

# All in for Kids

## **Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) Tsev Neeg Tsab Ntawv Xov Xwm** (All in for Kids: A Birth to 3 Program Family Newsletter)

All in for Kids (Tag Nrho Rau Me Nyuam): Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) yog ib tsab ntawv xov xwm sau los faj seeb qhia rau koj thiab koj lub tsev neeg txog cov kev pab uas muaj nyob rau hauv Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos). Tsab ntawv xov xwm yog sau tawm los ntawm Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg).



### **Kev nkag siab txog kev xav thiab cov me nyuam yau**

Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) txhawb koj tsev neeg los ntawm txoj kev pab cov me nyuam loj hlob thiab xeeb txhua fab, nrog rau kev xeeb meej ntawm lub siab lub ntsws. Ib feem ntawm txoj kev xeeb meej ntau lub siab lub ntsws yog muaj peev xwm nkag siab txog kev xav. Kev nkag siab txog kev xav yog muaj peev xwm nkag siab thiab hlub txog lwm tus neeg txoj kev xav ntawm siab ntsws.

### **Vim li cas kev nkag siab thiaj li tseem ceeb**

Kev nkag siab yog lub hauv paus ntawm txoj kev sib raug zoo nrog lwm cov neeg. Nws yog lub ntsiab ntawm cov kev sib raug zoo khov kho. Tus me nyuam nkag yuav muaj peev xwm tswj tau lawv cov kev xav ntawm siab ntsws zoo dua, daws tau teeb meem yam muaj kev sib hwm thiab kev thaj yeeb, thiab lees paub txog lawv cov kev coj yam ntxwv. Qhov no yuav muaj txiaj ntsim rau tus me nyuam, lub tsev neeg thiab lub zej zog.

Cov ncauj lus hauv tsab ntawv xov xwm yog tshaj tawm raws U.S. Department of Education (Teb Chaws Asmeskas Tuam Tsev Tswj Kev Qhia Ntawv), Individuals with Disabilities Education Act (Cov Tib Neeg Muaj Cov Kev Tsis Taus) (IDEA), Part C Regulations (Ntu C Cov Kev Tswj Ceev)—Early Intervention Program for Infants and Toddlers with Disabilities (Txoj Kev Cuam Tshuam Ntxov rau Cov Me Nyuam Mos thiab Me Nyuam Me Muaj Cov Kev Tsis Taus).

## Cov tswv yim pab me nyuam kom txawj nkag siab

Li ntawm hnuv nyoog 2 xyoos, kev xeeb meej ntawm tus me nyuam lub hlwb yuav pom nws muaj peev xwm nkag siab. Cov niam txiv thiab cov neeg zov tu yuav pab tau tus me nyuam xyaum qhov txuj ci no. Qee cov kev pab rau tus me nyuam txoj kev xeeb kev nkag siab muaj xws li:

- Kev pab kom tus me nyuam ras paub thiab qhia tau cov kev xav xws li kev zoo siab, kev tu siab, kev ntxhov siab thiab kev npau taws. Koj nrhiav tau cov caij nyoog los ua qhov no txhua hnuv, xws li “Koj tus muam tu siab vim nws tus khoom ua si ploj lawm.”
- Ua tus qauv zoo coj lub siab zoo rau lwm cov neeg. Piv txwv li, qhib qhov rooj rau lwm tus uas tes tsis khoom thiab piav qhia rau tus me nyuam paub tias yog koj ua dab tsi.
- Kev siv cov lus nkag siab xws li “Kuv nkag siab tias qhov no yeej nyuab kawg rau koj” los sis “Koj chim siab tias peb mus ua si tsis tau tom tiaj ua si vim ntuj los nag.”
- Saib yam ntxwv ntawm lub cev los sis lub ntsej muag yuav paub ib tug neeg txoj kev xav. Koj yuav pab tau tus me nyuam xyaum cov kev coj yooj yim no xws li txiav tawm cov ntsej muag hauv phau ntawv xov xwm los sis ua ntsej muag rau daim iav thiab kom tus me nyuam qhia seb koj ua lub ntsej muag xav li cas.
- Nyeem cov phau ntawv txog cov kev xav xws li “How Are You Peeling? Foods with Moods” sau los ntawm Saxton Freymann los sis saib cov duab viv dis aus xws li ib daim ntawm Sesame Street: [wisconsin.pbslearningmedia.org/resource/sesame-mark-ruffalo-empathy/mark-ruffalo-empathy-sesame-street/](https://www.wisconsin.pbslearningmedia.org/resource/sesame-mark-ruffalo-empathy/mark-ruffalo-empathy-sesame-street/).

