

1 ½ - 3 ½ Kum

Thilngalh a Duhmi le Teikhawhlomi (Invincible)

A tu cu na fa nih a pawngkam lung hliplau ngai in a hlathlai. Nulepa bawmhnak tello in zeithil paoh tuah an duh! Zeithil paoh theih an duh tuk ii an cawlcang peng. An pawngkam vawlei tam deuh in theih an duh lio a si bantuk in na fa cu a sangmi silole tihnungmi zehmanh tih lo in a tli lai aa holk lai.



INN AH

Rawlpek lio ah i haknak le tlaknak in khamh

- Hri point 5 in tlaihmi thutdan sang hmang zungzal.
- A kal pah silole a tlik pah in rawl ei ter hlah.
- Na fa cu an ei lio ah tha tein zoh hna.

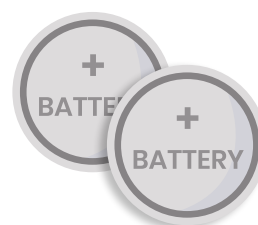
Na fa cu a ih lio ah him tein chia

- Na fa cu kulhmi ngakchia ihnak in kai hram aa thok ahcun, a tu cu zeltuung ah pher silole ihnak ah thial ding caan a si tinak a si.
- Kum 9 tang ngakchia pawl caah ihkhun sang pawl cu ruahnak pek a si lo.
- Na fa nih zunput tha tein a hmuh khawhnak hnga zaan meiceu pawl chia.
- Thlalang awng zaar le hmuh khawhlomi hri pawl cu phanh lo nak hmun ah humhimnak thilri pawl he chia hna.
- Thla fatin mei khu theihternak zapi in zohfel.

Na inn kha him tein chia

- Inn chung hmanmi thilri pawl, a himmi thil pawl, power point phaw pawl le rawlchuannak runvennak pawl telh in, inn ah tih a nung khomi dirhmun zawrter ding ah a himmi thilri pawl hmang.
- Datkhe pawl le thilri pawl cu ngakchia pawl nih an phanh khawh lo nak a sannak hmun ah chia hna law thilri cung ii datkhe dal cu a him le him lo zohfel. Ngakchia nih datkhe a dolh sual rua tiah na ruah ahcun, hmakhat te ah **Poisons Information Centre on 13 11 26** kha chawn hna.

- Siivai pawl (tcn. thianhnak thil pawl, pesticide, siiai pawl, e-cigarette thilri pawl le e-liquids pawl) cu a sannak ah chia hna law banh khawh lo nak hmun ah tawh hranh hna. Ngakchia nih siivai a dolh rua tiah na ruah cun, hmakhat te ah 13 11 26 ah Poisons Information Centre kha chawn hna.
- Tikholh tik ah na fa he um zungzal Dawnkhaantu a chuah ahcun, phone silole innka kingh thawng tibantuk, na fa kha nangmah he i ken.
- Na tikholhnak khaan ti merh cash ti sa cu 50°C ah chia hrim meikhu ralrin peknak pawl cu na inn chung ning in bunh hna law na fa pawng na um lio ah tisa cawi hlah. A sami rawlchuannak um, tisa sonak silole meipeknak pawl cu na fa nih a banh khawh lo nak hmun ah chia hrim hna.
- Na fa ti na kholh hlaan ah ti a lumsat kha tha tein zohfel zungzal. Ti cu 38°C nak in a tam deuh ding a si lo. Tikholhnak kha a voikhatnak ah tikik toih hmasa, cu hnu ah tisa themh law tha tein cok. Ti kik kha timerh in luan ter law ti merh cu a sa lai lo.
- Na fa cu tisa nih a duah silole a kang ahcun, a duahnak hmun ii a thil phoih law hmakhat te ah minute 20 chung a duahnak kha ti kik ah chia. A duahnak hmun ah tikhal, cawhnuk thawpat silole chiti zeitikhmanh ah thuh hlah.
- CPR le hmasa thlopnak cawnnak kha dih law mah thiamnak pawl kha caanhmaan te'n tharchuah. kidsafevic.com.au ah hmasa thlopnak kong tam deuh theihnak caah kal.



