

BAWHTÉ AN CHUAHKA IN AN LAWN TIANG

BIRTH - 9 MONTHS - CHIN (HAKHA) CHUAHKA - THLA 9



NA FA BAWHTÉ NIH A CAWN LIOMI THIAMNAK HNA

Bawhte cu an thla le upatning in an mah le sinengcio in an tthangcho. Na fa cu a chua hka in a cawl aa mer lai, thla 6 a si hrawngah tthut hram aa thawk lai i thla 9 hrawngcun a bawh buin lawn hram aa thawk cang lai. An pawngkam i thilri hna zong banh le lak an hmang lai i an ka ah an ituh lai. Na fa tthanchon- ing hngalh le hmuhnak nih nuamhnak nganpi an pek lai i zeitindah a himnak ka tuah lai timi zong an hngalhter lai.

TIKHOLH NINGCANG

- Na herhmi vialte kha nakut in phak khawhnak pawng ah chia hna.
- Na fa ti na kholh lioah a mah lawng asiloah na fa upa deuh he lawng zong zeitikhmanhah chiata hna hlah.
- Na fa ti chung a um lioah a pum kha na kut in tlaizungzal. Tipawng an um lioah zoh peng hna law an mah lawng kal tak hrimhrim hna hlah.
- Tikholhnak pung chung i ti na rawn tikah tikik toih hmasa, cun tisa kha toih law a kih le lum a zat le zat lo kha na kut in tongh le hnekseknak tuah hmasa.

RAWLPEK NINGCANG

- Thawl in cawhnuk na pek ahcun a kih le lum kha chek ta hmasa lengmang. Microwave in lummicawhnuk cu an kih le lum kha aa nge tawn lo i na fa na pek lai ah a thawl kha hnin ta lengmang.
- Na fa rawl na pek lioah a pawngah um lengmang - cawhnuk thawl kha pek ta in kal tak hrimhrim hlah.
- Rawlhak pek hram na thawk khan cun aa haknak hnga lo a rawl kha nem le man tein tuah piak.
- Na fa sii na pek tikah sii thawl i aa ttialmi kha ttha tein rel law cuzat/kha zat pek dingtimi lengin pehrimhrim hlah.
- Na fa kha tthutdan sang ah tthutter law, tthutdantaisawm 5 in hmunkhat teah a pum, liang le kehrennak a ummi kha hmang.
- Na fa nacawi lioah a sami din awk (lakphak/kawfi/tisatibantuk) kha atang ah chiata zungzal. Na thlet hnawh sual ahcun fak tukin a kangh khawh.

IH NINGCANG

- Australia Sining (Standard) a phami bawhte ihnak (cot)AS/NZS 2172 ttazeih ummi lawng kha hmang.
- A ihnak kha thlalangawngka le thlalangawngkazar asilole innkazar an hripawl he aa hlatnak ah chia. Thlalangawngkazar le innkazar an hri pawl kha an phak khawhlonak ah him tein chia/ttem.
- Na fa kha a kenglei in ihter lengmang law a ke kha a ihnak kelei zawnah chia.
- A ihnak ah chantling asiloah chantling sau tibantuk chia hlah.
- Cilkadi khamnak puan le hnukeu (dummy) aa pehmi, a hri a ummi te hna kha phoih/tthialpiak.
- Na fa kha a leng (pram) cunghah ihter hlah zeicahtiah a hnar le ka tehna aa phih khawh i thihnak tiang a chuak kho.
- Samh le bilkhawhmi (fawitein cawithliar khawhmi) nau ihnak na hman ahcun fek tein samh law tun/bunhpiak. Ihphah asiloah nau kuh ding puan, chantling tibantuk chia hlah.
- Bawhte le Ngakchia Him tein Ihnak - SIDS and KIDS - kong tamdeuh thein na duh ahcun www.sidsandkids.org ah zoh.

KHAWNDENNAK A CHUAH TER KHO TAWNTU HNA

- Thilthlennak cabuai, tthutdan, ihkhun in rilh asiloah rawlpeknak tthutdan sang, leng phunphun, sofa tthutdan sau, ngakchiahlawhnak a nemmi le naulamkalcawnnak bawmtu leng tibantuk cungh in tlak.
- Thil hmetete an ka chung an ituhmi i hak.
- A sami hang (lakphak/kawfi/tisatibantuk) toih sual asiloah bawhte le ngakchia nih dawh in an mah le mah i toih sual i kangh.
- A sami thil bianaah rawlchuannak lungthu, barbeque asiloah meipung (heater) tibantuk tongh i kangh.
- Ti chung tlak, ahleiiin tikholhnak, inn hnulei tilionak le spa tibantuk ah a cang kho.
- Sivai pawl (poisons) le sii dinnak.
- Uico seh.

THILHRUK NINGCANG

- Na fa thil na thlen le hruk lioah cabuai, tthutdan, ihkhun cungh tibantuk ah a mah lawng chiata hrimhrim hlah.
- Bawngbi, hnipor, angki tibantuk ah hri saumi a ummi kha hruk hna hlah, an mah le mah i ngerh in an thaw pit kho.
- Mei nih a duh deuhlomi (kangh a fawi lomi) hnipuan kha thim law hruk.



