



Nyeem Nrog Kuv Hnab Kawm Ntawv

Txhawb nqa los ntawm lub
Early Childhood Dental Network

Phaus ntawv no yog rau
cov me nyuam muaj
hnub yog 1 xyoo rov
sauv.

Rau tus neeg laus tu me nyuam uas nyeem phau ntawv no:

Phauv ntawv no yuav pab qhia rau nej cov me nyuam siv tes ua zog txhuam hniav — thuam mus sauv thiab hauv, mus mus los los, cov hniav puas, cov hniav tabmeeg thiab txhua txhua tus hniav. Tom qab thaum txhuam hniav tag, siv “hlua dig hniav” thiab kuaj koj cov hniav. Phau ntawv no muab piv txwv zoo rau qhia thaum ntxov txog tswv yim ua lej ntawm: sab saum toj, hauv qab, ob sab, sauv thiab hauv, sab hauv thiab sab nraum no, thiab suav cov hniav.

Ua ntej koj nyeem, muab txhua tus me nyuam ib tug txhuam hniav tshiab los yog piav qhia rau tus (cov) me nyuam kom nws ua txuj tuav ib tug pas txhuam hniav.

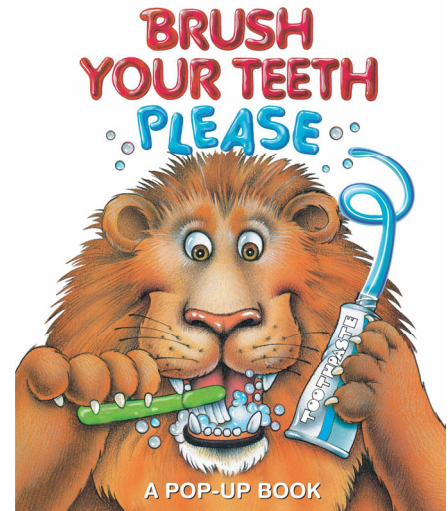
Yam yuav tau paub: Yog koj siv ib tug pas txhuam hniav tiag, nco ntsoov tsis txhob sib faib pas txhuam hniav and yaug and muab cia zoo zoo thaum ua si tag.

Piav lub ntsiab ntawm: hauv lub qhov ncauj, sab nraum lub qhov ncauj, sab saum thiab hauv qab cov hniav, los ntawm taw tes rau koj tus kheej lub qhov ncauj los yog rau ib tug menyuam roj hmab muab nyob rau hauv phau ntawv no.

Thaum koj nyeem, nres tom qab txhua nplooj ntawv thiab pab tus (cov) me nyuam qog cov lus tsa suab.

- Sauv thiab hauv
- Mus mus los los
- Txhuam cov hniav puas
- Txhuam cov hniav tabmeeg
- Txhuam txhua tus hniav nrog ib qhov tsa suab yeej me me

Nyob rau hauv nplooj ntawv txog hlua dig hniav, nrog tus shark, suav cov kaus hniav ua ke thiab hais nrov nrov nrog tus (cov) me nyuam, ces dig tus shark cov hniav.



Zaj Nkauj Hu:

“Ib Tug Pas Txhuam Hniav”

Hu mus rau lub suab nkauj Yankee Doodle

Tag nrho cov khoom nyob hauv lub zos
Tus txhuam hniav yog ib yam tseem ceeb.
Txhuam suam thaib hauv thiab ib puag ncij
Thiab txhob noj qhaub noom!

Ua Si

Siv daim ntawv luam uas muaj ib tug kaus hniav los yog kos ib tug hniav loj loj rau ib daim ntawv. Nruas ib cov ntawv muaj xim ces muab nphoo rau daim ntawv muaj tus hniav. Kom tus (cov) me nyuam siv ib tug pas txhuam hniav qub, pas tam xim los yog lwm yam pas los “txhuam” tus hniav thiab tu tag nrho cov “mov.” Siv cov ntsiab lus xws li, “saum toj ntawm tus hniav,” “hauv qab ntawm tus hniav,” thiab “tag nrho ib ncig.”

Txhawb nqa los ntawm:

