si ta queda lang adentro na casa el dituyu maga anak y soltero/soltera, puede se sila queda frustrated, ansioso, y man duru cabeza. Pero tiene tu maga cosas que puede hace!

Viscia tu diila maga buen movida y dale tu APRECIACION! Ay ayuda este con el maga bata y soltero/soltera pirmi move con buen movimiento.

Prigunta con el cuerpo—tiene ba yo cosa ya habla bueno cada dia? Y dale ambien apreciacion con el cuerpo. El entero pais alegre con tigo!



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3

CUIDADA AMEDIANTE DE COVID-19

Pone Estructura

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Otro maga lenguaje

Tips este dia:

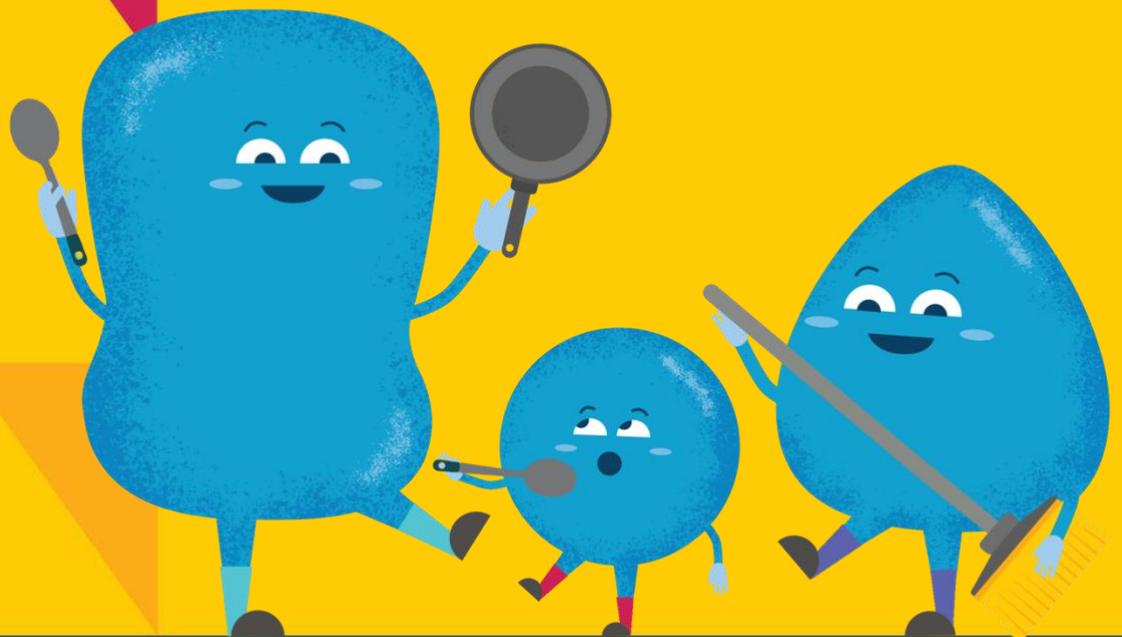
- Baila y refresca para saca un poquito ejercicio.
- Pone estructura na dia para tiene trabajo y juego.
- Un jutay cosa que ta hace tu tododia, ta mejora el resuello y salud.

Maga Anuncio de Servicio Publico:

Dificil para na maga bata, soltero/soltera y para con tigo si trancao el escuela y gendeh kita ta puede sale. Ayuda grande si puede tu pone estructura na dituyu dia y para ayuda na todo esta positivo.

Plaña el dia para incluiji tiempo para na hacida de maga trabajo na casa, maga trabajo para escuela, maga juego y libre tiempo. Mas bueno si puede ayuda hace con el plano para cada dia el maga bata.

Si puede, man ejercicio tododia. Puede este hace por medio del baile y juego na casa. Hace sale con ese maga energia na cuerpo!



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4 CUIDADA AMEDIANTE DE COVID-19 Modo Que Gende Debe

Bira na index

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Otro maga lenguaje

Tips este dia:

- Talli lang ta escucha canaton el maga buen modo otro lao camino con el maga modo que gendeh debe hace. Ayuda con dituyu maga anak travesa.
- Previni, Protecta, Dale Apreciacion.
- Maga bata ta expresa maga sintido por medio del diila modo y manera.

