

Hmong Youth and Parents United Disparity Prevention Program



This Is Me

A Collection of Stories about Individuals with a
Developmental Disability

Story Cloth Circles

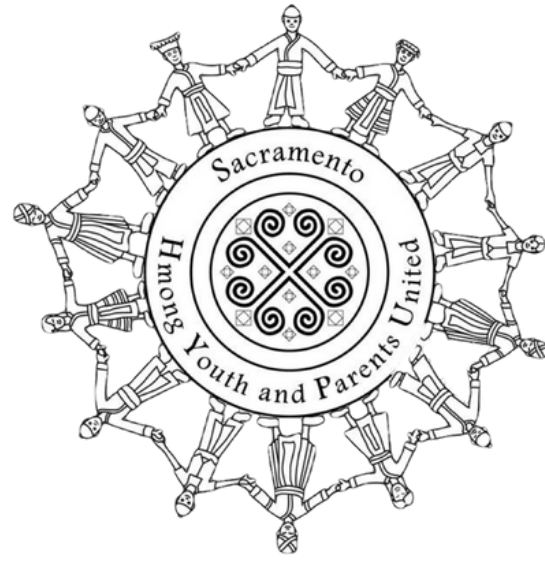


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About Us

Hmong Youth and Parents United (HYPU)

was established in 2008 and revitalized in 2012 as a 501(c)(3) nonprofit organization to provide culturally sensitive resources and services to the Hmong and other communities in Sacramento. HYPU is committed to assisting the underserved communities in attaining the highest practicable quality of life and thrive in the areas of family, health, and education.

The Disparity Prevention Program is a program under HYPU that aims to bridge and connect families and children with developmental disabilities to Alta California Regional Center (ACRC) and other service organizations for early assessment and early intervention.

The Story Cloth Circles Project is to bring awareness about developmental disabilities within our Hmong communities through collections of stories.

I am a Rubik's Cube

I may be difficult to figure out, but take time to understand why I go up, down, left, or right.

I am a peaceful and calm person. I am patient and like to take my time.

I smile a lot and I like to laugh. I get very excited when I receive gifts that are soft and comfy.

I get frustrated with sudden changes in my routines.

I don't like being rushed. I also dislike loud noises.

I am a rubik's cube.

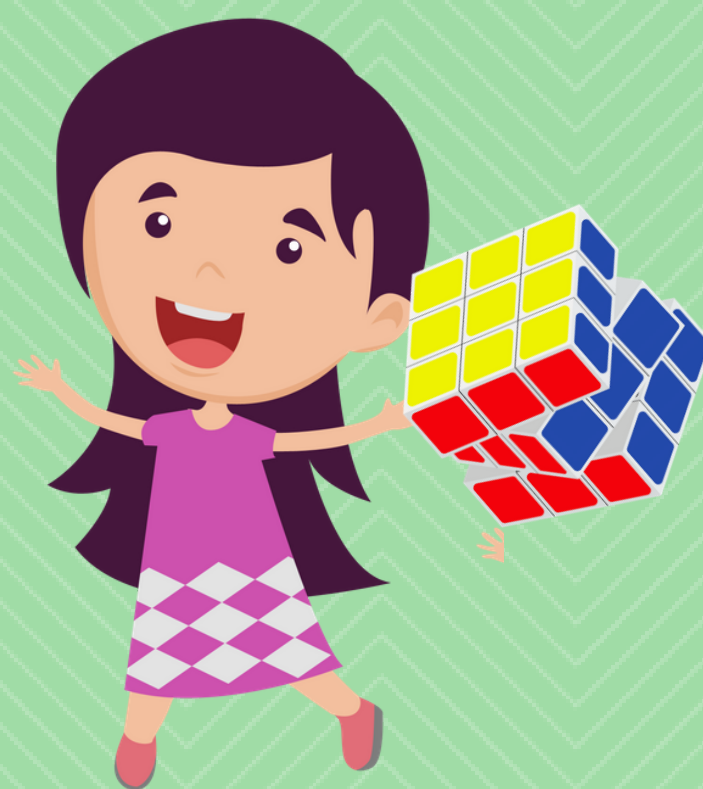
My favorite thing to eat is hamburger.



Purple is my favorite color, just like my favorite sweater.



My favorite toy is a Rubik's cube.



Listening to "Twinkle Twinkle Little Star"
makes me feel cheerful.



I love being outdoors and relaxing to nice
sceneries.



I like to go to the park and play on the
swings with my siblings.



I like the fall season because I get to be outside and play.



My mom is the best because she takes care of me and helps me every day.



One of my best memories is our annual trip to the lake. My dad would catch a lot of fish and then cook it for us.



My name is Cheng.
I am 36 years old.
I am diagnosed with epilepsy and
intellectual disability.

I am a Video Game

I have some challenges and stages to overcome.

I have challenges making friends, speaking clearly, and focusing.

When my routines change, I get frustrated. I do not like losing.

Some challenges are more difficult than others, but I keep on trying my best to level up.

Although there are some challenges, I am really good at my ABC's and 123's.

