

## Raising a Family in the United States

Word Count: 552

<p>“Raising children in a new country brings unique challenges.</p>	<p>“在陌生的国家抚养孩子是一项特别的挑战。</p>
<p>Certain government programs can help your family!</p>	<p>部分政府计划可以帮助您的家庭！</p>
<p>Social Security provides financial assistance to the unemployed, disabled, retired, and those whose spouse or parent has died.</p>	<p>社会保障部门能为失业、残疾、退休，以及配偶或家长已经去世的家庭提供经济援助。</p>
<p>To access these benefits, citizens and noncitizens authorized to work in the U.S. should apply for a Social Security Number or SSN for themselves and their family members. Apply in either your home country or at a local Social Security office in America.</p>	<p>为了获得这些福利，被授权在美国就业的公民和非公民都应该为自己及其家庭成员申请社会保障号码 (SSN)。在所在国或美国当地的社会保障局申请。</p>
<p>An SSN is also used to get a job, file taxes, and access government services. Be careful with your SSN. People can use it to steal your identity.</p>	<p>SSN 还能被用于求职、报税和享受政府服务。小心保管您的 SSN。其他人可能用它盗用您的身份。</p>
<p>The Supplemental Nutrition Assistance Program, helps you buy groceries for your family. Legal immigrants are eligible if they have lived in the U.S. for 5 years, are on disability payments, or are under 18. Contact your local SNAP office for eligibility requirements.</p>	<p>营养补充援助计划 (SNAP) 会帮助您的家庭购买生活用品。在美国居住满 5 年，领残疾抚恤金或未满 18 岁的合法移民符合参加该计划的条件。联系当地 SNAP 办公室，以确定是否具有资格。</p>
<p>In the US, medical and dental insurance covers the costs of office visits, procedures, and medications. Health insurance is available through you or your spouse’s employer, the federal government’s healthcare marketplace, or government-sponsored programs. Medicaid and the Children’s Health Insurance Program assists low-income families and individuals with health coverage. Apply online at <a href="http://healthcare.gov">healthcare.gov</a> or your state’s Medicaid agency. Those who do not obtain health insurance face a fine from the government.</p>	<p>美国的医疗和牙医保险报销就诊、手术和药物费用。您或您的配偶的雇主、联邦政府的医疗保险市场，或者由政府赞助的计划能为您提供医疗保险。Medicaid 和儿童健康保险计划帮助低收入家庭和个人购买医疗保险。在线访问 <a href="http://healthcare.gov">healthcare.gov</a> 或前往所在州的 Medicaid 机构申请。未购买医疗保险可能会被政府罚款。</p>
<p>Certain laws are in place to regulate children’s activities and keep them safe.</p>	<p>部分现行法律会对儿童活动加以管制，并保护他们的安全。</p>
<p>In order to leave the hospital after giving birth, you must have an infant car seat. Infants and young children are required to have their own car seats. Children under 13 must sit in the backseat of the car.</p>	<p>在孩子出生以后，如果要出院，您必须安装婴儿车座。婴儿和年幼儿童必须有自己的车座。未满 13 岁的儿童必须坐在车的后座。</p>
<p>When you give birth or adopt a child, you may be</p>	<p>根据《家庭医疗休假法》，如果自己的孩</p>

eligible to take maternity and paternity leave under the Family and Medical Leave Act.	子出生或领养儿童，您可能符合休产假或陪产假的条件。
You can take up to 12 weeks of unpaid leave to care for your new baby or sick family member while keeping your job. Some eligibility requirements apply.	您最长可以申请 12 周准假停薪，以便于照顾新生婴儿或生病的家庭成员，而不用离职。可能适用其他要求。
Breastfeeding in public is permitted.	公共场所允许进行母乳喂养。
Sudden Infant Death Syndrome is the sudden, unexplained death of a seemingly healthy baby under age 1. To prevent this, lay babies on their backs to sleep in their own bed. Remove pillows and stuffed animals, and maintain a smoke-free house.	婴儿猝死综合症指的是未满 1 岁看似健康的婴儿突然无原因死亡。为了防止出现意外，为婴儿准备自己的床并保持仰卧睡姿。拿掉枕头和毛绒玩具，而且不在房子中抽烟。
Children under 12 cannot babysit other children. Teach your children to call 911 for emergencies.	未满 12 岁儿童不能看顾其他儿童。教孩子在紧急情况下拨打 911。
Discipline here can be different from other places. No forms of physical abuse, child neglect, emotional abuse, drug abuse, and sexual abuse are tolerated.	美国家庭管教儿童的方式可能与其他地方不同。我们决不允许对儿童进行任何形式的身体虐待、忽视儿童、精神虐待、滥用药物和性虐待。
Teachers and doctors are obligated by law to report any signs of abuse to Child Protective Services.	老师和医生有法律义务将任何虐待迹象报告给儿童保护服务处。
When raising teenagers you should know the age of consent, or the age at which minors can legally agree to a sexual relationship, varies by state. Generally it is between the ages of 16 and 18.	如果抚养青少年，您应该知道承诺年龄，也就是在法律意义上多大年纪的青少年可以同意发生性关系，不同的州规定可能有差异。一般介于 16 到 18 岁之间。
To work a child must be at least 14 years old and a U.S. citizen or green card holder.	若要雇用，该青少年必须至少年满 14 岁，而且是美国公民或绿卡持有人。
Children who are at least 16 years old and a legal permanent resident or U.S. citizen can apply for a driver's license. Undocumented immigrants can currently obtain driver's licenses in 12 states.	年满 16 岁，而且具有合法永久居民或美国公民身份的青少年可以申请驾驶证。无合法身份的移民目前可以在 12 个州申请驾驶证。
The legal age for drinking alcohol is 21. In most states, young adults must be 18 to buy tobacco products.	合法饮酒的年龄是 21 岁。在大多数州，青少年必须年满 18 岁才能购买烟草产品。
Equipped with this information, raising children in a new country can be a rewarding experience.	有了这些信息，在新的国家抚养儿童可以成为一段非常有意义的经历。