



Kutpi, kutdong le a deumi dawp awk pawl dawp



Kutpi, kutdong asiloah a deumi dawp awk pawl dawp cu ngakchia pawl nih an siaremnak ah an rak hmanmi a si in an upatdeuh in an hman ti lomi a si.

Kum 4 tlin hnu ah dawp hmanrihnak nih a chuahpi khawhmi hna cu:

- ha pawl i nget lo – ha pawl i nge lo in an um kho, mah nih khan rawl khainak a hnorsuan khawh
- holh leiah dawnkhannak – a deumi dawp awk dawpnak nih awfiang tein biachim an thiamnak zong a dawnh khawh hna
- ha rawhnak – a deumi dawp awk ah a thlummi pawl tahchunhnak ah khuaihlti tibantuk nehnak nih ha pawl a thut in a kuat ter khawh.

Mah ziaza hlauhnak bawmtu caah tuah awk a thami pawl

- **Caan la** – a deumi dawp awk a hmanmi chikhat te ah ngawlternak nih adang pawl dawpnak ziaza a ngeih ter khawh.
- **A deumi dawp awk a hmanmi caan kha rikhih paik** – thatein a ih thiamnak hnga duhsah le nem tein a ih caan ah a deuhmi dawp awk a hmanmi kha laak piak.
- **Conglawmh pi** – mah a ziaza a hlauh caan ahkhan nafa kha conglawmh/ thangthat asiloah laksawng pe.
- **A nuammi cawlcangh/lentecelhnak in a zia kha philh ter** – a kut a lawnnak hnga lo lentecelhnak, cawlcanghnak le cauk tibantuk pawl kha pe.

Mah an ziaza hlauh le ngawl ter cu a fawi lo sihmanhsehlaw lungsaunak nih teinak an pek lai.



Tamdeuh hngalhnak le bawmhna

- Na community health nurse kha chawn.
- Na ha le kaa lei ngandamnak an zohkhenhtu i zoh ter.



Smiling Starts (Nihnak in Thawh) an website ah khan kal law an video tawi tete kha zoh cun adang hngalhnak konglam pawl an tialmi zong kha rel.

**Halding na ngeih ahcun
1800 939 666 ah chawn.**

Early Childhood Dental Program



Hngalhternak: Mah cachuahmi hi cu cawnpiaknak le hngalhternak sawhsawh ca lawngah an si. Ngandamnak he pehtlai in ruahnak hal na duh ahcun a thiammi le dotlami siilei thiamsang pawl kha pehtlaihnak tuah hna.

Mah ca hi mitlamtinglo pawl caah an herh le halning in phundang in chuahpiak khawh a si.

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