



# Tawnsheeshi chi Weechihwaywhk La Sarvel di Sawntee L'ikol ka-itouhtay poor Toon zawnfawn

Ooma aen naw di' pawsee mitouni mawka difarawn! Kishkayistaynaw aykwawnima ata mishchayt li zhawn d'ikol akwa li famee kishchayhtem chitouhtayt ishi "ayiwawk kwayesh" l'ikol ishpaayiw, awtist chi ayayitayhtemwak chimawchistahk, akwa kaykwuy ooma neu l'ikol aen naw chi shinakwun poor wiyawow. Kishkishi ishi aen li parawn/kenawayhchikayw kiya pikou kishkayimow toon zawnfawn nawut!

## Chi nishtoutamin li troub

Ooma aen naw di' pawsee kiayimihikoow kahkiyaw awiyek ishi ispray akwa mamayshkoot ishi. Mischayt li famee kimooshihtaw larzhawn wanihiwaywin, atoushkaywin, parmi li moond akwa miywayawin muwnayshkawaywin. Awtist kimooshihtaw mitouni ouhtamihikawiw akwa wanistowin. Kiyaw meena ki wawpastaynaw wawnayhtawin, kischee paakwatitowin akwa ishpaiyiw ouschi kakitimahiwayhk didawn kiyaw la saasyitii maykwawt ooma kaishpayik. Kiyawm keeshpin la saasyitii keehtwawm chi ayiwawk kwayesh parmi li moond mamowwiitowuk avek awtist pikou nakinikaywina, kishkayhtaynaw jeufarawn li zawnfawn chi nakishkam neu l'ikol aen naw avek mishchayt jeufarawn ay- itamaschihouhk. Awtist li zawnfawn mawshkoot il i iksitee, kootakak mawshkoot zhi norveu akwa awtist li zawnfawn kaywapit ayayitayhtemwak akwa anxious. Kahkiyuw oohin kaitamaschihouhk akwa pikwayihtamoowin si ouhchitow mawna ishi kaykwuy li zawnfawn kimooshihtaw paaschi payek akwa dimii aen naw di' pawsee.

Pikwayihtamoowin chikee nookwun jeufarawn itouwuhk. Toon zawnfawn ka ki weestamak itamaschihouhk koushtawchiwin keema oushawmi nahooyi. Keema ka ki wawpastayn kaykwuy tapishkoot wawweepat la mal di tet, li troub chi nipawt, dashtawhikou keema pikwayihtamoowin mshikeehkowitz. Toon zawnfawn ahpou itikway ashaypayiw, keema nishtaw ayeshkoushiw keema pamoyaen kanipawt. Chi wawpastamihk poor wawpahchikawtaywin azhitee ka ki weechikoun chi pakitinamin weechihwaywin weepat, awan li troub il i peer.

Ihtakoun deu kischee ishi chi weechihit kakeeshikiwuk li zhenn aykwawniki ka mooshihtaw li troub:

- weechihik chi mishkakhik ishi ka paminamihk avek kaitamaschihouhk azhitee ouschi
- mishka tawnsheeshi chi ashaynanamin li troub

Namoo kahkiyuw li troub chikee kawshoushchikawtay, mawka ashkaw ka ki ashaynanamin. Ka ayawyin apahchihchikana akwa tawnishi chi tootamihk aen paree chi paminamihk avek li troub si aenportaan, akoushi ishi kiyawaw akwa li zawnfawn nawut apshishipayhin kaayimihikoow.

## Tawnsheeshi chi weechihit toon zawnfawn L'ikol ka-itouhtay

### Kenawaymishou, akoushi ishi nawut chi weechihit toon li zawnfawn

Akouma ki ayimun chi ishpaiyihk poor kahkiyuw awiyek. Sourtoo aykwawnima ayimun didawn li parawn akwa famee aykwawniki ka ki paminam mishchayt kaykwuy pawsee oohin awtist aen mwawn. Avek meena kaweechihit toon li zawnfawn chikishkayhta dan soon weekiwawhk, wawweepat mawna aen kakwe paminamin atoushkayin, kanakahtoohkatamin kiweekiwin pishkayimiaww, ka nakahtoohkaticik lee vyeu, etc.





Kakwe outina li tawn tou lee zhour chitootamin kaykwuy poor chi weechihikoyin chitamaschihouhk ka miywayawin akwa chimiyostamihik. Kiya pikou kishkayistaen kaykwuya aykwawnima. Chi kenawaymishouyin toon la sawntee akwa miywayawin maykwawt namoo ka kishkayistakwahk akwa ayimun li tawn aykwawnima shoohkan apacihchikan chi weechihit toon li zawnfawn.

