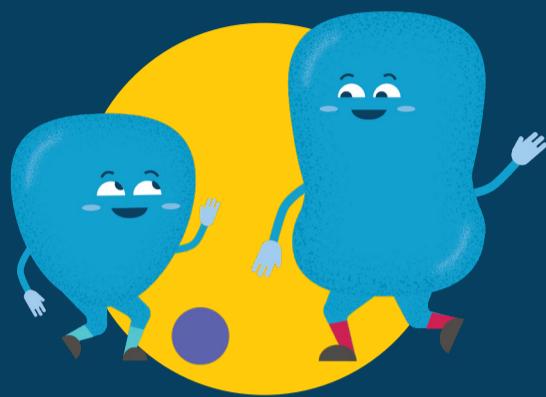


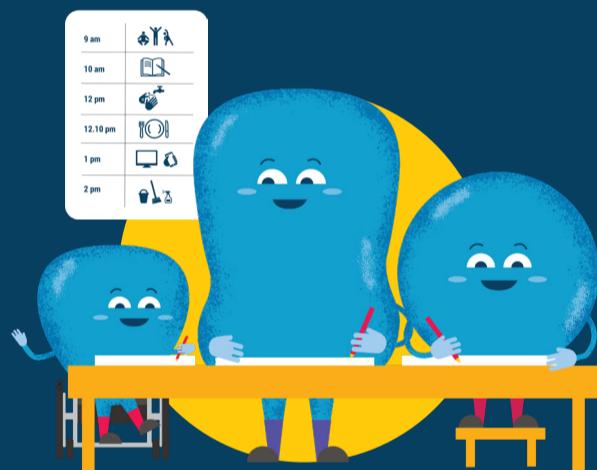
Panagpabaleg na anak dyad COVID-19

Mas mairap so pagpapabaleg na ugaw no COVID-19. Normal labat ya makalitnay stress. Arayay animeran tips piyano magano para ed sika tan saray ugugaw.



Manreserba ya oras para ed ugugaw.

Kada limaran minuto inagew-agew, baleg lan diperensya so nagawa. Makatulong ed litnaan na ugaw imay panangaro tan importansa.



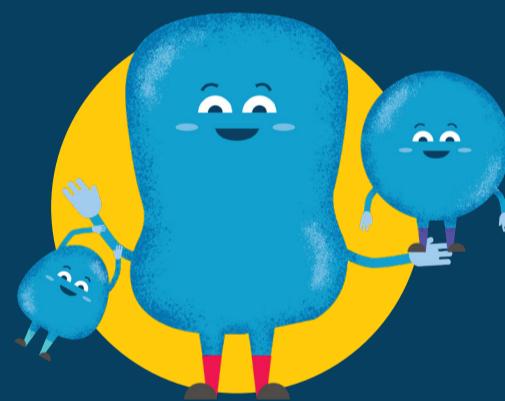
Mangawa kay regular ya gagawaen ed inagew agew ya consistent tan flexible.

Mangawa kay schedule para ed sika tan saray anak ya akalaan para sa regular ya gagawaen tan para ed libreng oras. Makatulong ya ta piyano undeen imay ugaw insan maasikaso.



Idayew so anak no manggaway kamaongan.

Idayew iramay anak ed saramay marakep ya ginawa da. Nayare ya aga nanengneng ya tampol, pero uliten dan gawaen lamet. Mangiter ya kasiguraduan ya sikara et papansinen insan aasikasuen.



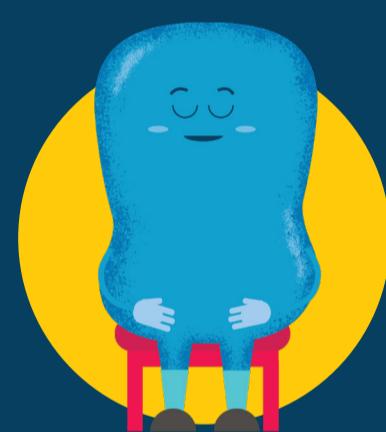
Negatibo ya Ugali.

Sakbayan lan bangatan imay ugaw piyano ag la ungrabe may ugali to.



Ibagam so galaw ya gabay mon nanengneng.

Mangawa kay positibong salita nu mangibabaga ka ed anak ya gawaen to; no bilbilang: "Paki-atol mo so aray kawes mo" Imbes na "Agka mandudutak".



Asikasom so laman mo.

Mitungtung ka ed sakey ya too no maermen ka. Uningas na alarem na limaran beses no akalitnay stress o di no pasnok. Aga manbukbukor.

Para ed samay karagdagan na impormasyon, i-click arayay arom ya links:

Tips galing ed WHO

Tips galing ed UNICEF

Arom na lengwahe

Base ed panag-aral



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