Paub koj tus

ME NYUAM MOS LIAB

HNUB YUG *mus txog* MUAJ 6 HLI

Hais txog Koj tus Me Nyuam Mos Liab

Me Nyuam Mos Liab lub Npe

Hnub Yug

Sij hawm

Yug qho twg?

Hnyav li cas

Ntev li cas

Qhov Muag thiab Plaub Hau Xim Dab Tsi

Muab koj tus me nyuam mos liab daim duab lo rau ntawm no. (2.5″ x 3.5″ Hom ntim tau hauv hnab tawv me)

Lus Cim rau tus Kheej:

California

ME NYUAM MOS LIAB

TEJ KEV COJ CWJ PWM

txoj Kev Tshaj Tawm txog

Muaj ib tug me nyuam mos liab yog ib lub sij hawm zoo kawg! Kawm txog koj tus me nyuam mos liab tej kev coj cwj pwm, yuav pab tau kom koj to taub txog saib koj tus me nyuam mos liab xav tau kev pab dab tsi. Phau ntawv no yuav teb txog cov lus nug lossis tej kev txhawj xeeb uas tej zaum koj muaj hais txog koj tus me nyuam txoj kev pw tsaug zog, tej cim qhia tias nws xav tau dab tsi thiab quaj.

TSAUG ZOG

Sawv hmo ntuj tsis yooj yim. Me nyuam mos liab pw tsaug zog txawv cov neeg laus.

Kawm saib cov me nyuam mos liab pw tsaug zog li cas.

nplooj **3**

TEJ CIM QHIA

Puas nyuaj rau koj paub hais tias saib koj tus me nyuam mos liab xav tau dab tsi?

Kawm saib koj tus me nyuam mos liab yuav nrog koj sib txuas lus li cas.

nplooj **9**

KEV QUAJ

Me nyuam mos liab quaj rau ntau yam, tsis yog vim tias lawv tshaib plab xwb.

Me nyuam mos liab quaj rau ntau yam, tsis yog vim tias lawv tshaib plab xwb.

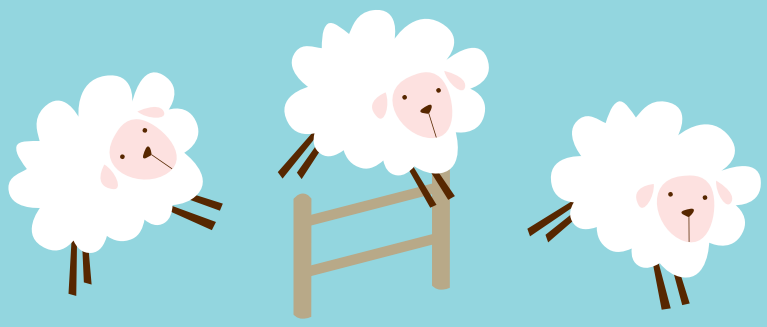
nplooj **15**

Koj tus me nyuam mos liab uas nyuam qhuav yug tau yuav sawv tuab ntws. Nws lub plab me heev, ces nws yuav tsum tau ib sib noj ib zaug.

KEV PW TSAUG ZOG

Zoo rau ME NYUAM MOS LIAB

Qhov uas pheej sawv hmo ntuj no yuav nyuaj heev rau cov niam txiv tshiab. Paub txog hais tias saib yuav ua li cas thiaj li yuav pab tau koj kom tso siab thiab nyob nyab xeeb.



Koj tus Me Nyuam Mos Liab txoj Kev Pw Tsaug Zog:

YUAV NPAJ LI CAS

Me nyuam mos liab yuav tsum sawv hmo ntuj. Sawv hmo ntuj tseem ceeb heev rau koj tus me nyuam mos liab txoj kev noj qab nyob zoo. Me nyuam mos liab yuav tsum sawv hmo ntuj los noj mis thiab thaum lawv xav tau kev pab kom nyob nyab xeeb thiab tso siab. Nco ntsoov hais tias, cov kws kho mob hais kom muab me nyuam mos liab tso pw ntxeev tiaj thaum muab lawv pw tsaug zog.