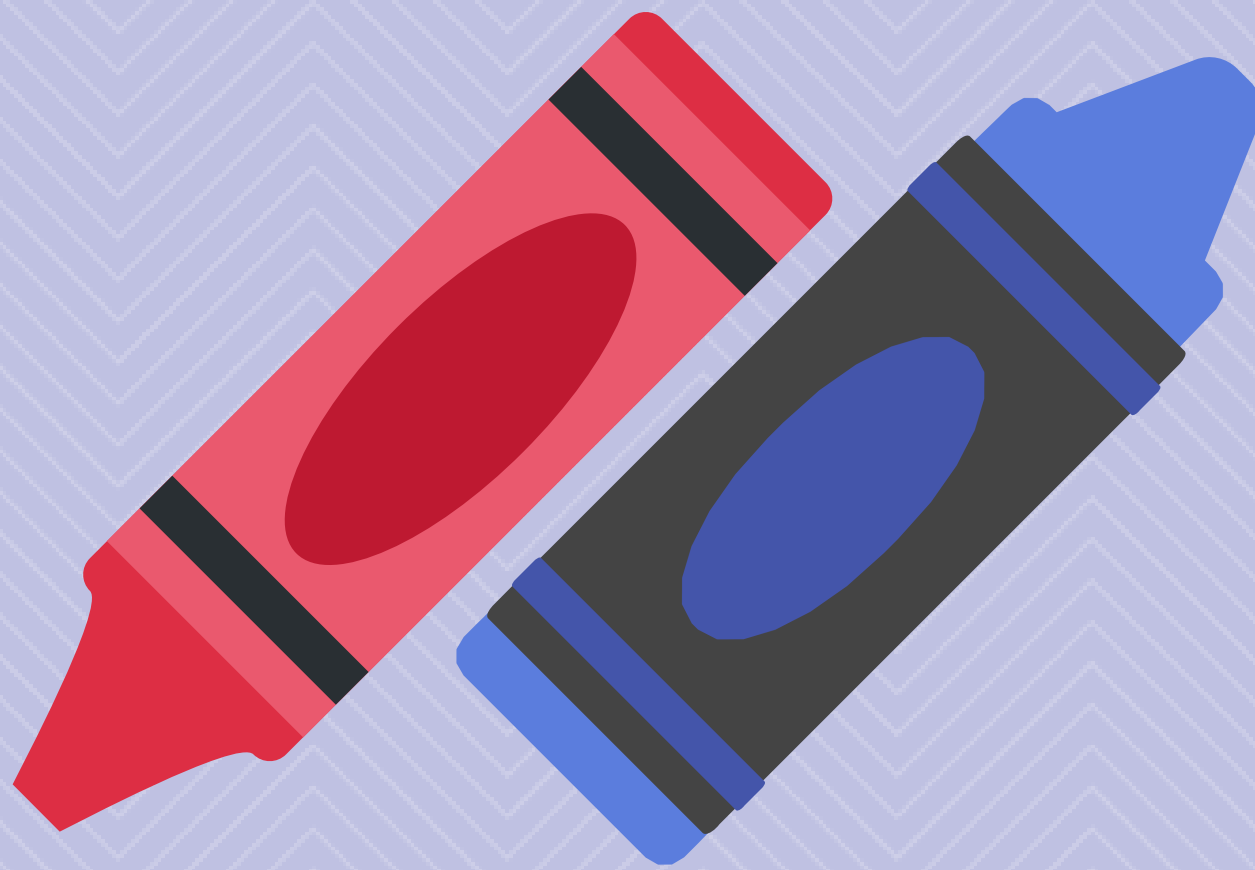
I am very competitive and can get very loud and excited!

I am a Video Game.

I like to eat french fries.



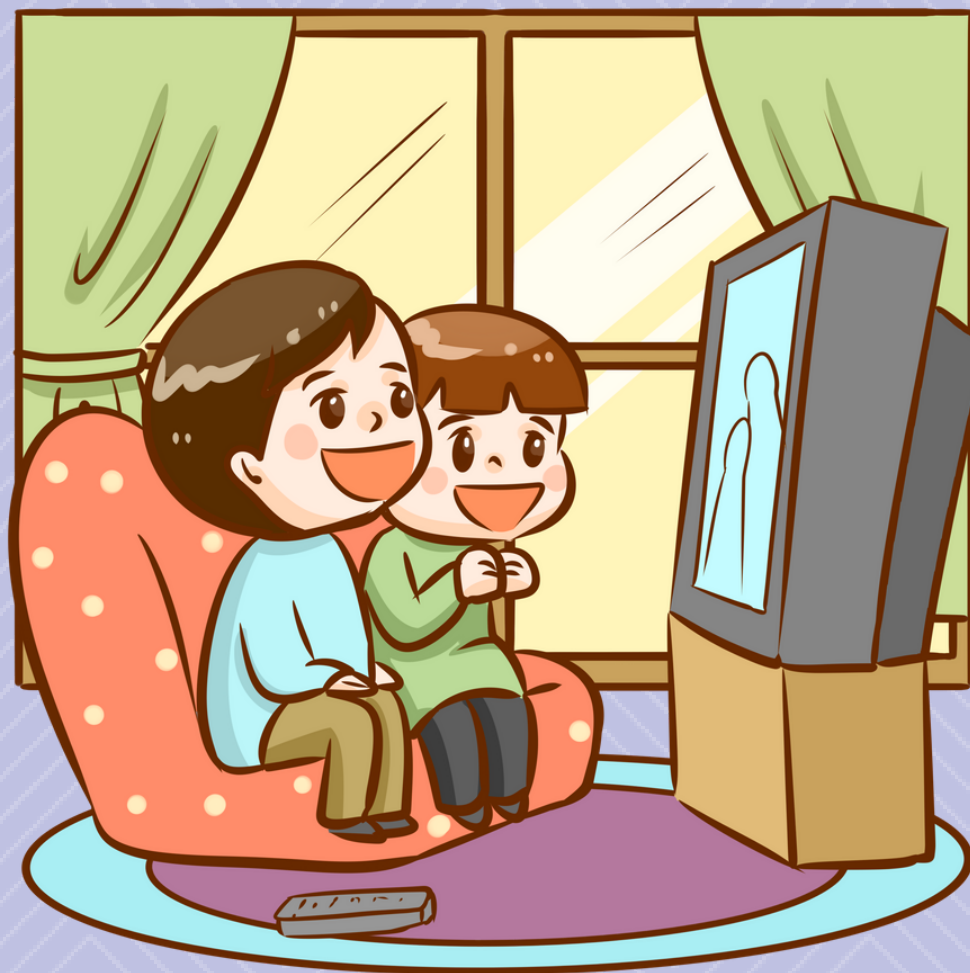
My favorite colors are red and blue.



