

# SIANGINN THAWK HLAN: MAHTEN TLONLEN DUH LE HNEKSAK HUAM LIO

## 3½ - 5 YEARS - CHIN (HAKHA)

### KUM 3½ - 5



## NA FA NIH A CAWN LIOMI THIAMNAK HNA

Na fa cu a mah tein thil a tuah khawhmi a tam tuk cang lai, ralthat in aa la lai i thil hneksakna tuah, a cung kai tibantuk a hmang lai. Mah kum lio hrawng ngakchia nihcun tihnun le ralrin ding kha an hngal rih lo i upa nih tthatein zohkhen an hau.

### INN AH

- Na fa kha inn ah himtein um le ralrin ningchim law cawnpiak.
- Sivai (poison) a ummi kholh ttawnak, rungrul thahnaksii le minung dinmi sii te hna kha ngakchia nih an phak khawhlonak ah chia hna, ngakchia nih hun khawhlonitawhrehnmi bizu chung ah chia i mah bizu kha a tlawmbik 1.5 metre tal a sangmi a siahcun a ttha. Thawl chin le bawm chin cheukhat i hmanmi/ttialmi 'child resistant - ngakchia hun khawhlo ding donhnak' tilawng a si i 'child proof - ngakchia nih an hung kho hrimhrim lai lo' tinak a si lo zong kha philh hlah.
- Kep tia a simi battery pawl kha ngakchia nih an phak khawhlonak hmun ah chia law remote control tibantuk chung i battery chia/ rawnnak zong kha an hun khawhlo ding in tuah.
- Meilah/meittek le kuak tibantuk kha an phak khawhlonak hmun ah chia.
- Mei a kangh sual ah zeitindah a lenghimtein kan chuah lai timi timhtuahnak (plan) ttha tein ngei uh law mah timhtuahnak ning kha na fale he cawng lengmang uh. Mei a kanghsual ahcun **BAWHBU IN LAWN i KAL THLUAHMAH** a si lai tizong kha na fale cawnpiak hna. Cun, an hnipuan mei nih a kanghsual ahcun zeitindah **DIR, THLAK/PHOIH, IKHAM/IKHUH le RILH/ILEH** ding ti te hna zong kha cawnpiak hna.
- Thalangawng le thlalang innka niam nak ah kha na kuaiharmi/himmi thlalang bunh asiloah a kuainak khamtu tape/film tibantuk benh, cun an ipahsualnak hnga lo an lu cansannak thalangawng/innka ah kha na rawngtleumi sticker tibantuk benh.

### LAM CUNGAH

- Mawttaw lam pawng nan kal tikah na fa kut kha hruai lengmang. Lamcung zuldhing phung kha cawnpiak law nangmah zong lam na tan pi te hna ah zuldhing vialte zul in zohchunh awktlak si izuam.
- Na fa kha **DIR, ZOH, NGAH law TUAK** ti in cawnpiak.



## KHAWNDENNAK A CHUAH TER KHO TAWNTU HNA

- Lentecelhnak hmun i thilri pawl asiloah citmileng, bianaah saikal le scooter tibantukung in tlak.
- Ui coseh.
- Mawttaw nih pah le inn hmai mawttaw luh le chuahnak ah mawttaw nih rial/pah.
- Inn hnulei tilonak, tikholhnak le innchung asiloah innleng a ummi tipung chung tibantukah tlak.

