

Chin: Videos and guides to talking to kids about COVID-19

Chungkhar hna nih COVID-19 le zawtnak a karh lio pi ah him te in umnak kong iruahnak ah bawmtu ding video le fimchimhnak bawmtu cu lungthin ngandamnak thiamsang nih an ser

Dallas ISD i Psychology lei le luhmuhi lei Riantuantu team hna nih COVID-19 kong nulepa le siangngakchia a simi an fa le he an iruah tik ah bawmhak a pe kho tu ding fimchimhnak bawmtu a phun an chuahpi hna. A tu video, lam hmuhsaknak, online hman ding hna hi ngakchia no te in nungak tlangval no siangngakchia a simi ca tiang le virus kong fiansak, ze tin dah virus a karh, virus in zawtlo ding in khamnak le karh terlo ding ah a himmi umtuning, le zawtnak a karh lio ah kan thin a phanmi ze tin dah hrial ding in kan tuah lai tinak caah aa tlaakmi lawng te an si.

Siangngakchia no deuh hna ze ruang ah sianginn khar a si nak le ze ruang ah inn um, kut tawl le Coronavirus chung in him te in umnak ding caah aa naih te in um lo ding ti bantuk pawl lung fian ter ding hi a fawimi cu a si lo. Julia Cook nih a tuahmi, a tlangtaar "The Yucky Bug" hi ngakchia lei kamkhel in coronavirus an hmuh dan a fian ter kho tu video tawi pakhat a si.

<https://www.youtube.com/watch?v=ZD9KNhmOCV4&fbclid=IwAR1kwr2SQ8RLpd6n6QQtY9MX5MNjZcpUa-ig1d0Zzk8IsOB7YKRqCRbX9u4>

DC ah ummi Fox 5 nih a chuahmi music telh in le katuun in tuah mi mah doctor rap hla nih hin coronavirus chung hin ze tin dah him te in kan um lai timi kha ngakchia pawl a chimh hna.

<https://www.youtube.com/watch?v=2DI0NhJrXTI&fbclid=IwAR1TIFGHrvx7zlnIbaS6CH4X2i5eUzxaFL8hSS3ncwJt-bTmW6tQctDavQ8>

KERA-TV nih coronavirus, him tein um ding ah le karh terchin lo ding ah ze tin dah tuah ding timi kong ka fa le a no deuhmi pawl chimh tik hna ah a bawmtu ding nulepa bawmtu page an tuah. Mah bawmtu zohnak

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2elJF85_UhXXEtcSDB9RqttopbxFX6yPDDmeHMEddPgklkLize2IzgFOC4

University of Chicago doctor nih ikhamhnak, neih te in um lo ding le mah virus a karhnak khamnak ding kong mah YouTube video ah a chimmi nih hin Taang 4 in a cung lei siangngakchia pawl sin ah COVID-19 kong fianternak caah bawmhak a kawlni nulepa hna nih theihtlei an hmuh khawh.

<https://www.youtube.com/watch?v=vevVLJk72w>

Brainpop zuktawn nih Coronavirus tih a nunnak, virus a karh ning cang, naih tuk um lo ding, kut tawlding, le ngakchia hna nih thawngpang dik/hmaan an hmuh khawh i thinphang in an um lo nak ding caah a fianter.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR0nHciCN&vZMQBkXaUhsWE1qq2I-8SRYxvl10OfPWhdPUDumkEtFPkosFc>

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National Alliance on Mental Illness (NAMI) – Rampi huap in lungthin ngandamnak a tanpi tu bu – nih lungthin zawtnak a ngeimi hna caah tuahpiak mi a phun phun an pek. Mah NAMI webpage ah a pehmi link nih hin online in bawmhnak a petu phu, mahthah a kham tu chonhnak phone, cawnpiaknak le a dang tlawmhbulnak bawmhnak kong lam pawl a um.

<https://namitexas.org/online-support-groups/>