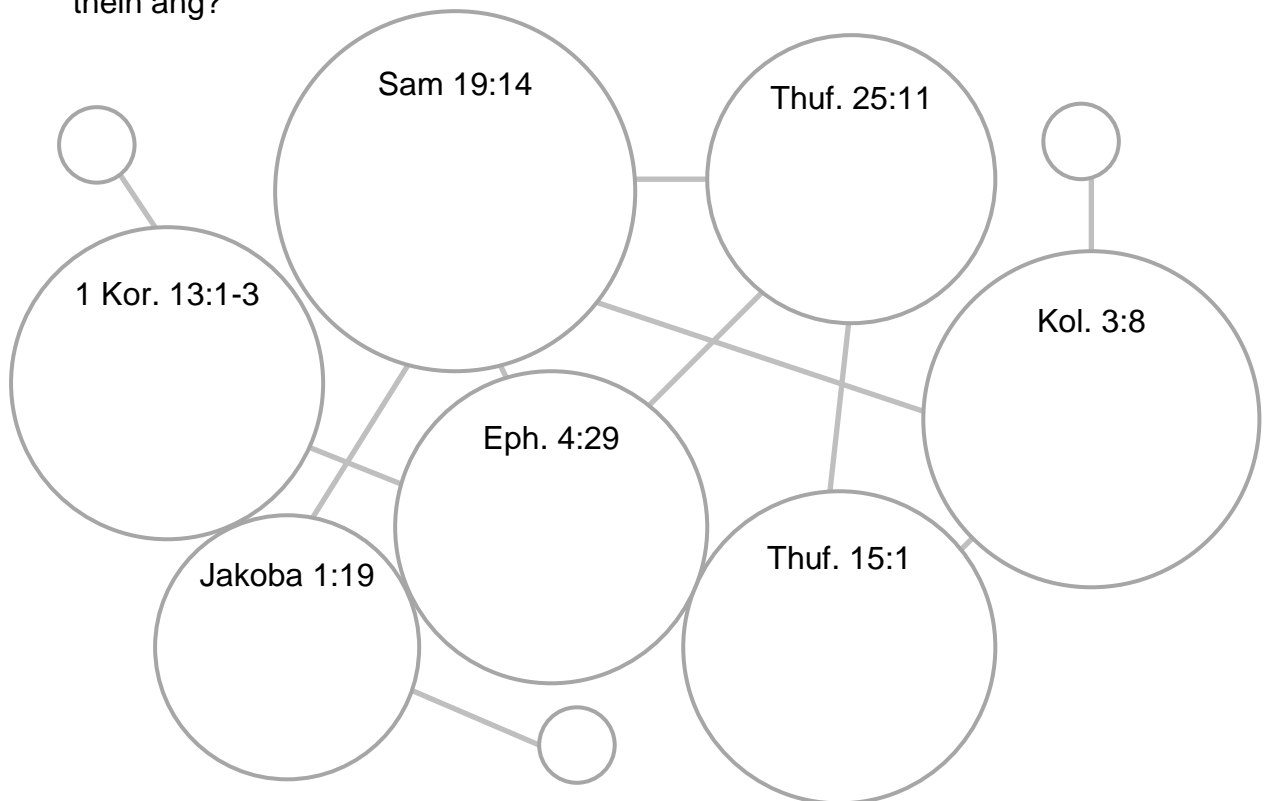




## ZIRLAI 5-NA NAUPANGTE NENA INBIAK PAWHNA

### Bible-in Inbiak Pawhna Engtin Nge A Sawi

A hnuaia Bible changte hian inbiak pawhna tha engtin nge a zirtir? Heng Bible changte hi nu leh paten an fate an dawrnaah engtin nge kan seng luh theih ang?



Nu leh pate kan nih angin, a chung a Bible changahte khian a khawi khi nge naupangah hlen awl ber ang? Khawi khi nge itan hlen harsaber ang?

### Naupangte Nen Engtin Nge Kan Inbiak Pawh Theih Ang?

**Ṭawngkain (Kan thu kaltlangin)**

Naupangte kan biak a kan hriatreng tur thil pawimawhte engnge ni?



### Ṭawng tel lo (Kan taksa chetzia kaltlangin)

Thu tel lo inbiakna aṭang hian entirna thim leh eng, a hnuaia thumal tin tan hian han ngaihtuah teh le:

#### Eng (Positive)

#### Thim (Negative)

Aw rik dan

Hmel a tih lan

Mit aṭanga indawrna

Khawih/Dai

Zaizir

Inhlat aṭangin

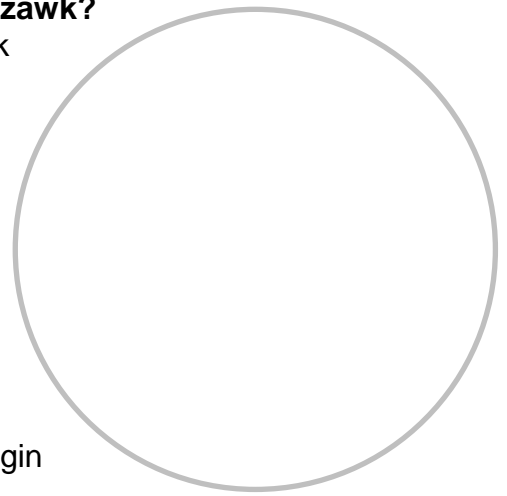
### Ṭawng vs. Ṭawng tel lo: Eng hian nge sawi ring zawk?

