

Mah lio dirhmun ah hin na fa cawlcanghnaak cu a karh lai ii lam kal hram a thok lai. Thil theih an duh tuk fawn lai - bizu on an i zuam lai, mei an hmih an van lai cun a um tiah an theihmi thil pawl an kawl lai, hmuhnak in thuh an si hmanh ah! Mah kum ah hin na fa nih zeithil paoh an kaa ah i tuh nak in 'teh' dih an duh lai. Ngakchia nih a caan ah cun upa pawl cawlcangh ning an i laak, cu ruang ah zohchunhtlak ziaza neih ding a biapi tuk.



INN AH

Ti kholh tik ah tisa duahnak le ti pilnak a cang khomi awr ter:

- 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. Tikholhnaak 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.
- Tikholh tik ah na fa he um zungzal cun tikholhnaak ah na fa kha a dang ngakchia upa deuh he zeitikhmanh ah chia ta hlah. Dawnkhaantu a chuah ahcun, phone silole innka kingh thawng tibantuk, na fa kha nangmah he i ken.

Rawlpek lio ah tisa duahnak, i haknak le tlaknak in khamh:

- Point pa 5 aa telmi thirtung pawl he a sangmi thudan ah ngakchia cu him tein chia.
- Rawl hak pawl kha chuang law fangvui puah, mepe, mitsur hring le fangvui changreu tibantuk kha hrial hna.
- A sami rawl le dinhang pawl kha phak khawh lo nak hmun ah chia law zeitikhmanh ahna fa pawng ah tisa i ken hlah. Thawl silole hrai in a si hmanh ah na fa na pek hlaan ah cawhnuk a kih lum kha zohfel ta zungzal.
- Sii cakhenh pawl kha tha tein rel zungzal.

Na fa a ih lio le a thil aa hruk lio ah him tein chia

- Mei nih a kangh khawhnaak a niammi thilpuan kha thim hna.
- Ngakchia kha a khaan chung kik lum he aa tlak ning in hruk aih - a lummi, a lin tuk lo, a kik tuk lo.
- Na fa na ih ter hlaan ah ngakchia ii khadidawr, luchinh lum le hri pawl kha phoih ta hna lhkhun silole ihnak cu thlalang awng le innka puanzar cun hmuh lo mi hri pawl silole fawi tein thial khawhmi thil pawl he a hlat ah chia hrim.
- lhkhun pher cu ruanternak (adjust) tuah cuticun ngakchia a kai le tum runvennak ding ah a niam bik hmun ah a um lai.

Na inn kha him tein chia

- Inn chung ah ngakchia a hmuhnak in tih a nung khomi thil pawl hmuhnak ah na bawh buin i chawc cun tih a nung kho tawnmi thil pawl na hmuhnak bawmh ding ah kanmah ii **Home Safety Checklist** kha hmang.
- 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 **13 11 26 in** Poisons Information Centre kha chawn hna.
- Siivai pawl (tcn. thianhnaak 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.
- Na tikholhnaak 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 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 thawrpat 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 theihnaak caah kal.



LENTECELHNAK AH

Sitvai, kanghnak, tlaknak le mawtaw mawnghnak lam cung ah tliknak tibantuk pawl tih a nungmi zawr ter

- Meipeknak, hlei, mawtaw mawnghnak lam, le a dang tihnung mi thil pawl he a hlat ah na fa caah a himmi hmunhma ser. Playpen silole himnak gate nih tihnungmi thil pawl ngahnak an kham khawh lai.
- Ngakchia pawl cu mawtaw pawl pawng ah tha tein zoh hna - a dang upa pawl he i chawnbia law na fa ho dah a zoh peng timi kha hngal.
- Kum he aa tlakmi, a sau a nguhami le tawl khawhmi, cun a rawkmi silole a tlaumi part a umlo mi lencecelhnak kha thim. A tang lei datkhe a ummi lencecelhnak pawl kha hrial hna silole datkhe pawl cu laak khawh lomi an si nak hnga feh ter.
- Na fa cu lencecelhnak thilri pawl a tonghnak cung ah khan tha tein zoh law a kum cun a thanchonak dirhmun he aa tlakmi thil pawl kha thim.
- Lam hak le dum a donghnak tibantuk tihnungmi hmun he aa hlatnak ah lencecelhnak 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 dum ah siivai a ngeimi thingkung a um le um lo zohfel law thawn hna, silole phak khawh lo nak hmun ah chia hna.
- Nika a theimi siding philh hlah cun **Slip, Slop, Slap, Seek le Slide zungzal.**
- Ngakchia kha saram pawl lak ah zohkhenh zungzal. Na zoh khawh lo ahcun, aa tlakmi khamnak he ridannak tuah.

Pilnak tihnungmi zawr ter

- Ti centimetres tlawmpal a zawimi zeithil paoh tihnungmi pilnak thil an si kho. Ngakchia a ban nih a banh khawhnak ah zeibantuk ti hmanh a si ah tha tein zoh. Hman dih paoh ah tilionak, bawm, pung le tikholhnak vialte lawn ter.
- A himmi khamnak pawl cu 30cm nak in a thok deuhmi le a kau deuhmi ti lionak vialte 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.



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 rikhihmi 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 cawk 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 - tmawtaw chung kih lum cu a leng nak in 20-30°C a lin deuh kho.

Ngakchia thil pawl hman tik ah khawnden khawhnak a cang khomi zawr ter

- Australian Standards a tlingmi kutnamleng(pram) silole leng(stroller) hmang, cun zal violate kha aa leimi hrial nak ah kutnamleng tang ah chia dih hna. Pekmi hri kha hmang zungzal cun kapza(hinges) ah kutdong pawl an i ceh khawh caah i ralring.
- Ngakchia puakpuan silole cawinak thil na hman ahcun, **TICKS zulhpung zul hrim - a fekmi**, na fa hmai **nammah hmuhnak** ah a um zungzalmi le hnamh ding tluk in **aa naihmi** ngakchia ii a kha na tang ah, **chiah** khawhmi, le ngakchia keng, sa domtlaimi.

Lencecelhnak thil silole thil chiahnak pawl cu tihnungmi thil pawl he a hlatnak ah chia hna.