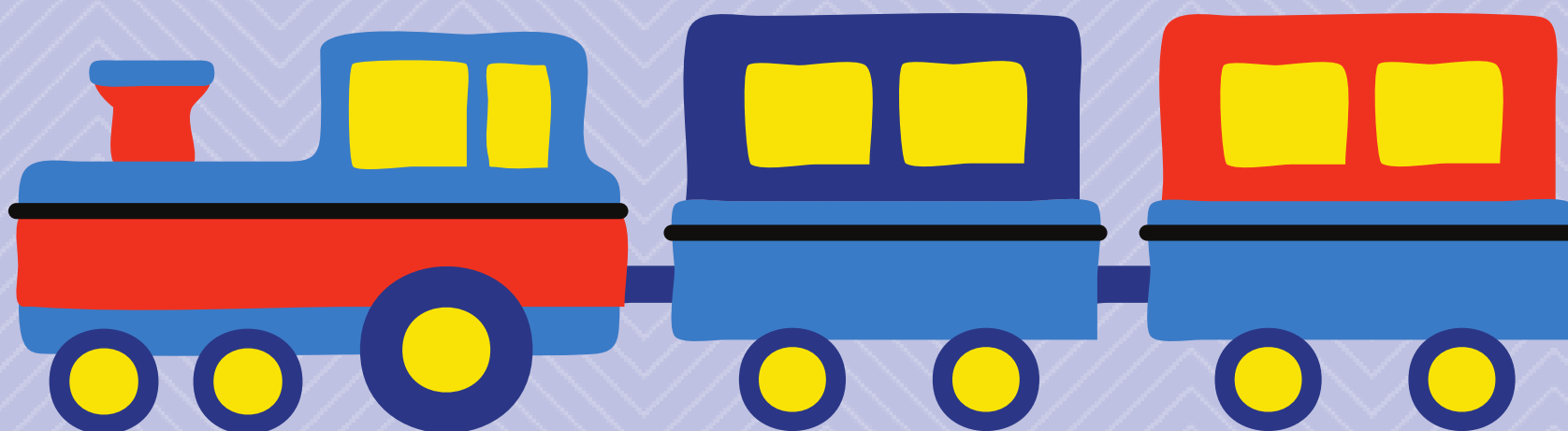
My favorite game is Roblox.



My favorite show to watch is
Larva and Oddbods.



I like to play with my train set.



I like playing tag and action games and
pretending to be zombies.



My favorite tradition is gathering with family for Christmas.



I love swimming in the summer time.



I am really good at riding my bike.



I am 6 years old and I am diagnosed
with Moderate Autism.

I am a Golden Sun

I don't like winter time because I have to stay inside.

I have the brightest smile when I get to go to the park and play outside.

When I am not able to complete my sentences and express my feelings, I feel like a rainy day.

I am playful, cheerful, and kind.

Oh little Sun, Sun, little Golden Sun, Please shine down on me.

I am a Golden Sun.

I enjoy the summer time because I get to be outside.



I enjoy riding my bike downhill.



My favorite food is French fries with extra ketchup.



My favorite color is pink.



My favorite character is
Summer from Palace Pets.



My favorite toy is the doll gifted to me by
my grandma.



