

INN KUAN ZAT TANGZANG LAIBU

2024 - 2025



Zon Ol Na

A Taangpi Thulu Teng

Kizop Na Ding
Sanginn Gamlim
Sangkum Calendar

1

A Huampi in Etna

CAP Tulsa pan muak na
Gualzawh na ding Nong Kipiakkhiat Na
Mikim Huam Ding CAP Tulsa lampan
Kipiakhiatna
NAEYC Liangko kim Naupangneu Pilsin
Sangkahna

4

Innkuan Kihelna

Innkuan panpih te (Family Support)
Kamphen leh Laillet Huhna
Kihel In
Innkuan Khantoh Nading (Family
Advancement)

6

Sang Pongman Kahna

Sangkah lohna leh Sang tunhakna Thukhun
Sangtun leh Sangdawn hun
Sangkipatma leh Sangtuakkhit Hunval
Naukepna
OKDHS Naukep Huhna

9

A Thupi Theih Ding A Tuamtuam Te

Innkuanbup Pilsinna lam ah Thuneihna leh
Thusim Seppihna tawh kisai theih ding
thu (FERPA)
Kongkhak Kihon Vai
Silh leh Ten Thukhun
TawIngak hun
Khuahun Siatna
Text Messages Laikhak
Kimawlna Tualpi ading Khuahun Thukhun
Kumpi Kalhna tawh kisai Lai Kepna
(Licensing Compliance File)
Naupang bawlsiatna tawh kisai pulakna
Simtat Mizuakte Thupuakna
Van mang leh muhkik vai / mi khat ii
aituam van

11

Mawtaw parking leh Lampi kan
ciang Kikepzia
Nu leh pa te Zuih ding Thu
Nu leh pa te leh Innkuanpihte Nasep
Huhpiakna
Lungkim lohna a om ciang Pulakzia
ding
Vai Thukin om ciang Sepzia leh Kikepzia

Thuhilhzia Leh Thusinzia

18

Laisinna leh Laisitna
Naupangte khantohna sitna
Naupangte tung tawn pan akingah khia
Thute
Pau, Laisim, Lasa!
Thuhoih tawh Lamlahna
Apualam ah Thusinna
Vakkhiatpihna
Hun kilaih na

Nek Leh Dawn Tawh Ki Sai

20

Cidamna Lam Tawh Kisai

21

Cidamna: Akisam teng, zatui/zatang
kepzia leh piakzia, cinatna, liamna,
ahihkeileh tuahsiatna, SoonerCare
Acidam Gamtatzia ding Panpihna
Huhna Kisam Zaw Deuhte Panpihna

Innvak Laihilhna (Learning@Home)

25



Kizop Na Ding

Sanginn addresses, phone numbat, leh nasep hunte:

Learning@Home

3303 S. 121st E Ave, Tulsa, OK 74146
918-382-3247
8:00 am – 5:00 pm

Briarglen*

3303 S. 121st E Ave, Tulsa, OK 74146
918-938-6600 | 918-345-2910 (thukin ciang)
8:10 am – 2:30 pm
School District: Union

Disney*

11610 E 25th St, Tulsa, OK 74129
918-439-9608 | 918-345-2911 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa

ECDC Reed*

10908 E 5th St, Tulsa, OK 74128
918-935-3101 | 918-345-2918 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa

Eugene Field

1120 W 22nd St, Tulsa, OK 74107
918-340-5600 | 918-345-2913 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa



**Hih sanginn te ah zingsang nai 7:00am sang khak baihna leh sang tuah ciang naukep na nitak 6:00pm dong kikoih thei hi. OKDHS pan naukep man Child Care Assistance/Subsudy hamphat na a ngah te leh nu leh pa nasem/sangkah abuai te a ding in ki vai hawm sak hi.*

CAP Tulsa Contact Numbat Te

| | |
|------------------------------|--------------|
| Early Childhood Program | 918-382-3200 |
| Administrative Offices | |
| Family & Children's Services | 918-281-8500 |
| Admissions Office | 918-382-3247 |
| Family Advancement / ESL | 918-382-3366 |
| Inclusion Services | 918-382-3306 |

Adang hong huh thei ding mun te

| | |
|----------------------------------|----------------|
| Police, Fire, & Health Emergency | 911 |
| Poison Control Center | 1-800-222-1222 |
| Child Abuse Hotline | 1-800-522-3511 |
| SoonerCare Choice Helpline | 1-800-987-7767 |
| 211 (Resource Helpline) | 211 |

Frost*

203 W 28th St N, Tulsa, OK 74106
918-556-0319 | 918-345-2915 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa

McClure*

6150 S Yorktown Ave, Tulsa, OK 74136
918-747-7123 | 918-345-2917 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa

Reed*

10940 E 5th St, Tulsa, OK 74128
918-437-1495 | 918-345-2912 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa

Rosa Parks ECEC*

13804 E 46th Pl South, Tulsa, OK 74134
918-938-6650 | 918-345-2916 (thukin ciang)
8:10 am – 2:30 pm
School District: Union

Sand Springs*

1701 E Park Rd, Sand Springs, OK 74063
918-419-2900 | 918-345-2919 (thukin ciang)
8:10 am – 2:30 pm
School District: Sand Springs

Skelly*

8811 E 31st St, Tulsa, OK 74145
918-949-3400 | 918-345-2914 (thukin ciang)
8:10 am – 2:30 pm
School District: Tulsa

CAP Tulsa Legacy Plaza Zumpi

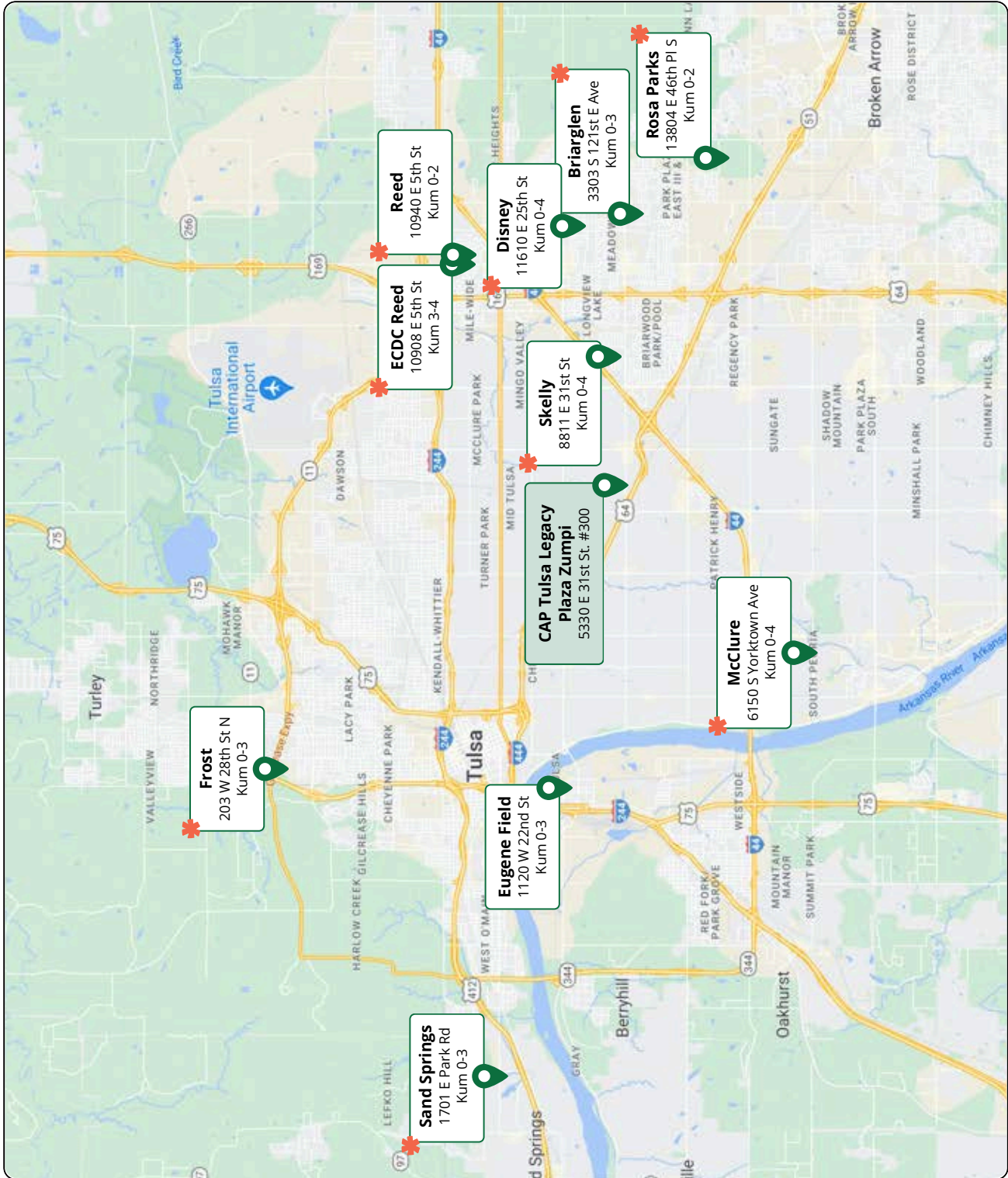
5330 E 31st St, Suite #300
Tulsa, OK 74135

Sang ap Zum: 918-382-3247
Aphual ah paitheih Hun:
Monday – Friday, 8:00am - 4:00pm

Zum Hon Hun: 918-382-3200
Monday – Friday, 8:00am - 5:00pm

Sanginn Gamlim

CAP Tulsa Early Childhood Education Centers • 2024-2025 School Year



* Hih ciaptehna aom munte ah sangkahma leh sangtuakkhit hunval naukepna om hi.

A kisang ding naupang te' kum pen September 1, 2024 khit a kum hi ding hi.





2024 – 2025 Sangkum Calendar

Version: 09/30/2024

| July Kha 2024 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | 1 | 2 | 3 | ★ | ★ | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | ♣ | 27 |
| 28 | ♣ | ♣ | ♣ | | | |

NOTE at na ding

| August Kha 2024 | | | | | | |
|-----------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | ♣ | ♣ | 3 |
| 4 | ♣ | PS | PS | PS | PS | 10 |
| 11 | PS | PS | ▶ | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| September Kha 2024 | | | | | | |
|--------------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| 1 | ★ | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | ↑ | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| October Kha 2024 | | | | | | |
|------------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | ♣ | 12 |
| 13 | PD | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| November Kha 2024 | | | | | | |
|-------------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | 1 | 2 |
| 3 | 4 | ↑ | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | ♣ | ♣ | ♣ | ★ | ★ | 30 |

| December Kha 2024 | | | | | | |
|-------------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | ★ | ★ | ★ | ★ | ★ | 28 |
| 29 | ★ | ★ | | | | |

| January Kha 2025 | | | | | | |
|------------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | ★ | ★ | ★ | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | ★ | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| February Kha 2025 | | | | | | |
|-------------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | PD | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

| March Kha 2025 | | | | | | |
|----------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | ♣ | ♣ | ♣ | ♣ | ♣ | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| April Kha 2025 | | | | | | |
|----------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | ↑ | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

| May Kha 2025 | | | | | | |
|--------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | ★ | 27 | 28 | 29 | ◀ | 31 |

| June Kha 2025 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| 1 | ☼ | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | ★ | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| July Kha 2025 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | ★ | ★ | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | ^ | 26 |
| 27 | ♣ | ♣ | ♣ | ♣ | | |

| August Kha 2025 | | | | | | |
|-----------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | ♣ | 2 |
| 3 | PS | PS | PS | PS | PS | 9 |
| 10 | PS | △ | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

- ★ Sangkhak: CAP Zumkhak ni
- ♣ Sangkhak: CAP Zum ki hong
- ▶ 2024-2025 Sang kipan ni
- PD Sangkhak: Siate nasep na ah khangtoh na ding tintan kah ni
- ☼ 2024-2025 SummerU kipan ni
- △ 2025-2026 Sang kipan ni (Ahithei ding ni)

- ♣ 2023-2024 SummerU Sang man ni
- PS Sangkhak: Siate tintan kah ni
- ↑ Sangtuak baih ni: Sangdawn hun 12:00 pm
- ◀ 2024-2025 Sang nung nung pen ni
- ^ 2024-2025 SummerU nung nung pan ni (Ahithei ding ni)

NOTES:
♣ Calendar tung a CAP Holidays leh sang kipan ni te ahun zui in kikhel thei hi.

Sang Calendar ah puahphatna aom leh, na ta kahna sanginn leh anuai a website ah kisuaksak ding hi
captulsa.org/zo/amanlang-in-sangap-dan/sangkah-kum

A Huampi in Etna

CAP Tulsa Pan Hong Muak Ung!

Tu sangkah kumthak ah ki thuah khawm thei ding ii hih manin nuam mahmah ung! No innkuan tawh hun nuam zang khawm, ki thuah khawm in na hoih tampi sem khop ding lamen ung.

- Sum leh pai haksa innkuan sung a naupangte hong khangto in nuntak khuasak agualzawh theih nading huhna pen **ka tupna pi** uh a hihi.
- Tua naupangte hong khang in, mailam ah a tate uh haksat gentheihna sungah hong om nawn loh na ding uh **ka ngimna** uh a hihi.
- Hih tupna ngimna te a **tangtun theih** na ding in, innkuan hong huh hong panpih ding sia hoih ki cial in, naupang te hong pattah sak ding uh hi.

A neu a lian deidan omlo in, mi khempeuh in gualzawh lawhcin na a ngah ding uh ka upna uh hi.



Naupang te sangkah na ah a hilh ding sia te!