Me Nyuam Mos Liab tej Kev PwTsaug Zog

Ib txhia me nyuam yuav tsum tsaug zog ntau dua lwm cov. Thaum koj tus me nyuam loj hlob zuj zus tuaj, nws txoj kev pw tsaug zog yuav hloov thiab paub muaj caij. Nov yog qhov uas koj yuav ua li cas:

Cov me nyuam yug tshiab
Mus txog 6 lub lis piam Cov me nyuam mos liab yuav pws li 14 mus txog 16 teev ntawm sij hawm 24 teev twg. Tej zaum yuav zoo li lawv tsis tsaug zog ntau npaum li no vim lawv tsuas tsaug zog li ob peb teev ib zaug xwb. Qhov no yeej tsis ua li cas. Thawj rau lub lis piam, yeej qhia tsis tau tau koj tus me nyuam mos liab txoj kev pws tsaug zog li. Tus me nyuam mos liab tseem tab tom swm txhua qhov txhia chaw ib ncig ntawm nws, thiab tej zaum nws yuav xav tias lub sij hawm nruab hnub yog hmo ntuj ho lub sij hawm hmo ntuj yog nruab hnub lawm.

6 Mus txog 8 lub Lis Plam
Koj tus me nyuam mos liab yuav tsaug zog ntau dua rau yav hmo ntuj lawm vim nws sawv los nyob thaum nruab hnub ntau dua lawm. Qhov uas sawv hmo ntuj yeej tseem tsis ua li cas thiab nws zoo.

Thaum Muaj li 3 Hlis
Koj tus me nyuam mos liab yuav pw tsaug zog ntev tshaj rau yav hmo ntuj thiab nws yuav tsis sawv hmo ntuj heev lawm.

Thaum Muaj li 6 Hli
Koj tus me nyuam mos liab yuav pw tsaug zog mus txog li ntawm 6 teev twg ib zaug lawm.

Cov me nyuam mos liab yuav muaj tej lub sij hawm uas lawv sawv hmo ntuj ntau dua qub yog thaum lawv lub cev yuav hlob sai tuaj, lawv muaj mob, lawv lub caij hloov, los yog thaum lawv yuav txawj ua ib yam dab tsi tshiab xws li yuav xyaum ntxeev khwb rwg, los yog lawv yuav pib xyaum nkag.

Me Nyuam Mos Liab 2 txoj Kev PwTsaug Zog

Koj tus me nyuam mos liab yuav tsum tsaug zog rau ob yam kev pw tsaug zog tib si, dab ntub nyias thiab dab ntub hlob. Ob yam kev pw tsaug zog no puav leej tseem ceeb heev rau koj tus me nyuam mos liab txoj kev noj qab nyob zoo.

DAB NTUB NYIAS

Me nyuam mos liab xav tau qhov dab ntub nyias kom lawv cov paj hlwb thiaj loj hlob zoo. Me nyuam mos liab ua npau suav thaum lawv pw dab ntub nyias. Kev ua npau suav yog ib yam uas zoo rau lawv.

Thaum Pw Dab Ntub Nyias cov Me Nyuam Mos Liab:

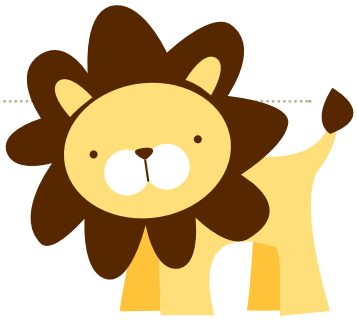
- Nti mus nti los thiab muaj suab sab nrov
- Ua qhov muag qaib lossis qhov muag qi rua qi rua
- Ua pa ceev thiab qeeb
- Ua npau suav
- Tsim duj dheev yooj yim

DAB NTUB HLOB

Me nyuam mos liab xav tau qhov dab ntub hlob kom lawv cov paj hlwb thiaj li tau so.