Cake anga rinbial chhungah hian a hnuaia inbiak pawhna thute hi percentage-in han ṭhen teh le:

- taksa chet zia
- aw rik dan
- thu

Kan thu leh ṭawng lova kan inbiak pawhna a inmil loh chuan, naupangten engnge an ngaihthlak zawk ang?

Naupangte nena kan inbiak pawhnaah hian engvangin nge kan thu leh thil tihte an inmil a pawimawh?



## Naupangten Engtin Nge Min Dawr

### Ṭawngkain (An thu kaltlangin)

### Ṭawng tel lo (an taksa chetzia kaltlangin)

- An hmel lan dan leh taksa chet hmang en ang che
- An aw ngaithla ang che
- An phur dan hriat tum ang che



## Phur Taka Ngaithlatu Nih

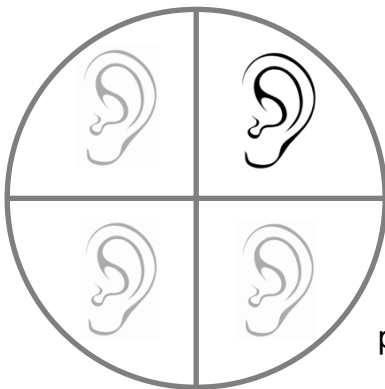
### Chhiar tur: Jakoba 1:19

Engtik hunah nge he Bible chang hi zawm a har?

#### Jakoba 1:19

“Unau duh takte u, chung chu in hria e; nimahsela, mi tinin ngaihtlak chuh sela, thusawi chuh lo sela, thin tinel rawh se.”

Phur taka ngaithlatu chu \_\_\_\_\_ ang, ngaihtuah  
(reflecting) \_\_\_\_\_ leh ngaihtuah (reflecting)  
\_\_\_\_\_.



Mihringte hian sawi aia ngaihtlakna hmang a rang hriat theihna a let li a chak kan nei, chuvangin kan rilru hian kan ngaihtlak hian kan hriattheihna then lia thenkhat chauh hman a tum thin. Ngaithlatu tha ni tur chuan rilru khalh ding a pawimawh.

**Ngaithlatu tha mizia list han siam teh le:**

Eng thute hi nge kan fate hian kan lak atang hian hre fo se kan duh?

He zirlai I zirna atang hian inbiak pawhna chungchangah Pathianin I thinlungah eng thu nge a sawi?



<b>Naupangte Laka Ngaithlatu Thazawk Nih Theihna Kawng Sawm</b>	<b>Naupangte Ngaithlatu Thazawk Ni Thei Tura Puih Dan Kawng Sawm</b>
<ol style="list-style-type: none"> <li>1. Pay full attention. It breaks your child's heart when you pretend to listen but really do not.</li> <li>2. Acknowledge and reflect your child's feelings without judgment or making suggestions.</li> <li>3. Empathize instead of probing. "You seem sad tonight..." is better than, "Why are you sad?"</li> <li>4. Don't put your child on the spot. Many times children open up more when their parents are not looking directly at them (i.e., driving in the car together, doing chores together).</li> <li>5. Help your child process his emotions with empathy. Accepting his feelings and reflecting them does not mean you agree with them or endorse them. You're showing him you understand, nothing more, and nothing less.</li> <li>6. Close your mouth. Do not give into the temptation to lecture. Show you're listening by nonverbal sounds, "Mmm ... ahh ... I see."</li> <li>7. Don't start solving the problem. Let the child talk it through and begin to see his own solutions.</li> <li>8. Don't begin by trying to change the feeling or trying to cheer him up. Arguing him out of the feeling just invalidates him or pushes the feeling deeper below the surface.</li> <li>9. Keep your conversation safe for your child by managing your own emotions. If you start feeling responsible or terrified by what they are telling you, put your feelings aside. This is about your child, not you.</li> <li>10. Match your reaction with his mood. Share the feeling to show that you empathize.</li> </ol>	<ol style="list-style-type: none"> <li>1. Don't start talking until you have your child's attention. Move close to them, get down on their level, and wait until they look at you.</li> <li>2. Do not repeat yourself. If you don't get a response, you do not have their attention. Go back to #1.</li> <li>3. Use fewer words. Use as few words as possible when giving instructions.</li> <li>4. See it from the child's point of view. When you are interrupted by something that is not a priority to you, how do you feel? Your child probably feels the same way. "I know it's hard to stop playing, but ...."</li> <li>5. Engage cooperation. No one likes being ordered around, including kids. When possible, offer choices.</li> <li>6. Stay calm. If you are yelling or angry, children more quickly tune out.</li> <li>7. Set up routines. A lot of parent communication is nagging children to do things. The more habits or routines you establish, the less you have to tell them what to do.</li> <li>8. Listen! If you want your children to listen to you, be a good listener to them. Start when they are young, and it will carry forward as they grow up.</li> <li>9. Watch for understanding. Check that they are comprehending what you are saying.</li> <li>10. Only give orders when it's necessary. Fill the rest of your communication with other types of interactions.</li> </ol>

\*adapted from [www.ahaparenting.com](http://www.ahaparenting.com)