- Laihilh dan ding ahilh ngiat (Instructional Coaches) te leh pahtawina Degree leh Pilna sang a nei sia te
- National Association for the Education of Young Children (NAEYC) pan ciaptehna a ngah te
- 2019 kum ah Head Start te leh Exemplar suite of work makaih na tawh aki nei Bellwether Education Partners *Leading siamsin a zo khin sa ten hilh ding hi*

CAP Tulsa in a nuai a pahtawi na leh ciapteh na te ngah uh hi:

- Best Nonprofit to Work For by *the NonProfit Times* (2015-2021)
- Top Inclusive Workplace by Tulsa Regional Chamber's Diversity Business Council (2015-2024)
- Certified Healthy Oklahoma Business (2013-2024)

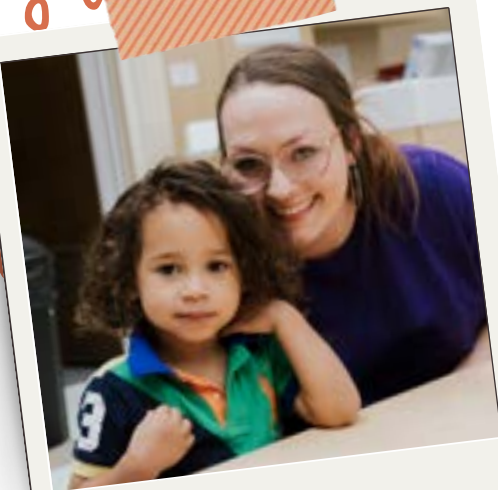
Gualzawh nading nong ki piakkhiatna!

Naupang khat CAP Tulsa ah ii koih ciang kumkhat in \$33,000 kim bei hi. Ahi zongin man ngen lo in sang ki kah sak hi. Tua ahihmanin nu leh pate'n hih anuai a thute nong zuih nading un hong ngen nuam ung:

- Ci a nat kei nak leh, **nisim nai lap in na ta sang ah hong kha un**
- Kum khatin **Innvak nihvei leh Sangsia leh Innkuan kimuhkhopnate nihvei** ah kihel hamtang ding
- Kalsimin sangsiate kiang pan inn ah et ding theih huai thu hong kipua te et pih kik den in
- **Nikhat minutes 15 ta na ta tawh kiho, laisim pihna, lasak pihna leh kimawl khopna** tawh pilna asin-na ah limtak panpih in
- Khasim in sanginn leh sangkhante bawl kimuhkhopna tuamtuamte ahi Amasa Kum Nga, Innkuan Kizopna, leh Ninihni Tangthusimna te ah **hunpia in kihel zel in**
- Na ta sanginn leh sangkhan ah septheih huhna piaktheih nate ah na **huh ding in kihel in**

- Na phone nambat te akilaih leh nong thei sak ding leh **na phone nambat te aman leh aman lo sit den in** thukin om ciang laikhak leh email pan kizop nading ahi hi
- **Emergency (thukin) a om ciang hopih theih ding mi te leh naupang sangdawn ding phalna na piak mite** aman den ding in khasim sit den in
- Na ta' ii **immunizations zatui ki sutna leh well-child checkup** (kumcin kilahna) lai te ko kiang ah kep ding hong puak tangtang in
- Pongman kilahna mun **cidamna siavuan leh ha siavuan** nei hamtang in
- Kumsim khantoh semsem nading leh lungkimna dotna **Family Satisfaction and Parent Gauge surveys** te zong hong dawng sak hamtang un
- Mitawh kilawmtat dan tawh kisai **khantohna sitnate** akicing in hong dawng sak un
- Na innkuan kitangsapthe, na ngimnate leh huhna pia munte tawh kizop ding panpih theih nang in **Family Success Plan** (Innkuan lawhcing nang gelna) pen hih in

Mipil thukan te'n CAP Tulsa ah kum tampi sang akah naupangte pen tanlang (kindergarten) sangkah ding kiging khinta ci-in mu khia uh hi. Mailam na tate thusin-na ah khantoh nang akisam bangin hong huh/panpih ding pen ka ki apna uh hi. Hih kiciamnate zuih na hang in, CAP Tulsa pan hamphatna lianpi te no innkuan in ngah thei ding hi!



Mikim Huam Ding CAP Tulsa lampan Kipiakhiatna!

Innkuan khempeuh leh naupang khempeuh in lunghiangna nei lo in, suakta in nuam asak ding ka ngimna uh leh ka hanciamna uh hi. Khat leh khat ih kibatlohna tampi om a, mihing pianzia khat hi ci-in ngaihsun in ka pom ngiat uh hi. Il kim ii pam ah ii tong ii zia, ii ngeina, ii ci ii sa, ii minam, ii pianzia, ii pau ii ham te ki bang kei mah ta leh, khat leh khat ki thupi sim in a ki it ding te ii hihi. CAP Tulsa ah hih ih kibatlohna te sungmah panin ih thahatna teng akigawmtuah hi hang a, akua mapeuh inntek bangin ih ngaihsutnate sungkhia in kihel kim leh suakta takin om ding mun ahi hi.

NAEYC Liangko kim Naupangneu Pilsin Sangkahna

NAEYC te tawh nasem khawm ii hih manin, anuai a amau thukhun te ii len kip hi:

Naupang khempeuh in amau ciat hanciam theihtawp in thusinmi asuakzawh nang leh kimlehpam ading mihoih asuah nading liangko kim thusin-na ngah ding kilawm uh hi.

Hih thukhun pen NAEYC kipat khatna thukhun nga sung pan khat ahi hi.

Anuai a thukhunte tung lung kituak khawm ding in sang naupang innkuan pih te kong zawn uh hi:

- Na ngeina, na upna, na manphatna leh mi tawh kibang lo in na ngaihsutnate midang ten hong theih pih ding leh hong telsiam nading in theisak in.
- Midang te tawh akibang lo ngaihsut gamtatna leh midangte tawh kihelna tung pan hong piang ding na hihtheihna (power) leh phattuumnate tel in.
- Na gamtat ngaihsutna hangin hong piang thute tung tavuan lakna, ngaihsun lo pi ahizong hong piang thute tung ahohih kik nading in tavuan lakna kism hi.
- Mi tawh kibang lo in aki kimlo in gamtat, ngaihsutna hangin hong piang thei nate tung ah theihshiamna leh telsiamna ding hamciam in.
- Ngeina kibatlohna hangin hong piang thute tung ah tavuan lakna leh etciatna kism hi.
- Ih theih khitsa leh ih theih mah mah thute zong kilaih thei hi cih ciamteh in.

Innkuan Kihelna

Naupangte khantoh nading sepkhopna ah innkuanpihte tawh kizopna pen thupi ahihmanin azahtak huai leh ahoih thei pen ding in na hanciam ung. CAP Tulsa ah innkuan kihelna pen CAP Tulsa nasemte leh innkuante khat leh khat ki zahtak in ei septheih thahatna ih neihtek tawh khut kilen in ma apang khawm leh asem khawm dingte hi hang. Hih bang kipawl in sepkhopna in, innkuante tupna (goal) hong tangtung sak ding hi!

Innkuan Panpihte (Family Support)

Family Support Speciats (FSS) ahi innkuan panpihna ah asem nasem-mite pen nasep khop pih Family & Children's Services te tawh kipawl in sanginn ah ong huh dingin om uh hi. FSS te in mimal panpih nate leh Tate Pattah Zia, thapiakna cih te leh innkuan ading a ki tangsap kizop pih theih na munte man ngen lo in hong kan sak thei a, remote (phone leh laikhak) tawh a hizong mimal kimuh n tawh a hizong hong huh thei uh hi.

Innkuan ki tangsapnate tel zawk nang leh na ngimnate hong huh theih nangin innkuan panpih (FSS) in nang tawh innkuan lawhcin nang gelna (Family Success Plan) hih khawm ding hi. Hih pen khat leh khat thu kikapna hi a, tua pan in no innkuan ading khantohnate leh hamphatnate hong zon pih ding hi.

Na innkuan sung ah haksakna leh buaina na nei a leh, na sang a FSS te in panpihna munte tawh hong ki zop sak ding hi. Huhna na kikap aleh innkuanpanpih (FSS) te pen nang ading in ahoih pen ki zopna mun hong zon sak ding hi. Haksatna hunte a kantan innkuan leh gualzawhna ding huhna piak pen thupi mahmah cih pen CAP Tulsa ii upna hi.

Kamphen leh Laillet Huhna

Interpretation & Translation Services (ITS) ahi kamphen leh laillet huhpiakna hangin sang nasemte leh Naupangneu Pilsin Sangkahna ah akah mangpau atheilo naupangte leh innkuante kikal tatsatlo kizopna neih zawh nading ka ngimna uh hi. ITS kamphen nasemmi in Spanish pau, Kawl pau leh Zopau/Zolai tawh hong ki huh ding hi. Adang kampaute ahi American Sign Language, Arabic, French, Hmong, Dari/Pashto, leh adangte zong a kizam bangin kizam thei hi. Na ta sangkahna tawh kisai kamphen/laillet ding huhna na kikap leh, na

sanginn aom School Support Associate (SSA) kiang ahihkeileh innkuan a panpihte (FSS) kiang hehpihna tawh na hopih in.

Kihel In

Naupangte akhantoh nading in, innkuanpihte tawh sem khawm dingin lamen ung! Nu leh pate kihel theih nading gelna tampi nei hi ung. Na theihna te na ta ii sangsia tungah hawmsawtna in, na ta ii ki tangsapna zui in amah ngiat ading leh khantoh nading tupna bawl na ah ong thupi pha mahmah ding hi. Na ta pilsinna ah nong kihel baihna hangin, amaute sangkahna ah lawhcin na tu leh mailam ah tam ngah zaw uh hi cih in ki mu khia hi.

Hih anuai a vai hawm munte ah nong kihel dingin hong hanthawn ung:

Ninihni Tangthusimna:

Ninihni tangthusimna tung tawn in CAP Tulsa in innkuante tawh sepkhopna nei uh hi. Hih pen kha sim in sang atam zaw ah sun hun kizang a tangthu simhun neih pih na ahi hi. Hih Ninihni Tangthusimna hangin inn pan laitheihna ah khantoh nading panpih baih ding cih ngimna nei hi ung. Tua ni a apai innkuan mimal khatciatin kep ding laibu khat ta ngah ding uh hi. Sang ah a kineih ding ni leh hunte na ta sang aom Educational Support Specialist (ESS) kiang ahihkeileh sang makaipi kiang na dong in.

Laibu Kawmna

Nisim na naupang tawh minutes 15 ta laibu sim khop ding panpih theih nading, sang khempeuh ah amau kum tawh kituak laibu kawmna om hi. Inn ah na ta tawh laibu na simkhop pih ding laibute na kawm ding hong hanthawn ung. Sanginn pawlkhat ah laibu kawmna mun atuamin kinei a, sang pawl khat ah sangkhan sung ngiat ah nei uh hi. Laibu kawmna omna mun na ta ii sangsiate kiang ah dong in.

Amasa Kum Nga

Na ta ading kingatna tawphahkip bangdan lamto ding hiam cih ngimna tawh nu leh pa te Tate Pantahzia thusinna ki vaihawm hi. Hih a nuam mahmah thusinna pen sangkah kum simin kinei a, naupangte sangkah lawhcin nading kiginkholhna, gamtat hoih nading thapiakna, leh buainate dalkholhna cih thulute bulphuhin thusinna ki nei ding hi. Hih thusinna neih ding ahun leh ani te na FSS kiangah na dong in.

Septheih huhpiakna

Sang ii vai hawm na te khempeuh ah CAP Tulsa in innkuante zong hong kihel sak nuam hi ung. Sang khan asung apua ah septheih om bangbang ah nasep huhna kipia thei den hi. Theihbeh nop leh na sang ii SSA hopih in.

Innkuan Kizopna

Hih khasim kimuh khopna hunte hangin sanginn sungah thupiangte sinna, kipawlna tuamtuam pan nasep tawh kiho khopna, leh nu leh pa adangte tawh kithei behna te om ding hi. Lengna thugen siamte leh FSS in vaihawmna theihhuai thute leh nu leh pa te ii lunglutna leh ngetna tawh kizui-in akisam thu bulphuh tampite genpihna nei ding uh hi. Ahun leh ani te sanginn ah kisuang ding hi.

Pasalte Kiheltheihna

Naupang te ii nuntakna sung ah nuam a sak nang pate leh pasal thupite nong kihel ding hong hanthawn hi ung. Hih pen kha thum teh khatvei innkuante leh naupangte tawh kizop khopna kilam nading vaihawmna ahi hi. Ahun leh ani te sanginn ah kisuang ding hi.

Early Childhood Program (ECP) Policy Council

Head Start leh Early Head Start ii kalhna hangin ECP Policy Council kinei a, hih pen CAP Tulsa Board of Directors ahi tunglam makaipite tawh ukkhopna namkhat hi. Hih Policy council ah akihel naupangte ii nu leh pa te in thukhun bawlnate leh adang khensatnate ah kihelna anei uh hi. CAP Tulsa sanginn khatciat in Policy Council (PC) Tangmi akihel ding atawmpen mi khat a teel uh hi. Kimuhkhopna pen pongman kinei ding a, kimuh hun sung ah, khantoh nading ki hawmsawn khopna leh nasepmi ki behlapnate, sum zatnate, leh ngimnate thukim leh thukim lo cihte khensatnate ki nei hi. Tangmite in makaih dan, thu khensat dan, sum zek dan, leh mi tawh ki zop dan lampi thak te ki sin to thei ding hi. PC Tangmite pen Policy Council Executive Committee nuai ah nasep hi ding a Chairperson pen CAP Tulsa Board of Directors nuai ah nasep hi ding hi.

Health Services Advisory Committee

Health Services Advisory Committee (HSAC) pen kiimlehpam a om nasepna mun tuamtuam pan cidamna tuamtuam lam ah nasep kipawlna khat ahi hi. Naupang siavuan, nurses, nurses a sinlai, ha

siavuan, nek leh dawn lam siavuan, leh lungsim lam tawh kisai sia te a hihi. Hih HSAC kipawl na sung ah ECP nasep leh nu leh pa te zong kihel hi. Limtak kipawlkhawm in sepkhopna in hih kipawlna ii nasep gualzawh nading tawhtangpi khat ahi hi. Hih HSAC kipawlna in Head Start innkuante omna kiimlehpam ah cidamna lam tha hat semsem in khantoh semsem ding khensatnate kibawl hi.

Innkuan Khantoh Nading (Family Advancement)

Innkuan gualzawh na ding mainawt ding!

Innkuan khantoh Nading (Family Advancement) akici vaihawmna pan in nu leh pa leh nau cing/kem te a ding a muanhuai leh cidam huai kiimlehpam ading vai hawmpihna nei hi ung. Tate pattahzia, pilna lam leh sum leh pai zeek zia cih te lawh cin ding pen ko ii ngim na ahi hi. ***Family Advancement*** ah na kihel na hangin na innkuan ading lawhcin na leh sumlehpai lam ah muanhuaina ah khangto sak ding hi.

