

3 Kovid-19 Paren long hom Wei blong

KOVID-19 hem i tekemaot evri dei wok, hom mo skul rutin blong yumi.
Hemi givim had taem long yumi evriwan. Mekem ol niufala rutin blong helpem yumi.

Krietem wan program we i stret blong save folem evridei

Mekem wan taemtebol blong yu wetem pikinini blong yu we i gat ol gudfala aktiviti mo mekem sua se i gat fri taem blong ol pikinini. Hemia bae I helpem ol pikinini blong stap sef mo bihev gud

Ol smolsmol mo bigfala pikinini oli save help blong planem taemtebol blong ol dei semak olsem we oli stap mekem wan skul taemtebol blong olgeta. Ol pikinini bae oli folem gud sapos olgeta nao oli mekem

Mekem sua blong putum taem blong eksesaes long taemtebol blong wanwan dei. Hemia i help blong ol peren oli spel mo pikinini we i no save stap kwaet long haos



Pikinini hemi folem fasin blong yu

Sapos yu stap praktisim blong stap longlongwe, gudfala haejin mo tritim gud ol narafala man olsem ol sik man bae ol pikinini blong yu tu oli save lan mo folem gudfala fasin blong yu.

Tijim pikinini blong yu blong stap longlongwe long olgeta

Sapos i oraet, tekem ol pikinini oli go aotsaed.

Yu save raetem ol leta mo droem ol pikja blong serem wetem ol narafala pipol. Putum aotsaed long haos blong ol narafala oli save luk.

Toktok gud long ol pikinini se yufala i stap mekem ol ting ia blong stap sef oltaem. Lisen long ol tingting blong olgeta mo yu tingting hevi long

Mekem oli enjoem blong wasem han mo praktisim audfala haeiin

Koposem wan singsing blong 20 seken blong wasem han. Mekem aksens long singsing ia. Givim ol poen mo ol gudfala toktok taem ol pikinini oli stap wasem gud han blong olgeta oltaem.

Mekem wan gem blong luk se hu bae i no tajem fes blong hem. Man we i no tajem fes blong hem i win. (Wanwan pikinini I save kaontem blong fren blong hem)

Long en blong evri dei,
tekem taem blong
tingbaot wanem i bin
hapen long dei ia. Talem
long pikinini blong yu long
wan gudfala samting we
hem i bin mekem long dei
ia. Yu tu olsem wan paren
yu stap mekem gudfala
wok. Yu tu yu wan hero!



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