



Preschool yog ib qhokev muaj siab rau Ben,* nrog ntau yam khoom tshiab ua thiab muaj phooj ywg tshiab. Yog ib tug 3 xyoo txoj kev npau suav muaj tseeb. Tabsis Ben muaj ib qho teeb meem; nws lub qhov ncauj mob. Nws mob dhau lawm tej thaum ua rau nws nyuaj mloog tus xis fwb los yog noj khoom txom ncauj, tshwj xeeb tshaj yog thaum lawv muab cov mov tawv tawv li zaub ntug hauv paus. Nws tus xib fwb hais tias zaub ntug hauv paus zoo rau nws lub cev thiab nws yuam tsum sim lawv. Ben muaj lawn yam txhawj, thiab. Nws lub tsev kawm ntawv muaj ib txoj cai hais tias nws yuav tsum mus cuag kws kho hniav thiab nws ntshai. Nws niam kuj ntshai thiab tabsis nws nyeem Benib cos dab neeg hais txog mus cuag kws kho mob thiab tham txog ua siab tawv.

Qhov chaw kho hniav zoo huv si nrog ntau hom cuab yeej. Tus kws kho hniav siab zoo heev, txawm tias Ben Quaj los nws tseem siab zoo thiab. Nws maj mam ntsia Ben cov hniav, thiab hais tias nws muaj kab noj hniav. Kab noj hniav NTAU NTAU! Tus kws kho hniav hais tias vim li ntawd nws qhov ncauj tiaj li mob mob. Txawm hais tias nws lig dhaus mus cawm Ben ntawm qhov mob hniav los, qhov xov xwm zoo yog, cov kws kho hniav yuav kho lawv! Tus kws kho hniav muab Ben ib yam dab tsi los pab nws qhov mob, thiab nws maj mam kho nws cov hniav. Nws siv sij hawm rau Ben lub qhov ncauj kom zoo tu qab, tabsis tam sim no nws muaj peev xwm noj zaub ntug hauv paus lawm!

** Txawm thais tias peb tau hloov nws lub npe lawm los, Ben* yog ib tug me nyuam tiag tiag uas tau muaj kab noj hniav nyob rau 17 ntawm 20 tus hniav. Feem ntau cov qhov teeb meem no yeej tiv thaiv tau yog mus cuag kws kho hniav thaum ntsov*

Npaj Mus Ntsib Tus Kws Kho Hniav Thawj Zaug

- Pib so koj tus me nyuam lub qhov ncauj taum ntxov tom qab noj mov nrog ib daim phuam ntuv muag mos mos, huv si, thiab ntub dej. Pib siv ib tug me nyuam pas txhuas hniav thaum cov niam pib tshwm.
- Tham txog rov mus ntsib kws kho hniav dua los yog siv ib tug roj hmab ua si txog kws kho hniav. Nyeem ntawv txog mus ntsib kws kho hniav. Txawm koj tus (cov) me nyuam tsis tau txawj hais lus los lawv hnov tau cov lus koj hais thiab paub txog koj txoj kev xav. Tsis txhob hais cov lus “mob los yog raug mob.”
- Sau cov lus nug los yog kev txhawj xeeb uas koj muaj. Nws tsis yog ib qho phem yog tus me nyuam chim tom chaw kho hniav. Koj daim ntawv teev cov lus nug no yuav pab koj nco qab ntsoov, thaum koj xwv koj tus me nyuam kom nws txhob ntshai.



ntawm west central Minnesota
kawm ntiv nyob rau tom [http://
ecd.n.wcif.org](http://ecd.n.wcif.org)



Qho Kev Ntseeg Zoo



Mus Ntsib Kws Kho Hniav Thaum Muaj Hnub Nyoog





Nrhiav ib tug kws kho hniav koj tus me nyuam nyiam.

- Nug koj tus kws kho hniav seb lawv puas kuaj me nyuam yaus cov hniav los yog seb koj coj puas tau koj tus me nyuam mus kuaj lwm zaus.
- Yog hais tias koj tus kws kho hniav tsis kuaj cov me nyuam yaus, nug kom lawv muab ib tug kws kho hniav uas kam tham nrog koj tu me nyuam tus kws kho mob.
- Lub chaw kho hniav koj xaiv yuav tsum:
 - Ntaus kev phooj ywg zoo rau koj thiab koj tus me nyuam.
 - Paub txog me nyuam yaus thiab lawv txoj kev loj hlob.
 - Maj mam kuaj koj tus me nyuam, txawm hais tias nws quaj los yog nti nti
 - Qhib siab dawb paug teb koj cov lus



Txais kev kho hniav ua ntej nws ua ib qho teeb meem loj.

Me nyuam cov

hniav yuav

tsum saib

xyuam, thiab!

Thaum koj tus

Me nyuam mus
kuaj hniav thawj

zaug, tus kws

kho hniav yuav kuaj:

- Cov hniav yuav tsim li cas
- Teeb meem thaum hniav tuaj
- Seb cov hniav puas tom ua ke
- Cev nqaij daim tawv ntawm cov pos hniav thiab ob sab plhu
- Yam tseem ceeb uas muaj feem rau txoj kev pheej hmoo ntawm kab noj hniav.

Thawj zaug tseem ceeb heev rau koj to taub koj lub luag hauj lwm rau koj tus me nyuam txoj kev noj qab haus huv ntawm cov hniav. Qhov no muaj xws li tu hniav ua ntej thiab tom qah kuaj hniav, kev siv fluoride thiab tej zaub mov koj tus me nyuam noj.



Tiv thaiv koj tus me nyuam txoj kev luag nthxi mus ibtxhis.

Me nyuam cov hniav yog ib qho tseem ceeb rau koj tus me nyuam txoj kev loj hlob.

Yog tsis tu, yuav mob thiab ua rau me nyuam lov hniav sai tshaj lwm tus yuav ua nws muaj kev mob nkeeg mus tag li, xws li teeb meem nrog kev hais lus, txoj kev hniav tuaj thiab seb koj tus me nyuam lub ntsejmuag zoo li cas.

Nyob nrog cov hniav muaj mob yuav ua rau nws kawm ntawv tsis zoo, thiab coj tus cwj pwm tsis zoo.

Peb paub koj xav kom koj tus me nyuam loj hlob nrog kev zoo siab thiab noj qab nyob zoo.

Thiab nws txoj kev luag nthxi puas tsim nyog?