CAP Tulsa in hih vai hawmna pawlpawlte man ngen lo in hong kalsuan pih ding hi:

- Innkuan dangte tawh kipawl khawmin tate pantahzia thusinnate
- Mang lai/pau khantoh na ding mang pau/lai sang te
- Na ta tanlang akah dong hong panpih suak ding huhna



English as a Second Language Program

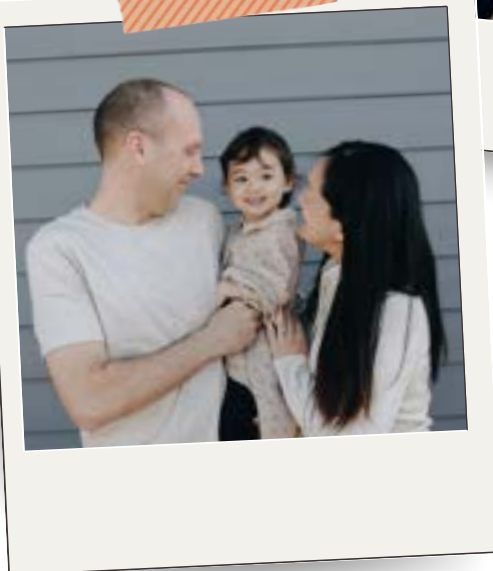
CAP Tulsa in nisim a ii zat mangpau/lai te a sin nuam CAP Tulsa nu leh pa te ading man ngen lo in manglai/pau sinpihna English as a Second Language (ESL) nei hi. Naupangte ii sangsiate tawh kiho dan, 911 hopih dan leh zumlai thupite pih dan na sin ding hi. Hih thusinna in naupang te sangkahna ah na kihel zawk deuh theih nading leh midangte tawh kizop theih zawk nading hong huh ding hi. Inn leh sanginn te ah na hih dingte hong huh hong panpih ding makaite in hong geel sak ding hi.

- Manglai/pau sin na pen Beginning, Low Intermediate, leh High Intermediate ci in ki vaihawm hi.
- Hih thusinna pen CAP Tulsa naupangneu pilsin sangkahna ah akah laitak naupang anei nu leh pa te bek ki kah thei hi.
- August kha leh January kha te ah sangkah kipan thak den ding hi.

Hih thu theihbeh nop leh FSS hopih in, **ESL lam 918-382-3366 ah sam in**, ahiah keileh captulsa.org/zo/our-programs-ko-i-thupai-dan/family-support ah pai in.

CAP Kizopna (CAP Connect)

Tate aneu lai sangkahna pan tanlang hong kah uh ciang, tapi a nop tuam nading in innkuan mimal kizop nading CAP Connect a kibawl a hihi. Kumtampi asemsa, pau nam nih athei siate in kha sim in na ta' mailam gualzawh nading in thu kikap na hong neih pih ding uh hi. Na lawhcin nate ong lawppih ding uh a, na kikap a om leh, kiimlehpam pan huhna ngah theih nading a hi zong, hong huh hong pan pih ding in CAP Connect Nasesmte kigingsa in om uh hi. Na ta tanlang a tun dong a lawp huai leh huhna tuamtuam te ngah dingin CAP Connect tawh kizom in! Hih thu theihbeh nading, capconnect@captulsa.org ah kan in.



Sang Pongman Kahna

Sangkah lohna leh Sang tunhakna Thukhun

Ko kiangkah lawhcin nading sang pongman kah ding thupi hi.

Pongman sangkah atamzaw naupangte pen pongman sangkah atawmzaw naupangte sang in mailam sangkah nading kiging khinsa in om zaw hi cih ko asunglam thu kaihkhopna pan hong lak khia hi. Thu ii sin baih na ah nisim leh naisim pen thupi hi.

- Na ta aci nat kei nak a leh nisimin sang manman kah sak in.
- Nisim 8:10 a.m. in sang ki pan a, 8:30 a.m. anunung in na ta sang hong kha in.
- Zingsang 8:30 a.m. khit a tungte a zekai in ki ciamteh hi.
- Tamveipi sangtun zekaina leh sangkahlohna in Attendance Improvement Plan ahi sangkahhun khantohna geelna ah ong kikoih ding hi.
- Tamveipi sangtun zekaina leh sangkahlohna akizom suak veve leh, na ta sangkah theih na mun khahsua kha thei hi.

Na ta sangkah theihlohna ahikeileh zekai ding hi leh sanginn ah thu hong zasak pah un.

Zaksakna na nei keileh FSS ahikeileh ko ii computer set in hong sam ding hi. Head Start ii thukhun tawh kizui in naupangte zaksakna omlo a sangkah lo in, nu leh pa leh thukin om ciang hopih ding min na piakte tawh ka kiho theih kei uh leh, nasem mi khat na inn ah ong pai in ong kan ding hi.

Hih pen ka awlmawh det khat uh ahi hi, sang pongman kah ding thupi hi! Sang pongman kahna ii athupit nate hih ah sim in:

<http://www.attendanceworks.org/>



**SANG PONGMAN
KAH DING THUPI HI!**

Sangtun hun leh Sangdawn hun

Hehpihna tawh Sang tawh Kizop Nading kigelhna laimai tungah (laimai #1) na ta sang ki pat hun leh a khawl hun te zong zongkik in.

- Sang kipatma naukepna te simloh, zingsang nai 8:10am ma in sang ki kha thei lo hi.
- Nang nahih keileh nasehsa ulian khatin na ta a sangkhan sung dong khak kism hi.
- Zingsang sim in nang, ahih keileh adang ong kha ulian khat in, na ta sang sung nong lutpihna letmat na thuh ding kism hi.
- Sang man ma minutes 30 minutes pan kipan in sang ki dawn thei ta hi.
- Sang hun aval kahna ah na ta aom kei leh, sun nai 2:30 p.m. peuh mah in sang na dawn kul ding hi.
- Sang kha ding leh dawn ding min na piak te bek na ta Sangkha/dawn thei ding hi.
- Na ta sang dawn ding phalna na piak mi te na khel/laih nop a leh nang ngiat nong pai kul ding hi. Min na piak loh mi khat peuh in na ta hong dawn a leh nang hong hopih phot ding hi ung.
- Na ta sang dawn ding min napiaksa tawh kisai kikhelna aom leh na zaksak ding mawhpua kha na nei hi.
- Na ta a muanhuai tak in aom theih nang, na ta sang hong dawnte khempeuh Min, Suahni leh maan atuang ID khat hong lak ding ki ngen ding hi.
- Maan atuang ID sitna pen sangsiate in atheihloh sangdawnmi khempeuh kiangkah a ngen ding uh hi.
 - A ki sang thei maan atuang ID te:
 - Kumpi ahikeileh khua(State) pan hong piak ID (Gentehna Passport, Federal Work Permits, Resident ID Cards, adt)
 - Sang Naupang ID (High School, College, Technical School, adt)
 - Nasepna Card ahih keileh Memberlutna Card (maan leh min pello atuangkul)



Sangkipatma leh Sangtuakkhit Hunval Naukepna

CAP Tulsa in aneih Sangkipatma leh Sangtuakkhit Hunval Naukepna pen nasepna ahihkeileh sangkahna hangin naukepbehna akisamte ading ahoih mahmah gelna khat ahi hi. Hih hunval naukepna pen pongman sangkah hun sung aa asinthute uh azaizaw in hihbehna kinei hi.

Sangkipatma leh Sangtuakkhit Hunval Naukepna pen hih sanginn te ah kinei hi: Briarglen, Disney, ECDC Reed, Frost, McClure, Reed, Rosa Parks, Sand Springs, leh Skelly.

Hih hunval naukepna pen sumpiak akul hi. Sangkipatma leh Sangtuakkhit Hunval Naukepna ading abeizah pen atawm atam ahihkeileh avekpi in OKDHS in huhna angah innkuante ading piaksak hi.

OKDHS Child care Assistance/Subsidy angah innkuante hih Hunval Naukepna ah mun ngah ding in ki ngaihsun masa ding hi. Hih Hunval Naukepna huhna sum ong piaksak ding in OKDHS Child Care Assistance/Subsidy asiau ding in innkuante hanthawn nuam ung. No innkuan a ding co-pay a hih kei leh bang mah sum piak a kul kei zong in, DHS te in hih Hunval Naukepna ka neihzawh nading un akisam huhna sum ong pia thei veve lai hi. Minam vai Tribal Child Care Assistance (Cherokee Nation & Muscogee Nation) naukep panpihna, leh ai tuam (private) sum piaktawmna zong sang hi ung. Lai ten na ding, Sangkipatma leh Sangtuakkhit Hunval Naukepna tawh kisai sang ap zia dotnop na neih leh, na sanginn aa asem Education Support Specialist (ESS) kiang ah na dong in.

Nang pen aituum (private) piatawm innkuan na hih a leh, kal sim sum kipia kha ding hi. Lai na ten a ki pan, hun val koih na a ki pat maa in kal khat a ding piak khol kul ding hi. **Kal masa pen na ta hunval koihna ah a kipat ma in piak kholh kul ding hi.** Nipi zawh ni nga (Friday) ni sim in sum piak kholh kul ding hi. Sum na piak zawh kei a leh, sum na piak siat ma teng in na ta hunval naukepna ah ki kah sak lo ding hi.

Hih Hunval Naukepna ah akah naupang khempeuh nitak 6:00 p.m. ma in pello sangdawn akul hi. 6:01p.m pan ki pan zekai man piak kul ding hi. Na ta sangdawn na zekai det leh, Late Pickup Action Plan ahi sangdawn hakna pan khantoh nading geelna ah ong ki koih ding a, Sangkipatma leh Sangtuakkhit Hunval Naukepna ah na mun

khahsua kha thei ding hi. Phal na lai sung ah a om mite bek in na ta dawn thei ding hi. Sang dawn te maan ID zong ki dong kha thei ahih manin ong nget ciang alak zo den dingin kiging sa in om den in.

OKDHS Naukep Huhna

Na ta in naukepna huhna angah a leh , OKDHS te in kha sim sang ah sum piak pih na pen kha ii ni khat (1) ni sim piak kul ding hi. Na ta sanginn ah Sangkipatma leh Sangtuakkhit Hunval Naukepna ah akahsua theih nading **kha ii ni nga (5)** ni peuhmah in na sum piak khol ding te na piak ding pen thupi mahmah ding hi.

Electronic Benefit Transfer (EBT) set (Naukep man Huhna Card ading) pen kongkhak mai aa tutna sabuai tung ah om ding hi. Na ta sang ah hunval naukepna ah aom sung hunte ading sum ka ngah theih nang' un, sangtun hun leh sangdawn hun ah na EBT card na kaih ding ahihkeileh DHS app ah na mek ding pen nang hih ding a hi hi. **Tua pen nisim na hih kul ding hi.** A zenzen in na kaih ding na mangngilh khak a leh ni nih (2) sung in kai kik hamtang in. Tua na mangngilh nate na hih kik ma teng in na ta Hunval Naukepna ah hong ki koih sak lo ding hi. OKDHS piaksak ding sum pen, na card kaih ding na mangngilhna hangin ka ngah kei uh a leh OKDHS piak ding sumte nang na piaktawm kul ding hi. Sumpiakna leh card kaihna avekin na puah kik masia, na ta naukepna ah kisang lo phot ding hi.



A Thupi Theih Ding A Tuamtuamte

Family Educational Rights and Privacy Act (FERPA)

CAP Tulsa in sang naupangte tawh kisai na piak thu leh laidal te limtak kepziading tawh kisai kumpi leh state kumpi thukhun khempeuh ka zui uh aa Family Educational Rights and Privacy Act (FERPA) zong ka zuih uh thukhun khat ahi hi. Na ta ii thu ciaptehna laite, thu simte, leh na tate tawh kisai thukim na laite tawh kisai a thute a kicing zaw in hih ah kigelh hi captulsa.org/zo/amanlang-in-sangap-dan/sangkah-kum.

Kongkhak Kihon Vai

Naupangte sangkah hun sung nu leh pa te ki hawh thei den hi. Sanginn kongkhak pen sangdawn hun leh sangkhak hun te bek ah kihong hi. Tuahun ma ahihkeileh tua khit ciang nong pai leh SSA ahihkeileh adang sang mai ah a tuu khat in na lut theih nang sang kongkhak hong hon sak ding hi.

Sanginn pan vaihawmna te ahi tangthu sim khop na, hun piakkhiatna, nu leh pa te ki muhkhopna te, leh sang vai ki muhkhopna sung te ah nong kihel ding hong hanthawn hi ung. Sang ah huh ding a kipiakhia na hih a leh, amai aa SSA kiang ah pai le cin, amasa veina na hih leh nasep huh apiate ii omzia khawlzia leh sepziadingte tomno gencian na khat ong neihiph phot ding hi. Tua gencian na aman ciang, letmat thuh kul ding a, volunteer sticker na puan tung na belh ding hong ki piading hi.

Nu leh pa na kihel khopna pen sangsiate leh nu leh pa te kizopna a hoih penpen khat ahi hi. Na ta in zingan ahihkeileh sun an nekhun ah na kihel ding leh, nai 24 ma in na ta sangsia ahihkeileh Sang Makaipi kiangah na gen kholh kul ding hi.

Silh leh Ten Thukhun

Na tate khua hun tawh kituak in puan hong silh sak un, lamsiau nading anop khedap hong bulh sak un. Sang ah kep ding puan aval khat ta hong pua sak inla, tua puan tung ah na ta min zong hong gelh sak in. Hehiphna tawh tua puante pen na ta sangkah masak ni in na ta sangsia kiang na pia in. Puan val ahihkeileh diaper aval na kisap leh, FSS kiang hopih in.