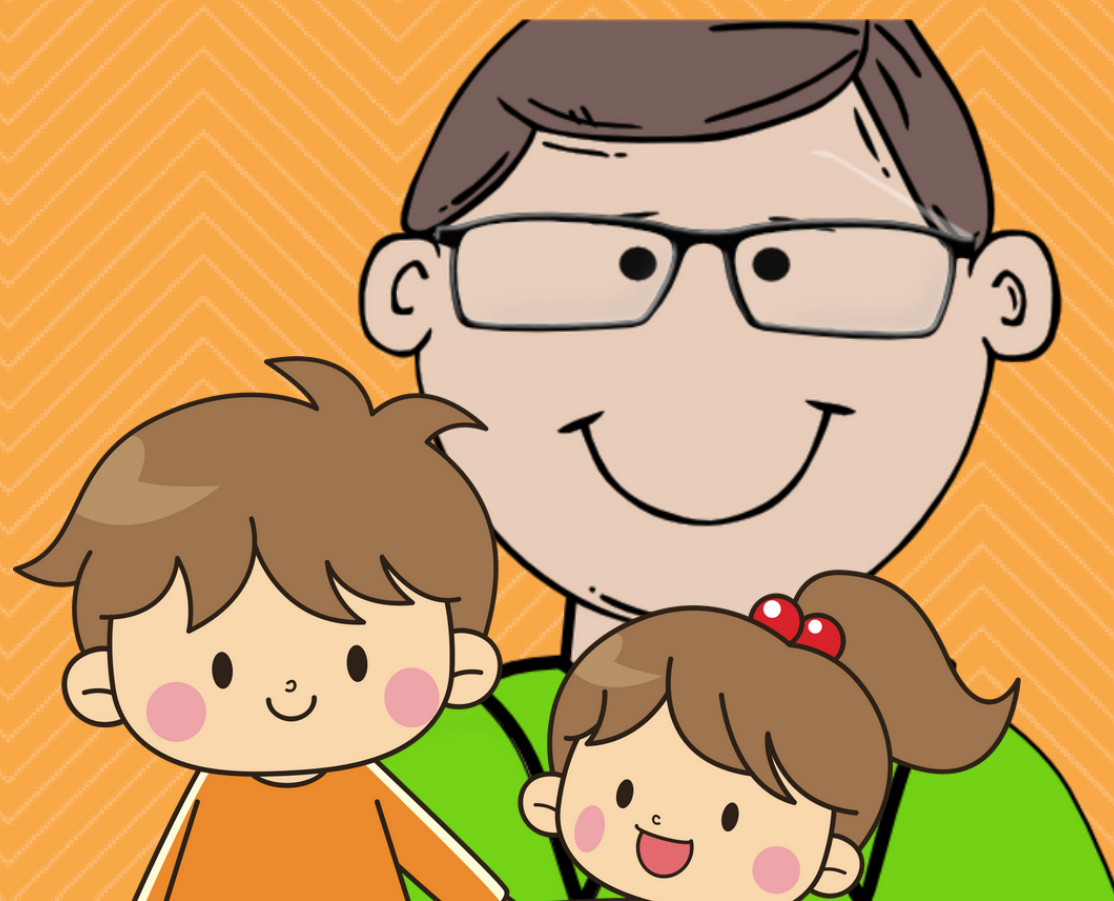
My favorite song is "Mr. Sun."



I enjoy having Tickle Fights with my family and friends.



Dad and big brother are my favorites because they are patient.



I am 8 years old and I am diagnosed
with Autism Spectrum Disorder.

I am a Halo

Everywhere I look, I'm surrounded by
embrace.

I cannot fully express myself about my
wants and needs, but my family is all I need
and more.

I always find a way to be happy and
cheerful.

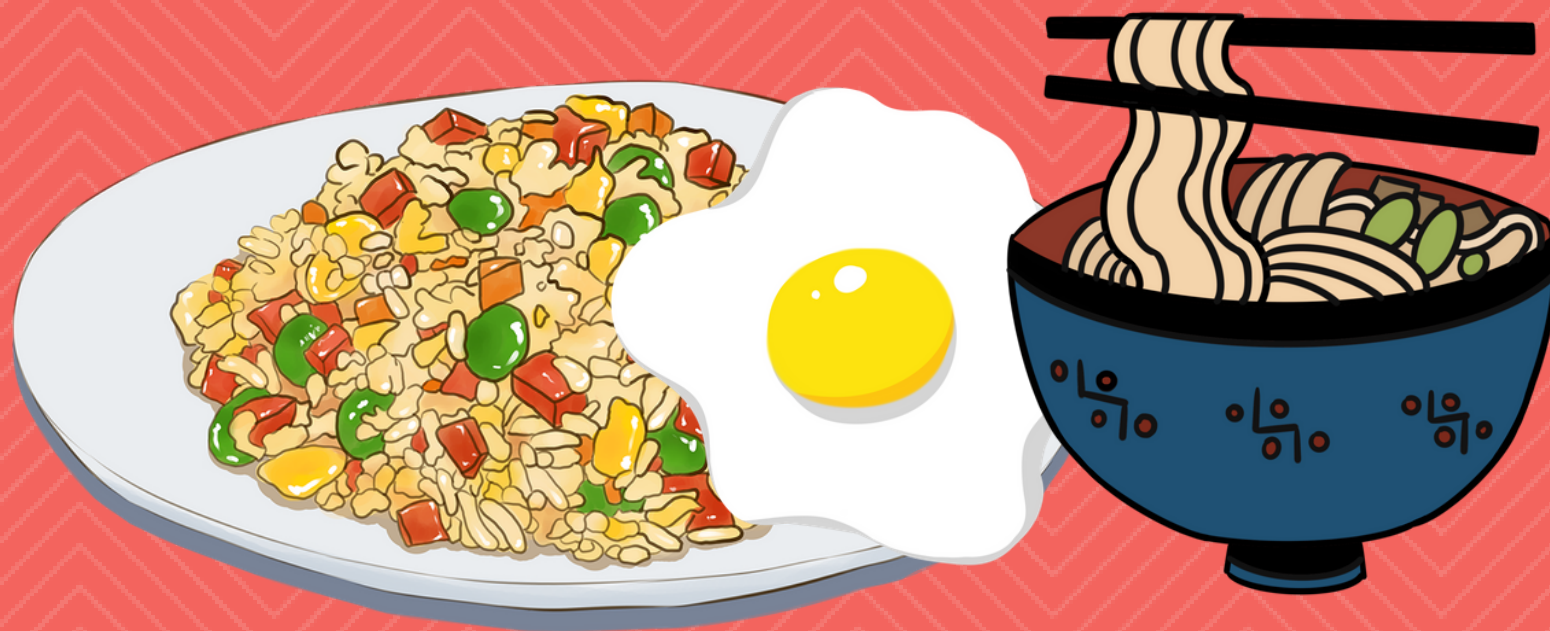
I enjoy entertaining everyone with my
singing and dancing.