Thaum Pw Dab Ntub Hlob cov Me Nyuam Mos Liab:

- Tsis tshua nti heev
- Ob txhais caj npab thiab ob txhais ceg tsaug heev thiab muag nthas
- Ua pa ntshawv ntshis sib luag zos
- Ntxais qhov ncauj
- Tsis yooj yim tsim duj dheev



Me nyuam mos liab ua npau suav thaum lawv pw dab ntuj tseem nyias. Ib txhia me nyuam mos liab yuav tsim duj dheev yooj yim yog tias koj muab lawv tso pw thaum ua dab ntub nyias. Nco ntsoov xyuas saib koj tus me nyuam mos liab puas pw dab ntub hlob ua ntej koj yuav muab nws tso pw.

Tej Tswv Yim rau cov Niam Txiv uas Tsaug Tsaug Zog

Cov niam txiv tshiab yeej yuav tsum tau pw tsaug zog tsawg. Thawj ob peb lub hlis, lub sij hawm uas koj tau pw yuav luv npaum li 2-3 teev twg ib zaug xwb. Tej tswv yim no yuav pab TSIS tau kom koj tus me nyuam mos liab pw tsaug zog tas ib hmo, tiam sis tej zaum yuav pab kom KOJ tau pw tsaug zog tshaj ob peb feeb. Nco ntsoov, tias qhov uas koj tus me nyuam mos liab sawv hmo ntuj tseem ceeb heev rau nws txoj kev noj qab nyob zoo.

1

Cia koj tus me nyuam mos liab nyob ze koj thaum hmo ntuj

Cov kws kho mob ua kho me nyuam yaus hais tias yuav tsum muaj koj tus me nyuam mos liab lub me nyuam txaj (crib) lossis lub pob tawb pw (bassinet) tso rau hauv koj cha pw thaum thawj ob peb hlis. Thaum koj tus me nyuam mos liab tsim los thiab nws xav tau dab tsi, koj thiaj li tsis tau mus deb.

2

Sim mloog ib co "suab dawb"

Tso nkauj kom yau yau los yog qhib ib lub tshuab kiv cua yau yau kom koj thiaj li tsis tsim duj dheev thaum twg koj tus me nyuam mos liab nti. Koj yeej tseem hnov tau koj tus me nyuam mos liab thaum nws xav tau koj, tiam sis koj yuav tsis tsim duj dheev txhua lub sij hawm nws nti.

3

Cia lub teeb cig kom yau me ntsis

Cia lub teeb cig kom yau me ntsis thaum koj pub mis rau koj tus me nyuam mos liab, muab nws npuaj kom txhoj ua qais, lossis hloov nws daim dai pawj thiaj li yuav pab tau kom koj rov qab mus pw tsaug zog tau sai dua. Tsis TXHOB taws lub teeb cig yau yog hais tias koj ua ib yam tseem ceeb xws li yog thaum muab tshuaj pub rau me nyuam mos liab noj.

4

PwTsaug zog thaum koj tus me nyuam mos liab pw tsaug zog

Tej zaum ntxim li yuav ua tsis tau, tiam sis sim pw tsaug zog thaum koj tus me nyuam mos liab pw tsaug zog. Txawm tias koj tau pw tsaug zog li 90 feeb xwb los yeej pab tau koj los siav me ntsis lawm.

5

Thov kev pab

Zov koj tus me nyuam mos liab yeej yog ib txoj hauj lwm nyuaj heev. Thov koj tsev neeg thiab tej phooj ywg pab zov hauv vaj hauv tsev.

Koj thiab koj tus me nyuam mos liab
neb yuav tsim neb ib yam lus.