Chi mawchistawyin, oohin awtiht aen nidii aykwawnihi li parawn akwa kenawayhchikayw ki weetam eweechihikoot:

- Kakwe outina li tawn poor kischee kaykwuy – nawashoona li mawnzhee ka miyikooyin si bonn tahkinay il i bizee, oushistaen nipawin kawshitoutamihk kaykwuy aykwawnima ki ayiwepin kwayash itamaschihouhk, akwa myeuwawta dawn l'ayr akwa shayshawiwin.
- Natouhtahk toon li troub aykwy-ikouhk akwa wawpahtahk ishpee kaw-mawchi itamaschihouhk oushawmi nahooyi. Awpachista ooma kaweestmakouyin chiawshtaywaypiyahk. Outina aen ptsi awshaywaypiwin shawpou en zhour mouhchi "kiya," keema chi itoutamin kaykwuy kmiyostamin.
- Outina awtist mitouni, payhtak paktatawmouwin ishpee kamawchi itamaschihouhk keeshaykishin keema ekaw emiyayhtamihk.
- Kakway natoohka kishkishiwin, akwa kouchee chiwawpamichik avek namoo maci kaw-itayistamin awnwayhtamowik. Kiyawm kanake saenk minwit ooma awshaywaypiwin chikee ayow sartaen ayishpayiwina.
- Kishaywatitootashou. Ayiwaypiyahk; chi itoutamin si bonn kaykwuy kakashkistayin.

### Peekishkwatik toon zawnfawn ouschi l'ikol ka-itouhtay

Outina li tawn chi itaystamin shawpou kaykwuy l'ikol ka-itouhtay chishinakwun poor toon zawnfawn akwa peekishkwata toon zawnfawn kaykwuy keetatayistawkwun. Li zawnfawn chikee itamaschihouhk zhi norveu ouschi l'ikol ka-itouhtay poor li nombr en' rezoon. Aenportaan chi pakitinamin la plas poor wiyawow ka peekishkwatah soon nakatoohkaywin, akwa meena weechihik chikishkishit enn seksyoon ouschi l'ikol kamyeuwawta akwa meena pakoshayimoot mitouni kaykwuy.

Kawhkenawawpamik wawweepat toon zawnfawn, ayish soon pikwayihtamowin akwa kaitamaschihouhk chikee mayshkouchipayiw ouschi zhour di zhour keema ane smenn di aen smenn. Ka ki kwayeshkapitayn koushtamawin ishi ripoond ouschi namoo ka kishkayistakwahk, akwa kushkihtawmouhik. Ataw kaykwuy maykwawt jeufarawn, chikee kashkistawauk akwa li parsonn akouta chiweechihwayw.

Chikee eweechihikoot chikishkishoumihk toon zawnfawn ouschi li sartaen ouschi l'ikol ka-itouhtay, tapishkoot chiwawpamat see namee kawi. Mawshkoot chikee oushistaen aen liivr di rikorr tout awn sawmbl ouschi kaykwuy il i iksitee. Kishkishoumihk toon zawnfawn ishpee l'ikol kawmawchistahk chikee weechihaw akwa kenawaymowin, kiyawn keeshpin ooma l'ikol kawmawchistahk si mooshkinaywis, dan li computer keema hybrid.





### Pishkayista kischee mayshkoohtaashtawin

L'ikol ka-itouhtay ayow kischee itwaywin akwa muwnayshkawkaywin poor aykwawniki kamooshihtaw kootaka mishi mayshkoohtaashtawin ooma neu l'ikol aen naw chi shinakwun.

Tapishkoot, lee zhenn di kol ka mawchistawchik kindergarten de l'anee pawsee, chi ayow jeufarawn kimooshihtawin ooma l'anee ishpee chitouhtayt en parsonn kishkayhtamowin. Peekishkwatik ouschi kaykwuy jeufarawn, tapishkoot ayiwawk la sawns chimaytawaychik avek see namee akwa jeufarawn shawns chikwaychihkaymouhk ouschi soon kishkayhtamowin.

I soun paray, li zhawn d'ikol ska mawchistachik soon grawn t'ikol, keema chitouhtayw neu l'ikol, chikee ayiwawk zhi norveu akooz geepataham mayshkoohtaashtawin kishshinahamakaywin, tapishkoot kee-oukayhk l'ikol neekawn. Chioutinamaen la sawns ouschi toon la bonch chiitoutamin dan li computer keema kehchiwawk mawchistawin l'ikol kee-oukayhk. Poor vyeu li zawnfawn, wawpasta shawpou l'ikol keema la bonch website tout awn sawmbl, keema kanawaaphta weehstamakaywin kakiwitishahikatayk, chi kishkaytamin ayiwawk. Kushkihtawmouhk toon zawnfawn ihtakouwuk mischayt kawpayhkischikaywak en grawn parsonn dan l'ikol ch weechikou chi shawpou kishkayista soo neu l'ikol.

