



Hatawlnak caah tuahawk a thami pawl

Ngakchia kum 0-5 kar pawl ca

Na fa a ha an kheuh le cangka tein tawl hram thawk hna. A nemmi puanthan, lachawn asiloah a nemmi ngakchia hatawlnak kha hmang.

Hatawlnak thimnak caah tuahawk a thami pawl

Hatawlnak mah bantuk pawl hi kaw:

- a lu hmemei te
- hatawlnak zawn a nemmi
- tlaih a fawimi a permi hatawlnak.

A rawng aa dawhmi hatawlnak hmanna nih an hatawl zong kha a nuamh ter hna lai.

Hatawl tikah tuahawk a thami pawl

- Duhsahtein ha le hani kha a kulh pungsan (circle) in tawl
- Ha vialte kha an hmailei he hnulei he pakhat hmanh hrelh lo in tawl.

Zingfatin le zanfatin na fa hatawl piak kha a ha ngandamnak caah a tha bikmi an si kha philh hlah.



Smiling Starts (Nihnak in Thawk) an website ah khan kal law an video tawi tete kha zoh cun adang hngalhna 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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