Me Nyuam Mos Liab tej

CIM QHIA

Me nyuam mos liab siv lawv lub cev thiab ua suab los qhia rau lawv niam lawv txiv paub tias thaum twg lawv xav noj, kawm, ua si, lossis so. Tej yam no yog hu ua tej cim qhia.

TO TAUB

Koj tus Me Nyuam Mos Liab tej Cim Qhia

1. Me nyuam mos liab lawv yug los muaj lub peev xwm nrog neeg sib txuas lus. Lawv siv tej cim qhia no qhia lawv niam lawv txiv saib lawv xav tau dab tsi.

2. Me nyuam mos liab tseem xyaum sis lawv lub cev. Qee zaum lawv tej cim qhia yuav to taub nyuaj. Ua tib zoo saib koj tus me nyuam mos liab koj yuav kawm tau tias nws xav tau dab tsi.

3. Xyaum tiag, koj tus me nyuam mos liab yuav txawj ua tej cim qhia kom koj paub tias nws xav tau dab tsi thiab koj los yuav nkag siab nws zoo dua tuaj.

4. Thaum koj pab koj tus me nyuam mos liab raws li tej yam nws qhia koj, ces neb yuav kawm sib txuas lus thiab sib raug zoo. Nws yuav tso siab hais tias nws nyob rau qhov chaw nyab xeeb thiab tsis muaj teeb meem.

Thaum Koj tus Me Nyuam Mos Liab Tshaib Plab

Cov me nyuam mos liab uas nyuam qhuav yug los tsis ntev yuav tsum noj mis ntau. Feem ntau lawv quaj thaum lawv tshaib plab ntau dua cov me nyuam mos liab uas hlob zog. Saib thaum twg koj tus me nyuam mos liab ua tej yam uas qhia tias nws tshaib plab lawm ces pub nws es nws thiaj li tsis quaj.

KEV TSHAIB PLAB

Thaum koj tus me nyuam mos liab tshaib plab, tej zaum nws yuav:

- Muab nws ob txhais tes tso ze ze nws lub qhov ncauj
- Quav nws ob txhais caj npab thiab ob txhais ceg
- Ntxais qhov ncauj nrov nrov
- Zawm nws ob daim di ncauj
- Nrhiav kom tau lub txiv mis (qhov ntug)

KEV TSAU PLAB

Thaum koj tus me nyuam mos liab tsau plab lawm, tej zaum nws yuav:

- Ntxais ib nyuag qeeb zog los yog tsis ntxais lawm
- Tso nws ob txhais tes thiab ob txhais caj npab li nws tsis muaj zog
- Tig mus tsis nrhiav lub txiv mis lawm
- Xyeeb tseg
- Cia li tsaug zog

Kuv Xav Nyob Ze Koj

Thaum koj tus me nyuam mos liab hlob zog tuaj lawm, koj yuav paub tias thaum twg nws xav nrog koj sib txuas lus, kawm, lossis ua si.

Tej zaum nws yuav:

- Ua nws lub ntsej muag thiab lub cev li nws nyob nyog
- Raws koj lub suab thiab koj lub ntsej muag
- Ncav tes rau koj
- Ntsia ntsoov koj lub ntsej muag
- Tsa nws lub taub hau

Kuv Xav Ua Dua Lwm Yam Tshiab

Xyaum us sis yog ib qho nyuab heev rau me nyuam thiab tej zaum lawv yuav nkees sai. Koj tus me nyuam mos liab yuav qhia koj paub hais tias nws xav ua sis dua nrog teej yam khoom tshiab.

Tej zaum nws yuav:

- Ntsia lwm qhov chaw, tig mus lwm qhov, lossis nkhaus nws lub nrob qaum
- Hnya los yog muab qhov muag ntsia nruj nruj
- Ua rau nws ob txhais tes, ob txhais caj npab, los yog ob txhais ceg txhav txhav
- Rua lo los yog cia li tsaug zog

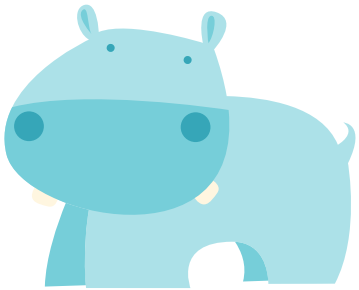
Saib tej yam koj tus me nyuam mos liab ua thiab pab nws ua ntej thaum nws quaj thiaj li yuav pab tau kom koj tus me nyuam mos liab tsis txhob quaj heev heev.

