

Hih thusinna na simkhit ciangin, a nuai a, sittelna link pan dotnate na zawkhit teh (nutrition education credit) thaneihna ding an nektuidawn pilna ci in, na sangkahna ciaptehna lai nangah ding hi.

## Naupaai hunsung nakam sung cidamna



**Naupaai sungin nahasiavuan tawh nakilak ding manngilh kei in.  
Nata cidamna nang tung ki nga hi.**

**Naupaai sungin na hanii leh na hate hoih takin kepding thupi hi. Naupaaina hangin kamsung kikhel thei a, hanii natna leh ha muat thei hi. Naupaai sungin kamsung cidam takin kepding thu tawh kisai hih anuai ah thute in hong huhthei ding hi.**

### Naupaai sungin hanii natna bangcih dal ding

*Naupaai sungin nau kihaih thei a, an leh moh tezong duh sak mun mahmah ahih ciangin, hoih takin hite sem in:*

- *Dawntheih tuikhumte leh an khumte ciangtan in.*
- *A khum tui leh Ante na nek khitciang na ha khuahsiang in.*
- *Na gim natawl khit hangin nikhat nih vei Fluoride haza tawh nawt in.*
- *Fluoride tui dawn in (na omna khua in Fluoride tui kingah hiam ci-in kan in).*
- *Nahasiavuan tawh a hunhun in kilak in.*
- *Nauhaih in na luak khitciang nakam tuitawh khuah in.*

### A cidam haniite

*Nahanii amel asan daang (pink color) leh “kigak sitset” a om ding hi.*



### Naupaai sungin hanii natnate

*Nahanii pen a mel san, a bawh leh siluang baih in om nuam hi.*





### Naupaaï sungin hanii natna kidal in

*Nahanii cidamna tawh kisai in nausuaksak baih thei, ahih kei leh, nau a gihna cinglo leh naungek suakciangin a nasia buaina pawlkhat anuai ah bang om thei hi:*

- Naungek thakhat a si
- Cerebral palsy (khuak kisia in a cing lo sa in suahna)
- Huih dikthei loh natna te
- Thusinna haksa sa

*Ha hoihtak puah pen muanhuai in, naupaaï sung thupi mahmah hi. Naha leh nahanii te hoihtak in nakep ciang, a cidam naungek neih theihnading thu om zaw hi.*

*Hehpihnataw h annék tuidawn pilna nei nasia tawh man piak kul lo in lam hong laktheih na'ng leh, Delta Dental of Oklahoma Foundation te tawh a kizom akiman, ha hoihtak a etsak theina munte dong in.*



### Naupaaï sungin hanii natna kidal in

*Naupaaï sungin hormones sisante in nahanii te bawksak leh siluang baih sak hi. Naupaaï sungin nahanii cidamna ding hih anuai ah honghuhthei ding thute na zui in:*

- Nitak nihvei hanawt in.
- Atawmpen nikhat khatvei naha kaawm leh nahanii kikal teng a khuahna khau tawh ahih keileh, hanii khuahmate tawh sawpsiang in.
- Singgah leh mehtehmehtahte a ki helkim in an ne in.
- Atawm pen kumkhat nihvei nahate hasiavuante kiangah khuahsiang sakin.

**KHAWL-IN!**

**Hiah meek in, dotnate na dawnkhit ciangin ciaptehna lai na ngah ding hi.**



leh [ah hong kan in.](#)

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](http://www.documents.ok.gov) pan zong ki la thei hi. |bawl ni May 2022 |20073WIC | ODH NO. P1390|