Family time is definitely my favorite. I don't
like to see my family argue so I do my best
to hold everyone together.

I am funny, loving, a little sassy, but most of
all I am strong.

I am a Halo.

My favorite food is fried rice, fried eggs,
and noodles.



I enjoy being outdoors at amusement parks.



I am brave because I can watch horror
movies. I also love our annual trick or treat
tradition at my auntie's house.



I love listening to music and dancing.



I love singing on my karaoke machine. My favorite song is Halo by Beyonce because it makes me feel cheerful. I always sang this song for my family.



My favorite holiday is Christmas because I get to spend time with family and open presents. I like being the first to open presents and then everyone cheers for me.



My favorite person is my dad.
He always spoils me with his affection.



Thanks to the Make a Wish Foundation, I
got to go eat at a restaurant and watch
the Chinese Dragon parade. It was one of
the best days for me.



My family threw a big birthday party for me.

They sang me Happy Birthday and and
everyone had tears in their eyes, but I told
them... "Big heart, No cry."



My name is Bryan Vang. I am 17 years old and I am diagnosed with Down Syndrome.

I am a Cuddler

I can make anyone's day happy.

Although I am not able to fully express myself, my mom and dad knows that I am the happiest when we cuddle.

I dislike loud noises because they scare me.

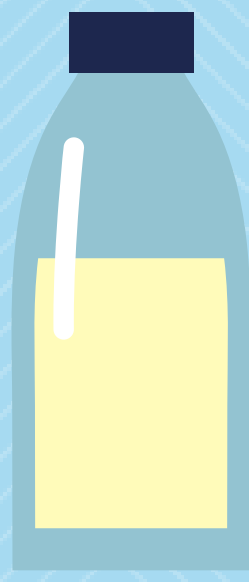
Just like everyone else, I have challenges.

I may not be able to sit, walk, or eat solids on my own, but I defeated all odds against me.

I am friendly, happy, fun, and loving.

I am a Cuddler.

I love drinking my Pediasure.



I love watching Cocomelon on YouTube.



Cocomelon songs make me feel cheerful.



Summer time is my favorite because I do not like being in cold weather.



I enjoy Cuddling with my family members.



My dad is my favorite because he takes care of me. He knows exactly how I am always feeling even though sometimes I can't tell him.



If I can be any animal, I want to be a sloth.



I can make anyone's day a happy day.



I enjoy playing with my bright and colorful toys.



My name is Preston Muajtsim Lee.
I am 2 years old and I am diagnose with
Brain Hypoxia, HIE, Global developmental
delayed, Cerebral Palsy, Spastic
quadriplegic, non verbal, Scoliosis,
Microcephaly, Epilepsy, GERD, and
unilateral undescended testicles.

I am a Movie Star

I am proud of my many talents.

No matter where I am at, I can adapt to my environment, and I am not afraid to show my multilingual skills, dance moves, and singing skills.

Even though I grew up with no ABA services, I have a lot of siblings to help and support me.

I'm definitely not shy at all and can hold up a good conversation.

I am independent, creative, loving, and growing in life.

I am a Movie Star.

