



Ha a hmemi tete caah tuahawk a thami pawl

Thla 18 tang ngakchia pawl caah

Bawhte ha pawl an biapitnak cu:

- ngakchia pawl rawl einak le thannak a bawmh hna
- ngakchia pawl fiangtein bia an chimkhawhnak a bawmh hna
- an khabe le muihmai pungsan chuahnak a bawmh
- a zungzal ding an ha caah hmunhma a chiahpiak hna
- a ngandammi le duhnungmi an nihnak le an mahlemah an i uarthlannak caah a bawmh hna



Hatawnak caah tuahawk a thami pawl

- Rawl an ei dih in a ha pakhat cio i a hmailei le hnulei kha a thiangmi le a cinmi puanthan in hnawhpiak hna.
- Na fa a ha kheuh hram an i thawk khan a hmemi le a nemmi hatawnak kha hman hram thawk.
- An duh ahcun hatawnak hman kha thawk sihmanhsehlaw upa pakhatkhat nih an ha tawl kha bawm hna uh.



Smiling Starts (Nihnak in Thawk) 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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