

# LUB NCAUJ LUB NROG CEV



NATIONAL CENTER ON  
Early Childhood Health and Wellness

*Cov Lus Qhia rau Tsev Neeg los ntawm Lub Tuamtsev Saib Xyuas Menyuum Yaus thiab Lub Zog Khovkho thoob tebchaws*

## Koj Tuajyeem Txhawb Kev Tu Lub Ncauj Ntawm:

- Paub txog yuav ua li cas kom koj thiab koj tsev neeg muaj kev tu lub qhov ncauj thiab cov hniav
- Pab koj tus menyuum kawm cov cwj pwm qhov ncauj thiab hniav zoo

### Vim Li Cas Nws Ho Tseemceeb?

#### Thaum Cov Menyuum Muaj Lub Qhov Ncauj Zoo, Lawv:

- Hais tau tau meej
- Noj tau zaub mov zoo
- Hnov lawv tus kheej zoo

#### Muaj lu Qhov Ncauj Zoo Tseem Qhia Txog:

- Kev loj hlob thiab Kev txhimkho
- Ua kom pom tseeb thiab kawm
- Lub qhov ncauj tsis muaj mob
- Tsis poob Nyiaj kho hniav hauv koj tsev neeg



## Tej Yam Koj Ua Tau Los Pab Koj Tus Menyuum

- Txhuam koj tus menyuum cov hniav nrog tshuaj txhuam hniav ib hnuv ob zaug.
- Yog koj tus menyuum muaj hnuv nyoog yau dua 3 xyoos, siv cov tshuaj txhuam hniav fluoride.
- Yog tias koj tus menyuum muaj hnuv nyoog 3 txog 6 xyoo, cov tshuaj txhuam hniav fluoride ntau li lub noob taum.
- Cov menyuum yaus yuav xav txhuam lawv cov hniav, tab sis lawv xav tau kev pab kom txog thaum lawv cov kev txawj txhuam tso. Txhuam cov me nyuam cov hniav lossis pab me nyuam txhuam lawv cov hniav kom txog thaum lawv muaj hnuv nyoog 7 xyoo lossis 8 xyoo.
- Ua tus qauv zoo ntawm lub qhov ncauj! Txhuam koj cov hniav nrog cov tshuaj txhuam hniav fluoride ib hnuv ob zaug (thaum sawv ntxov thiab thaum mus pw) thiab dig ib hnuv ib zaug.
- Pab zaub mov zoo noj thiab cov khoom noj txom ncauj zoo li txiv hmab txiv ntoo, zaub, mis nyuj muaj roj thiab mis nyuj, cov khoom qoob loo, nqaj, ntses, qaib, qe, thiab taum.
- Txwv cov khoom noj txom ncauj uas koj tus me nyuam muaj hauv ib hnuv.
- Tsis txhob muab khoom noj hauv ua lasvas rau me nyuam.
- Coj koj tus menyuum mus ntsib kws kho hniav rau nws li thaum hnuv yug thiab kho nws.
- Yog tias koj tus menyuum tsis tau mus rau tus kws kho hniav kho.
- Nug koj tus kws kho hniav seb koj yuav ua li cas thiaj li ua rau koj lub qhov ncauj thiab koj tus menyuum lub qhov ncauj zoo.
- Nco ntsoov mus rau tus kws kho hniav ntau zaus thaum koj tus kws kho hniav xav kom koj mus.
- Qhia koj tus neeg zov me nyuam, Lub Tuam Tsev Qib Pib, los yog Head Start paub yog tias koj xav tau kev pab lossis muaj lus nug txog kev tsis muaj mob ntawm qhov ncauj.