Thaum cov tsev neeg qhia kev nkag siab, cov me nyuam xyaum:

- Cov kev sib raug zoo.
- Coj yam ntxwv siab zoo thiab to taub.
- Xav txog cov zoo sib xws ntawm tib neeg txhua haiv, txhua hom thiab txhua qib nyiaj tau.
- Txiav txim siab thawm lub neej kom coj zoo sib xws rau txhua tus.

Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) yuav txhawb koj lub tsev neeg thiab tus me nyuam raws li cov kev tu ncuva muaj. Sib tham nrog pab neeg muab kev pab yog tias koj xav kawm ntxiv txog kev xyaum kom txawj nkag siab.

## Kev hloov tawm ntawm Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos)

Cov me nyuam yuav koom nrog Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) mus kom txog hnuv lawv muaj peb xyoos. Txawm yog qee cov me nyuam nyob tau nrog txoj kev pab mus kom txog muaj 3 xyoos los lwm cov yeej tawm tau ntxov dua. Tsis hais tus me nyuam yuav muaj hnuv nyoog li cas thiaj tawm tau ntawm Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos), txhua lub tsev neeg yuav tau kev pab txhawb rau thaum hloov tawm ntawm txoj kev pab.

Tom qab tus me nyuam tawm ntawm Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos), lawv yuav tsis tau cov kev pab txhawb los sis kev pab ntxiv lawm. Yog lawv tseem tau, tej zaum cov kev pab txhawb txuas ntxiv ntawd yuav yog los ntawm ntau qhov chaw. Tej zaum nws yuav yog los ntawm cov neeg hauv tsev los sis cov phooj ywg, hauv cov cheeb tsam tsev kawm ntawv, los sis los ntawm lub zej zog los sis lwm cov kev pab me nyuam ntxov. Tus me nyuam yuav tsim nyog tau cov kev

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Cov ncauj lus hauv tsab ntawv xov xwm yog tshaj tawm raws U.S. Department of Education (Teb Chaws Asmeskas Tuam Tsev Tswj Kev Qhia Ntawv), Individuals with Disabilities Education Act (Cov Tib Neeg Muaj Cov Kev Tsis Taus) (IDEA), Part C Regulations (Ntu C Cov Kev Tswj Ceev)—Early Intervention Program for Infants and Toddlers with Disabilities (Txoj Kev Cuam Tshuam Ntxov rau Cov Me Nyuam Mos thiab Me Nyuam Me Muaj Cov Kev Tsis Taus).

pab txhawb thiab kev pab los ntawm qhov kev pab xws li Children’s Long-Term Support (Kev Pab Txhawb Me Nyuam Mus Ntev) (CLTS) Waiver Program (Txoj Kev Pab Zam). (Qee cov me nyuam koom nrog Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) thiab CLTS Waiver Program (Txoj Kev Pab Zam) thooj txhij. Cov me nyuam yuav tau CLTS Waiver Program (Txoj Kev Pab Zam) tom qab lawv tawm ntawm Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos).)

### **Txoj kev npaj hloov**

Txoj kev npaj hloov yuav pab koj lub tsev neeg kom tau cov kev pab txhawb thiab kev pab txuas mus ntxiv tom qab koj lub sij hawm nyob ntawm Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) xaus. Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) pab neeg (uas xam muaj koj, tam cov niam txiv los sis cov neeg zov tu) yuav tham txog kev npaj hloov tawm ntawm txoj kev pab. Xav txog cov nqe lus nug thiab cov kev txhawj xeeb uas koj yuav tham nrog tus neeg tswj xyuas kev pab. Pab neeg yuav ua ke nrog sau ib lub tswv yim npaj cov kauj ruam tom ntej uas koj yuav tau rhais thaum tus me nyuam tawm ntawm txoj kev pab.

### **Cov kev pab qhia ntawv tshwj xeeb hauv lub cheeb tsam tsev kawm ntawv hauv zos**

Yog thaum tus me nyuam muaj nyoog ze zus 3 xyoos, tus neeg ua hauj lwm hauv Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) yuav ntsuas seb lawv puas tsim nyog tau cov kev pab hauv lub cheeb tsam tsev kawm ntawv hauv zos. (Lo lus koj yuav hnob siv los ntawm tus neeg khiav txoj kev pab yog “muaj feem tsim nyog tau cov kev pab hauv lub local education agency (koom haum qhia ntawv hauv zos) (LEA).”) Yog tsim nyog tau, tus me nyuam yuav tau cov kev pab hauv lub cheeb tsam tsev kawm ntawv thaum muaj hnub nyoog 3 xyoos. Lawv tsis tag yuav tau tos kom txog thaum lawv pib kawm qib 4K los sis qib kindergarten.