Maga Anuncio de Servicio Publico:

Todo maga bata y juvenes tan sunggut y tan sumpung. Cae gendeh ta puede sale, tan dificil tambien sila na diila movimiento. Puede tu ayuda reduci diila salawayun.

Dale afirmacion con el maga cosas que ta hace sila en buenamente. Importante este para na todo—desde maga niño/niña hasta na maga juvenes.

Si tan salawayun sila, dale kanila aviso para tiene sila chansa para alegra diila movida. Usa maga consecuencia si gendeh sila man en buenamente (como el sacada del diila jurgesa o juego un rato). Y acabar, dale kanila chansa para hace un cosas bueno—y dale afirmacion kanila para con este. Previni, protecta, y dale afirmacion.



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CUIDADA AMEDIANTE DE COVID-19

Esta Calmao y Maneja Con el Stress

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

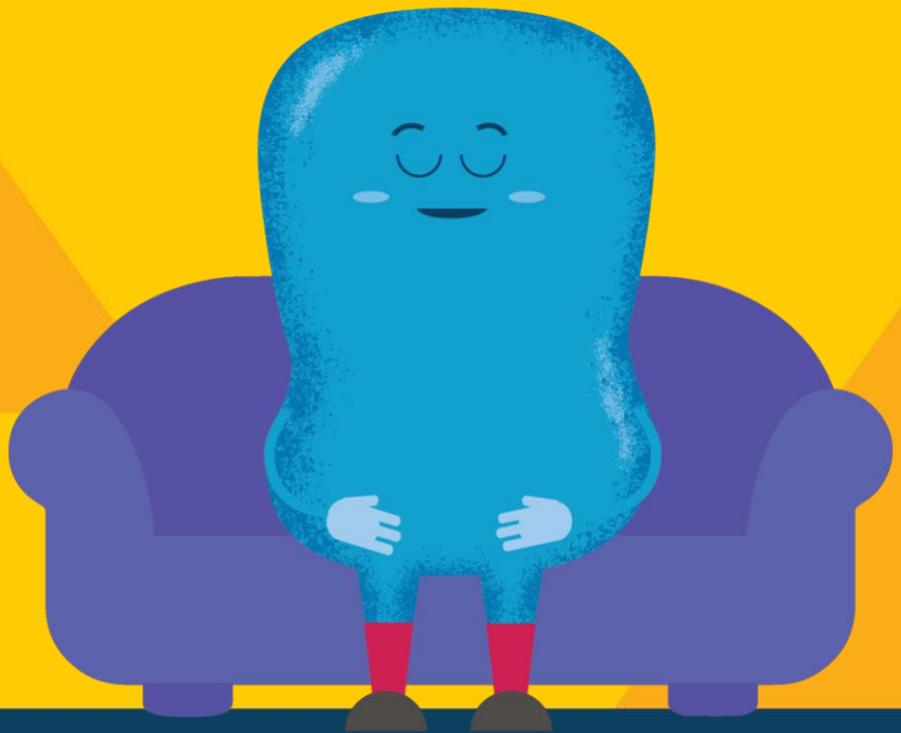
- Llenu de tension el tiempo ahora. Cuida con el dituyu cuerpo para puede suporta con dituyu maga anak.
- Isolated kita pero gendeh solo.
- Pruba un rato man relax.
- Hace un cosa que bueno para con tigo.
- Oi con dituyu maga anak

Maga Anuncio de Servicio Publico:

Todo quien ta cuida maga bata y juvenes na casa—debe dale con tigo gracias! Sabe kita que maka-stress este. Este el rason por que necesita dale tiempo con el cuerpo. Si ta sinti tu triste, conversa con otro. Si ta dormi el maga bata, descansa.

Pruba con este simple descanso. Sinta y sera dituyu ojos. Oi con dituyu respiracion mientras ta entra y ta sale el aire. Observa con el cosa tu ta sinti. Si preparaao ya tu, abri olet dituyu ojos.

Cuida con el dituyu cuerpo para puede suporta con dituyu maga anak!