Kuv Yuav Tsum Ua Li Cas Yog Tias Kuv tus Me Nyuam Mos Liab Xav Kom Ua Lwm Yam?

Thaum koj tus me nyuam los liab ua tej cim uas qhia rau koj tias nws sab heev lawm, ces muab nws tshem taw mus so.

- Muab nws tshem tawm lossis tsum qhov uas nws ua ntawv es muab nws puag kom ze koj lub cev.
- Hloov qhov chaw ua si. Tib neeg thiab tej suab ntshoo ntshoo kuj ua tau rau me nyuam mos liab dhuav thiab. Muab nws tshem tawm ntawm lub suab ntshoo ntshoo thiab tos kom txog thaum nws rov qab xav ua si dua tso.
- Muab nws tso pw tsaug zog yog tias nws nkees lawm. Lub sij hawm ua nyob ntsiag to zoo rau neb ob leeg!
- Qhia rau cov me nyuam hlob txog tus me nyuam mos liab tej cim. Qhia rau lawv paub tias thaum tus me nyuam mos liab ua li cas ces yog thaum nws xav so lawm.

Cov me nyuam mos liab uas nyuam qhuav yug los paub txog lawv lub nruab ce yooj yim. Tej zaum ib txhia me nyuam mos liab kuj yuav kus kes tom qab thaum lawv noj mis lawm. Ua siab ntev, muab lawv npuaj kom txhob ua qais , lawv yuav tsum tso paus lossis yuav tso quav.



Txawm hais tias ua tau rau koj ntxhov siab thaum koj tus me nyuam mos liab quaj los, qhov uas me nyuam mos liab quaj yeej tsis ua li cas. Nws yog ib txoj kev uas lawv siv los mus nrog koj sib txuas lus.

KEV QUAJ

Me nyuam mos liab quaj vim yog ntau yam,

tsis yog vim lawv tshaib plab xwb.

Me Nyuam Mos Liab cov

KUA MUAG

Qhov uas me nyuam mos liab quaj kuj ua tau rau cov niam txiv tshiab ntxhov siab me ntsis, **tiam sis quaj li no yeej tsis ua li cas**. Nws yog ib txoj kev tseem ceeb ua lawv siv coj los mus txuas lus tias lawv xav tau dab tsi. Thaum koj tus me nyuam mos liab loj zog lawm, nws yuav ua rau koj paub yooj yim tias nws xav tau dab tsi, thiab nws yuav tsis quaj heev lawm.

Thaum nws quaj, tej zaum koj tus me nyuam mos liab qhia koj...

Kuv xav ua lwm yam txawv
Kuv xav nyob kom ntsiag to
Kuv xav kom koj hloov kuv daim dai pawj
Kuv xav nyob ze koj
Sov sov kuv los yog no no kuv
Kuv xav tau kom koj pab npuaj kuv kom
kuv tsis txhob ua qais
Kuv yuav mob
Kuv tshaib plab
Kuv ntshai
Kuv nkees nkees

Tej Kev Ua Koj Yuav Ua Tau los Pab Ntxias Koj tus Me Nyuam Mos Liab Thaum Nws Quaj

Me nyuam mos liab siv txoj kev quaj los ua txoj kev qhia txog ntau ntau yam. Lawv siv txoj kev quaj los qhia lawv niam thiab lawv txiv hais tias lawv xav tau nkawv pab. Thaum koj tus me nyuam mos liab quaj:

1 Xyuas Saib Yog Vim Li Cas Nws Thiaj Quaj

Piv txwv hais tias, puas yog nws:

- Xav tau koj hloov nws daim dai pawj?
- Sov sov lossis no no?
- Ntxhov siab?
- Nkees?
- Tshaib plab?
- Meem meem txom?

