

Hih thusinna nasim khit teh, a nuai a, sittelna link pan dotnate na zawh khit leh tha neihna ding annek tuidawn pilna ci-in, na sangkahna ciaptehna lai nangah ding hi.

**A Kipat A Kipan Cidam Maitai Ngiat Ding:
Naungek Ha te A Khan Tawntung a Kho
Dingin Bawl Sak In.**



Tu a kipan na ta ha te hoih tak na keep sak leh a khan tawntung a dingin cidam maitai ngiat nading in a bawl sak pah hi teh.

“Naupang ha te” kikhek (khia veve) lel ding a hih hang, a khan tawn a dingin nung lam ciang kamsung cidam loh nate a pian loh nading leh ha muat loh nading in hoih tak keep sak ding hoih hi. A cidam ha te pen naupang ii kampau khantohna huh in, kha muang tak in nui sak a, a pumpi a dingin a kitang sam an leh tui tuamtuan te hoih tak ne theih sak hi. A sin beh huai thute sim suk suak in!

Naupang tamzaw pen kha 6-12 kikal a phak uh ciang a neih masak ha hong po khia hi.

Naupang no te khempeuh da'n mah bang in, hih sinna pen lam lakna khat bek hi. Naungek pawl khat pen ha tawh a suak om in, pawl khat pen kum khat a phak mateng in a masa ha te hong po nai lo hi.

Tu mahmah in ha lungnek nate dal ding ki pan pah in.

U lian te mah bangin, naungek te zong a ha uh lungin ne theih cih na thei kha hiam? Na ta ngek a ha lungnek loh nading in, hih a nuai a thute zui in:

1. Naungek te a ha masa hong po ma, na ngawn in zong, an na piak khit ta ciangin pat siang tho (gauze), ai kei leh, puan sah siangtho a kawt khat tawh a hani te zut siang sak in.
2. Na ta ngek a ha masa hong po ciangin, ni khat nih vei a ha te nawt sak in. Naungek te a ding a ki bawl ha nawtna a mul a nem te khat tel in.
3. Nau nawi thawl sungah formula, nawi tui, leh tui bek thun in. "Naungek nawithawl piakna ha kisiat" loh nading in naungek a lup ma in nawithawl piak man sak masa phot in.
4. (Singah tui leh soda cih bang) a khum tui te, a ma'n leh, a man dikdiak an (gummy) te leh, ci-khum a tam ki hel an te in ha lungnekna vang piang sak hi.
5. Bacteria (mit tawh muh theih loh) lung note ii kam sung ah om hi. Ha nawtna khung leh annek tui dawnna sikkeu te a ki pan zang khawm kei in, naungek zat muk tawpna (pacifier) cih te "a siang tho" nading nang kam tawh siangsak kei in.
6. American Dental Association in na ta ngek a ha masa hong po ciang leh kum khat a phak ciang a, ding ha appointmen masa bawl ding gen hi.
7. Na ta ngek kum (1) a phak hun ciangin nawi thawl pan hai tawh khek sak ding gel in.



Fluoride Tawh Kisai

Zuih Theih Ding Thute:

- Fluoride pen mineral nam khat hi-in, ha kip ding leh lungnek loh nading in hong huh hi.
- American Academy of Pediatrics (AAP) te cihna tawh kizui in, na ta ngek a ha masa hong po ciangin, "themcik" khat, ai kei leh, "an-tang" khat cia fluoride haza tawh ni khat nih vei nawt sak ding ki pan in.
- Mun pawl khat ah, fluoride pen tawm lua, ai kei leh, tam lua ci-in dawn ding tui sungah om zah pen lung hi mawh na pawl khat om khathei mah in teh, fluoride tawh kisai in zuih ding a hoih pen thute na ta doctor tawh ki kum khawm in.

Ha po natna pen na mahmah thei hi.

Ha po natna pen naupang pawl khat a ding nop het lo hi. A ha hong po na mum, ha ni natna mun leh ha ni nem na munte ah pet naum uh in, tua bang ciangin a cil tui zong a dang hunte sang kai nuam pha diak hi. Naupang pawl khat in ha po natna pen tuak haksa zaw in, an zong nek ding zah nei zo lo leh, ih-mu thei lo uh hi. Hih ha natna pen a ngei na mah hi-in, ahih hangin, na ta ngek in hih bang nop sak luat loh na a neih leh a ma doctor tawh en sak in.



Ha po natna na hiam? Hih thute sin in!

- Naungek te pen na khempeuh bang hiam ci-in a kam sungah koih theih NUAM peuh mah uh a, van pawl khat a hai ciangin a kam sung a nuam lo pawl khat noptuam sak hi. Na ta ngek in a kam sungah a hai ma in, tua van te a siang tho leh a lauhuai lo ahih nading hoihtak sit in.
- A tha khauh leh a vot pawl khat pen ha-ni a natna mun a ding noptuam theih hangin, a vot mahmah vante zang sak kei in. Naungek peh theih vante, silicone pet theih kimawl nate na zat sak leh, tuikhal sakna set van sungah hi lo in, a vot a koihna setvan sungah koih zaw in, tua hi leh naungek kam sung a ding hoih bek ding hi. Naungek te peh kimawl na van sungah tui om thei te a hi lo, a bit van bek zang sak ding. Sikkeu vot, ai kei leh, a vot a siangtho, them cik a kawt pian kinulna puan khat zong ki sin sak thei hi.
- Na khut a siangtho tawh a ha-ni a bawkna munte nemtak in mek sak le teh, naungek pawl khat in noptuam sa hi. Naungek ha te pen hiam mahmah ahih man in, hong peh khak loh na'ng kidawm in.
- Zatui sai tau pan ki le thei ha-natna gel (teething gel), a tui, ai kei leh, zatang leh ha-nat ciang a ki pet theih khi te zat ding hoih lo hi. Tua te na ta ngek a ding lau huai hi.
- Na ta ngek in ha natna a neih ciang, a vot leh a nip an te duh theih zaw ding hi. Yogurt (bawngnawi thuuk), applesauce (apple gawizan), pureed naupang ante, thawhbat gawizan, leh a min sa nahtang cih te na sin in. A masa kum khat pen nawi tui leh formula pen amau an pi cih phawk-in, na ta ngek pai zia zui in. Ha natna hangin an a khuah tampi a nek nop nai kei leh, pha mawh lo hi. Pia zel in la, thatang hat thu in pia kei in.
- A tung ah ki gen teng na sin khit ciang, na ta ngek in nop tuam na a neih kei leh, na ta ngek ii doctor kiangah naungek te a nat ciang piak zatui dong in.

Hong lungdam pih ung, man ta hi!

Dotnop thu a om lai hiam? Na omna mun ah WIC nutritionist kiang na dong in.

Khawl-in!

Hiah meeklek in, dot nate na dawn khit ciangin ciaptehna lai na ngah ding hi.



Hong zong thei  

Hih hawm khatna lai te pen Oklahoma State Department of Health (OSDH) ahi, mite tawh tan kikim in nasep ngah theihna leh nasep ding panpih na, Oklahoma cidam na zumpi pan ahi hi. Hih lai te pen Publications Clearinghouse of the Oklahoma Department of Libraries ahi Oklahoma laibu saal te thu hawm khatna mun innpi te kiangah Oklahoma thukhun 65 pan thulu 3-114 tawh ki tuak in ki koih hi; hih www.documents.ok.gov pan zong ki la thei hi. |bawl ni November 2023