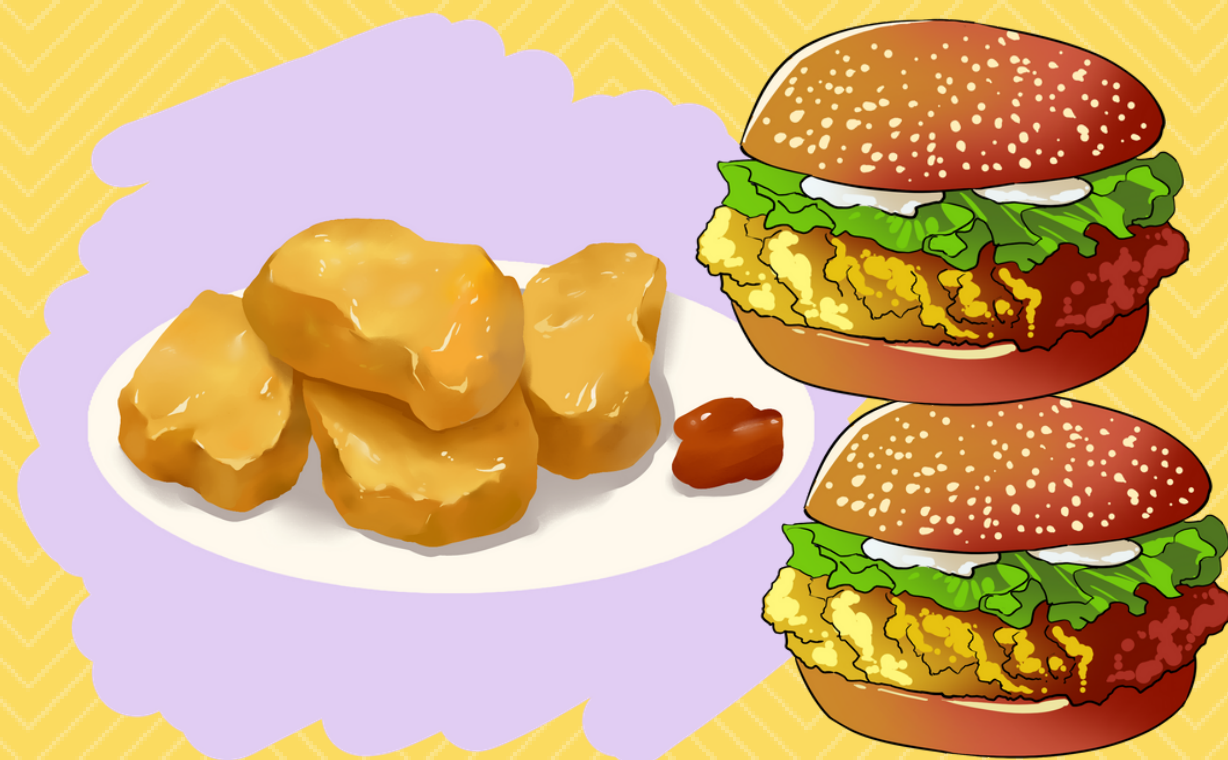
My favorite color is yellow because it is bright like the sun.



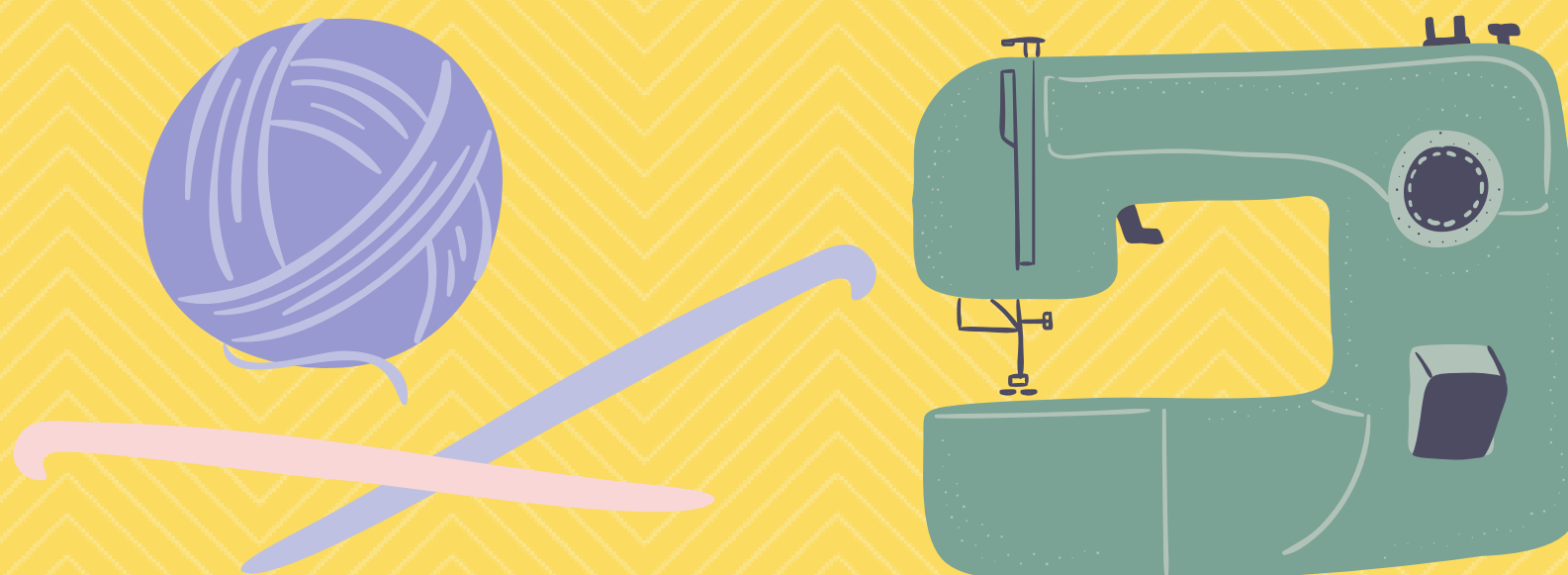
I like to watch and imitate lines from Chinese dramas.