Peeyish, awtist li zhawn l'ikol ka-itouhtayw poor ayiwawk aen naw akooz si lout leevr dooz ki oohtamiyihikow ouschi en malajee kaw-awshoupayik. Keeshpin kiyowaw toon zawnfawn didawn ooma bonch, kishkayistaen ouschi wawnaychikaywin ka ki kimooshihtawchik akwa lee shawnzhmawn ishi see plawn. Toon zawnfawn chikee natawayistam ayiwawk la koonfidawsoon akwa weechihwaywin, ayish namoo wiya aen ki plawn l'ikol ka-itouhtay akwa chikee ayow la varitee kaitamaschihouhk ouschi ooma noo kiitayitayhtakwun chitouhtayt.

### Kamawchi nakishkatamihk kakishkayhtamihk kawshitoutamihk

Ishpee l'itee ponoipayin, ahpou itikway chimawchistawin aen ishi pamininikaytekto aykwawnima araw nawut ouschi aykwawnima ka awpachistayin maykwawt dan l'ikol. Aykwawnima eweetwayyen chinipawhk wiput, wiput pashikoowin keema chi meechisoh nawut li mem li tawn.

Ka ki mawchistawin kamowshakounaymin l'ikol apacihchikanaa ka ishi mawna kaw-ki itoutamin.

Poor ptsi li zawnfawn, prochik l'ikol chikee eweechihikoot. Tapishkoot, pimoustay ishi dan l'ikol tout awn sawmbl, keema chi itoutamin kee-oukayhk avek aen ptsi nombr ouschi lee namee chi nakayaskamin chi ayahk avek kootakak.

Poor vyeu li zawnfawn li zawnfawn, ka ki awnkourazhee wiyawow chi kishkayistamin kaykwuy kawshitoutamihk chishinakwahk, akwa oushista aen plawn chi itouhtay li mem kawshitoutamihk.

## Mawchi peekishkwaywin poor l'ikol ka-itouhtay

Didawn peeksikhwaywin avek toon zawnfawn, itaysta chi kakawaychim oohin li kesyoon:

- Awina ki nohtay mamowwiitow avek ooma l'ikol aen naw?
- Kaykwuy amina ka nohtay itotamin maykwawnt ooma l'ikol aen naw?
- Kaykwuy anihli li plawn ka ki apatun poor kiya maykwawt toon wawhyoweesh kishkayhtamowin? Ihtakoun chi kaykwuy chiatoushkatamahk?
- Tawnsheeshi kiitamaschihoun ouschi ooma l'ikol aen naw?
- Kaykwuy anima payek ka itamaschihouhk il i iksiteed poor?
- Kootak chi kaykwuy ka itamaschihouhk ki ayayitayhtemin ouschi?
- Tawnsheeshi ka weechihitin ka itamaschihouhk paray itayhtamin ouschi l'ikol?



## **Tawnsheeshi naki kaschitinayn ayiwawk weehstamakaywin?**

- Wawpasta l'ikol la bonch website poor ooshkaayi weehstamakaywin kaykwuy chi keetayistawkwun akwa ishkweyanihk mayshkoopichikaywin/ weehstamakaywin.
- Pimitishaha lee nouvel ka pimouhtaymakun akwa li piblik la saantii weestmakaywin akwa kakayeshkimiwaywin.
- Mishka aen nidii ouschi kenwaymishoowin ouschi [Kenwaymishoo Par pchi braen li Popyee](#).
- Kouchee awtist [tou lee zhour la sarvel di sawntee nawashwaywina](#).

Kee-oukayhk ooma [COVID-19 / L'ikol ka-itouhtay seksyoon](#) ouschi website poor ayiwawk weehstamakaywin ouschi la sarvel di sawntee akwa COVID-19.

Kee-oukayhk websites avek ayiwawk kischee

weehstamakaywin:

[Li zawnfawn La Sarvel di Sawntee Ontario](#)

[Psychology Li Foundation ouschi Kenadaw](#)

[AzHITEE Kenadaw](#)

[Miywayawin Tout awn Sawmbl Kenadaw](#)

[COVID-19 Li yet zhenn La Sarvel di Sawntee](#)

[Wiichihewiwin Hub](#)

[Aen Foonn di Li Zawnfawn Weechihwaywin](#)

[Li parawn Poor Jeufarawns](#)

