

THIL THEIH LE HNGALH AN DUH LAI, AN LUT AN CHUAK LAI 1½ - 3½ YEARS - CHIN (HAKHA) KUM1½ - 3½



NA FA NIH A CAWN LIOMI THIAMNAK HNA

Na fa nih a pawngkam le hmuhmi kha hngalh le tuaitam a duh cang lai. Zeipaoh kha nulepa bawmh hau lo in tuah an duh lai! Na fa kha a tli, a le lai i a sannak zong khan tti le thinphang lo in a zuang ko lai. Thil/rawl haw, an thawtnam le an thlum/al tibantuk zong kha hneksak an duh lai.

RAWLPEK NINGCANG

- Na fa kha tthutdan sang ah tthutter law, tthutdan taisawm 5 in hmunkhat te ah a pum, liang le kehrennak a ummi kha hmang.
- Na fa rawl a ei lio ah ttha tein zoh/umpi lengmang.
- Lam a kal lio, a tlik lio tibantuk ah na fa rawlei ter hlah.
- Na fa kha a tthami rawlei ningcang chim/cawnpiak.

TIKHOLH NINGCANG

- Ngakchia kha kholhnaq khan ah an mah lawng umter hna hlah.
- Zeitikhmanhah na fa kha kholhnaq khan ah a mah lawng chia ta hlah.
- Tikholhnaq 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.
- Lektrik thilri kha ngakchia nih an phak khawhlonak ah chia.

IH NINGCANG

- Na fa nih a ihnak (cot) cung in kai le per aa thawk kho men. Kai le per aa thawk khan cun na fa kha ihkhun cung asiloah zelttuang cungah ihphah phah piak in ihter can a pha cang tinak a si kho.
- Dot hnih ihkhun (bunk bed) cu ngakchia kum 9 tang nih hman lo ding tiah forhfiat a si.
- Na fa nih zunput a kawl khawh le lam a hmuhnaq lai zan mei van piak.
- Thalangawngkazar le innkazar an hripawl kha an phak khawhlonak ah him tein chia law hreng.

KHAWNDENNAK A CHUAH TER KHO TAWNTUHNA

- Icitmi in khawndennak, lamcung ah khawndennak le inn hmai mawttaw luh le chuahnaq ah mawttaw nih pah/rial sual tibantuk.
- Ti chung tlak, ahleiin inn hnulei tilionak ah.
- Rawl le thil hme tete an ka chung an i tuhmi i hak asiloah thalangawngka zar le innkazar hri tibantuk i oih le i ngerh.
- Sivai pawl (poisons) le sii tuai le ei.
- Lentecelhnak hmun i thilripawl, tthutdan le cabuai asiloah citmileng, bianaah saikal le scooter tibantuk cung in tlak.
- A hakmi vanpang/thilri le a zummi ki tibantuk i pah.
- Rawlsa, tisa asiloah umkheng sami nih kangh.
- A sami tongh, bianaah rawlchuannak lungthu, meiphu, meipung, thiltteihnak le tisa tibantuk tongh i kangh.
- Namte, carep, thalangkuai le adang a zum le harmi nih ah.

INN CHUNGAH

- Na fa a kum he aa tlakmi lentecelhnak kha thim piak.
- Sivai (poison) a ummi kholhtawlnak, rungrul thahnaksii le minung dinmi sii te hna kha ngakchia nih an phak khawhlonak ah chia hna, ngakchia nih hun khawhlomi tawhhrenhmi bizu chung ah chia i mahbizu kha a tlawmbik 1.5 m tal a sangmi a si ahcun a ttha.
- Thalangawng le thalang innka niamnak ah khan a kuaiharmi/himmi thalang bunh asiloah a kuainak khamtu tape/film tibantuk benh. Cun an i pahsualnak hnga lo an lu can sannak thalangawng/innka ah khan a rawng tleumi sticker tibantuk benh.
- Tthutdan le cabuai an ki kha kham piak hna.



