

Nurturing Program for Hmong Parents and Adolescents

Parent Handbook

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The *Adolescent Handbook* is based on the proven effectiveness of the validated family-based *Nurturing Parenting Programs*[®] and is part of the *Nurturing Program for Hmong Parents and Adolescents*[®].

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About the Authors

Stephen J. Bavolek, Ph.D. is a recognized leader in the fields of child abuse and neglect treatment and prevention, and parenting education. Born and raised in Chicago, Dr. Bavolek's professional background includes working with emotionally disturbed children and adolescents in schools and residential settings, and abused children and abusive parents in treatment programs. Dr. Bavolek has conducted extensive research in the prevention and treatment of child abuse and neglect.

He received his doctorate at Utah State University in 1978 and completed a post-doctoral internship at the Kempe Center for the Prevention and Treatment of Child Abuse and Neglect in Denver, Colorado. He has held university faculty positions at the University of Wisconsin - Eau Claire, and the University of Utah. Dr. Bavolek has received numerous international, national, state and local awards for his work, including induction in 1989 into the Royal Guild of the International Social Work Round Table in Vienna, Austria, and selection in 1983 by Phi Delta Kappa as one of 75 young educators in the country who represent the best in educational leadership, research and services. In addition, he was selected by Oxford Who's Who in 1993 as a member of the elite registry of extraordinary professionals and in 1998 as a member of the elite registry of extraordinary CEO's. Dr. Bavolek was also Mental Health Professional of the Year of Northern Wisconsin in 1985 and Child Advocate of the Year in Utah in 1991. In 1980, he was recognized by the Military Order of the Purple Heart for outstanding research and services to the handicapped.

Dr. Bavolek has conducted thousands of workshops, has appeared on radio and television talk show programs, and has published numerous books, articles, programs and newsletters. He is the principal author of the Nurturing Parenting Programs,[®] programs which treat and prevent child abuse and neglect, and the Adult-Adolescent Parenting Inventory (AAP1-2), an inventory designed to assess high risk parenting attitudes. Dr. Bavolek is President of Family Development Resources, Inc. and Executive Director of Family Nurturing Centers, International.

Howard Himes, M.S.W. has worked with the Southeast Asian community in Fresno County, California for the past 19 years. Mr. Himes was a member of the Fresno County DPSS Children's Protective Services, Southeast Asian Services Unit. His initial role was to mediate and resolve conflicts between child welfare social workers investigating child abuse cases and the Southeast Asian community. He later became supervisor over the unit. Mr. Himes completed his masters thesis research on "Traditional Parenting Practices and Attitudes of the Hmong." He is also co-author of a university curriculum "Child Welfare and the Southeast Asian Community" sponsored by the California Social Work Education Committee (CALSWEC). The curriculum is designed to be utilized by university graduate social work programs throughout the state of California. Mr. Himes has also provided over training on various Southeastern Asian issues on a local and state level and is currently a Social Work Supervisor over the Fresno County Department of Social Services Parent Education Programs.

Pao Ly was a Community Health Worker from 1978-1989 where he developed and provided health education to the Indochinese Community. From 1989 to the present, he has been a Social Worker at Fresno County Department of Social Services. He is a liaison to the Indochinese community where he develops and provides ongoing cultural awareness training to adult and children protective staff and provides child abuse prevention training to the refugee community. Mr. Ly currently is a Staff Analyst and monitors Targeted Assistance and Refugee Employment Social Service contracts.

KEV HLUB TU TUBKI RAU TSEV NEEG HMOOB

Zoo siab txais tos nej rau **KEV HLUB TU TUBKI**. Raws li nej tau paub lawm, kev tu tubki tsis yog txoj hauj lwm yooj yim. Ua niam ua txiv yuav tsum muaj kev txhawj, tso dag tso luag, txuj ci, kev txawj ntse, kev hlub thiab kev tshua. Lub caij nyoog ntev ntev. Kev tau so muaj tsawg, vim koj yuav tau ua num txhua hnuv txhua hmo xws li hloov quav hloov zis thiab ntxias tus me nyuam uas tau kev chim thiab txhawj ntshai. Kev xyaum ua niam ua txiv tsis muaj vaj huam sib luag. Hauv lawv lub neej, yuav luag txhua tus ntxhais los yog tus tub npau suav txog hnuv lawv muaj lawv tej me nyuam.

Feem coob ntawm peb cov ua niam ua txiv yeej tsis tau muaj kev kawm txog kev hlub tu tubki.

KAWM UA NIAM UA TXIV

Koj puas nco tias peb kawm ua niam ua txiv li cas? Peb kawm kev tu tubki los ntawm ntau qhov. Ib txhia ntseeg tias kev hlub tu tubki yog tsim nyob nruab thiab los thiab tej peev xwm no tshwm sim los thaum peb pib muaj thawj tus me nyuam. Piv xam li cov laus cia li muaj peev xwm, muaj txuj ci, thiab kev hmov tshua los tu lawv cov me nyuam thaum lawv yog niam yog txiv, pib muaj tubki.