Kum khat sangkah sung in thusinte tawh kisai in sangte/khaante ah vai hawmna te nei uh hi. Tua vaihawmna cih te sung ah zanluppuansilh ni, puanlehsilh ni, phuahtawm tangthu gen ni, cih tuamtuamte kihel hi. Hih nite aom tak ciang in na naupangte zong tua tawh kituak puan te silh sak in. CAP Tulsa in holiday pawl te panpihna ahihkeileh huhna a om loh mah bang in tua dan puan silh tuam ni te pen holiday ciamteh ni tawh ki bawl hi lo hi. Hih dan vai hawm na te ah ii kihel tak ciang in, naupang a muanhuai ding pen thupi pen a hi hi. Na naupang puansilhna tawh ki sai hih theihhuai thute hehiphna tawh phawk in:

- Apaun tuankha in atuk loh nading puan a saulua tengsak lo ding
- Akhe leh a khedap kituak ding
- Naupang a gawl a gak thei ahi khau saute, kawnggak te ahihkeileh khau puan neem te hong keng sak kei in.
- Na ta khuamuhna anawngkai sak thei maituam ahihkeileh lukhute khu/silh sak kei in
- Mainuhna ahihkeileh makeup te pen na naupang ading buaina apia lo te bek nuh sak in
- Mit-tang a kheng deuh amah tawh akituak lukhu te bek khu sak in
- Liamna a pian loh nang temsau ahihkeileh ciangsau cih dan te hong pua kei in.
- Aman nei, atam man, ahihkeileh mi lungsim nawngkai sak thei puan/van te zang sak kei in. CAP Tulsa in van mangsak ahihkeileh akisiasak nate hong-buaipih lo ding hi

Tawl Ngak Hun (Rest Time)

Na ta cidam nading leh khantoh nading in ihmut pen a ki sam mahmah khat ah hi. Aneu tung pan ki pan pumpi leh lungsim hoihtak khankhiat ding pen thupi mah mah a, tawngakna in khantohna leh moi suah na piang sak uh hi.

Naungek suah tung pan kha 3 a pha naupangte ading nu leh pa te in hong gen na tungtawn in ihmu sung a tawp ding te sang pan hong ki piak sak ding hi. Naupang kha 4 pan kha 12 naupangte bel naupang-lupna ngiat sung bek ah ki lum sak ding hi. Naupangte khempeuh pen a tawl ngak sung in

amaute thal-lup sak ding uh hi banghang hiam cih leh amau ading amuanhuai om dan ahi hi. Na ta bangmah a cih loh nang in, puanza ahikheileh lukham te naupang-lupna sung ah ki koih lo ding hi.

Kha 12 pan atungsiah naupangte pen delhphah tung ah tawlna sak ding hi ung. Tua kha 12 pan atungsiah naupangte in a tawlna hun sung in zat ding puanza neu a deihdeuh pen khat hong pua thei uh hi.

Sang ah ahikheileh hoihtak ihmud nang ki sinpihna, tawlnak hun bawlna tawh ki sai dotnop na neih a leh, hehpihna tawh na ta ii sangsia kiang hopih in. Hoihtak ihmudna thupitna tawh kisai theih beh nop na neih a leh hiah pai in: [cdc.gov/sids/parents-caregivers.htm](https://www.cdc.gov/sids/parents-caregivers.htm)

Khuahun Siatna

Khuahun siatna tawh kizui in sang kikhak thei zel hi. Thudang zaksakna a om kei nak leh tuikhal kia,vuuk kia, ahikheileh alauhuai khuahun siatna hang in kumpi sang ten sang khak ding cih



akhensat ciang CAP Tulsa sangte in zong tua khensatna zui pelmawh ding uh hi. Gentehna, Tulsa kumpi sang huam na mun ah sang na kah aleh, khuahun zui a sang te khensat na zui in Sang pen ki hong ding, ki hong hak ding, ahikheileh khak ding uh hi. Union ahikheileh Sand Springs kumpi sang huam na mun te ah sang a kahte zong tua sang te ii khensat na zui in sang pen ki hong ahikheileh ki khak ding hi. Khuahun siatna hang in, ni thum kizom in sang a khak suak leh innpan laisin theih nading Distance Learning ki vai hawm ding a, na sangsia te in hong theisak ding hi.

Khat veivei ciang kumpi sangte calendar leh CAP Tulsa calendar ki banglo thei hi. Nakah na sangte a khak zenzen a, CAP Tulsa calendar tawh a kituak kei khak leh, phone tawh hong ki thei sak hamtang ding hi. Na Sang pen koi sang huam cih na theih nop a leh sangte hopih ahikheileh kizop nading thute a kigelh laimai (laimai #1) ah ki kan thei hi.

Sang ki khak ding hi leh computer phone pan hong samin thei sak ding hi. Sang khak hunte leh a dang vai thupite kong zaksak theih nang un, na inn phone ahikheileh na cell phone nambat-te na laih a leh hehpihna tawh sang ah hong thei sak hamtang in. CAP Tulsa in i ten-na khua ii TV mun ahi ABC, CBS,

FOX, leh NBC te kiang ah zong sangkhakna khat aom leh thu puak ding hi ung. Ka social media zat-te pan zong sangkhak ahikheileh adang theisak nate ki khakhkia ding hi.

Text Messages Laikhak

Sang na ap nak leh, CAP Tulsa pan text laiikhak auto in hong kikhak ding hi. Tua text sung ah text khak ding na deih kei leh khawlsak na (opt-out) ki tel thei ding hi. Na deih hun hun in opt-out ki tel thei hi.



Text message pan vai nih hong ki khak thei ding hi:

- Naupang sangkahna tawh kisai zacakna
- CAP Tulsa pan innkuante ading adang huhnate ahi sangkahna leh theih huai tuamtuam

CAP Tulsa ten hih text khak na hang in na phone pan sum bang mah hong la lo hi, hih laikhak na ngah theih nading in zong sum hong piak sak lo ding hi. Azenzen in hih laikhak na hang in na sum abei leh na phone line na lakna te tawh na ki ho ding thupi ding hi. Hehpihna tawh CAP Tulsa pan laikhak na ngah ma in na phone line na lak te tawh ki dong khawl in. Hih laikhakte pen CAP Tulsa tawh kisai thute bek hiding hi. CAP Tulsa in nang ma piak phone nambat bek ah ko tawh kisai thute bek laikhak kong nei ding uh hi. Hehpihna tawh na phone nambat ka neih uh aman leh aman loh zumpi ah na sit sak zel hamtang in. Nang phone nambat khel ding akisap leh na ta sangsia kiang ahikheileh SSA kiang ah thei sak in. Text laikhak tawh kisai ko ii thukhun leh thusim ka kepzia uh tawh kisai theih nop na neih leh, hih ah na pai in captulsa.org/zo/amanlang-in-sangap-dan/sangkah-kum/text-message-policy-2.



Kimawlna Tualpi ading Khuahun Thukhun

Khua hun avot a alum zong naupang khem peuh apualam ah tawmvei sung aki mawl ding kisam hi. Tua hih leh aci asa khangto sak leh cidam sak zaw ding hi; hih in a thupi mahmah khanna namkhat ahi hi. Naungeek te zong apua lam ah pai ding kisam hi, apai theih kei ding leh siavuan te kiang pan lai dal aom leh bek asung ki om sak ding hi.



Nisim, sangkhan khempeuh in apua lam pusuk a thusin hun ki koihi hi. Naupangte apualam ah cidam tak leh amuanhuai tak in aki mawl theih nading thukhun pawl khat om hi.

Hih anuai a thukhunte kihel hi, ahih hang hihte lianbek ci-in ciangtan na om lo hi:

- Khuahun zui in apualam kimawl hun asawt na atawm atam ki laih ding hi.
- Khua hun a lum na 90°F degrees Fahrenheit pan a tung siah a om ciang in naupangte, honghuhte, leh nasemte a pualam kimawl na ah minutes 15 val om thei lo ding hi.
- Khua hun a vot na 36°F degrees Fahrenheit nuai a tun a leh zong naupangte, honghuhte, leh nasemte apualam kimawl na ah minutes 15 val om thei lo ding hi.
- Apua lam asat luat leh naupangte, honghuhte, leh nasemte kua mah apua pai lo ding hi, EPA national pollutant standards zui in hui siangtho lo ahih man in kipai khia sak lo ding hi.
- Cidam na tawh ki sai “alauhuai” damloh na a nei naupangte in a kilak na siavuan kiang pan tua tawh ki sai gelhna siavuan lai ka neih kul uh a, amau ading adang khat ki vaihawm sak ding hi.
- Naupangte khuahun tawh kizui puan silh sak ding kisam a, khuahun avot ciang apualam ah zong puanlum asilh suk uh kul ding hi.

Kumpi Kalhna tawh kisai Lai Kepna (Licensing Compliance File)

Sang khempeuh ah naupang tawh kisai Licensing Compliance File akici lai kepna kinei kim hi. Tua laite sung ah naupang kep dan tawh kisai license laidalte, akhanto na tawh kisai laite, leh adang athupi laite kikem hi. Naupangte khanto na tawh kisai report piakna, license lam tawh kisai laite, leh Investigative Summary Notifications laidalte pen athu kicing takin kikem ding hi. Tua laidal kepte koi ah kikoih aa koi dan in en thei ding na hiam cihte Sangsiate Tawh Kimuhna ah ong ki gen ding hi. Hih thu tawh kisai khempeuh zong sangkha kipat ma na ngah muakna lai-ip pi sung ah zong na kiguang ding hi. Hih Licensing Compliance File laikepna na sanginn ah aom na mun na theihpihna thukimna lai zong letmat ong ki thuh sak ding hi. Adang dot nop leh theih nop a om leh Sang Siapi kiang thei sak un.



Naupang bawlsiatna tawh kisai pulakna (Child Abuse Reporting)

Naupang bawlsiatna cih pen bang hiam? Naupang bawlsiatna cih pen:

- Pumpi – Pumpi bawlsia ahihkeileh ompih (luppih) na a thuak naupang
- Nupa lam ompihna (Sexual) – naupangte tawh ahoihloh nupa omkhopna lakna, lawn na, ompihna
- Lungsim (Emotional) – Naupang zawh loh nate semsak, hang-gawp, ko-gawp, awt san gawp na
- Kinlohna (Neglect) – Naupang khat ii aki tang sam annak tuidawn, om na, pilna, ahihkeileh zato ki lak na cih te hihpih loh na

Naupang bawlsiat na hong pian loh nading in bang ci lampite tawh huh in dal thei ding ii hiam?

- Na innsung ngiat ahihkeileh a veng sung pan in dalna ki pan masa hi.
- Na ta kum 3 a phak a ki pan in pumpi ki kep ziadung thu gen pih ta in. Na ta kiang ah amah pumpi manphat luat na leh kua mah in ama phalna lo a lawn na ahi (kawina, nam na, zeksak na ahihkeileh kawigawp) cih te amah pumpi tung ah hih thei lo ahi lam gen in.
- Midang te in amau deih loh dan a, a pumpi a lawn a leh a thugen ding kammal na ta hilh in. Gentehna, “hong lawng kei in” ahihkeileh “ken deih lo/nuamsa lo. Hehpihna tawh khawh in” cih in na ta gen sak in.
- Midang mel theih khat a hi phial zong in, mi khat peuh in amau nasak liamsak ahihkeileh amau kilawmlo lawna aneih leh thuhoih ahih lohlam theisak in. Midang khat peuh in amau nasak liamsak ahihkeileh kilawmlo lawna aneih leh uliante kiang ah genthei hi ci-in thuhilh in (khatvevei ciang mi pawl khat in amau ii bawlsiat na te a gen a leh mai lam ah susiading cih in kammal tawh naupang tawng in lau sak thei hi.) Nang sim loh ulian dang te ahi (Pulehpi te, sia/siamah te, palik te, siavuum te, ...) kiang ah zong ki gen thei ci-in hoih tak hilh cian in.
- Nang leh na ta hih thu na sin pih pen ahoih penpen kidalna khat a hi hi!

Hih thu tawh kisai aki cing in na theih nop leh hih teng pan ki en thei hi:

[healthychildren.org/english/safety-prevention/at-home/pages/what-to-know-about-child-abuse.aspx](https://www.healthychildren.org/english/safety-prevention/at-home/pages/what-to-know-about-child-abuse.aspx).

Naupang bawlsiatna leh thukinlohna tawh kisai dotnop na neih leh, Sang Makaipi ahihkeileh FSS kiang ah hehpihna tawh na hopih in.

Thupuak loh a phamawh Naupang Bawlsiatna

*Naupang khat bawlsiatna thuak cih na theih a leh athei mi khempeuh in, Department of Human Services Child Welfare Division ah bawlsiatna thuak na, muanmawhna te **na thehsak pah** ding kumpi thu piak a hi hi. Naupang ki bawlsiat na leh ki-kin lohna te **Child Abuse and Neglect Hotline 1-800-522- 3511** ah thu kipuak thei ding hi. Hih phone pen nipikal khat ni sagih, nai 24 tawntung ki hopih thei ding hi.*

Simtat Mizuakte Thupuakna

*Mi khat ahihkeileh naupangte mun dang ah a zuak nasep a sem agency te ii sep khat nate a thei mi khempeuh, mimal kim khat ciat in Oklahoma Bureau of Narcotics and Dangerous Drugs Control ah thupuak kul ding cih pen thukhun khat a hi hi. Hih tawh ki sai **Human Trafficking Hotline 1-855-617-2288** ah sam in thu kipuak thei hi.*

Van mang leh Muhkik van/Mi khat ii aituum van

Sang ah Lost and Found akici mi van mansuah akimu kik te akoih na mun omna na ta ii sangsia ahihkeileh Sang Makaipi kiang ah dong in.

Motor sung ah hehpihna tawh sumbawm, cell phone, leh adang van manpha te nusia kei in.

Van mansuah ahihkeileh van sia a om te CAP Tulsa ii mawhpuak hilo hi. Van mansuahna khat aom leh hehpihna tawh ong kanpih ding palik sam in.

Mawtaw Parking leh Lampi kan ciang Kikepzia

Kum 9 nuaisiah na ta ahihkeileh naupang dangte amau kia lampi kan sak **NGEI KEI IN**. Nang ahihkeileh a u zaw naupang khat tawh lam a kan ciang ki thua sak khawm **den** in. Amau kia lam na kan sak ma in zakhat vei bang na ta lam kan ki sin pih in.

