



Ua lis cas koj quaj dab tsis? Nws yog me nyuam hniav xws, puas yog?

Tsis yog! Koj puas tau mob hniav lub sij hawm thaum koj tseem ua hawj lwm, thiab lub sij hawm ntawv koj tseem muaj kev ntshov siab? Nws nyuaj puas yog? Cov menyuam uas mob hniav tseem mob tshaj vim lawv tsis paub piav qhov mob. Vim li ntawd, thaum me nyuam mob lawm lawv thiaj coj tus cwj pwm tsis zoo. Tej cov me nyuam uas muaj mob loj hom yoog taus tus mob, tej zaug yuav tsis paub nyob yog tsis qhov mob ntawv. Lawv mus pw los mob, sawv los mob. Nws muaj feem rau tus me nyuam lub zog thiab tej zaug ua rau me nyuam tsis paub txog lawv tus kheej.

Raws li ib qho kev tshawb fawb, 28 feem puas ntawm cov menyuam me uas tseem nyuam qhuav pib kawm ntawv muaj kab noj hniav. 40 feem puas menyuam mus qib Kindergarten muaj kab noj hniav thiab.

Tej yam tshwm sim los ntawm kev mob hniav heev :

- Me nyuam lub hlwb khiav ceev heev thaum lawv tseem mos liab. Cov me nyuam uas mob hniav tas li yog cov lub hlwb nyob rau qhov “ntshai los yog khiav.” Qhov no txhais tau hais tias tus me nyuam zoo li ib tug uas nyob nrog kev tsim txom thiab tsis muaj tus saib xyuas.
- Tsis ntev los no kev tshwb fawb muab kev tsis kho kab noj hniav txuas nroj mob ntshav qab zib hom 2, plawv tsis ua hauj lwm thiab kev tuag vim lub hlwb ua paug (kab mob) uas pib nyob rau hauv lub qhov ncauj los yeej muaj thiab.
- Cov me nyuam (thiab neeg laus) uas cov hniav lwj thiab pos hniav o yog cov tsis tshua luag. Feem ntau lawv tsis muaj kev xav zoo rau lawv tus kheej thiab tsis xav ntaus kev phooj ywj tshiab.

Yauv ua lis cas?

- Ua ntej koj tus me nyuam muaj hniav, tu nws cov pos hniav tom qab noj mov tas nrog ib daim ntaub huv huv, ntub daim ntaub, muab so cov pos hniav thiab lub qhov ncauj. Kav tsij tu cov pos hniav thiab cov hniav thaum cov hniav tuaj.
- Rau cov me nyuam uas muaj 2 xyoos rov sauv, muab ib qho tshuaj txhuam hniav luaj li lub noob (ADA pom zoo) rau ib tug pas txhuas hniav me me thiab mos mos los siv. Tom qab txhuam hniav tas lawm siv hlua dig hniav! Tu cov hniav, yam tshawg kawg ob zaug ib hnuv thiab tshwj xeeb tshaj yog thaum mus pw, yoh ib qho tseem ceeb rau thaum koj luag ntshi.
- Cov me nyuam yuav tsum tau siv cov tshuaj ntxuav hniav uas muaj fluoride. Yog koj tsis paub tseeb tias koj tus me nyuam tau cov tshuaj fluoride, nug koj tus kws kho hnuav, kws kho mob los yog ib tug kws ntsuam mob.
- Noj zaub mov thiab khoom txom ncauj uas zoo rau koj lub cev. Kis kab mob los ntawm ib tug neeg uas muaj kab noj hniav thiab cov zaub mov uas muaj piam thaj ntau ntau yog tej yam uas ua rau me nyuam muaj kab noj hniav.
- TSIS TXHOB muab koj tus me nyuam mus pw nrog ib raj mis los yog ib lub khob nqus dej qab zib, tsuas pub thaum raj mis los los yog lub khob ntawv muaj dej xwb. Cov kua qab zib ntawv yuav ua ib pag nyob ib ncig ntawm tus hniav thiab yoj nyob ntev mus yuav us rau cov hniav lwj.
- **Coj koj tus me nyuam mus cuaj kws kho hniav thaum tus me nyuam muaj hnuv nyoog ze ib xyoo ntawv!** Cov kws kho hniav muaj cuab yeej tshwj xeeb los tshem tawm cov kab mob ua ntej nws ua rau cov hniav lwj. Yog lawv txoj hauj lawm los kho kom neeg muaj kev zoo siab thiab muaj kev noj qab haus huv. Tseem ceeb: Yog koj tau teem caij thiab mus tsis tau, rov hu teem dua lwm lub sij hawm. Thaum koj tus me nyuam muaj sij hawm teem nrog lawv, lub sij hawm ntawd yog muab tseg rau lawv saib xyuas nws.
- Yog xav paub ntxiv txog kev kho hniav ntaub ntawv saib peb nyob rau hauv internet ntawm : <http://www.ifound.org/community/early-childhood/>

