

# BAWTE AN TLONGLENG CANG 9-18 MONTHS - CHIN (HAKHA) THLA 9-18



## NA FA NIH A CAWN LIOMI THIAMNAK HNA

Na fa cu cawlcangh lawngte a duh lai i kal hram zong aa thawk lai. Thil hngalh le tuai zong a duh lai; bizu het chat tiah hun, meihmih le van, thil thuhpiakmi hetchat tiah kawl tibantuk a hmang lai! Mah lio ah hincun na fa nih a tonghmi paoh kha 'hneksaknak' ah a ka ah tuh a duh lai. Upa nawl zong kha acawn lai, mah caahcun nulepa hna nih zohchunh awktlak in um ding kha a biapi tuk.

## TIKHOLH NINGCANG

- Na tikhohlhak khan i tisachuahnak kha a tambik 50°C in sa ding in tuah. Laisen ngeimi tiremhtu asiloah Master Plumbers Association sin ah ruahnak na hal khawh.
- Tikhohlhak pung chung i ti na rawn tikah tikoi 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.
- Na fa ti na kholh hlan ah ti a kih le lumning kha chek ta lengmang. Ti kha 38°C leng in a lumding a si lo.
- Na fa na kholh lioah a pawngah um zungzal. Inn rian nih hnahnawhnak an pek, bianaah telephone a rat, innka an kingh/ khaling an tum tibantuk ah na fa kha ikal pi. Na fa tina kholh lioah na fa upadeuh he lawng zong zeitikhmanh ah chia ta hna hlah

## RAWLPEK NINGCANG

- Na fa kha ngakchiat thutdan sang ah tthut ter law, tthutdantaisawm 5 in hmunkhat teah a pum, liang le kehrennak a ummi kha hmang.
- Chuanmi rawl le a pel tete in riammi rawl kha pe. Ngakchia nih zei rawl paoh an ihak khawh kha philh hlah.
- A sami dinawk (lakphak/kawfi/tisa tibantuk) naa tleih lio ah na fa kha zeitikhman ah cawi hlah. Na thlet hnawh sual ahcun faktukin a kangh khawh.

## KHAWNDENNAK A CHUAH TER KHO TAWNTUHNA

- Ikhun, tthutdan sang, nau namnakleng phunphun, lencecelhnak hmun i thilri pawl, dawr thil namnak leng cung tibantuk in tlak. Hlei, veranda le tthingttheng cung in tlak tibantuk.
- Rawl le thil hmetete, bianaah lencecelhnak, an ka chung an ituhmi i hak.
- Tisa chuahnak timerh hun i kangh, um le uhkang sami dawh i kangh, rawlchuannak lungthu, thiltteihnak tibantuk tongh i kangh, tisa i toih asiloah din tibantuk.
- Sii le innchung hmanmi chemical pawl, bianaah umkhengttawlnak, thilsuknak chaphiat/powder tibantuk ei.
- Thlalanguai, namte, thawl le adang a zum le harmi nih sawh le ah.
- Innka karlak ah kutdong itenh, eksasai tuahnak seh (treadmills) asiloah saikal tibantuk karlak ah an kutdong i tenh.
- Inn hmaimawttaw luh le chuahnakah mawttaw nih pah le rial.

## IH NINGCANG

- Mei nih kangh a fawi lomi thilpuan kha thim law hruk.
- Cilkadi khamnak puan le hnukdeu (dummy) aa pehmi, a hri a ummi tehna kha na iher hlan ah phoih piak.
- A kai le a tlak khawhlonak lai a ihnak le ihphah kha a niamnak bik in ser/bunh piak.



# BAWHTA AN TLONGLENG CANG THLA 9-18

## LENTECELHNAK AH

- Ni khamnak cream (sunscreen) thuh, a panmi/zaangmi hnipuan le ban sau hruk, luchin chinh.
- Na fa lencecelhnaak kha a himmi le naidem tangah ser law khawndennak chuaipi khotu thil hna, bianaah, tilionak, tikam asiloah mawttaw luh le chuahnak kha hrial hna. Lencecelhnaak hmun an um ah zohkhenh hna law an thilri hmanmi le tuaimi zong kha an kum le sining he aa tawkmi hmanter hna.
- Lencecelhnaak le inn te hna na sak/bunhpiak tikah khawndennak chuaipi khotu thil hna, bianaah concrete phahnak, dumchung hling le fung umnak tibantuk kha hrial. Innleng an lencecelhnaak thilri tang ahkhan a nemmi, bianaah hnahchol tibantuk phah piak hna. Pipen, kainak, tolhnak, hlei tibantuk na bunhpiak hna ahcun metre pakhat leng sang hlah seh.
- Sivai (poison) a um khomi thingkung le hramh te hna nan dum chungah a um ahcun thianh piak hna, asiloah pung chungah cing hna law na fa nih phak khawhlonak ah bat.
- Ngakan le tikhor tibantuk an cungah sur asiloah a varmi pakhat khat in khuh piak hna.
- Rungrul thahnak sii, non, hram hriamnak seh, datsi, tinbawsi tibantuk kha ngakchia nih an phak khawhlonak ah chia hna.
- 30 cm nak a thuk deuhmi tilionak le spa umnak cu 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.
- Palasattik tilionak tibantuk an hman dih lecangka tithle, a thlichuah law a tung in chia hna. Cun ti chungtlaknak a chuaipi khotu hna bianaah nappy thlennak kuang, tikholhnak kuang, hmunthur bawm le inn lengchiahmibawm le pung chung tehna ah ti an um le um lo kha cheknak tuah lengmang.
- Na fale mawttaw pawng an um tikah ttha tein zoh hna. Inn hmai mawttaw luh le chuahnak kha lencecelhnaak ah an hman ding a si lo.
- Zeitikhmanhah zohkhenh lo in na fa kha satil pawl he lencecelh ter hlah.

## HIMNAK CAAH ZULHAWK TTHAMI TETE

1. Na first aid cawnnak lehmat/CPR kha nunter lengmang.
2. Na fa a tthan le pumrua ning khan mawttaw chung a tthudan kha remhpiak. Na bunhning a hman le hman lo a thiammi (professional) chekter hna.
3. Sivai pawl (poisons) a ummi kholh ttawlnak, rungrul thahnak sii 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 mah bizu kha a tlawmbik 1.5 m tal a sangmi a si ahcun a ttha.
4. Satil pawl pawng ah, a hleiin innzuat satil pawng an um tikah na fa kha tthate inzoh.
5. A kum le tthanchoning he aatlakmi lencecelhnaak lawng kha cawk piak.
6. Innka kar lak ah kutdong tenhnak a khamtu thilri kha bunh hna.
7. Hlei, rawlchuannak (lungthu), meipung (heater) tibantuk pawng kha khampiak hna, meisawhnak (power point) zong kha phihnak in phit law tthutdan le cabuai an ki zong kha khuh piak hna. Ihnak khan lengah meikhutheitu seh (smoke alarm) bunh law mah seh pawl rian an ttuan le ttuan lo kha thla fatin chek, battery kha kum fatin thleng hna.

## LENGCHUAH TIKAH

- Zeitikhmanhah na fa kha a mah lawng mawttaw chungah chiata hlah; chikhat ca te a si zongah i kalpi zungzal.
- Hnulei hoihmi asiloah hmaleihoihmi, a chungah taisawm a ummi mawttaw chung ngakchia tthutdan kha ttha tein mawttaw chungah hreng law bunh. Hnulei hoihnak taisawm nih a zat ti lo tiang hnulei na hoihter lai. Australia ahcun hnulei hoih tik sawmhnak taisawm a ummi ngakchia mawttaw chung tthutnak (kum 2-3 hrawng tiang ngakchia) caah an sermi a um.
- Na fa mawttaw cung na kaipi le ttumpi tikah minungkalnak lam (platform) lei in tuah.
- Ngakchia nam nakleng le lamkal cawnnakleng chung ah an kutdong aa tenhnakhnga lo zong ralrin piak hna.

## TAMDEUH THEIH NA DUH AHCUN

Kidsafe Victoria	9036 2306	Sivai pawl (Poisons) Kong BawmhHalnak (Poison Information Centre)	13 11 26
Nu Le Ngakchia Ngandamnak Zohkhenhnaak (Maternal and Child Health Line) nazi 24 chung chawnh khawhnak	13 22 29	Raising Children Network <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>	
Ngakchia Lencecelhnaak le NauthilKongah Victoria ah ThilcawtuLungtlinlonakHlathlaitu (Consumer Affairs Victoria Toy and Nursery Safety Line)	1300 364 894	Victoria ah Nulepa Nih Bawmh Halnak (Parenting Hotline Vic)	132 289

Bawmtu hna:



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