Yog ntsuas pom tus me nyuam tsis “tsim nyog tau cov kev pab ntawm LEA (cheeb tsam tsev kawm ntawv)” los sis koj tsis xav kom tus me nyuam tau cov kev pab hauv cheeb tsam tsev kawm ntawv, tus neeg ua hauj lwm hauv Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) yuav pab txhawb koj lub tsev neeg raws lwm txoj kev. Yuav muab koj coj mus txuas nrog lwm cov koom haum los sis cov kev pab (piv txwv, Head Start, lub tsev qiv ntawv, chaw pab tsev neeg, los sis pab neeg txhawb zog siab). Peb puav leej pab npaj lwm cov kev pab txhawb thiab kev pab, xws li kev ntiav kho, los txhawb rau tus me nyuam txoj kev loj hlob.

Lub hom phiaj yog kom qhov txheej txheem hloov kom npliag. Yuav muaj tau cov lus sib tham thiab kev txiav txim txog kev hloov tawm ntawm Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) txhua lub sij hawm—tsuas nug xwb!

### **Kev txhaj tshuaj tiv thaiv kab mob rau me nyuam tseem ceeb**

Txij li thaum muaj tus kab mob kis thooob ntiaj teb COVID-19, cov tsev neeg yeej nyob twj ywm hauv tsev kom nyab xeeb. Ntau cov neeg tau hla cov kev ntsuam xyuas kev noj qab haus huv. Vim yog li no, qee cov me nyuam thiaj tsis tau cov tshuaj txhaj tiv thaiv kab mob (puav leej yog hu ua “cov kev tiv thaiv nruab nrog cev”). Cov niam txiv thiab cov neeg zov tu yuav tau xyuas kom cov me nyuam txhaj txhij cov tshuaj tiv thaiv kab

## **NCAUJ LUS RAU KOJ**

CLTS Waiver Program (Txoj Kev Pab Zam) muaj cov kev pab rau cov me nyuam uas muaj cov kev tsis taus ntawm txoj kev loj hlob, lub cev ntaj ntsug los sis lub siab ntsws. Xav paub ntxiv txog txoj kev pab no los sis yog koj muaj cov lus nug, tham nrog tus thawj tswj Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) los sis mus rau [www.dhs.wisconsin.gov/clts/waiver/family/index.htm](http://www.dhs.wisconsin.gov/clts/waiver/family/index.htm).

Cov ncauj lus hauv tsab ntawv xov xwm yog tshaj tawm raws U.S. Department of Education (Teb Chaws Asmeskas Tuam Tsev Tswj Kev Qhia Ntawv), Individuals with Disabilities Education Act (Cov Tib Neeg Muaj Cov Kev Tsis Taus) (IDEA), Part C Regulations (Ntu C Cov Kev Tswj Ceev)—Early Intervention Program for Infants and Toddlers with Disabilities (Txoj Kev Cuam Tshuam Ntxov rau Cov Me Nyuam Mos thiab Me Nyuam Me Muaj Cov Kev Tsis Taus).

mob kom tiv thaiv tau qee cov kab mob. Cov kab mob no yuav huam tau loj heev, tuag taus, tshwj xeeb yog cov me nyuam me. Kev txhaj tshuaj tiv thaiv kab mob yog ib txoj kev zoo tshaj plaws los tiv thaiv cov me nyuam mos thiab me nyuam me ntawm cov kab mob no. Mus rau [www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html](http://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html) kom paub ntxiv txog cov tshuaj txhaj tiv thaiv kab mob rau me nyuam.

## Cov tshuaj txhaj tiv thaiv kab mob rau me nyuam mos thiab me nyuam me

Txij li thaum yug mus txog 24 lub hlis, cov me nyuam mos yuav tsum tau cov tshuaj txhaj tiv thaiv cov kab mob xws li kab mob siab B, ua qoob, hnoos qhuav qhawv, ua pias, thiab ntau yam ntxiv. Cov kws kho mob yuav taug qab txog cov tshuaj tiv thaiv kab mob uas tus me nyuam tau txhaj. Yog txog caij txhaj tshuaj tiv thaiv kab mob rau ib tug me nyuam, tus kws kho mob yuav tau ntsuam xyuas kev noj qab haus huv thaum teem sij hawm. Yog koj muaj tej lus nug txog cov tshuaj tiv thaiv kab mob uas tus me nyuam yuav tau muaj, nug tus kws kho mob.