- Lam pi a mong/nawl tun ciang **KHAWL SAK** in
- Lampi a kui leh lam pai na mun pan bek in lam ki kan thei cih pen na ta **THEISAK** in
- Lam gol pi(mawtaw pai na) tung ah lam pai sak **NGEI KEI** in
- Lam na pai ciang vei lam, tak lam, leh vei lam cih te **EN SAK** in **NGAI SAK** in
- Vei lam pan tak lam cih a thei nai lo naupangte kiang ah "hih lam," "hua lam," leh "hih lam," ci-in **HILH** in
- Lampi a sian dong (mawtaw pai aom loh dong) **NGAK SAK** in
- Lam na kan suak mateng **EN SUAKSAK** in
- Amau leh amau hoih tak in bang ci lam kan cih a thei ma ciang, kum kua pan anuai siah naupang ahi , na ta **PAIKHAWMPIH** in
- Mawtaw ki park na ki kal pan ahihkeileh sawlbawk/sungkung tomte nung pan in na naupang lam a kan loh nading **HILH** in
- Khuahun a hoih loh ciang mawtaw hawlte in muh na kiam thei a hih man in hoih tak in ki dawm kul hi cih **PHAWKSAK** den in
- Ko ii handicap mawtaw khawl na mun ah pen tua handicap lai card/sticker aneite bek in khawl thei cih **PHAWK DEN IN**
- Wheelchair te pai theih nang a ki bawl khawl na mun te ah mawtaw khawl ahihkeileh adang mawtaw akhawlte khak **KEI IN**
- Mawtaw koih nading kiciamteh na om lo mun ah mawtaw khawl **KEI IN**
- Mawtaw khawl theih na mun ding ahilo munte ah mawtaw khawl **KEI IN**

Traffic (mii-point) meite leh tua na thuhilh nate ah **LIMPHA HOIH** khat nahih nading in nang zong zui in. Na ta tawh na pai khawm kei phial zong in, mi tate in zong nang hong et teh khading hi!

**ET TEH TAK MIHOIH
KHAT HI IN!**

Nu leh Pa te Zuih ding Thu

Na ta ii sia masa pen na hih mah bang in, amah ii pilna sin na leh gamtat hoih in aom ding pen nang tung ah tampi hong ki nga mahmah ding hi. Sang ii nu leh pa ahihkeileh naupang kem ulian te in sang ki pawl na te ah gamtat hoihna leh et teh takte nong hih ding hong gen nuam hi ung. CAP Tulsa in mi nawngkaisakna leh simmawhna pen zangkhai ngaihsun het lo hi ung. Hih thu tawh a kituak lo in a gamta nu leh pa ahihkeileh innkuante pen CAP Tulsa sanginn khempeuh pan ki khawlsak ding hi.

- A tawntung in sangsiate, sang nasemte, naupangte , leh ulian dangte zahtaak in
- Sang huang sung ah a kihhuai leh a kilawm lo kammalte hong pau khia kei in
- Lungkimlohna khat aom leh, tua na lung kituak pihloh mi tawh ahoih lam in kilemna leh thukimna bawl in
- Gitloh gamtat na khempeuh ki sang lo ding hi
- Mawtaw sung ah naupangte bek nusia ngei kei in
- Sang sung ah radio aw te khiam in hoih tak mawtaw hawl in
- Sang sung ah na om sung in cell phone te ki zang thei lo ding hi
- Sang huang sung ah thau ki pua thei het lo hi



Nu leh pa te leh Innkuanpihte Nasep Huhpiakna

Ngeina leh ii tuah khak thute ki bang kei ta se leh, vai khempeuh ah nu leh pa leh innkuanpihte nong ki piakkhiat na in CAP Tulsa tampi hong lawp sak hi. Sanginn innkuante leh kiim leh pam ading na hunte pia khia in nong huh na te tung lungdam ung! Hih bang nasep huhpiakna ah nong kipiak lai tak anuai a om thute zui ding in ngaihsut ding zong ong theisak nuam ung:

- Sangkhan sung ah akhat veina nasep huhpia ding na hih leh kongmai ah lai at ding form om ding hi, amai ah ki dong thei hi. Hehpihna tawh nasep huhpiak kipat hun leh man hun kong mai ah ong ciapteh sak in.
- Innkuan dangte ii sung thute bittak in kem ding hi hang.
- Sangsiate leh nasemte in sangkhan sung ahihkei leh sang zum sung te ah nasep huh ding akisamte hong hih ding hi.
- Nek leh dawn kilem lohna om thei ahih man in apualam pan nek leh dawn te naupangte kipia theilo, amau gei ah ki ne theilo aa, sangkhan sung ah kitawi thei lo hi.
- Ni khat bup nasep huhpia ding na hih leh, sun an ding kipua thei aa, sangsiate tawngakna mun ahihkeileh sanginn pualam ah ki ne thei hi.
- Sang ah nasep sung kheme adawk khedap ki bulh thei lo hi.
- Nasep huhna apia mi khempeuh in thuhoih tawh lamlahna aom thute tawh kituak in nasem ding hi (laimai #18 ah en in [Thuhoih tawh Lamlahna thu om hi]).
- Hehpihna tawh naupangte leh siate maanziah/video zaih kei in.
- Sang tawh kisai post nate, Policy leh Procedure thukhun tawh ki zui in, sanginn tawh kisai report na, naupangte leh adang innkuan pih te maan te social media tung ah post ding kiphah lo hi.
- Ko kiang ah hun nuam na ngah aleh, lawm dang te zong na gen sawn sak in maw
- Hun nuam na ngah kei aleh, mailam ka khantoh theih nading un SSA kiang ah na theisak in.

Lungkim lohna a om ciang pulak ziading (Complaint Process)

Thu piang khat hang in lungkimlohna na neih a leh, hehpihna tawh tua thu piang sung ah akihel nasem te hopih in ahihkeileh Sang Makaipi thei sak pah in. Tua na pulak thu tawh ki sai bang mah sepkiatna om lo cih in na upmawh a leh, ka zum pi uh ahi 918-382-3200 ah sam in School Leadership Team te khat tawh kiho nuam ing ci in. Na lungkimlohna bangmah ong k sepkiatpih lo in na up a leh, lungkimlohna pulakna lai captulsa.org/zo/kipan-na-ding/contact-admissions ah la in lai kikhia thei hi.

Vai Thukin om ciang Sepzia leh Kikepzia

CAP Tulsa in vai thukin (emergency) ciang koi ci ding cih gelpihna leh sinpihna te ki nei hi. Vai thukin hong om tak pi a leh sang pan auto in honghopih na ahihkeileh sang nasemte kiang pan in hopihna na ngah ding hi.

Vai thukin aom ciang, na ta leh nasemte bangmah a cih loh nang in zuih ding thute limtak zuih ding hong hanthawn nuam ung.

Lauhuai nate (meikuang, gas keh, adt. ... cih) pan kihpekhiat na (Evacuation)

- Naupangte, nasemte, leh lenglate khempeuh siang sitsat "all clear" ta ci in pulak na a om mateng hih huang sung pan na ki hemkhia un.
- Naupangte, nasemte, leh lenglate abeisa hun ah mun muanhuai ci a, a ki ciapteh na mun ah pai in.
- Na ta dawn theih na mun na theih nang in sang mai kongkhak tung ah a om na mun na ki suang ding hi.
- Hih te hong pian ciang naupangte leh nasemte pen amuanhuai mun ah ki hem khia in, sang pan in nu leh pa te theihsakna kong nei ding uh hi.

Sanginn Kongkhak Kalhcipna (Modified Lockdown)

- Hong ki theih sak kik mateng, naupangte khempeuh amau sang khan sung ciat ah ahihkeileh mun muanhuai na ah ki om sak ding hi.
- Nisim ii neih activity te amuanhuai khan sung ah ki neih pih suak ding hi, ai hang apualam kimawlina ah kipai pih lo ding hi.
- Kuamah sanginn sung ah lutsak ahihkeileh pusuak sak lo ding hi ung.

- Hih dan kong kalhcip na vai aom ciang, vai khempeuh aveng khit ciang innkuanpihte phone tawh ong ki thei sak pah ding hi.
- Nau dawn hun ciang in nu leh pa te theih nang sang mai kongkhak tung ah theih sak na koih ding hi ung.

Vai lian khat hangin Sanginn Kongkhak Kalhcipna (Lockdown)

- Kuamah hong ki thei sak kik mateng, naupang khempeuh amau khan sung ciat ah ahihkeileh mun muanhuai na ah ki om sak ding hi.
- Activities tuamtuam te ki khawl ding hi; nasemte leh naupangte amuan huai na mun ah kibu phot ding uh hi.
- Kuamah sanginn sung ah lutsak ahihkeileh pusuak sak lo ding hi ung.
- Hih dan vai poi mawh a om ciang, vai khempeuh aveng khit ciang innkuanpihte phone tawh ki thei sak pah ding hi.

Akin thupoi mawh a om ciang in, sang nasem ten a hih theih zah un nata te uh muanhuai nading hong hanciam tawntung ding hi. Hih dan a pian lai tak in

u leh pa kuamah sang ah nong pai LOH ding hong thum nuam ung. A tam zaw bel, emergencies vaithupi te a om ciang khua sung a thu nei te bek sang sung ah lut ding leh pusuak ding in ki phal hi. Emergency vaite a sep khat lai tak in, hih thute ah na kihel loh nang in nu leh pa te zong sang pan a ki gam la mahmah mun muanhuai na ah na ki hemkhia un.

Amuanhuai a Kikepzia ding Kisinna

CAP Tulsa ten hih amuanhuai om dan kisin na te ahi (Evacuation, Lockdown, Intruder on Campus, Tornado) te kha sim kinei ding hi. Hih kisinpihna in na ta, sangsiate, nasemte, leh lenglate vai thukin tuak khak taktak ciang ading kigin kholhna hi. Tua kisinna neih sung pen sang kongkhakte ki kalhcip ding ahih man in tua kisinna hun sung kua mah a sung lut ahihkeileh pusuak thei lo ding hi. Sanginn mai ah ahih kei leh nu leh pa te theih sakna lai sung ah hih kisinna neih ding hun leh ani te ki at ding hi. Nu leh pa te ading alem theih nading tua ka sinpihna pen sang khakhun ahihkeileh dawnhun sung teng ki nei lo ding hi.



Thuhilhzia Leh Thusinzia

Laisinna leh Laisitna (Curriculum and Assessment)

Curriculum aci laislinna pen na ta' sin ding pilna, sepkhiatna, leh siam na tuamtuam te cihna a hihi. Naupangte tanlang (kindergarten) kah ciang buaina a om loh nang in CAP Tulsa pan ahoihpen laislinna kipia hi! Hih thusinna in naupangte theihna leh sepzawhna te akhangsak panpihnate apia hi.

Naupang Khanna Sitna

Sang kipat zawh a sawt lo in na ta' sia te in ASQ-3 sitna (Kum tawh kituak Khanna Dotna) na ta tung ah nei ding hi. Hih sitna in, na ta thahatnate leh khantoh ding akisam laite ong gen ding hi. CAP Tulsa a sem sia khempeuh hih vai tawh kisai limtak ki sin sak a, a kisam om bang in ahoih thei pen in hong huh ding uh hi. Dot nop om bangbang na ta sangsiate hehpihna tawh na dong in.

Naupang tung tawn pan a ki ngah khia thu te (Child Outcomes)

CAP Tulsa te zat laislinna Early Childhood Curriculum pen Head Start Early Learning Outcomes Framework pan ong pai hi. Ko ii siamna sang anei sangsiate in Creative Curriculum, GOLD Assessment, Early Learning Quick Assessment (ELQA), leh Building Blocks Curriculum laihihna te azang uh a, hih in mi-tawh kipawl theihna, pumpi khanna, lai at lai gelh, Tinchar (Mathematics), Kampau, Lungsim khuak, Science & Technology, Social Studies ahi mihingte thu, leh Fine Arts ahi lim zep lim suaishna lam ah khantohna apia hi. CAP Tulsa kum khat sung tawntung, hih thusinna te lam ah khantohna anei uh hiam ci-in et zel na leh ciapteha te nei uh hi. Nang lampan zong etkik zelna na neih ding ong hanthawn nuam ung, tua hi leh na ta ading ahoih pen tupnate kinei thei ding a, akhan na leh hanciam ding kisapna te ki kum to thei ding hi hang. Innvak kong pai ciang leh kimuhkhopna ih neih ciang na ta khantohna tawh kisai thute kong hawm sawn ding uh hi.

Pau, Laisim, Lasa!

Sang tuah khit ciang, inn ah tate tawh na thak sinpih kawm kithuah khawm, pau pih, laisim pih, lasak pih, leh kimawl pih ding thupi mahmah hi. II

nasep pih, Talking is Teaching ten zong ta te' gual zawh nading hilh zia, kalsuan ziading thu hoih tampi nei hi. Mangpau leh Spanish pau in talkingisteaching.org ah ki en thei a, CAP Tulsa Facebook zong hih (www.facebook.com/captulsa) ah na en le cin Tuesday ni sim in thu suaksakna om hi!

Thuhoih tawh Lamlahna (Positive Guidance)

Naupang khat pilna sinna ah hong khantoh nading mi-tawh kipawl theihna sinpih ding thu pi hi. Hih thusin na sung ah na khat peuhpeuh san' siam na, gamtat hoih ding huhna, panpihna, ki thu tuah nang hanciamna, amah ngiat leh midangte zahtak na, leh amahlehamah na thak sin na cihte kihel hi. Hih siamna te pen sangkah pilsin nading akisam phamawh tawphahkip khat ahi hi.

A gual zo sang khan a hih nang in thukhamte, kiciangtan nate, leh sangkhan sung ah naupangte ii gamtatziate leh thuman dingte amau kiangpan lametna kinei ahihnam ka genpih uh hi. Hih thu tawh kisai tampi ong huh thei ding **Conscious Discipline** kizang hi. Ahoihnam ah lamlah nading sepkhiatnate pen sepkhialh aom ciang genpha kikna, hih theihloh ding ciangtan nate neihna, mi-tawh kipawltheihna te ah panpihna te ahi hi.

Khut zang in (satna) daan piakna cihte ki zang lo a, ko ii Naupangneu Pilsin Sangkahna ah kizang lo a, zong kiphal kei hi.

Apualam ah Thusinna (Outdoor Learning Environment)

Nisim in apua pusak in thu sin pih na ki neih pih den hi (*khuahun zui in, (laimai #13) ah kimawlna tualpi ading khuahun thukhun en in*). CAP Tulsa sanginn khempeuh ah naupangte ngaihsutzia,tatzia, leh na thak sem ziading ngaihsut na hoih nono apia thei kum tawh kituak ahoih penpen kimawlna tualpite ka nei uh hi.

Apua lam ah thusinna leh kimawlna pen naupangneute khan nading akisam mahmah khat ahi hi. Pumpi tatkhiat ding leh pumpi nate in na asepkhiat ding panpih hi.