My favorite food to eat is simple Hmong food. But, my go to meal is the 20 piece chicken nuggets with 2 McChickens.



I enjoy knitting, crocheting, and sewing beautiful patterns of flowers and butterflies on cloth.



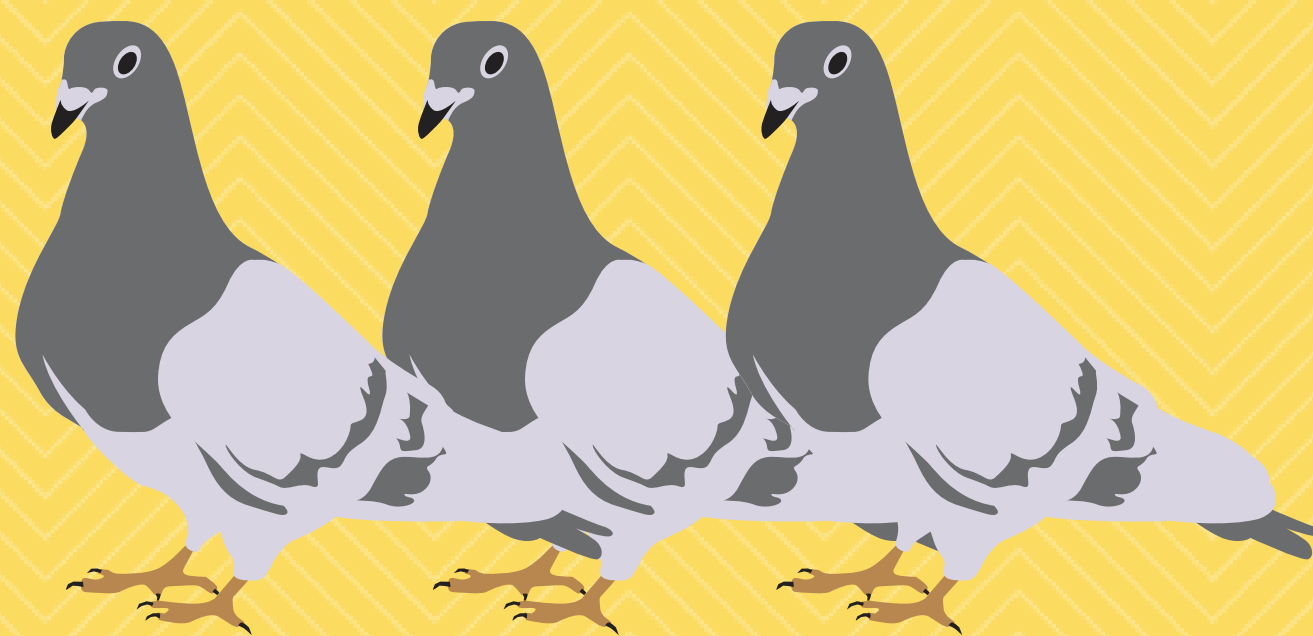
I am a really good K-pop dancer.



My favorite time of the year is summer because it is not too cold and I don't have allergies.



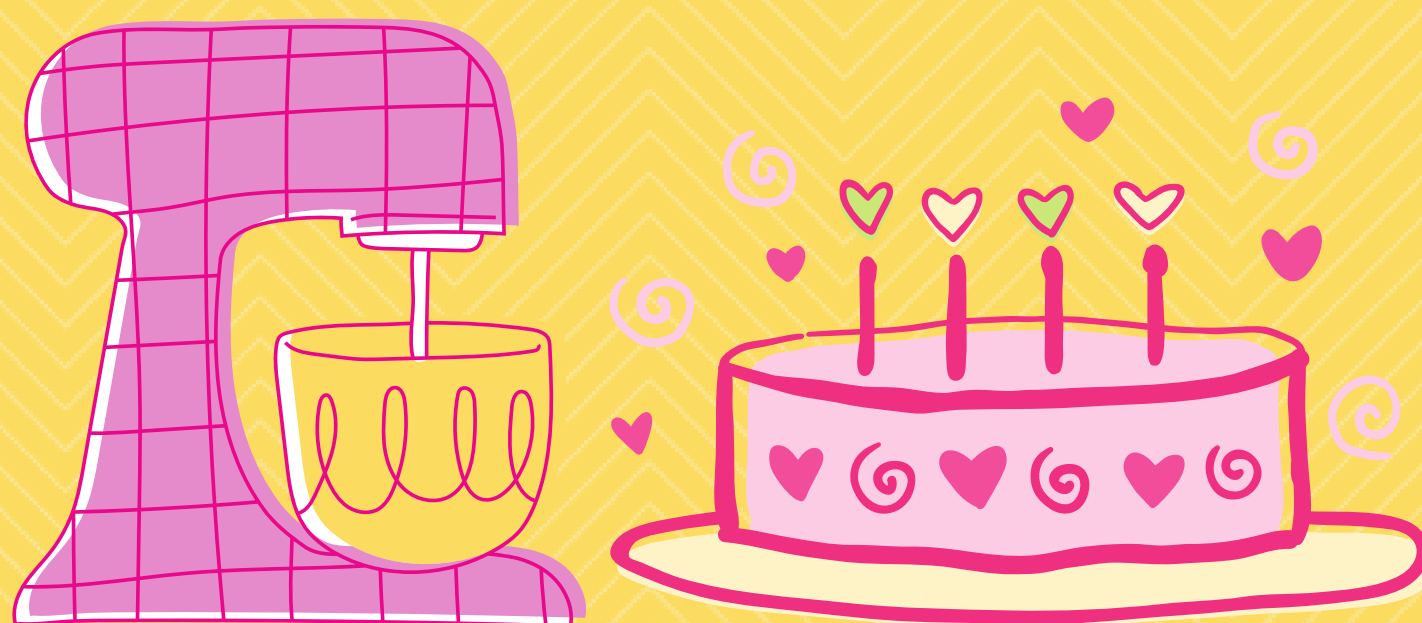
I love to help my dad take care of our pet pigeons.