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CUIDADA AMEDIANTE DE COVID-19

Acerca de COVID-19

Bira na index

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Otro maga lenguaje

Tips este dia:

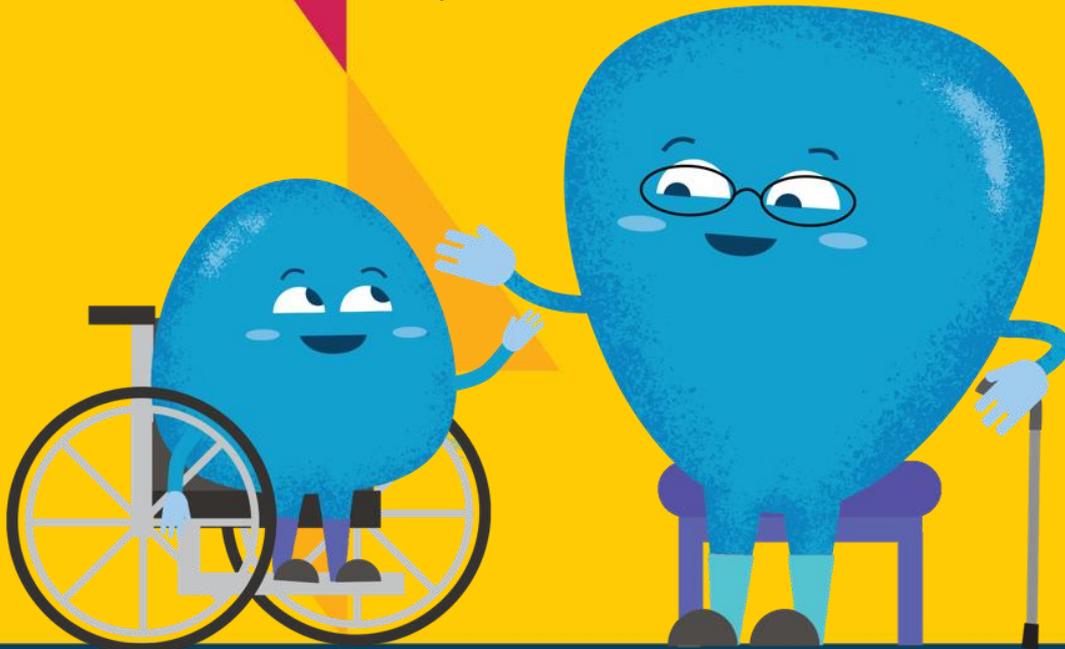
- COVID-19—El nuevo palabra estos maga tiempo.
- Mafuerza el saber—mantene que abierto y sincero el conversacion.

Maga Anuncio de Servicio Publico:

Tan lingasa ba tu si quilaya tu conversa con dituyu maga bata y jovenes acerca del coronavirus? Abla kanila el deberasan.

Permiti kanila prigunta maga pregunta. Contesta el deberasan. Si no sabe tu el contestacion, okay lang habla este kanila. Tiene muchu maga cosas que ta precura pa kita sabe.

Explica que el COVID-19 gendeh por causa con el itchura del maga gente o si onde sila estaba. Puede kita suporta con el maga enfermo. Inciña kanila queda maga maga heroe, gendeh maga peleador.



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CUIDADA AMEDIANTE DE COVID-19

Ta aprende por medio de juego

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

- Serioso el juego.
- El juego un buen manera para aprende.
- Bueno el juego para con todo, masquin cosa el edad.
- Masquin na bien jutay casa, debe dale ora y espacio para juga.

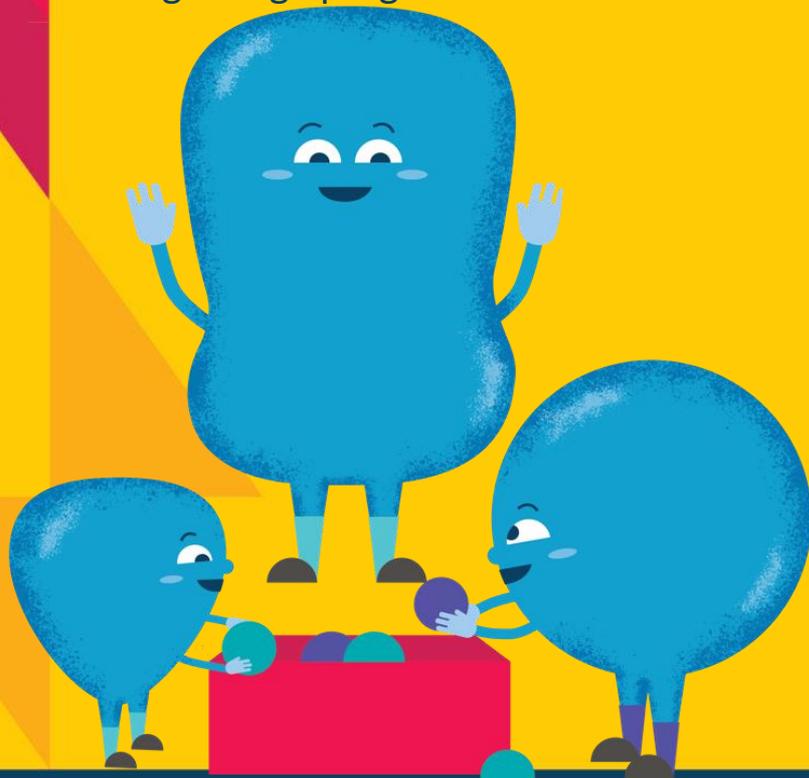
Maga Anuncio de Servicio Publico:

Na casa lang tu ahora hunto con dituyu maga bata y jovenes? Puede sila aprende por medio de juego.

Pruba un juego de movimiento. Baila y grita, "Para!". Y acabar llama con el nombre de un animal y todo actua con aquel.

Hace cuento juntu—cada unu hace unu sentence.

Manda con dituyu jovenes prgunta con tigo maga pregunta!



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8

CUIDADA AMEDIANTE DE COVID-19

Cuidada na Jutay Espacio y Comunidad

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

- 1 Bien dificil si ta queda tu na maga condiciones que ipit-ipit.
- 2 Acorda con este maga orden y ayuda con maga bata intende kanila.
- 3 Hace alegre.
- 4 Bueno el ejersicio para na cuerpo y pensamiento.
- 5 Dividi con el carga— hace schedule y mantene con este.

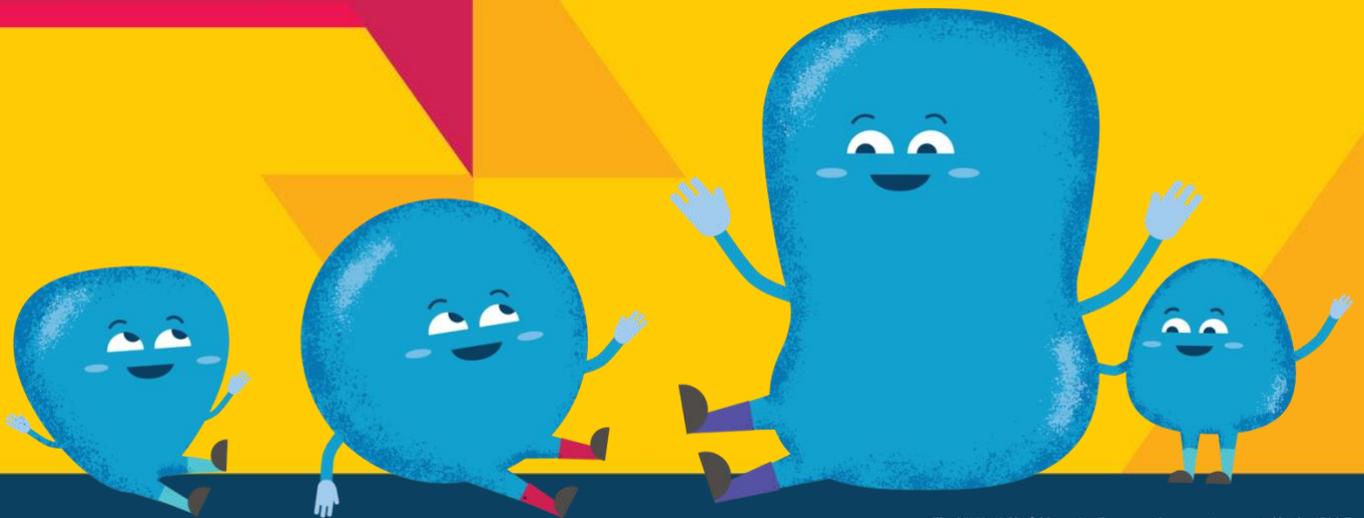
Maga Anuncio de Servicio Publico:

Si na jutay espacio o comunidad kita, dificil el lockdown para na maga bata y jovenes— y para canaton!

Si dituyu maga bata y jovenes ta puede mantene distancia, lava el mano, y man isolation, abla kanila pakichura tu de alegre kanila.