A tang lei datkhe aa telmi pawl kha a sang ah le ngakchia nih banh khawh lo nak hmun ah fim hna



LENTECELHNAK AH

Lentecelhnak tunu mipa pawl le lentecelhnak hmun thilri pawl in khawndennak a chuak khomi zawr ter

- Australian Standards a tlingmi le na fa a kum le thanchonak level he aa tlakmi lentecelhnak thilri pawl thim.
- Lam hak le dum a donghnak tibantuk tihnungmi hmun he aa hlatnak ah lentecelhnak thil silole thilchiahnak pawl kha chia hna.
- Thinghawng tibantuk a nemmi hnah pawl kha chia hna law thilri tang ah a tlawmbik 30cm a thuk in tuah.
- Na fa a kum le a thanchonak he aa tlakmi lentecelhnak pawl lawng caw. A tang lei datkhe a ummi lentecelhnak pawl kha hrial hna silole datkhe pawl cu laak khawh lomi an si nak hnga feh ter.

Ti pilnak tihnung mi tlawmter

- A himmi khamnak cu tilionak vialte caah le a thuh 30cm nak a ngan deuhmi spa pawl caah a herh. Na khamnak le kutka pawl cu ningcang tein an um le um lo tha tein zoh ding ah punghman te'n zohfel cun kilkamh.
- Tilionak tikaan, tidil, baltin le inn zuat saram ti peknak telh in, ti centimetres tlawmpal a zawi kho mi zeithil paoh tihnungmi pilnak thil an si kho. Ti chung silole ti pawng ah na fa cu na ban nih a banh khawhnak ah chia zungzal.

Saram pawl pawngkam ah ngakchia him in chiahnak

- Saram pawl he an i tuai le an i pehtlaih tik ah na fa kha naih tein zoh. Na zoh khawh hna lo ahcun, aa tlakmi khamnak in than hna.



INN LENG (OUT & ABOUT)

Mawtaw chung ah ngakchia him tein chia

- Mawtaw he hman tein aa ropmi a hnu lei a hoihmi silole hmai lei a hoihmi ngakchia mawtaw thutdan cohlaanmi hmang, cun ningcang tein aa rop ding in tuah.
- Ngakchia pawl cu rikhiahmi he an i rop ti lo hlaan tiang ngakchia thutdan ah an um awk a si. Hnu lei hoih khomi ngakchia thutdan (kum 2-3 tiang hrawng ngakchia thutdan) pawl cu caw khawh an ngah ii Australia ram chung ah hman a si.
- A thiammi tuah ter hna silole na fa mawtaw citnak thutdan zohfel. Our Safe Seats, Safe Kids program uses experienced, accredited fitters to provide free fitting and checking days across Victoria - visit safeseatssafekids.com.au to book your appointment.
- Na fa kha zeitikhmanh ah zohkhenhtu ngeilo in mawtaw chung ah chia ta hlah - mawtaw chung kih lum cu a leng nak in 20-30°C a lin deuh kho.

Na mawtaw lam ah Ngakchia himnak sernak

- Ngakchia pawl kha mawtaw lam, lamlennak, lam cung silole mawtaw dirnak hmun pawl ah lente celh ter hrim hna hlah.
- Ngakchia pawl kha mawtaw le leilawng mawnghnak lam cung ah tha tein zoh hna.
- Mawtaw kha vel hmasa law na thawn hlaan ah tha tein zohfel ta hmasa.

Ngakchia pawl lam pawng hrawng le mawtaw cung ah him in chiahnak

- Kethum ngei leng, scooter, satbing silole a dang lengke thil pawl i cit tik ah tha tein aa ropmi le a himmi luchinh i chinh langmang awk a si.
- Na fa kha mawtaw lam he aa hlatnak ah chia.
- Lam pawng ah na fa kut kha tlai zungzal law a himmi ziaza pawl a si mi **'Dir, Zoh, Ngai cun Ruat' timi kha chim hna**

Hmahngal tein a bawmtu