## LENTECELHNAK AH

- Lentecelhnak thilri pawl, bianaah saikal(bicycles), skateboard le scooter tibantuk, zong kha na fa kum le tthanchoning he aatlamak thim in cawkpia.
- Lentecelhnak le inn tehna na sak/bunhpiak tikah khawndennak chuahpi khotu thil hna, bianaah a hakim umnak, dum chunghling le fung umnak tibantuk kha hrial. Innleng an letecelhnak thilri tang le an tlakkhawhnak tang ahkhan a nemmi, bianaah hnacholtibantuk phah piak hna.
- Lentecelhnak thilri na bunhpiak ahcun metre 1.5 leng sang hlah seh.
- Ngakchia hlawnak (trampoline) cawkpia na duh hna ahcun Australia Sining (Standard) a phami le a kam khamnak tung le sur ttha tein a ummi AS 4989 ttazeih kha kaw law caw.
- 30 cm nak a thuk deuhmi tilonak le spa umnak cu upa dining i nan velchum kulh hrimhrim an herh. Na tilonak luhnak innka kha ttha tein rian a ttuan ma ttuan lo tiah cheknak tuah lengmang.
- Na fa saram he lente an icelh tikah ttha teinzoh khenh.
- Na fa kha skate, saikal (bicycle), skateboard asiloah scooter aa cit tikah luchin (helmet) chinhter law hman tein le ttha tein luchinhri ttemter/ttempiak. Skate an i cit tikah kuthliah, kiu le khup khawndennak khamtu (pad) zong an ihruk ding a si.
- Saikal (bicycle), skateboard le scooter an icittikah ttha tein zohkhen hna.
- Ngakchia kha lamcung ah saikal, skate tibantuk citter hna hlah.
- Ngakchia an mit a khawng khotu thingnge, burbuk tibantuk kha themhpiak/haupiak hna.

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## MAWTTAW CIT TIKAH

- Na fa kha zeitikhmanh ah mawttaw chungah chiata hlah. Mawttaw chung a linh cu a lengnak in 20 – 30°a sang kho. Chikhat ca te a si zongah na fa kha ikalpi zungzal.
- Cozah hnatlakpimi hmalei hoihmi, a chungah taisawm a ummi mawttaw chung ngakchiatthutdan kha ttha tein mawttaw chungah hreng law bunh. Asiloah cozah hnatlakpimi ngakchia upa deuh tthutnak – a chungah taisawm a um lomi – (booster) kha bunh piak.
- Mawttaw chung ngakchia tthutdan nih a tlumtiang cu a chungah na tthutter hrimhrim lai.
- Mawttaw cit loah a dangcar le ti a halnak hnga lo a daimi din awk hang tampi in pe.
- Lamcung kalmi mawttaw nih an pahsualnak hnga lo na fa kha minung kalnak lam (platform) lei in ttum/kai ter hna.

Mah catlap i kan ttialmi kong pawl, bianaah mawttaw chung ngakchia tthutdan kong, tilionak le spa khamnak kong tibantuk tamdeuh theih na duh ahcun zaangfahnak in, [www.kidsafevic.com.au](http://www.kidsafevic.com.au) ah zoh.

## HIMNAK CAAH ZULHAWK TTHAMI TETE

1. Na first aid cawnnak lehmat/CPR kha nunter lengmang.
2. Na fa kha ti chungah himtein umnak kong cawnpiaak law a thiammi nih chimhnak tilio cawnnak zongah kai ter.
3. Nan inn tilionak ah hman le zulh ding serpiak hna law ti an ilio caan ah ttha tein zohkhenh hna.
4. Ilnak khan lengah meikhu theitu seh (smoke alarm) bunh law mah seh pawlrian an ttuan le ttuan lo kha hmehpiaknak in thla fatin chek, battery kha kum fatin thleng hna. Rian a ttuanmi meikhutheitu seh (smoke alarm)lawng nih nunnak a khamh.
5. Uico rawlpek loah ngakchia kha an pawngah umter hna hlah. Innzuat satil pawngkam ah ngakchia an um tikah tthatein zohkhenh hna.
6. Na fa a kum le tthanchoning he aatlakmi lencecelhnak le thilri lawng kha cawk piak.



## TAMDEUH THEIH NA DUH AHCUN

Kidsafe Victoria 9036 2306  
Nu Le Ngakchia Ngandamnak Zohkhenhnak(Maternal and Child Health Line) nazi 24 chung chawnh khawhnak 13 22 29  
Ngakchia Lencecelhnak le Nau thil Kongah Victoria ah Thilcawtu Lungtlinlonak Hlathlaitu (Consumer Affairs Victoria Toy and Nursery Safety Line) 1300 364 894

Sivai pawl (Poisons) Kong Bawmh Halnak (Poison Information Centre) 13 11 26  
Raising Children Network [www.raisingchildren.net.au](http://www.raisingchildren.net.au)  
Victoria ah Nulepa Nih Bawmh Halnak (Parenting Hotline Vic) 132 289

Bawmtu hna:



Education  
and Training



[www.kidsafevic.com.au](http://www.kidsafevic.com.au)