



Hnuk-ding innchungkhar caah Theihernak Konglam

# Hnuk-ding Na Nau-no Hnukthleinak

World Health Organization le American Academy of Pediatrics nih biapi in hnuk-dinh cu thla ruk caah ruahnak an pek. Cu caan ah cun, rawl-no kha pek hram na thawk khawh i, pehtlai in hnuk na dinh khawh; nu-hnuk cu a hramthwk kum khat chungah rawl biapi a si ding a si. Kum 2 tiang asiloah tam deuh tiang peh ding, nau-no asiloah nangmah nih nan duh ning in.

Hnukthlei cu a fawi asiloah a hark ho. A hramthawk ah, cucu na duhmi a si ko kha i fiang. Cucu a lumsa, dawtnak hmuhton a si tikah, a caancaan ah cucu liamter i nehnu karhlan cu a hart awn.

Biatak in ruat, cucun naa fian ahcun, na nau-no sinah a fiangmi bia cu nap ek lai.

## Nu-hruaimi Hnukthleinak

Nu-hruaimi hnukthleinak timi cu nangmah zeitik caan ah tuah ding ti bia na khiah kha a si. Zarh khat ah voi khat hnuk dinh ngol (asiloah caan khiak) law a dang pek ding asiloah rawl-no he thlengnawng. Ni khat cio ah voi 8 in hnuk na dinh ahcun, cucu a zapi hnukthlei ding ah zarh 8 a rau lai.

Cucu na nau-no caah a dang phun rawlpeknak thlennawnnak le nangmah caah hnuk na dinhmi zorternak caah a nem i a nuarmi lam phun khat a si.

Cheukhat nule/nulepa nih caan sau hnuk-dinh in tuah kha an duh, ih caan hnuk-dinh ti bantuk.

Hi caan cu a herh ahcun ni 2-3 paoh ah hnuk pek lo tiin na tuah men lai. Na hnuk a tthom ahcun, siarem lonak kha an bawmtu ding ah ti-khal hmang.

Thlennawnnak i bawmh can ah nau-no kuh ding kha i cinken.

## Nau-hruaimi Hnukthleinak

Nau-hruaimi hnukthleinak timi cu nau-no nih a lung-duh tlaw in anmah tein hnuk an i thlei kha a si.

Cucu rawl-no an ei deuh i vawleipi kawlhawl hram an hun i thawk caah aa thawk men lai.

Nau-hruaimi hnukthleinak cu thla tampi chung a cangmi pung-hmaan thil sining a si. Na nau-no hruainak kha zul!

Hi bantuk hnukthleinak ah theihernak cu: Nawl hal hlah; nawl al hlah.

### Hi a si ahcun hnukthleinak thawn:

Nau-no asiloah a nu a zaw, siizung a kai.

Chungkhar khualtlawn, dinh caan chung asiloah lungretheih caan dangdang.

Nau-no a haa keuh.

A nu hnuk a phing.

Nau-no a hun tthanlian h lio a si.

Hnukthlei lio ah ngaihchiat le sunghnak ti bantuk teminnak na tuar men lai. Cucu na nau-no he nan i pehtlainak thlennawnnak le, hnuk-dinhnak i na thisa aa thlen ruangah a cangmi an si. Na hnu ah a phingmi le, “a bomi” an um maw ti kha kaw. An loh dih hlan tiang hnuk-dinh chungah nem tein hei malit. Na siamrem lomi zorter ding ah zeitik caan paoh ah hnuk chuahnak asiloah hnuk surnak cu na hman men lai. Taklinh, muici um lo asiloah a nem, asiloah a tlaw lo dingmi a bomi na ngeih ahcun, nangmah Bawmtu kha pehtlai. act your Provider. Sage le peppermint an in bawmh men lai. Ti-khal asiloah cabbage hnah zong na hnuk caah ni khat ah voi tampi na hman men lai.

Pekmi hngalhternak konglam cu a tlangpi thiehnak le hngalhnak ding hmuitinh ca lawng ah tinhmi a si. Thiamsang sii-ai lei ruahnak pekmi caah hman ding tiin tinhmi le tuahmi a si lo. Nangmah asiloah na nau-no ngandamnak kongkau ah biahlnak na ngeih dingmi caah cun ruahnak peknak caah na ngandamnak zohkhenhtu kha kaw. Hi theihernak konglam na ngah ruangah zeitik hmanh ah thiamsang ngandamnak lei ruahnak pekmi laak lo le tlaw deuh ah kaw in um hlah. Hi konglam i laak ding ah zalong tein ruat ko CC BY-ND. Hnuk-dinhnak Fimcawnnak Thilri 2023.