Pruba tiene ejersicio huntu kanila todoldia —masquin brincada ariba'y abajo na casa. Ta ayuda este mantene con el salud y previni stress.

Si ta queda ya bien dificil, resulla ondo cinco veces. Bueno kay ya incansa tu hasta aqui!



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CUIDADA AMEDIANTE DE COVID-19

Si ta keda kita rabyaw

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

- Ta puede canaton hace rabyaw el COVID-19.
- Anda anay lejos hasta sinti ya tu calmado.
- Para con todo que ta hace con tigo rabya, tiene un cosa que puede con tigo dale risas. Man challenge con dituyu cuerpo para busca con el maga risas!
- Vivi cada dia, uno por uno.

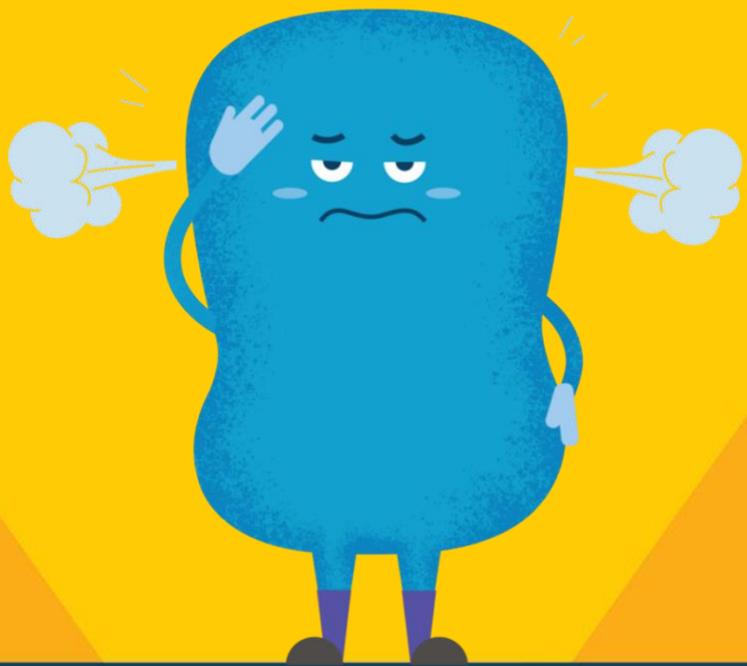
Maga Anuncio de Servicio Publico:

El lockdown y lingasa ta puede hace canaton sinti rabyaw con diaton maga bata y jovenes. Tiene maga simple cosas que puede ayuda.

Pruba resulta ondo cinco veces para sinti mas calmado.

Evita el tomada de maga alcoholic drinks como vino, o nomas ya lang gat toma, especialmente si dispierto el maga bata.

El Sciencia ta abla que cada vez gendeh kita ta grita o pega diaton maga anak o jovenes, ta hace kita subi diila brain development. Este el verdadero ganancia!



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Harmonia na Familia

Bira na index

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Otro maga lenguaje

Tips este dia:

