

# Fa Hrin Hnu Ngandamnak Timhtuahnak

*Mah fa hrin hnu timhtuahnak hi nangmah le na fa nunnak chung ah a tu lio a biapi tukmi caan chung ah na herh khawhmi na thinlung lei ngandamnak le thatnak, bawmhnak, le a hram pawl kong na ruahnak ah an bawmtu ding ah suai mi a si.*

## Ihnak

Ihnak hi na ngandamnak caah a biapi tukmi a si nain nau no ngeihnak nih a za tawk in ihnak ah harnak an pek khawh. Ngakchia pawl caah caan tawi lawng ih cu punghmaan a si, an upat deuh ah duhsah tein a sau deuh. Na ih caan zong na fa a chuah hnu in duhsah tein aa thleng lai asinain a tang lei pawl hi naa dinhnak bawmtu ding ah na tuahchunh khawh hna.

- Nangmah nih na herhmi suimilam 7-9 ihnak ngeih ding ah voikhat ah suimilam 2-3 in na ih a herh kho.
- Inn ah ngakchia rawl an pekpiak kho ding a dang na ngeih hna a si ahcun, a dang upa sin ah ngakchia kha chia law ihnak ah kal.
- Ngakchia aa hlauh hnu ah ih ding naa harh a si ahcun, electronics thil pawl kha hrial hna; mah can ah cauk, journal relnak, silole thinlung daihnak lei ngaihnak pawl tu tuah hna.
- Ngakchia a ih hnu ah ih ding naa harh thiam rih a si ahcun, siibawi kha pehtlai.
- Chikhat hngilhnak, ti i kholhnak, silole upa cheukhat he chawnhbiaknak tibantuk pawl na tuah khawh nakhnga na fa he an bawmtu ding chungkhar silole hawikom sin ah bawmh hal.

## Tha tein Ei & Ti Dat i Bauter Hlah

- Mah pawl hi a za tawk in ei: protein, tisik anhnah, thingthei, fang in tuahmi rawl pawl.
- Naa dinh caan silole ngakchia na zohkhenh lio ah na ei khawh nakhnga “timhcia” rawl pawl i chiah.
- A zungzal in na pawng ah ti hrai khat silole bu khat i chiah cun ti a tu le tu tein ding.

## Cawlcang & Leng ah Chuak

- Nangmah nih pum cawlcanghnak silole i samhnak lei cawlcanghnak pawl na tuah khawh cang le tuah khawh lo na siibawi he zohfelnak tuah.
- Nikhat cawlcanghnak minute 30 i tim! Lamlenak, a fawimi inn rian (inn thianh, thilsuk, rawlchuan) silole dum tuahnak, chikhat dawr ah kal ta silole midang he leng chikhat chuah ta.
- Nifatin leng ah chawh ding i zuam, duhsah tein lam lennak ca a si hmanh ah.

## I Pehtlai

- Bawmtu chungkhar le hawikom pawl he i pehtlai in um.
- Caantawi i lenkai ding le “lenkai caan” i fian ding cu forhfiat.



## Laaknak Hram pawl

[How Does Being a New Parent Affect Sleep? \(www.sleepfoundation.org/sleep-deprivation/parents\)](http://www.sleepfoundation.org/sleep-deprivation/parents)

[Help Me Connect \(helpmeconnect.web.health.state.mn.us\)](http://helpmeconnect.web.health.state.mn.us)

[Nutrition by Life Stage \(www.nutrition.gov/topics/nutrition-life-stage\)](http://www.nutrition.gov/topics/nutrition-life-stage)

[Minnesota Doula Registry \(www.health.state.mn.us/facilities/providers/doula/index.html\)](http://www.health.state.mn.us/facilities/providers/doula/index.html)



## DEPARTMENT OF HEALTH

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*Mah konglam hi a dang phun in ngahnak ding ah, kaa hi chawn: 651-201-3650.*



## A Hlaankan in Timtuahnak Ngei

Ka inn chung ah i dinhnak caah a tha bik hmun cu: \_\_\_\_\_

Ngandamnak he aa tlakmi, a fawimi rawl ei ka duhmi cu: \_\_\_\_\_

Ka herh caan ah bawmh ka hal khawhmi minung:

1. \_\_\_\_\_

2. \_\_\_\_\_

Nau no he cawlcanghnak le hawi dang he kaa pehtlaih khawhnak lam pawl cu:

1. \_\_\_\_\_ 2. \_\_\_\_\_

Mah tuahnak bawmtu ah ka hman khawhmi cawlcanghnak pawl (dawrkalnak, innthianhnak, tbk)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## A Can Sual ah

Ngakchia thar ngeih cu thlennak nganpi a si.

Nangmah le na fa bawmh ding ah a ngahmi hram pawl an um. Zuamcawhtu pawl an chuah ahcun, mah pawl theih cu a tha i bawmhnak a ngah.

Keimah i a hramthawk hmelchunhnak pawl ah ka lung a nuam lo, ka lungre a thei silole ka lung cawlcang tuk:

- \_\_\_\_\_
- \_\_\_\_\_

Um khua nuamhlonak kong chim cu a har kho men. Mah ti na ruah a si ahcun, ho dah na chawnh lai?

\_\_\_\_\_

Zeidah na chim lai?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Bawmhnak La

Laakhruak a si lo nain, ruahnak ka herh tik ah:

- **Siibawi zung – chun caan:**  
\_\_\_\_\_

- **Zung hnu siibawi/siikhaan:**  
\_\_\_\_\_

### Laakhruak Chawhnak pawl

- Bawmhnak ngah colh ding ah: **911 chawn**
- **988 Nunnak i Laaknak le Harnak Chawhnak:** 988 chawn (A hlaan Nunnak i Laaknak Khamnak Chawhnak) silole 1-800-TALK (8255)
- **Rampi Naupawi Thinlung lei Ngandamnak Chawhnak :** Chawn silole cakua 1-833-9-HELP4MOMS (1-833-943- 5746)

### Laakhruak Silomi Bawmhnak pawl

- **Mother-Baby HopeLine at Hennepin Healthcare:** (612) 873-HOPE silole (612) 873- 4673 - Hopeline cu harnak ton tik chawnhmi pone line a si **lo**. Thinlung lei ngandamnak siibawi nih ni 2 chung ah an chawnh than lai.
- **Naupawi & Fa Hrin hnu Bawmhnak Minnesota:** chawn silole ca kua 1-800-944-4773, text en Español: 971-203-7773. Pumpek in riantuanmi hna nih zerhkhat ah ni 7 bawmhnak le thawngpang an pek.