Tsis muaj leej twg hais tias kev ua niam ua txiv yog tsim nyob nruab thiab. Coob leej ntseeg tias kev ua niam ua txiv yog xyaum los thaum tseem me. Tus kab ke peb kawm hlub tu me nyuam yog los ntawn kev xyaum raws lwm tus. Kev xyaum raws hais tau tias peb hlub tu peb cov me nyuam raws nkaus li thaum peb niam peb txiv hlub tu peb thaum me.

Ib txwm piv txoj lus tias "Nplooj Yoog Kav, Noob Yoog Tsav". Qhov no hais tau tias peb yuav coj li peb niam peb txiv vim peb xyaum los ntawm lawv, nyob thiab hlob nrog lawv. Peb niam peb txiv, lawv muaj lawv tswv yim txog kev qhuab qhia, kev rau txim, kev sib tham, kev ua hauj lwm hauv vaj hauv tsev, kev cia siab thiab lwm yam uas lawv ib txwm paub. Lawv tu peb ntawm lawv lub xwb ntiag; peb kawm tau lawv tej txuj ci. Yog muaj teeb meem sib xws, peb yuav siv lawv tej txuj ci los cob peb tej me nyuam. Tej txuj ci peb xyaum los ntawm peb niam peb txiv yuav pab tau peb txoj kev kawm hlob tu tubki ntau. Nws kuj muaj lwm yam los txhawb pab peb kev hlob tu tubki thiab. Kev coj noj coj ua, kev nyob, kev muaj kev pluag, yog tus me nyuam hlob, tus yau, tus nrab, tus tub losyog tus ntxhais yog lwm yam uas yuav tsav yus tus yeeb yam hlob tu tubki.

Feem ntau ntawm tej tswv yim uas peb tau txais thiab tus qauv uas peb tau pom ntawm peb niam peb txiv kuj zoo heev. Tej no pab tau peb txoj kev pib ua niam ua txiv rau peb tej me nyuam. Txawm nws muaj lub caij tsiv siab los, kev sib cev lus nrog niam nrog txiv yeej zoo. Lawv tau cob peb mus rau qhov zoo.

Ib txhia ntawm peb kuj tau txais kev cob qhia thiab pom tus qauv tsis zoo. Pom thiab xyaum tej tsis zoo ua rau yus kev hlob tu tubki kuj tsis zoo txaus. Kev sib ceg sib ntaus ntawm cov ua niam ua txiv thiab kev paub pom yav tas los ua rau yus paub tsis mee txog tus me nyuam thiab niam-txiv txoj kev coj. Tej hais los saum no tau tsim kom muaj kev tsim txom rau tej me nyuam, tej niam-txiv, thiab tej laus txhua txhua xyoo.

KAWM PAUB TXOG KEV LOJ HLOB

Peb ntseeg tau tias kev ua niam ua txiv yog ib tug yeeb yam kawm los. Muab kev sib cev lus hom tshiab los yog raug nyiam me ntsis los pauv hom qub. **KEV HLUB TU TUBKI** uas koj thiab koj cov me nyuam tab tom kawm no ntseeg tias ib tsev neeg muaj peev xwm hloov tau thiab nyob tau ua ke.

Qhov peb yuav qhia yog kawm kom paub ntxiv txog kev muaj peev xwm ntawm cov me nyuam raws nws lub hnuv nyoog. Paub txog tej no yuav ua rau peb cia siab rau me nyuam yam tsim nyog raws nws lub hnuv nyoog.

Koj yuav tau kawm kom paub saib vim li cas thiab thaum twg me nyuam thiaj muaj peev xwm ua tau dej num yam twg thiab muaj peev xwm siv lub dag lub zog, siv kev sib pab thiab lub tswv yim los ua tau tej dej num uas koj txib. Koj kuj yuav tau kawm paub txog yam tsis zoo uas yuav tsim kev puas tsuaj rau tus me nyuam txoj kev xav thiab muaj siab rau nws tus kheej vim kev cia siab tsis phim raws nws lub hnuv nyoog.

Koj cov me nyuam kuj yuav tau kawm tej txuj ci no tib yam. Muaj kev ua si rau cov me nyuam yuav txhawb lawv tej kev xav zoo thiab muaj siab rau lawv tus kheej vim tso kev rau lawv ua yam lawv ua tau zoo.

KAWM PAUB TUS YEEB YAM TXHAWB KEV MUAJ SIAB

Yam tseem ceeb uas peb yuav qhia ntxiv rau nej yog tej kev paub thiab muaj peev xwm siv txuj ci los ceev thiab txhawb nej cov me nyuam tus yeeb yam. Peb ntseeg tias kev ntaus losyog nplawm me nyuam tsis zoo. Nws tseem muaj kev cob qhia ntau yam yuav siv rau cov me nyuam kawm. Txhob ntaus, siv kev cob qhia lwm yam me nyuam mloog lus dua.