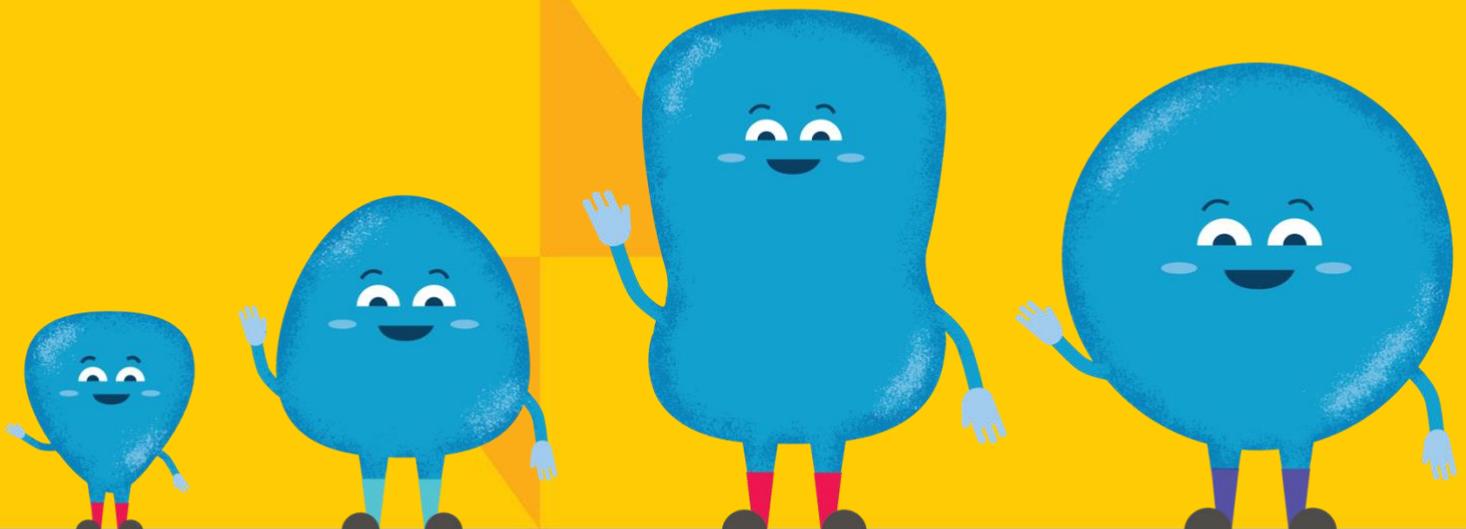
- Si gendeh ta puede evita con el isolation —pruba accepta y man enjoy.
- Si todo ta puede tuca un tono, el familia puede crea musica que bale.

Maga Anuncio de Servicio Publico:

Dificil para na todo el estada na un casa hunto con el semejante maga gente. Pero el pakichura kita ta move tiene grande efecto na diaton maga anak y jovenes—y afecta tambien el pa que modo ta conecta na unu y otro el familia.

Pruba usa lenguaje positivo. Abla na otro cosa tu QUIERE que sila hace contra habla kanila cosa tu no quere que sila hace. Y dale apreciacion si ta hace sila en buenamente. Pruba man dividi con el trabajo con otro maga mayor na familia—y man involve maga bata con maga trabajo que puede para na diila edad.

Acorda, dificil el tiempo ahora para con todo, pero este maga jutay cosas puede ayuda para dale canaton mas bueno relacion na unu y otro na casa.



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11

CUIDADA AMEDIANTE DE COVID-19

Asegura el Proteccion del maga Bata Online

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

- 1 Sabe el maga beneficio, sabe el maga peligro.
- 2 El seguridad del maga bata online tali na dituyu mano--controla, chekya, crea maga buen custumbre y usa sentido comon.
- 3 Vicia dituyu anak y queda como bot--este bien grande ayuda.

Maga Anuncio de Servicio Publico:

El maga bata y jovenes ahora mas muchu ya ta dale tiempo online. Ta ayuda continua diila vida si connectado...pero tiene tambien este maga peligro.

Este ta incluiji maga viejo que tan target maga bata por rason sexual, maga bata o jovenes que ta queda exposed na maga content peligroso, o el dalida del informacion personal que puede kanila pone na peligro.

El mejor manera para esta protectado online el diaton maga anak si man sabut tu daan kanila pa que modo y pakichura de largo diila tiempo que puede esta na internet. Usa parental controls. Prepara muchu tiempo 'offline' para na otro maga actividad. Y con todo, pirmi conversa con dituyu maga jovenes. El open communication ta ayuda kanila queda pirmi protectado.



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CUIDADA AMEDIANTE DE COVID-19

Budget na Familia

Bira na index

Man click aqui para anda na Evidence-Base

Otro maga lenguaje

Tips este dia:

- Hace un budget y envolve este con de ustedes familia como manta.
- No hay sorpresa—plaña el maga necesidad y maga gusto.
- Si man tuktuk na de oste puerta el COVID-19, sigurao que necesita plaña con el maga resources.

Maga Anuncio de Servicio Publico:

Bien muchu gente stressed por causa de sen este maga tiempo por causa del COVID-19. Pero tiene maga cosas que puede tu hace para ayuda.

Vicia si tiene ta dale ayuda estaba na gobierno y maga organizacion de comunidad. Busca maga anuncio o noticia, y pregunta na otro maga gente.

Hace budget de familia hunto con dituyu maga anak y jovenes. Decidi con el maga cosas para onde gasta el sen cada mes. Puede este ayuda con el stress, y ayuda con tigo pasa con este tiempo de dificultad.



unicef
for every child



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