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LENTECELHNAK AH

- Na fa lencecelhnaq kha meipung, hlei, innzuat satil, mawttaw Luh le chuahnaq le adang ttihnungmi thil bianaah an ka ah an ituh khawhmi thil hmetete umnak tibantuk hrial law sar piak hna.
- Sivia pawl (poisons) a ummi thilri hna, bianaah thilsuknak/inn thianhnaq, rungrul thahnaq sii le minung dinmi sii tibantuk kha an phak khawhlonak hmuh ah chia –ngakchia nih hun khawhlomi tawhhrenhmi bizu chung ah chiaq i mah bizu kha a tlawmbik 1.5m tal a sangmi a si ah a ttha.
- Sii na chiahnaq na zal (handbag) zong kha ngakchia nih phak khawhlonak ah chia.
- Uico le chizawh kha ngakchia pawngah umter hna hlah law ttha tein zohkhenh hna.
- Ngakchiahlawhnaq a nemmi asiloah ngakchia tthutnaq a niammi na hman ahcun zelttuang ah chia hna – a sannak ah chia hrimhrim hna hlah.
- Nau lamkal cawwnak bawmtuleng (baby walker) nih khawndennak a chuahpi khawh caah hman ding ah kan in forhial lo.
- 30 cm nak a thukdeuhmi tilonak le spa umnak cu upadi ning in an velchum kulh hrimhrim an herh. Luhnak innka zong kha ttha tein rian a ttuan ma ttuan lo cheknak tuah lengmang.
- Palasattik tilonak/nappy thlennak kuang/tikhohnaq kuang tibantuk pawl kha na hman dihcingka tithlehna law an tung in chia hna.

LENGCHUAH TIKAH

- Ngakchia thla 6 tang cu cozah hnatlakpimi ngakchia tthutdan kha mawttaw chungah himteinnabunh/hrenlai i hnulei hoih in na tthutter hrimhrim lai. Taisawmh na sawmh tik zongah a pum he aa tawk zawn in na reng, na dorh piak lai. Hnulei hoih nak taisawmh nih a zat ti lo tiang hnulei na hoighter lai. Australia ahcun hnulei hoih tiksawmhnaq taisawmh a ummi ngakchia mawttaw chungtthutnaq (kum 2-3 hrawng tiang ngakchia caah an sermi a um).
- Mawttaw nan icit lai fatin na fa taisawmh kha ttha tein le fek tein sawmh taa lengmang.
- Zeitikhmanhah na fa kha a mah lawng mawttawchungah chiata hlah. Chikhat ca te a si zongah ikalpi zungzal.
- Australia Sining (Standards) a phami, cozah hnatlakpimi ngakchia namnak leng lawng kha hmang law a cunglei nih a lerhlonak lai na zal pawl kha leng tang ah chia hna.
- Leng cungah siseh dawr na kal tik an leng na hmantikah siseh taisawmh hmang lengmang law an pumtawk khan reng le dorhnaq tuah piak.
- Leng na thlah lai asiloah kut in na tleih lo fatin, second pakhat te a sihmanh ah, dirternak (brake) kha hmang lengmang.
- Na fa a khualinh lonak lai a panmi/zangmi hnipuan le ban sauhruk, luchin ching law naidem tang khan kal pi. Cun nikhamnak cream (sunscren) zong thuh.

LENTECELHNAK

- An kum he aa tawkmi, caansau a nguhami le ttawlkhawhmi, a kam a nalmi le chunh khawh a silo mi, dolh khawh a simi thil hmetete a si lom lencecelhnaq an herh.

HIMNAK CAAH ZULHAWK TTHAMI TETE

1. Inn chung kiangkkip ah khan na bawh buin lawn law ngakchia caah ttihnungmi thil an um le um lo kha zoh.
2. Zohchunh awktlak ttha si i zuam. Na fa nih an ngiat i na tuahmi paoh kha aa cawn.
3. Na fa mawttaw chung tthutdan kha a thiammi (professional) bunhter hna asiloahnabunh ciami kha chek ter hna.
4. Hlei, rawlchuannak (lungthu), meipung (heater) tibantuk pawng kha khampiak hna, meisawhnaq (power point) zong kha phihnak in phit law tthutdan le cabuai an ki zong kha khuh piak hna.
5. Na fa ihnak khan chung le a dang ihnakhan pawl kalnak lam ah khan meikthuiteu seh smoke alarm) bunh. Mah seh pawl rian an ttuan le ttuan lo kha thla fatin chek law battery pawl kha kum fatin thleng hna.
6. Na fa mei, tisa tibantuk nih a kangh sual ah cun timerh a kikmi tangah a kangh nak zawn kha chia law minit 20 hrawng toih ter. Horhati (iced water), horha (ice), thawpat asiloah chiti tibantuk thuh hlah.

Mah catlap i kan ttialmi kong pawl, bianaahmawttaw chung ngakchia tthutdan kong, tilonak le spa khamnak kong tibantuk tamdeuh thei hna duh ahcun zaangfahnaq in, www.kidsafevic.com.au



TAMDEUH THEIH NA DUH AHCUN

Kidsafe Victoria

9036 2306

Sivai pawl (Poisons) Kong BawmhHalnak (Poison Information Centre)

13 11 26

Nu Le Ngakchia Ngandamnak Zohkhenhnaq (Maternal and Child Health Line) nazi 24 chung chawnh khawhnaq

13 22 29

Raising Children Network www.raisingchildren.net.au

Ngakchia Lencecelhnaq le Nau thil Kongah Victoria ah Thilcawtu Lungtlinlonak Hlathlaitu (Consumer Affairs Victoria Toy and Nursery Safety Line)

1300 364 894

Victoria ah Nulepa Nih Bawmh Halnak (Parenting Hotline Vic) 132 289

Bawmtu hna:



Education and Training



www.lsv.com.au



www.kidsafevic.com.au