Vakkhiatpihna

Kum 4 sangkhan Sia/Siamah te in Sangkhan khen in thusin theih nading vakkhiatpihnate hong gel ding hi. Na ta ii siate in vakkhiatpihna hong thei sak ding a, na ta zinkhiat pih nading nang phal na zong ki sam ding hi. Na ta ii vakkhiatna ah zui pih khawm in zong na ki sin thei ahih man in nong kihel ding zong hong zawn hi ung. Hih vakkhiatna ah naupangte muanhuai nading et cik pih nading nu leh pa te huhna pen ki sam mahmah hi ung.

Sang sia te in emergency first aid pua den ding uh hi. Sang pan na paikhiat pih na ah naupangte ci na ahihkeileh liamna a om a leh, sang nasemte in first aid zang ahihkeileh 911 hong sam ding hi. Sang nasemte mah in naupang ii nu leh pa/naukemmi/ ahihkeileh thukin ciang hopih ding minpiak na neihte hopih in hih thupiang te thei sak thei hi. Nasemte in Incident/Injury Report ahi thusia tuakna lai zong sanginn atun ciang gelh ding hi.

CAP Tulsa in Tulsa Public Schools te mawtaw hih vakkhiatna a neih ciang a zang hi. Nau leh pa te in no mawtaw tek tawh nong zui uh a kul hi.

Naupang note in na dang tuamtuam sin theih nang in zong sangkhan sung ah zinmang sam thei hi ung. Hih zinmangte in pen music, lamna, STEAM (science, technology, engineering, art leh math) lam tawh kisai tuamtuam te leh adang tampi takte zong ong sinpih uh hi.

Hun kilaih na (Transitions)

Na ta' khantoh theih nading in ki laih/khel na tampi vaihawm pih hi ung. Na ta leh na innkuan un panpihzawh nang kum tawh ki zui in sepzia te hih pih hi ung.

Hi dan khan khat pan adang khat a ki laih nate panpih theih nang in na ta leh na innkuan un kihel khop theih nading tuamtuam te hih pih hi ung. Naupangte in sang khan tuamtuam pan tanlang (kindergarten) ah akilaih ciang innkuan pih te kihel khop na pen thupi mahmah hi. Na ta sang ki laihna tawh kisai vaihawmnate ah no innkuan na kihel nang un kong hanthawn uh hi. Na ta sangsiate in hih tawh kisai sanginn ah vaihawmnate aom ciang ong theisak ding hi.

Tanlang (kindergarten) ah hoih tak in na pai/laih theih nang hong huh ding thute na ta CAP Tulsa ah kum 4 sang kah kum sung in hong ki gen ding hi.

Kum 4 naupangte ii hih a nuai ah transition vai hawm na te ah nong kihel ding hong hanthawn ung:

- Tanlang kah nang kimuh khopna (Kindergarten Transition Event)
 - Hih kimuhna hun sung ah sangkhan nading mun, kizop nading munte leh magnet sang leh Charter sang tawh kisai CAP Tulsa sang nasem ten hong gen pih ding hi, na ta ading sang akah nading mun tawh kisai zong hong kikap pih ding hi.
 - A hun leh ni te a hun zui in phalbi hun ciang hih website ah hong kizasak ding hi (captulsa.org/zo/our-programs-ko-i-thupai-dan/family-support/kindergarten-transitions).
- Kumpi sang ah hawhna
- Tanlang sangkahn sung hawhna
- Innkuan dangte tawh kizop nading aki vaihawm Kinder Connections kimuhna ah pai in
- CAP Tulsa pan Tanlang tawh kisai video neihte en in



Nek leh Dawn tawh Kisai Nutrition Services

Apualam pan nek theih ki tawi thei lo hi. Cidamna tawh kituak in, sanginn pan hong ki vaihawm sak ding hi. Azenzen in neklehdawn kilem pih loh na neih leh Oklahoma state pan license angah siavuan tawh nalakna laidal hong tawi un, tua tawh kituak in sanginn pan hong vaihawm sak ding hi.

Sang pan hong ki pia neklehdawn te sanginn pualam ah kitawi theilo hi. Nekrehdawn lamte vaihawmna tawh kizui-in, na ta in sanginn sung ah nektheih anek laitak sang nong dawn tawh akituak leh a nek mansiang khit dong na ngak kul ding hi.

Sangkhan khempeuh ah innkuan a annek dan sin pih hi ung. Na ta amah leh amah nek sak ding leh anek khit ciang zong anin siansak ding hi pih ding in kong hanthawn uh hi. Annek hun leh moh nek pen mi dan/ngeina te zahtak theih ding sin thei ding hun hampa a hi hi. Sia/ Siamahthe leh u lian te in hih ann/moh na piak ciang in cidamna tawh a kituak te leh ngeina hoih te na sinsak khop ding pen a hoih pen a hi hi.

An nek hun*:

- Zing an – 8:30 a.m.
- Sun an – 11:30 a.m.
- Moh – 2:00 p.m.



**Sangkhan pawl khat an nek hun ki khel thei hi. Na ta an nek hun na theih nop a leh ama sangsiate hehpihna tawh na hopih in.*

Ki mawl hun a neih theih nang in sang hun lap in na ta kha den in, tua in sangkhan sung ah pongman ka sep ngeina te ahun zui in ki sem thei ding bek tham lo, amau zong cidamna nang a ki tang samte ne khading hi.



SNACK TIME!



Nek leh Dawn ading sum zek a kism hiam?

Nek leh dawn ading huhna na kisap pah leh, nang ong huh na FSS ahihkeileh **2-1-1** na sam in.

CAP Tulsa innkuan tampi tak in SNAP (Supplemental Nutrition Assistance Program) huhna ngah thei uh hi. Minute 30 leh tua sang hun tawm zaw sung in SNAP ki siau thei hi. Hih thu sim beh nading hih ah pai in: hungerfreeok.org/groceries

Food Bank of Eastern Oklahoma leh CAP Tulsa te khut kilen khawm in, kha sim in CAP Tulsa sangte ah man ngen lo in nektheih lakna Farmers Markets kinei hi. Innkuanpihte in nektheih hawm ding gelna a kinei amunte ah akisam bangin pai in ong la thei hi. Laktheih nading amun gel sate na et nop leh, hih ah pai in: captulsa.org/zo/resources-hawmsawn-na-tuamtuam/free-farmers-markets

Khua sung a om innkuante ngah theih ding hamphatna tuamtuamte na theihnop leh CAP Tulsa social media ah et det na leh captulsa.org/resources ah ki en thei hi.

Cidamna Lam tawh Kisai Health Services

Na ta' cidamna in ko ading in thupi mahmah a, ahoih cidamna in sangkah kigin nading kisam phamawh khat ahi hi. CAP Tulsa in na ta akum tawh kituakin cidamna lam kilahna leh khantohna anei hiam ci-in etcian na leh ciamtehna ka nei uh hi. Na ta sang alut akipan ahun zui in sitna te Ages and Stages Questionnaire zang in ka sit uh hi. Ka sangkahna uh in kidal baihna leh naupang kumcin cidamna kilahna te neih nading na ta in pongman kilahna siavuan leh ha siavuan neih ding kalhna kong nei uh hi.

Naupangneu Pilsin Sangkahna ah Cidamna tawh kisai Akisam teng

Na ta in pongman siavuan leh ha siavuan a neih kei leh, CAP Tulsa in ong zon pih ding hi.

Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Well Child Exam te thukhun kalhna te khempeuh ko sangkahna ah akah naupang KHATCIAT in zuih akul hi. **Na ta kumcin cidamna kilahna leh ha kilahna leh adang kilahbehna na ta in a neih ciang, tua kilak hun sung ah ong sit ong et sak te akicing in siavuante gelh laidal nong ap akul hi.**

EPSDT Kumcin Cidamna Lakding akisamte:

- Kha 2
- Kha 4
- Kha 6
- Kha 9
- Kha 12
- Kha 15
- Kha 18
- Kha 24
- Kha 30
- Kha 36
- Kha 36 khit ciang kum sim

Immunization record ahi na ta ii kidalna zatui sutna te kisam hi. Na ta zatui kisut ding a hun a cin'ciang in zong nang hong zaksak ding hi ung. Kong zaksak khit ni 14 ni sung in zatui na ki sut na hong puak in. Tua zatui na ki sut na nong puak kei a leh, tua zatui ki sut na lai nong puak ma dong in na naupang a sang ki kah sak lo ding hi. Hih pen State Department of Health thukhun a hih mah bang in sang ii ki tangsap na zong ahi hi.

Kum khat pan ki pat ha et sak ding hong han thawn nuam ung. Kha 6 khat vei ta ha siavuan tawh ki lak ding hong hanthawn nuam ung. Kum 3 a cin ciang, pong man a ha kilahna zato lai nong puak kul ta ding hi.

Kha 12 leh kha 24 naupang te lead screening akici si sitna ki sam hi. Tua hun te ah na ta in sitna aneih kei khak a leh, kum 5 a cin ma pello na sit sak kul ding hi.

Sang ap na lai sung ah, CAP Tulsa cidamna siate in na ta ii khutme pan si tawm la in lead screeing ahi si sitna neih theih nading phal na letmat nu leh pa te thukimna ki thuh sak khin hi. Na ta tua si sitna lai ka ngah kei uh leh akahna sanginn ah na kisit sak ding hi.

Kha 9 pan kha 12 ki kal ah Hematocrit and Hemoglobin (H&H) sitna khatvei neih akul hi. Hih sitna pen kumcin cidamna lakna ahihkeileh Women, Infants, and Children (WIC) ah zong ki sit sak thei hi. No lam pan H&H lai ka ngah kei uh leh zong, sanginn ah ki hih sak thei hi.

Na ta sangkah zawh ni 45 sung in CAP Tulsa Naupangneu Pilsin Sangkahna ah asem khat in theihna etna ahi (khuazakna leh muhna) cih te na sit ding hi.

Siavuan ahihkeileh ha siavuan ki lakna te a ki tangsam bangin kilak in la, kilahna siavuan lai CAP Tulsa Naupangneu Pilsin Sangkahna ah asemte kiang ah ap in.

Theih ding akilawm na ta natna neih deuhte (Gentehna: Awmciaak, cithak, sibup natna te, adt.) a neih leh kikepzia ding siavuan gelhsak siavuan letmat atuang laidal nong ap kul ding hi.

Zatui/zatang kepzia leh piakzia

Sang ah aom sung na ta in siavuante hong piak ahihkeileh na lei zatui/zatang nek ding a ki sap a leh, hehpihna tawh hih anuai ah sep ding te hoih tak hih in:

- Zatuite na ta' thung ip sung ki koih thei lo a, sang sia ten a sit kul hamtang hi.
- Zatuite khempeuh pen zatui bung tung ah zatui piak dan ding hoih tak a a ki gelh kul hi.
- Nang leh nang zatui na leite pen siavuante hong gelh sak lai om leh bek ka pia ding uh hi.
- Nang leh nang zatui na leite pen siavuante hong gelh sak lai om in sangkah hun bek ah piak pelmawh akul leh bek pia ding hi ung.

- Zatuite na ta' thung ip sung ki koih thei lo a, sang sia ten a sit kul hamtang hi.
- Zatuite khempeuh pen zatui bung tung ah zatui piak dan ding hoih tak a a ki gelh kul hi.
- Nang leh nang zatui na leite pen siavuante hong gelh sak lai om leh bek ka pia ding uh hi.
- Nang leh nang zatui na leite pen siavuante hong gelh sak lai om in sangkah hun bek ah piak pelmawh akul leh bek pia ding hi ung.
- Zatui/tang nekthak dawn thak dingte pen inn pan na piak masak khith phot kul ding hi.
- Zatui pen siavuan ii hong gen ni khengval khin ahihkeileh a bung tung ahun bei(expire) khin a leh tua zatui pen ki zang thei nawn lo ding hi.
- A ki zang lo ahihkeileh hun abei khin (expire) zatui/ zatang te Nu leh Pa tung hong ki pia kik ding hi.
- **Thukin zatpak zatui**, a hi epi-pen ahih kei leh inhaler te a om leh a nuai a bang in ki sem ding hi:
 - **Thukin zatpak zatui** te banghun ciang bangdan in zang ding cih a zatzia ding siavuan lai gelhna kisam hi.
 - **Thukin zatpak zatui** khempeuh, sanginn ah na ta a om lai siah, sang khan sung bek ah koih ding a, mun dang koih lo ding hi.
 - Na ta in tua **thukin zatpak zatui** ngiat leh azatzia ding siavuan gelhsak lai a neih kei leh sang ong kah theilo ding hi.

Hih vai tawh kisai dot nop tuamtuam a om leh, hehpihna tawh Sang Makaipi ahihkeileh siate na dong hamtang in.

Cinatna, Liamna, ahihkeileh Tuahsiatna

Na ta in gawl nat, bil nat, gilnat, cisa, ahihkeileh a ki lawh thei natna khat peuhpeuh a neih a leh amau sang ah hong pai sak kei in. Tua ni na tawlna sak na hang in na ta amanlang in ci adam nang huh a, sang sung ah naupangte zong lawh loh nang in hong dal sak ding hi. Na ta aci nat na hang in sang a pai zawh kei khak a leh, ciapteh theih nading hehpihna tawh amanlang pen in sanginn theisak in. Zingsang nai 9:00 a. m. ma in na theisak kei leh, FSS ahihkeileh computer phone in hong sam ding hi.

Na ta sanginn sung ah ci a nat a leh ko hoihtak na khoi sak ding hi ung, sang ah naupang dang te kiang nat na a ki lawh loh nang in a sang khaan

ahilo khandang ah na en ding hi ung. Sanginn ah aom sung na ta cisa 101 degree ong kheng in adang damlohna lakkhiatna ahi pumpi tha zawmna, omdan nopsak lohna, sungpai, lua, pumpi cithak (hih ah akigelh lo adang damlohna tuamtuam te zong omlai hi) te khat tawh athuahkhop leh, amanlang pen in sang nong dawn dingin kong theisak ding uh hi. Nang tawh ka kiho theih kei uh leh, thukin om ciang kizop nading ah min na piak sang ong dawn thei khat na hopih ding hi ung. Mi kim ih dalkholh theih nading, akilawh thei natnate (sungpai, lua, ahihkeileh cisa) pen zatui nek kul loh in adamsiang zawh nai 24 akheng khith ciang sanginn ong kah kik thei pan ding hi.

