

3 ½ – 5 ½ Kum

Mah tein Khuasa (Independent) Tuahballo mi a tuahngamtu

Na fa cu mah tein khuasaknak le tuahballo mi tuah duhnak a karh chin thluahmah mi a hung si, a caan ah thil a hlathlai cun a cung ah a kai. Mah caan ah hin, ngakchia pawl nih tihnungmi thil tlawmte theihnak an ngei ii dongcat lo in zoh an herh.



INN AH

Na inn kha him tein chia

- 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. Na fa nih datkhe a dolh rua tiah na ruah ahcun, **Poisons Information Centre kha 13 11 26** ah chawn colh.
- 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. A sami rawlchuannak um, tisa sonak silole meipeknak pawl cu na fa nih a banh khawh lo nak hmun ah chia hrim hna.
- Mei kangh luatnak plan ser law na fa le he punghmaan te'n cinh uh.
- Na fa le kha 'dir, thlah, i huhphenh cun ril' timi chim hna an thil mei nih a tlaih ahcun a thar in tuah ter than hna cun 'kun bawh bu in cun kal, kal, kal' timi chim hna cun mei nih an thil a tlaih ahcun a thar in tuah ter than hna.
- Na fa cu mei 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.
- Innkaa cung ah le ngakchia ii a lu cung thlalang awng cung ah a dukmi muici sticker in banhmi chia cuticun an chuahnak lam ah thlalang a um timi an hmuh khawh lai.
- Siivai pawl (tcn. thianhnak thil pawl, pesticides, siicai 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.**
- 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. Laakhruak ton caan ah ngakchia pawl kha zeitindah Zero Pathum hmeh a si timi cawnpiaq hna.



INN 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, cun thinghawng tibantuk a nemmi hnah pawl kha chia hna law thilri tang ah a tlawmbik 30cm a thuk in tuah.
- Ihlawhnak (trampolines) pawl cu kum 6 tang ngakchia pawl caah hmang ding ruahnak pek a si lo.
- Na fa ii kum le a thanchonak he aa tlakmi lentecelhnak pawl kha thim hna.
- A tang ah datkhe le tan-leih a ummi lentecelhnak pawl kha ralring, an pahnih nih hliamnak tihnung an chuah pi khawh.

Ti pilnak tihnung zawr 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.
- Na fa kha ti lio a chekhaan chim law tilio cawnnak pawl ah min pe.
- 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 lo ahcun, aa tlakmi khamnak he ridannak tuah hrim.



INN LENG (OUT AND ABOUT)

Mawtaw chung ah ngakchia him tein chia

- 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.
- 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.
- Na fa cu a size rikhihmi leng a than hlaan lo a tu a thutnak ah thut ter. Ngakchia pawl nih step **5 zohchunhnak** an awn hlaan lo thutnak a hlei in chap piakmi in i thial ding ah an i ready rih lo - ngakchia tam deuh cu mah zohchunhnak hi kum 10-12 an si hlaan tiang an awng lai lo
- A thiammi tuah ter hna silole na fa mawtaw citnak thutdan silole chapmi thutdan zohfel. Our Safe Seats, Safe Kids program nih Victoria chung hmuhtonnak a ngeimi, a thiammi hna hmang in a lak in rop ternak le zohfelnak ni pawl a pek- safeseatssafekids.com.au ah na tonnak laak ding ah zoh.

Na mawtaw lam ah Ngakchia himnak sernak

- Ngakchia pawl caah mawtaw lam le leilawng kalnak he a hlatnak ah a himmi hmun ser.
- Ngakchia pawl kha mawtaw le leilawng mawngnhak 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

- Lam pawng ah na fa kut kha tlai law a himmi ziaza pawl a si mi >'Dir, Zoh, Ngai cun Ruat' timi kha chim hna
- A thami bianabia chiahnak in na fa kha mawtaw lam phunglam zulh ding chim.
- 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. Ngakchia pawl nih kut hlah, kiu le khuk dan pawl skate silole scooter an i cit tik ah an i hruk awk a si fawn.