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LENTECELHNAK AH

- Lentecehlnak thilri na cawk na sak/bunhpiak tik hna ah Australia Sining (Standard) a phami le an kum, pumrua le tthanchoning he aa tlakmi lawng kha kaw! le caw.
- Lentecehlnak le inn tehnanasak/bunhpiak tikah khawndennak chuaipi khotu thil hna, bianaah a hakmi umnak, dumchung hling le fungumnak tibantuk kha hrial. Innleng an letecehlnak thilri tang le an tlakkhawhnak tang ah khan a nemmi, bianaah hnahchol tibantuk a tlawmbik 30 cm chah in phah piakhna.
- Lentecehlnak thilri na bunhpiak hna ahcun metre 1.5 leng sang hlah seh.
- Na fale pawl satil he lente an icelh le tuai tikah ttha tein zohkhenh hna.
- 30 cm nak a thukdeuhmi tilionak le spa umnak cu an upadi ning in an velchum kulh hrimhrim an herh. Na tilionak luhnak innka kha ttha tein rian a ttuan ma ttuan lo tiah cheknak tuah lengmang.
- Luchin chinh, bawngbi le angki ban sauhruk, ngakchia pawl caah sermi nikhamnak cream (sunscreens) thuh.
- Na fa kha kethum saikal (tricycle), scooter, saikal (bicycle), rollerblades, skateboard asiloah ke ngeimi a cit tik paoh ah luchin (helmet) chinhter law hman tein le ttha tein luchin hri tem piak.
- Ngakchia pawl kha inn hmai mawttaw luh le chuahnak, minung kalnak le mawttaw lam cung asiloah mawttaw dirnak tibantuk ah lentecehlnak ter hna hlah.

LENGCHUAH TIKAH

- Hnulei hoihmi asiloah hmalei hoihmi, a chungah taisawm a ummi mawttaw chung ngakchiat thutdan kha an pumrua ngaw le tthaning in hmang.
- Na fa kha zeitikhmanhah mawttaw chungah chiata hlah. Chikhat ca te a si zongah na fa kha ikalpi zungzal.
- Tiral kha venpiak zungzal hna – centimetre tlawmpalte athukmi tichungah ngakchia tlak khawh a si. Tiva, tidil, tilionak, tisor, timerh, ngazuatnak, tipung, ngazuatnakthawlkwar hmete le hmunthur rawnnak pung chungzongah ti a um cun ngakchia an tla kho. Tipawngah ngakchia lente an icelh ahcun a zungzal in zoh lengmang hna.
- Mawttaw lam pawng nan kal tikah na fa kut kha hruai lengmang law lamcung ah him tein umkalnak zong kha cawnpiak hram thawk, bianaah 'Dir, zoh, ngai law tuak' tibantuk in cawnpiak.

HIMNAK CAAH ZULHAWK TTHAMI TETE

1. Na first aid cawnnak lehmat/CPR kha nunter lengmang.
2. Lakhruakharnak na ton sualah bawmhakhalnak phone nambaw pawl (Emergency Services telephone number) kha na mobile phone chungah i khumh.
3. Na fa lentecehlnak kha naidem tengah serpiakhna law khawndennak a chuahter khotu he aa naihnak, bianaah mawttaw luhchuahnak, tumnak tibantuk kha hrial.
4. Ngakchia pawl satil pawng an um tikah ttha tein zohkhenh zungzal hna.
5. Na fa kha a kum le tthanchoning he aatlakmi lentecehlnak le thilri lawng kha cawk piak.
6. Zohchunh awktlak in um. Lamcung zuluhphung kha zul law zeitikkaan le khaika hmun in dah lam tan a si tibantuk kha hmuhsak/cawnpiak.
7. Ilnak khan lengah meikhuhteitu seh (smoke alarm) bunh law mah seh pawl rian an ttuan le ttuan lo kha hmehpiaknak in thlafatin chek, battery kha kum fatin thleng hna. Rian a ttuanmi meikhuhteitu seh (smoke alarm) lawng nih nunnak a khamh.



Mah catlap i kan ttialmi kong pawl, bianaahmawttaw chung ngakchia tthutdan kong, tilionak le spa khamnak kong tibantuk tamdeuh theih na duh ahcun zaangfahnak in, www.kidsafevic.com.au ah zoh.

TAMDEUH THEIH NA DUH AHCUN

Kidsafe Victoria	9251 7725	Sivai pawl (Poisons) le Ngakchia he pehtlaiin BawmhHalnak (Poison Information Centre)	13 11 26
Nu Le Ngakchia Ngandamnak Zohkhenhnak (Maternal and Child Health Line) nazi 24 chung chawnh khawhnak	13 22 29	First Aid cawnnak caah St John Ambulance chawnhnak	1300 360 455
Mawttaw chung ngakchia tthutdan thimnak le hmanna kong ah VicRoads sin ruahnak halnak	1300 360 745	Raising Children Network www.raisingchildren.net.au	
Victoria ah Thilcawtu Lungtlinlonak Hlathlaitu (Consumer Affairs Victoria)	1300 364 894	Victoria ah Nulepa Nih Bawmh Halnak (Parenting Hotline Vic)	132 289

Bawmtu hna:



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