I love to dress up for the Hmong New Years and gifts.



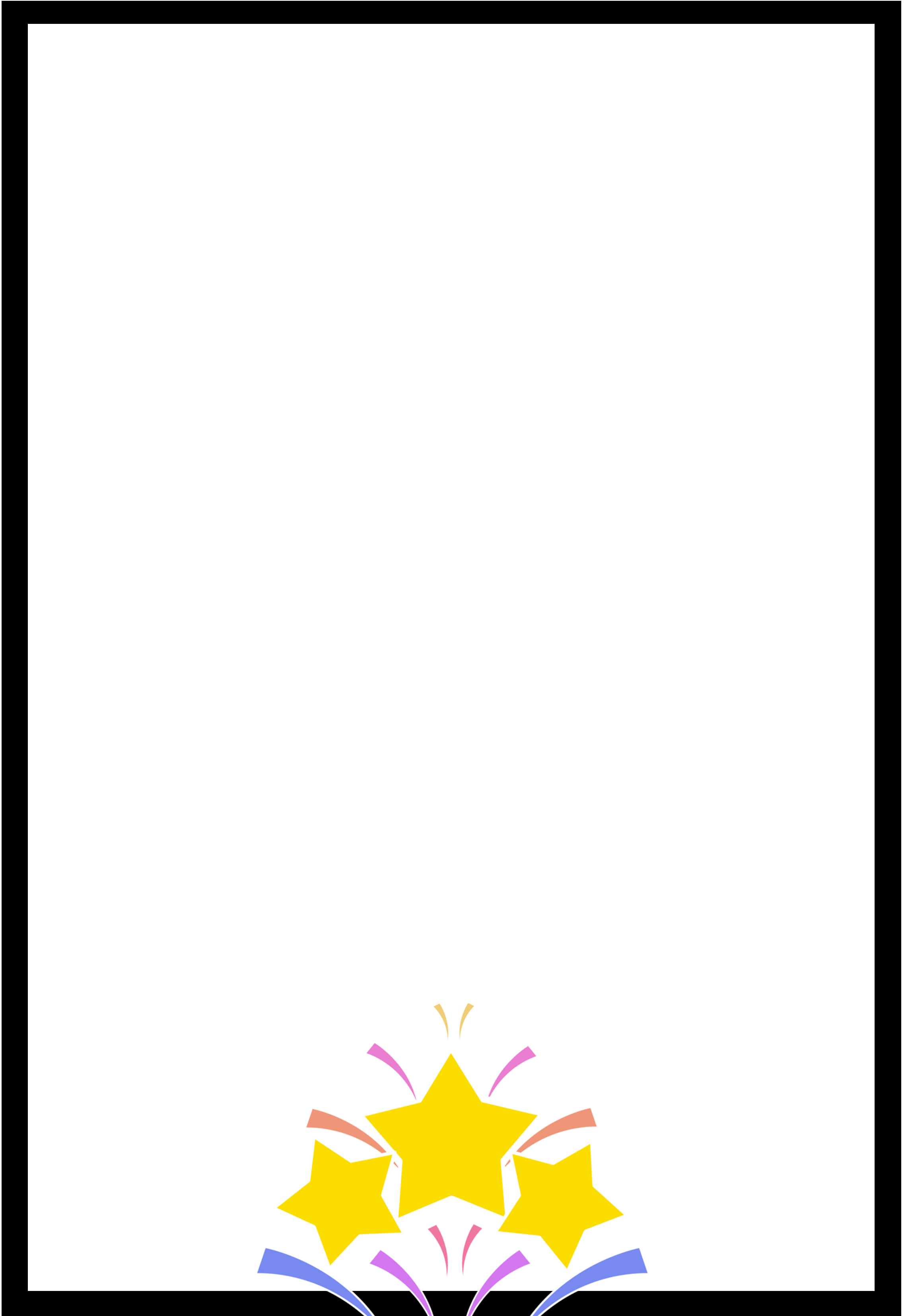
My favorite things to do with friends and siblings are eating out, taking pictures and baking cakes.



I am 25 years old. I am diagnose with
Mild/Moderate Autism.

This Is Me!

Draw all the things about you!



Acknowledgement

Hmong Youth and Parents United would love to express a special thank you to loved ones and participants for sharing and allowing us to create this book.

This Is Me

A Collection of Stories about Individuals with a
Developmental Disability

*This children's book brings awareness to the
community about individuals with developmental
disabilities.*



www.hypu.org