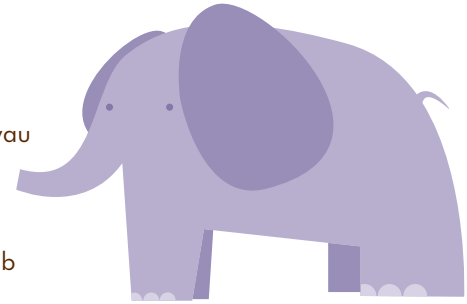
Tej zaum kuj yuav muaj tej lub sij hawm uas koj twb ua txhua yam tag lawm thiab tab sis koj tus me nyuam mos liab tseem quaj. Thaum muaj li no:

2 Muab Koj tus Me Nyuam Mos Liab Puag Ze Ze Koj

3 Ua mus ua los qhov qub ob peb zaug

Tej zaum koj yua tau sim ua **ib yam** raws li nram qab no:

- Hais lus nqee mos mos lossis hu nkauj yau yau
- Ua tib zoo qoj, tsaj los yog xwv koj tus me nyuam mos liab
- Ua tib zoo zaws nws lub nraub qaum, nws ob txhais caj npab, thiab nws ob txhais ceg



Nco ntsoov ua siab ntev. Kev ntxias koj tus me nyuam mos liab yuav siv sij hawm. Ua ib yam kom ntev ob peb feeb ua ntej koj yuav hloov mus ua lwm yam, tej zaum nws kuj yuav pab. Yog tias koj tus me nyuam mos liab tseem quaj ntxiv lossis haj yam chim ces mam li sim dua li ib qho uas teev tseg saum toj no.

Cov Tswv Yim uas Yuav Pab Koj vim Koj tus Me Nyuam Quaj

Tej zaum yuav siv sij hawm ntev me ntsis los ntxias kom koj tus me nyuam mos liab ntsiag thaum nws quaj. Qhov no yeej ntxim npau taws heev rau cov niam txiv.