Nuntakna lauhuai sak damlohna, liamna, leh thuahsiatna khat aom leh 911 sam in a nai pen zato ah na puak sak ding ung a, nang zong hong zaksak pah ding hi ung. Tua tuahsiatna a pian zawh nai 24 sung in a siate khat in liamna thupuakna laigelh ding hi. Nang kong hopih theih kei uh leh, thukin om ciang hopih ding min na piak(te) na hopih ding hi ung. Tua ahih man in, na om na (address), phone nambat te leh thukin kizopih te a kilaih a om leh sang nasepte kiang na theih sak ding pen thupi mahmah hi.

SoonerCare/SNAP/WIC

Na ta ading sum piak kul lo in SoonerCare pan in zato kilah nang insurance leh nektheih huhna sum ki ngah thei ding hi. SoonerCare cih pen Oklahoma gam ii cidam na lam insurance vaihawmna hi a, naupangte leh ulian pawlkhat in zong ngah thei hi. Hih pen Oklahoma Health Care Authority pan a kingah hi. SNAP (Supplemental Nutrition Assistance Program) hamphatna pen sumlut-tawm anei innkuante ading nek ding neilo a gilkialna vengsak nading ngimna tawh cidam huai nektheih te nektheih zuakna saite leh Farmers' Markets te ah lei theih nading vaihawmna khat ahi hi. WIC pen naungeek te, naupangte leh naupaite ading cidamna tawh kituak nek leh dawn ngah theih nading vaihawmna khat hi. Hih huhnate tawh kisai thute thei behnop ahihkeileh siauh ding huhna na kispah leh na FSS hopih in.

Behavioral Health Services

Nu leh pa ii hih na tawh, ii ta ading bang hoih pen cih bek lunggulh khading hi, ahihang amau bang lam ah panpih ding ki sam hiam cih na theih ding

bel baih lo ding hi. Ko ii gamtatna lam tawh kisai ahilh Early Childhood Therapists (ECT) te in innkuante panpih theih ding lampite, mitawh hoihtak bangci ki ho ding cihte, na khat peuhpeuh thu leh la abuai loh nang amau leh amau bangci ki kem ding cihte leh nu leh pa/naupangte kizopna khantoh nang a kisamte hong panpih ding hi.

Na sanginn a om gamtatna lam tawh kisai ahilh ECT te in naupang khempeuh, innkuanpihte, naukem mite ahikheileh nasemte panpihna apia uh hi. ECT te in hih thute aom ciang ong huh thei hi:

- Nang ahikheileh na ta's siate in sanginn leh inn te ah na ta lungsim lam, mi tawh ki zop na, ahikheileh khantoh zia pawl khat tawh ki sai in lung hi mawh na a neih ciang
- No inn kuan in ki khel na pi a piangsakte a hi nausuak thak, nasep ki khawl sak, inn ki tuah, ki teng thak, ki khen, it leh ngaih in hong nusia, thong kia, mawtaw tuah sia, inn kang, mi tawh ahikheileh innkuan sung ki tawng cih te na tuah ciang
- Lunggim sinkham in hopih ding kisam, ahikheileh nang leh na ta' ading thu kuppil ding na ki sap leh
- Tate pat tahzia tawh ki sai dotnate a hi thuhilziah, tuibuk zat sinpihzhia, unau ki lem loh na, nang leh na naupang ihmud zia, naupang kibawl gawpna, ahikheileh adang mi tawh ki zop na khantohna lam tawh ki sai dotna na neih ciang

ECT te in sang khan sung ah thugen pihna, ki holim pihna, naupang agei pan aom zia etcian na, leh nu leh pa leh sangsiate in naupang ading lung himawhna aneihthe kuppil kikna te sanginn ah hong ki neih pih ding hi. Akisap leh sanginn ah naupangte ading counseling ki vai hawm sak hi. Hih Acidam Gamtatzia ding Panpihna tawh kisai dotnop na neih leh, na sanginn a om ECT ahikheileh FSS na dong in.

Huhna Kisam Zaw Deuhthe Panpihna (Inclusion Services)

CAP Tulsa Naupangneu Pilsin Sangkahna in naupang khempeuh khan na namkim ah khantohna aneih ding panpihna kipia hi. Inclusion Services Team ahi huhna kisam zaw deuhthe panpihna apiate in khan na lam ah a zekai naupangte, amau nu leh pa leh sangsiate tungah naupangte khantoh ding akisap tungtawn in panpih

theihzia dingte a sangkhan sungmah ah a lawmdangte tawh om khawm sak in huhna apia hi. Hih bangin tuam koihlo in alawmte mah tawh omkhawm sak in huhna piakna in alawmte tung pan thusin na neih theih ding thapiakna ahi hi.

Kumpi sang pan Individualized Family Service Plan (IFSP) leh SoonerStart ahikheileh Individualized Education Plan (IEP) ah alut naupangte khempeuh in a sangsiate leh a mau ngiat sangkhan sung ah huhna apia beh ding Inclusion Services Team pan nasem mi khat ki koih sak hi.

Khantohna lam zekai ii cih bang a hiam?

Naupang khempeuh pen amau zia tek in a khan toh na ki bang lo hi. Khantohna lam a zekai naupang khat in pen ama kum tawh a ki bang naupangte tawh ii teh ciang a khantoh nang panpih ding huh na ki sam zaw deuh uh hi. Hih a nuai ah munte ah khan na zekai kha thei ding hi:

- Pumpi khan na (thagui zangneu anei pumpi' na, thagui zang-gol anei pumpi' na)
- Ngaihsutna khan na (thu ngaihsut theihna)
- Kampau lam khan na (pau leh ham)
- Lungsim leh kizopdan khan na (Mitawh kipawl theihna leh lungsim thuaknate kep theihna)
- Ei leh ei kikep siam na leh amun amual zui-in om theihna

Ahunlap in dalna ih cih in khantohna zekaina ahikheileh damlohna a nei naupang no te leh naungek te huh nang a vaihawmna a hi hi. Naupang note in ahunlap in dalna pen ahun leh akisapna zui in akisam bangin seppihna leh panpihna ngah theihna a nei uh hi.

Naupangte pen amaulehamau khangto leh ki khel ahi man in naupang khat ahunlap in dalna pen ki sam hi ci-in khensat theih ding pen baih het lo hi. Naupang khantohna lam na lunghimawh baih na in amau tuak khantohna zekai na a neih na uh tawh a kituak sintheih na pia in tua zekai na kantan pih ding tawhtang khat a hi hi.



Hih a tung ah mun te ah na ta khantohzia tawh ki sai lunghimawhna na neih a leh, na ta khantohna tawh ki sai a zakai na te sit/et sak ding ki sam ding hi.

Na ta bang ci sit thei ding? (How to evaluate a child?)

CAP Tulsa ah sang a kah sung in a sangsiate in na naupang akigensa khan na nam nga te na sit ding hi. Lung himawh na khat peuhpeuh a neih leh a sangsiate in CAP Tulsa nasem Inclusion Services Specialists te kiang ah athu na puak sawn ding hi. Ahunlap in dalna lam asem kilak theihna mun khat ahikheileh kumpi sangte pan ki sitna neih ding in ki puak sawn ding hi. Naupang siavuante, lungsim siavuante, leh naupang khantohna lam siavuante in zong hong sit sak thei ding hi.

Naupang kum thum nuaisiah te ading Oklahoma khua ii nei ahunlap in dalna SoonerStart ah thu puak sawn na ki nei ding hi. Naupang kum 3 pan a tung siah naupangte pen amau omna sang huam sung a om kumpi sanginn khat ah thu puak sawn na ki nei ding hi. Nu leh pa te in na ta bang ci pilna sin nate ah bang cih hamphat na ngah thei ding ci in sangte tawh ki hokhawm, ki hawm sawm khawm in.

Manngenlo in na ta etsakna na deih leh, hih mun na hopih in:

SoonerStart of Tulsa County
(Naupang kum thum nuaite ading)
918-835-8691

Public School District Special Education Departments
(Naupang kum thum tungsiahte ading)
Sand Springs Public: 918-246-1426
Tulsa Public Schools: 918-746-6391
Union Public Schools: 918-357-4321
Jenks Public Schools: 918-299-4415
Broken Arrow Public Schools: 918-259-5700

Il siauh khit ciang in huhna ngah leh ngahloh ding tawm vei ngak kul hi. Tua khen sat na hong manlang theih nading in innkuanpihte kihel na leh panpihna te tawh huh in. Ahunlap in dalna ah asemte in na ta khantohzia tangthu a hi (lampai ki pat tung, pau sin tung, zumbuk zatsak dan, adt.) amau sep theih ding thu te tawh ki sai in thu hong dong thei ding hi. SoonerStart ahikheileh kumpi sangte ah nasemte in na ta a sit theih nading nang kiang pan phalna lai ahikheileh thukimna lai letmat na thuh kul ding hi.

Na ta sanginn a om Inclusion Services Team ah a sem khat in hih sitna ding ngetna tawh kisai akisamte ong huh ding ahikheileh manin dotnop na neih a leh zong ama kiang ah kidong thei ding hi.

Tua ki sit/et sak nate a man ciang, naupang in ahunlap in dalna huhna a ngah ding a leh, amau in khatkia innkuan panpihna ahi Individualized Family Service Plan (IFSP) ahikheileh khatkia lai hilh na ahi Individualized Education Program (IEP) ngah ding hi. Hih pen khantohna lam khat peuhpeuh ah zekaih na a nei naupang ading ngimna tawh ki vai hawm a hi hi. Naupang in inn pan ahikheileh sang pan panpih na tuamtuum te ngah tading hi.

Huhna a kism deuh naupangte ki laih/khel na (Transitioning for children with special needs)

CAP Tulsa Naupangneu Pilsin Sangkahna ah akah naupangte pen ki laih/ khel na tam pi tuak kha ding uh hi. Na ta in panpihna a ngah suak ding in ki cian sak nuam hi ung.

Khantohna lam ah naupangte a zekai a leh, amau kum 3 a cin ma in, naupangte khantoh zia a khang to nang panpih zia a ngah suak theih nading in SoonerStart's IFSP pan in kumpi sang IEP te kiang ah ki laih suak thei hi. SoonerStart pen naupang kum 3 a cin ciang bek a hi hi. Naupang kum 3 a cin tak ciang in, kumpi sang pan special services te in hong makaih toh pih suak ding hi. Hih ki laih na pen na ta in khantoh nading a thusinte a zopsuak theih nang huh na a hih manin thupi mahmah hi. Na ta pen CAP Tulsa ah om suak in khanto a hi mah bang in, kum 4 sang khan pan kumpi sang tanlang ah zong panpihna ngah suak ding hi. Ki khel na khat ciat aom sim in Inclusion Services Team a nasem khat in nang tawh kimuh khopna ong neihpih masa phot ding aa, a thu paizia te ong hilh masa ding hi.

Hih akisam deuh naupangte huhna tawh kisai na theihbeh nop leh, CAP Tulsa's Inclusion Services Team te **(918) 382-3306** ah hopih in.

Learning@Home (Innvak Laihilhna)

Na Gualzawh Nading Na Kicamna!

CAP Tulsa ii neih Learning@Home pen naupai nute ahihkeileh naungek suakcil pan kum 4 kikal naupang a nei innkuante ading inn ah sangsiate ong vak in laihihna ahi hi. Hih Learning@Home pan hamphatna na ngah kim taktak theih nading, nang lam pan hih sep dingte om hi:

- Appointment aom ciang na ta tawh inn ah lai hilh na ah na kihel den ding thupi hi. Hih Learning@Home pan na innkuan in hamphatna ngahkim taktak theih nading **pongman pello sangkah akul hi**.
- Vai thukin aom ciang kong zaksak theih nading leh sangkahna tawh kisai theih huai thute email ahihkeileh laikhak na pan na ngah det nading na **contact information** ahi kizop theih nadingte man leh manlo sit pha den in.
- Na ta' mailam khantoh nading a hih man in, lailam, thusin na, kimawl pihna ah **inn vak kong pai uh ciang a tawtung in ong kihel** den in. Hih kong vak hun sung pen na ta khantohna bek mah mitsuan ding ahoih pen hun hi.
- Hehpihna tawh, innvak hong pai sung hong nawng kai sak thei nate, **ganhing te zong apang ah koih in, TV zong khak** in.
- Vai thukin mahmah om cihloh siah, hehpihna tawh **na phone nawlkhin phot in**.
- Khasim kimuh khopna **Group Connections** te ah kihel in.
- Na ta **zatuikisutna/kumcin cidamna kilahna/ha kilahna te pongman paipih** inla, adang kilak beh ding a kisamte zong kilak pih in a kisam bangin kilahna laite naseimte kiang ah ap in.
- Na ta in **pongman kilakna siavuan** ding na neih nai kei leh CAP Tulsa in hong zon pih thei ding hi.
- Na ta ii **pongman ha kilakna siavuan** ding na neih nai kei leh CAP Tulsa in hong zon pih thei ding hi.

Innvak hong hawh sung bang teng lam en ding

Nang leh na sia (Parent Educator) in nang ading alempen ni leh hun ah innvak hong pai ding hun gelna nei ding uh hi. Na sia in pen nang leh na innkuan te om na inn ahihkeileh adang thukim na

neih sa mun te ah kha khat in atawm pen nih vei peuh mah hong pai ding uh hi. Hong pai ciang minutes 60 pan 90 ciang huh hong lading uh hi. Nang, na innkuanpih/lawm, na ta sanggamnu, sanggampa, leh adang innkuanpihte zong innvak hong pai ciang om thei uh hi. Midang lenglaa te innvak sung aom ding a leh hehpihna tawh na sia thei sak khol in. Inn ah pai ding a lem kei leh zong, online pan ki mu thei hi. Online pan ki muh ding na lunggulh leh na siate hopih in.

Nang leh na sia (Parent Educator) in innsung ah bang thu piang cihte leh na ta thu ki ho khawm ding hi. Nang leh na sia in hong pai sung leh hong pai kik ding a ki kal sung na ta tawh na sep pih khop theih ding laisin theih nang' sep khat nate sin thei ding hi teh. Hih sang tawh na ki zop sung na innkuan ngim na tang tun zawh nading zong na sia in hong kan pih ding hi. No khat leh khat na ki thei semsem ciang in nang leh na sia in na ta khantoh nading ahoih pen in huh khawm panpih khawm thei pan ding hi.

