



Nyeem Nrog Kuv Hnab Kawm Ntawv

Nqa tuaj rau koj los ntawm lub

Early Childhood Dental

Rau me nyuam

hnub yug

6 thiab hlob dua

No yog ib co kev ua si uas pab tau koj kawm lub tswv yim qhia nyob rau hauv phau ntawv no:

To Taub txog yam tseem ceeb ntawm me nyuam cov hniav:

Muab plaub tug me nyuam los sawv xub pwg-rau-xwb pwg tam li cov hniav. Thaum piav nrov nrov, mai mam “khob” ib tug “hniav” tawm. Ntxiv mus piav tias “cov me nyuam hniav tuav qhov chaw laus, tab sis thaum ib tug me nyuam hniav poob sai dhau lawm, cov hniav nyob ib sab ntawm tu hniav ntawv yuav qaij rau haus qhov chaw nrug thiab yuav ua rau cov hniav nkhaus.” Muab tus “hniav’ uas nyob puab qaij, ces muab lwm tus “hniav laus” sim txiv rau qhov chaw uas tsis tau kev.

Khoom noj khoom haus sib raws los sis kev nplaum:

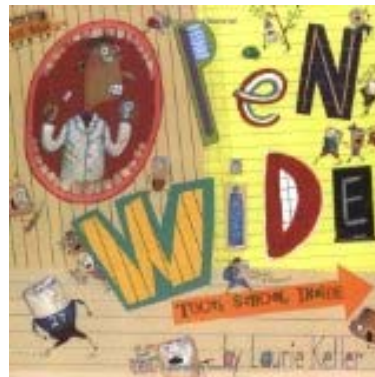
Nws tsis yog cov khoom noj thiab khoom haus qab zib xwb uas peb yuav tsum tswj rau peb txoj kev noj qab haus huv. Ntau yam zaub mov uas yog carbohydrate-based, xws li cov uas muaj hmoov nplej, yuav ua rau cov hniav muaj teeb meem nroj rau kav noj hniav thiab ua rau cov hniav lwj.

Muab khoom noj– nplaum thiab tsis nplaum (txiv hmas txiv ntoo thiab zaub, ncuav nkig, txiv quav ntswv qhuav, khob cij, khoom qab zib, roj txiv laum huab xeeb, cheese.) Twv ua ntej koj sim sees nws nplaum npaum cas.

***Nco ntsoov mus txhuam hniav los yog yaug koj lub qhov ncauj tom qab no.**

Kab mob ua rau muaj Kab noj hniav:

Nchuav ib qho glitter me me rau koj txhais tes. Piav rau tus (cov) me nyuam hais tias nws zoo li cas yog muaj kab-ua-mob thiab co tus “hniav” txhais tes nyob puab koj. Tam sim no tus “hniav’ co tes nrog the “hniav” nyob puab nws, thiab li ntawd, Npaus li cas tus hniav yuav lwj vim lawv tau kab mob? Yuav ua licas thiaj li tau? Ntxuav koj ob txhais tes nrog xab npum thiab dej. Piav sees yog li cas kev ntxuav tes zoo li kev txhuam hniav, ntxuav cov kab mob mus kom tag.



Phau ntawv no siv rau cov laus qhia menyuam xyau txhuam hniav:

Phau ntawv uas muaj xim zoo nkauj thiab kev kawm no yuav qhia txog kev tu hniav, rog rau kev lom zem txog ntawm kev noj qab haus huv rau tibneeg lub qhov ncauj.

Thaum koj nyeem, nyeem ib nploog zuj zus, nco ntsoov nyeem cov ntawv me me, nrog rau cov ntawv loj. Tus me nyuam puas nkag siab txog qhov kev lom zem? Yog tsis paub, pab piav mentsis rau nws.

Tom qab koj nyeem phau ntawv tag, pab koj tus me nyuam nrog cov lus xeem. Koj tau pestsawg qho yog? Yog tus me nyuam tsis nkag siab lub tswv yim, pab nws txuas rau lo lus nug thiab qhia sees lub tswv yim piav qhov twg hau phau ntawv.

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