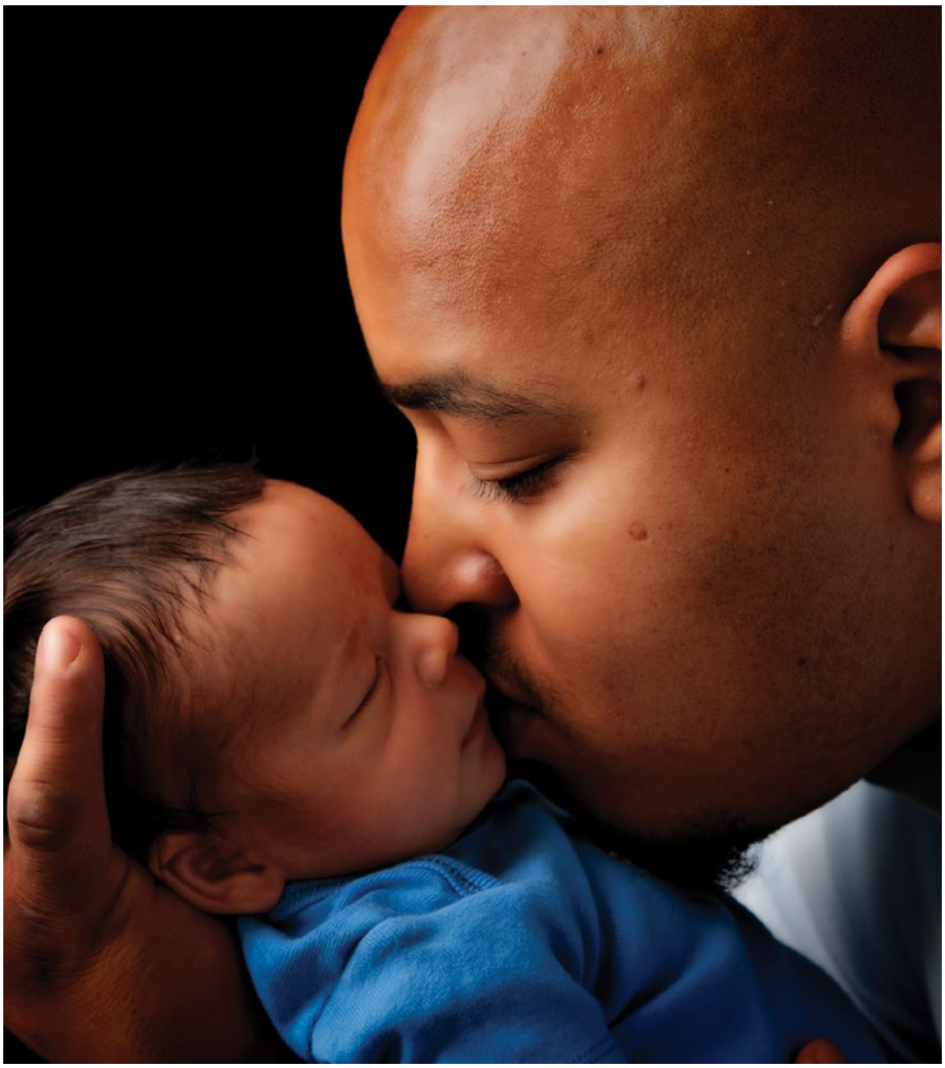
- Thov kom ib tug phooj ywg lossis koj tsev neeg ib tug ho pab zov koj tus me nyuam mos liab es koj ho tau so ib pliag.
- Yog tias koj chim lossis npau taws dhau, muab koj tus me nyuam mos liab tso pw ob peb feeb rau ib qho chaw zoo thiab mus so ib pliag.
- Nco qab ntsoov hais tias, me nyuam mos liab tsis quaj heev npaud thaum lawv loj hlob zuj zus tuaj.Remember, babies cry less and less as they get older.
- Tiv tauj qhov chaw WIC los yog koj tus kws kho mob yog tias koj xav tias koj tus me nyuam mos liab quaj heev dhau.

Pab koj zoo siab heev!

Ib qho ua zoo siab tshaj plaws ntawm qhov uas tau ua ib leej niam thiab ib leej txiv tshiab yog tau pom koj tus me nyuam loj hlob. Koj tus me nyuam mos liab yuav hlob ceev thiab hloov sai heev li. Ob peb hlis xwb koj tus me nyuam mos liab yuav xyaum ntxeev khwb rwg, zaum, nkag, thiab mus kev! Zoo siab rau tag nrho cov sib hawm ua yuav muaj los rau koj yav tom ntej no!

Daim DVD Paub Koj tus Me Nyuam Mos Liab

Daim DVD uas muaj nyob nrog phau me nyuam ntawv no muaj tej duab txog tej me nyuam mos liab ntxim hlub thiab lawv tej kev coj cwj pwm rau koj muab rau koj cov phooj ywg thiab tsev neeg tau saib.



California lub Rooj Tsav Xwm Saib Xyuas cov Pej Xeem Kev Nyob Zoo (California Department of Public Health),
California txoj Kev Pab WIC (California WIC Program)
Lub koom haum no yog ib qho chaw uas ntiav neeg tsis xaiv ntsej muag.
1-800-852-5770
In collaboration with UC Davis Human Lactation Center
5/15 #970031 Hmong
Kom tau xyuas tej yam qhia txog Me Nyuam Mos Liab tej Kev Coj Cwj Pwm, cia li txuas rau
http://www.cdph.ca.gov/programs/wicworks/Pages/WICCaliforniaBabyBehaviorCampaign.aspx