Nang leh na ta in a dang naupangte leh nu leh pa te tawh ki muh khop theih nang in a tawm pen kha khat in khat vei peuh mah, Group Connections ki muh khop na nei hi ung. Na siate uh in tua mun ah adang nu leh pa te tawh hong ki mu sak in vaihawmnate hong makai ding hi. Na siate in amau vai hawm na ahun, amun,leh anite nang hong thei sak ding hi. Mailam ki muh khop na ah nang bang dan te thei nuam cih thute nang hong hopih ding hi. Khat vei vei ciang hih Group Connections kimuh khopna pen online pan zong kinei thei hi.



Early Childhood Program (ECP) Policy Council:

Head Start leh Early Head Start ii kalhna hangin ECP Policy Council kinei a, hih pen CAP Tulsa Board of Directors ahi tunglam makaipite tawh ukkhopna namkhat hi. Hih Policy council ah akihel naupangte ii nu leh pa te in thukhun bawlnate leh adang khensatnate ah kihelna anei uh hi. CAP Tulsa sanginn khatciat in Policy Council (PC) Tangmi akihel ding atawmpen mi khat a teel uh hi. Kimuhkhopna pen pongman kinei ding a, kimuh hun sung ah, khantoh nading ki hawmsawn khopna leh nasepmi ki behlapnate, sum zatnate, leh ngimnate thukim leh thukim lo cihte khensatnate ki nei hi. Tangmite in makaih dan, thu khensat dan, sum zek dan, leh mi tawh ki zop dan lampi thak te ki sin to thei ding hi. PC Tangmite pen Policy Council Executive Committee nuai ah nasem hi ding a Chairperson pen CAP Tulsa Board of Directors nuai ah nasem hi ding hi.

Septheih Huhpiakna: Nasep huhpiakna ah akihel dingin hong lam en tawntung ung. Nu leh pa te in a hun leh a siam na te hong kihel ding pen ko ii lam et na a hi hi. Bangdan in nasep huhpiakna pia thei ding na hiam cih na sia kiang ah na dong in.

Parents As Teachers (PAT) Satisfaction Survey: Na ngaihnutna nong gen ding uh thupi mahmah hi. Kum sim a ki nei den hih dotna te in ko ading in khantoh na tampi piang sak hi. Hih nu leh pa te kihel khop theih nading tawh kisai dotnop a om leh na siate na dong in.

Innkuan Panpihte (Family Support)

Nu leh pa te leh naukemte ading amuanhuai leh a nuam khuasatna ahih theih nading naupang pantahzia hihna, sangkah sakna, leh sum leh pai lam ah lawhcing nading huhna ka pia uh hi. Na sia (Parent Eudator) in CAP Tulsa ii apia hih huhna te leh adang khuasung ah hamphatna ngah theihna munte tawh ong kizom sak thei ahih manin na sia na hopih un.

English as a Second Language

CAP Tulsa in nisim a ii zat mangpau/lai te a sin nuam CAP Tulsa nu leh pa te ading man ngen lo in manglai/pau sinna ahi ESL sangkahna nei hi. Hih thusinna in naupangte sangkahna ah na kihel zawk deuh theih nading leh midangte tawh kizop theih zawk nading hong huh ding hi. Hih thu na theihbeh nopleh na sia hopih in, **918-382-3366** sam in, ahih

keileh captulsa.org/zo/our-programs-ko-i-thupaidan/family-support/esl ah kan in.

Innkuan Zat Tangzang Laibu ii (laimai #8) ah ESL sangkahna ahizong adang Innkuan Khantoh Nading vaihawmnate en in.

Acidam Gamtatzia ding Panpihna (Behavioral Health Services)

Nu leh pa ii hih na tawh, ii ta ading bang hoih pen cih bek lunggulh khading hi, ahihang amau bang lam ah panpih ding ki sam hiam cih na theih ding bel baih lo ding hi. Gamtatna lam tawh kisai ahih Early Childhood Therapists (ECT) te in innkuante panpih theih ding lampi tuamtuamte nei uh hi. Mitawh hoihtak bangci ki ho ding cihte, na khat peuhpeuh thu leh la abuai loh nang amau leh amau bangci ki kem ding cihte leh nu leh pa/naupangte kizopna khantoh nang a kisamte hong panpih ding hi. ECT ten na lungsim cidam nading zong akisam bangin huh theihna lampi tuamtuam nei uh hi. Hih Acidam Gamtatzia ding Panpihna tawh kisai ko ii huhpuak nate leh khua sung pan ngah theih panpihna te ii athu kician zaw in na theihbeh nop leh na sia kiang ah na hopih in.

Cidamna lam tawh Kisai (Health Services)

Na ta' cidamna in ko ading in thupi mahmah a, ahoih cidamna in sangkah kigin nading kisam phamawh khat ahi hi. CAP Tulsa in na ta akum tawh kituakin cidamna lam kilahna leh khantohna anei hiam ci-in etcian na leh ciamtehna ka nei uh hi. Ka sangkahna uh in kidal baihna leh naupang kumcin cidamna kilahna te neih nading na ta in pongman kilahna siavuan leh ha siavuan neih ding kalhna kong nei uh hi. Na ta in pongman siavuan leh ha siavuan a neih kei leh, CAP Tulsa in ong zon pih ding hi.



Laisinna leh Laisitna (Curriculum and Assessments)



Nu leh pa te ahilh pilna sang anei, limtak hilhcianna angah, leh laidal anei siate (Parent Educators) in **Parents as Teachers Foundational Curriculum** thuhilhna zang uh a hih pan in na ta tawh ki khawlzia ding leh na ta khantohna telzia dingte lakna anei hi. Na sia in nang tawh kipawl khawm in, na ta thusinna leh khantohna ding ong hilh pih ding a, hih teng lak ah Kampau, Lungsims ngaihsutna, Fine leh Gross Motor Skill akici pumpi leh pumpi nate khanna, Mitawh ki thuahna leh, pumpi cidamna te kihel hi. Na siate in inn hong vak sung in nang tawh na ta nasep zia te hong hawm sawm to ding hi.

Sang pongman kahna

Hih Learning@Home ah na kah sung, nang leh na naupang in innvak ding ni te hoih tak na kep suak ding pen thupi mahmah hi. Innvak hun pen nang leh na innvak sia in thukim a na khensat a hi hi. Innvak hong pai na a lawh cin nang in, na ta a-tei sitset kul ding hi.

3 vei sang a tung siah na pelh a leh, hih innvak laihilhna pan nang hong ki khawl sak kha thei hi. Innvak ding hun laih ding a ki sap a leh, na innvak sia te thei sak pah in.

Cinatna

Innkuan pih khat peuh a-gawl na, a-bil na, a-gil na, cisa, ahikheileh a ki lawh thei natna khat peuh na neih a leh vakpih ahikheileh adang te tawh kimuhkhop na neih pih kei in. Inn ah zatui dawn sak in, a cisa a kiam zawh nai 24 a cing khin teh, bang mah natna hong pian nawn kei a leh bek vak pih ahikheileh midang te tawh kimuhkhopna Group Connection ah kihel sak in. Hih dan hih na in pen innkuan sung ci dam nang in hong huh ding bek tham lo adang innkuanpihte zong natna pan dalna hi ding hi. Cinatna hang in innvak na cancel nop leh hehpihna tawh na sia te theih sak pah in.

Khuahun Siatna

A hun zui in, khuahun hoih loh na hang tawh innvak hong cancel kha thei ding hi ung. CAP Tulsa Learning@Home thusinna in vuk kia, tuikhal kia, ahikheileh adang khuahun siatna hangin lauhuaaina aom leh aom na tawh akihuam kumpi sangte

khensatna azui hi. Hehpihna tawh sangkhakna leh adang thukin aom ciang zaksak theih nading na phone nambat te aman in na sia (Parent Educator) in aneih ding vaihawm in. Kimuh kik ding ahun thak she kik sang in, na sia in online tawh kimuh ding vaihawm kha zaw thei ding hi. Online tawh kimuhna na neih nop leh na sia thei sak in.

Thuhoih tawh Lamlahna

Naupang khat pilna sinna ah hong khantoh nading mi-tawh kipawl theihna sinpih ding thu pi hi. Hih thusin na sung ah na khat peuhpeuh san' siam na, gamtat hoih ding huhna, panpihna, ki thu tuah nang hanciamna, amah ngiat leh midangte zahtak na, leh amahlehamah na thak sin na cihte kihel hi. Hih siamna te pen sangkah pilsin nading akisam phamawh tawphahkip khat ahi hi.

Khut zang in (satna) daan piakna cihte ki zang lo a, ko ii Naupangneu Pilsin Sangkahna ah kizang lo a, zong kiphah kei hi.

Nu leh pa Kipawl Khopna leh Thukhun Te (Parent Committees and Program Governance)

Innkuan panpih theih nang in hih vaihawm nate ah a kihel na ta ii pilnading leh khantoh nading pen nu leh pa te kihel khop ding pen thupi mahmah hi.

Amasa Kum Nga: Na ta ading kingatna tawphahkip bangdan lamto ding hiam cih ngimna tawh nu leh pa te tate pantahzia thusinna ki vaihawm hi. Hih a nuam mahmah thusinna pen sangkah kum simin kinei a, naupangte sangkah lawhcin nading kiginkholhna, gamtat hoih nading thapiakna , leh buainate dalkholhna cih thulute bulphuhin thusinna ki nei ding hi. Hih thusinna neih ding ahun leh ani te na sia (Parent Educator) ahikheileh Family Support Specialist (FSS) kiangah na dong in.

Group Connections Kimuh khopna: Hih Innkuante kimuh khopna pen kha khat khat vei ki nei den a, hih hun sung ah inn ah bang dan ki panpih thei ding cih te leh naupangte thusinna ah bang dan kipan pih thei ding cih te hong gen pih ding hi. Naupang dangte, nu leh pa dangte, leh sangsia dangte tawh kizopna neih nading zong ahi hi.

Cidam na lam a ki sam lai te (Early Childhood Program Health Requirements)

Nu leh pa khempeuh in immunization record ahi na ta ii kidalna zatui sutna te ko kiang ah na ta sang akah sungin a kism bangin sut akul a sutna lai zong ong ap akul hi. Na ta zatui kisut ding a hun a cin'ciang in zong nang hong zaksak ding hi ung. Kong zaksak khit ni 14 ni sung in zatui na ki sut na hong puak in. Tua zatui na ki sut na nong puak kei a leh, tua zatui ki sut na lai nong puak ma dong in na naupang a sang ki kah sak lo ding hi.

Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Well Child Exam te thukhun kalhna te khempeuh ko sangkahna ah akah naupang KHATCIAT in zuih akul hi.

EPSDT Kumcin Cidamna Lakding akisamte:

- Kha 2
- Kha 4
- Kha 6
- Kha 9
- Kha 12
- Kha 15
- Kha 18
- Kha 24
- Kha 30
- Kha 36
- Kha 36 khit zawh kumsim kism

Kum 1 pan ki pat ha et sak ding hong han thawn nuam ung. Kha 6 khat vei ta ha siavuan tawh ki lak ding hong hanthawn nuam ung. Kum 3 a cin ciang, pong man a ha kilahna zato lai nong puak kul ta ding hi.

Kha 12 leh kha 24 naupang te lead screening akici si sitna ki sam hi. Tua hun te ah na ta in sitna aneih kei khak a leh, kum 5 a cin ma pello na sit sak kul ding hi.

Sang ap na lai sung ah, CAP Tulsa cidamna siate in na ta ii khutme pan si tawm la in lead screeing ahi si sitna neih theih nading phal na letmat nu leh pa te thukimna ki thuh sak khin hi. Na ta tua si sitna lai ka ngah kei uh leh akahna sanginn ah na kisit sak ding hi.

Kha 9 pan kha 12 ki kal ah Hematocrit and Hemoglobin (H&H) sitna khatvei neih akul hi. Hih sitna pen kumcin cidamna lakna ahihkeileh Women, Infants, and Children (WIC) ah zong ki sit sak thei hi. No lam pan H&H lai ka ngah kei uh leh zong, inn vak hun sung ahihkeileh group connection kimuh khopna neih ciang zong ki sit sak thei hi.

Na ta sangkah zawh ni 45 sung in CAP Tulsa

Naupangneu Pilsin Sangkahna ah asem khat in theihna etna ahi khuazakna leh muhna cih te na sit ding hi.

Siavuan, theihna etna, ahihkeileh ha siavuan ki lakna te a ki tangsam bangin kilak in la, kilahna siavuan lai CAP Tulsa Naupangneu Pilsin Sangkahna ah asemte kiang ah ap in.

SoonerCare/SNAP/WIC

Na ta ading sum piak kul lo in SoonerCare pan in zato kilah nang insuarance leh nektheih huhna sum ki ngah thei ding hi. SoonerCare cih pen Oklahoma gam ii cidam na lam insurance vaihawmna hi a, naupangte leh ulian pawlkhat in zong ngah thei hi. Hih pen Oklahoma Health Care Authority pan a kingah hi. SNAP (Supplemental Nutrition Assistance Program) hamphatna pen sumlut-tawm anei innkuante ading nek ding neilo a gilkialna vengsak nading ngimna tawh cidam huai nektheihthe nektheih zuakna saite leh Farmers' Markets te ah lei theih nading vaihawmna khat ahi hi. WIC pen naungeek te, naupangte leh naupaite ading cidamna tawh kituak nek leh dawn ngah theih nading vaihawmna khat hi. Hih huhnate tawh kisai thute thei behnop ahihkeileh siauh ding huhna na kisap leh na FSS hopih in.





SOCIAL MEDIA AH HONG ZUI UN!



Facebook: facebook.com/captulsa

Instagram: instagram.com/captulsa

LinkedIn: linkedin.com/company/cap-tulsa

YouTube: youtube.com/@CAPTulsa

X: x.com/CAP_Tulsa

CAP Tulsa Legacy Plaza Headquarters

5330 E 31st St, Suite #300, Tulsa, OK 74135

Sang ap Zum: 918-382-3247

Aphual ah paitheih Hun: Monday – Friday, 8:00am - 4:00pm

Zum Hon Hun: 918-382-3200

Monday – Friday, 8:00am - 5:00pm

www.captulsa.org/zo