Koj mus xyuas tau [www.cdc.gov/vaccines/parents/visit/less-stressful.html](http://www.cdc.gov/vaccines/parents/visit/less-stressful.html) kom kawm txog cov kev txhaj tshuaj tiv thaiv kab mob yooj yim dua rau cov me nyuam mos thiab me nyuam me.

## Ncauj lus ntxiv txog tshuaj tiv thaiv kab mob

Koj mus xyuas tau Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg) qhov vas sab rau Cov Ncauj Lus thiab Sij Hawm Txhaj Tshuaj Tiv Thaiv Kab Mob Rau Me Nyuam Me thiab Me Nyuam Loj ntawm [www.dhs.wisconsin.gov/immunization/childhood.htm](http://www.dhs.wisconsin.gov/immunization/childhood.htm) kom nrhiav tau ntxiv txog cov tshuaj tiv thaiv kab mob rau me nyuam me.

Cov poj niam yuav tau me nyuam, cov poj niam nyuam qhuav muaj me nyuam thiab cov neeg zov tu mus tau rau ntawm [www.dhs.wisconsin.gov/mch/txt4baby.htm](http://www.dhs.wisconsin.gov/mch/txt4baby.htm) mus kos npe koom txoj kev pab Text4Baby. Qhov no yog ib qho kev pab dawb uas ntaus cov ntawv txog kev noj qab haus huv hauv xov tooj rau thaum cev xeeb me nyuam thiab hauv tus me nyuam thawj lub xyoo, nrog rau cov sij hawm txhaj tshuaj tiv thaiv kab mob thiab cov ntawv qhia kom nco txog cov sij hawm teem ntsuam xyuas kev noj qab haus huv.

Cov Centers for Disease Control and Prevention (Chaw Tswj thiab Tiv Thaiv Kab Mob) (CDC) qhov vas sab muaj cov ncauj lus ntxiv txog kev txhaj tshuaj tiv thaiv kab mob, nrog rau:

- Cov lus teb rau cov nqe lus nquag nug txog kev txhaj tshuaj tiv thaiv nruab nrog cev ntawm [www.cdc.gov/vaccines/parents/tools/parents-guide/parents-guide-part4.html](http://www.cdc.gov/vaccines/parents/tools/parents-guide/parents-guide-part4.html).
- Cov ncauj lus txog kev txhaj tshuaj tiv thaiv kab mob nyab xeeb [www.cdc.gov/vaccinesafety/caregivers/faqs.html](http://www.cdc.gov/vaccinesafety/caregivers/faqs.html).

## KOJ PUAS PAUB?

Muaj ntau cov kws kho mob teev cia cov ntaub ntawv txhaj tshuaj tiv thaiv kab mob nyob rau hauv Wisconsin Immunization Registry (Chaw Zwm Tseg Tshuaj Tiv Thaiv Nruab Nrog Cev) (WIR) saum huab cua. Cov ntaub ntawv no yog cov teev kab mob kev nkeeg ntawm ntiag tug uas tsuas yog cov niam txiv los sis cov neeg saib xyuas thiab nyeem tau. Xav paub txog kev saib tau WIR cov ntaub ntawv teev tshuaj tiv thaiv kab mob uas ib tug me nyuam tau muaj thiab cov lawv yuav tau muaj, mus xyuas [www.dhs.wisconsin.gov/immunization/wir.htm](http://www.dhs.wisconsin.gov/immunization/wir.htm).

Cov ncauj lus hauv tsab ntawv xov xwm yog tshaj tawm raws U.S. Department of Education (Teb Chaws Asmeskas Tuam Tsev Tswj Kev Qhia Ntawv), Individuals with Disabilities Education Act (Cov Tib Neeg Muaj Cov Kev Tsis Taus) (IDEA), Part C Regulations (Ntu C Cov Kev Tswj Ceev)—Early Intervention Program for Infants and Toddlers with Disabilities (Txoj Kev Cuam Tshuam Ntxov rau Cov Me Nyuam Mos thiab Me Nyuam Me Muaj Cov Kev Tsis Taus).



## Cov kev pab zoo rau cov tsev neeg

Cov kev pab cov me nyuam yaus kawm kev nkag siab:

[www.zerotothree.org/resources/5-how-to-help-your-child-develop-empathy](http://www.zerotothree.org/resources/5-how-to-help-your-child-develop-empathy)

Tsib qhov laj thawj tseem ceeb ntawm kev txhaj tshuaj tiv thaiv kab mob rau me nyuam:

[www.vaccines.gov/get-vaccinated/for\\_parents/five\\_reasons](http://www.vaccines.gov/get-vaccinated/for_parents/five_reasons)

Cov ncauj lus txog cov tshuaj tiv thaiv kab mob uas tsis tau txhaj:

[www.cdc.gov/vaccines/schedules/hcp/imz/catchup.html](http://www.cdc.gov/vaccines/schedules/hcp/imz/catchup.html)

Cov ncauj lus tshiab tsha plaws txog COVID-19 hauv Wisconsin, nrog rau cov ncauj lus txog tshuaj tiv thaiv kab mob:

[www.dhs.wisconsin.gov/covid-19/index.htm](http://www.dhs.wisconsin.gov/covid-19/index.htm)

Cov ncauj lus txog Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos):

[www.dhs.wisconsin.gov/birthto3/family/index.htm](http://www.dhs.wisconsin.gov/birthto3/family/index.htm)

Cov teeb meem dhau los ntawm All in for Kids (Tag Nrho Rau Me Nyuam): Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) cov ntawv xov xwm:

[www.dhs.wisconsin.gov/library/akidsb-3.htm](http://www.dhs.wisconsin.gov/library/akidsb-3.htm)

Cov ncauj lus txog Children's Long-Term Support (Kev Pab Txhawb Me Nyuam Mus Ntev) (CLTS) Waiver Program (Txoj Kev Pab Zam):

[www.dhs.wisconsin.gov/clts/waiver/family/index.htm](http://www.dhs.wisconsin.gov/clts/waiver/family/index.htm)

# KOOM NROG PEB COV TAU TXAIS NTAWV EMAIL

Kom tau txais ceev dua, rau npe kom tau tsab ntawv xov xwm hauv tshuab hluav taws xob thiab lwm cov ntawv email txog Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos). Mus rau [www.dhs.wisconsin.gov/aboutdhs/alerts.htm](http://www.dhs.wisconsin.gov/aboutdhs/alerts.htm), ces rub rov hauv thiab nias rau qhov chaw txuas ntawm sab laus mus rau "Birth to 3 Program Information for Families (Ncauj Lus Txog Txoj Kev Pab Birth to 3 rau Cov Tsev Neeg)".

Cov ncauj lus hauv tsab ntawv xov xwm yog tshaj tawm raws U.S. Department of Education (Teb Chaws Asmeskas Tuam Tsev Tswj Kev Qhia Ntawv), Individuals with Disabilities Education Act (Cov Tib Neeg Muaj Cov Kev Tsis Taus) (IDEA), Part C Regulations (Ntu C Cov Kev Tswj Ceev)—Early Intervention Program for Infants and Toddlers with Disabilities (Txoj Kev Cuam Tshuam Ntxov rau Cov Me Nyuam Mos thiab Me Nyuam Me Muaj Cov Kev Tsis Taus).

All in for Kids (Tag Nrho Rau Me Nyuam): Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) yog ib tsab ntawv xov xwm sau tawm los ntawm Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg) cov me nyuam thiab cov tsev neeg nyob rau hauv Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos).

Wisconsin Birth to 3 Program (Txoj Kev Pab Rau Me Nyuam Yug Kiag txog 3 Xyoos) yog ib txoj kev pab cuam tshuam ntxov rau cov me nyuam tsis nto hnuv nyoog 3 xyoos uas muaj cov kev cob pob thiab cov kev tsev taus thiab lawv cov tsev neeg. Txoj kev pab sib koom tes nrog cov tsev neeg los pab tus me nyuam txoj kev loj hlob thiab txhawb rau lub tsev neeg cov kev peev xwm, kev txuj ci thiab kev rab peev xwm thaum lawv ua ub no nrog thiab tu tus me nyuam. Xav paub ntxiv, mus xyuas [www.dhs.wisconsin.gov/children/index.htm](http://www.dhs.wisconsin.gov/children/index.htm).

Para leer este boletín en español, visite [www.dhs.wisconsin.gov/library/akidsb-3.htm](http://www.dhs.wisconsin.gov/library/akidsb-3.htm).

Xav nyeem tsab ntawv xov xwm no ua Lus Mev, mus xyuas [www.dhs.wisconsin.gov/library/akidsb-3.htm](http://www.dhs.wisconsin.gov/library/akidsb-3.htm).

Rau lwm cov lus (繁體中文, 简体中文, Deutsch, العربية, русский, 한국어, Tiếng Việt, Deutsch, ལྷན་ཁུངས་, Français, Polski, हिंदी, Shqip, Tagalog, Soomaali): 608-266-8560.

