

Npaj Kev Zoo Neej Rau Kuv Uas Yog Leej Niam

PW

Feem ntau yeej tsis muaj caij so los sis pw thaum koj muaj ib tug me nyuam mos, vim tus me nyuam mos yeej tsis tau pw kom puv ib hmo. Lawv tsuas pw txog li 2-3 teev ib zaug twg xwb. Tus me nyuam hlob zuj zus ces yuav pauv zus mus. Kev pw yog ib yam tseem ceeb heev rau koj kev mob nkeeg. Tej zaum koj kev pw kuj yuav hloov tom qab yug me nyuam tag, tab sis koj sim tej yam hauv qab no seb puas pab koj tsaug zog.

- Koj yuav tau pw txog li 2-3 teev ob peb zaug tauj in hnuv, thiaj li yuav tau qhov 7-9 teev uas koj yuav tsum tau pw.
- Thaum lub sij hawm ntawv, tsis txhob ua dab tsi li seb puas pw tau. Yog yuav tau sawv mus pub mi, ces mam sawv, hloov nws daim pawm, tab sis txhob nrog nws ua si li, ces rov qab mus pw kiag lawm xwb. Tua teeb twj ywm, tso teeb yau yau, los sis siv lub qhov muag teeb uas liab. Tsis txhob mus saib TV, tso nkauj, los sis saib xov tooj thiab lwm yam electronics.
- Yuav tsum muaj lub sij hawm pw kom zoo—nyob tsaus, ntsiag to, zoo pw, thiab txhob muaj ntau yam los cuam tshuam.
- Tsis tas li ntawv xwb, so los sis pw me ntsis thaum tus me nyuam pw lub caij nruab hnuv ntawv. Tsis txhob siv lub sij hawm ntawv mus tu vaj tsev los ua hauj lwm dab tsi.
- Koj thiab koj tus me nyuam yuav tsum siv lub sij hawm ntawv ua ke. Cia lwm cov pab yus tu vaj tsev yog thaum lawv nug seb puas xav tau kev pab.
- Yog koj muaj kev nyuaj siab los sis ntshai, koj yuav tau nrhiav ib txoj hau kev kom koj tau 5-6 teev sij hawm pw sib tauj lauj—tam li soj ntsuam pom tias tej zaum qhov no yuav pab tau koj tus mob kev nyuaj siab thiab kev ntshai. Kom lwm tus pab pub mis thiab tut us me nyuam lub sij hawm ntawv.

NOJ KOM ZOO

- Yuav tsum muaj tas li: nqaij, zaub, txiv hmab txiv ntoo, thiab cov whole grains.
- Ntim cia tej me nyuam hnab txaus noj ib zaug kom yooj yim.
- Tso tej yam khoom noj zoo ze koj thaum pub mis rau tus me nyuam.
- Hau dej kom ntau, thiab muaj tso rau tej chaw uas muab yooj yim.

TXAV & Tawm Sab Nrauv

- Ib hnuv no ua kom tau 30 feeb kev txav. Pib yooj yim! Taug kev, tu tsev me ntsis los sis ua me ntsis teb, mus sai sai rau tim khw los sis khiav hauj lwm los sis mus nram tsev nqa ntawv
- Sim tawm nraum zoo txhua hnuv, txawm mus maj mam taug kev xwb.

 **Minnesota**
Department of Health

MATERNAL AND CHILD HEALTH SECTION

PO Box 64882, St. Paul, MN 55164-0882 651-201-3625

TIV TAUJ

- Yuav tsum tiv tauj cov txheeb ze uas txhawb ntawm xov tooj, email, los sis text.
- Kom lawv tuaj saib koj ib pliag, thiab qhia seb tuaj “saib sij hawm” twg xwb thiaj li tau.
- Lees txais kev pab. Thov kev pab yog koj xav tau kev pab!



Kev pab cuam

Tswv Yim Kom Pw Zoo:
www.sleep.org

Me Nyuam Kev Loj Hlob:
www.helpmegrowmn.org

Khoom Noj rau Leej Niam:
<http://www.health.state.mn.us/wic/nutrition/morenutinfo.html>

Tiv tauj lwm cov niam txiv:

- Early Childhood Family Education
- Family Home Visiting
- Community Parks Libraries

Npaj Kev Zoo Neej Rau Kuv Uas Yog Leej Niam

NPAJ UA NTEJ

Qhov chaw hauv tsev es zoo so tshaj yog: _____

Khoom noj zoo, npaj yooj yim uas kuv nyiam noj yog: _____

Cov neeg uas yuav pab tau kuv thaum kuv xav tau yog:

1. _____ 2. _____

Kev kuv nyiam dhia exercise thiab tiv tauj rau lwm cov neeg uas muaj me nyuam mos, uas yuav ua tau nrog cov me nyuam me

1. _____ 2. _____

Nyob Tsam

Muaj me nyuam mos yog ib qho txawv loj.

Muaj kev pab cuam los pab tib neeg tawm tswv yim txog kev yoog tej kev hloov no. Koj yuav nrhiav tau tej tswv yim los pab koj thiab koj tus me nyuam kev mob nkeeg, ntawm pab hlwb thiab lub cev. Yog tsis zoo li siab xav, yuav tsum paub li ntawv es nrhiav kev pab.

Tej yam uas qhia tias kuv tsis xis neej, nyuaj siab, los sis ntshai dhau lawm yog:

- _____
- _____

Tej zaum yuav nyuaj rau koj tham txog kev nyob tsis zoo. Yog zoo li no, 3 tus neeg twg yog cov uas koj yuav tham tau nrog?

1. _____
2. _____
3. _____

Koj yuav hais li cas?

NRHIAV KEV PAB

Yog tsis yog xwm txheej ceev, tab si xav tau tswv yim xwb:

- Kws kho mob tus xov tooj nruab hnuab: _____
- Kws kho mob tus xov tooj tom qab kaw lawm: _____

Kev Cev Xeeb Tub thiab Tom Qab Yug kev txhawb warm line tus xov tooj: call or text: 612-787-7776

- Mother Baby Program: (warm line, mam li hu koj rov qab): 612-873-HOPE (4673)

Yog tias yog xwb txheej ceev es ntshai tsam kuv ua phem rau kuv tus kheej los sis tus me nyuam:

* 911

* Xov tooj xwm txheej ceev: 866-379-6363

Yog xav paub txiv mus saib peb qhov web site kom pom ntau zog txog:

<http://www.health.state.mn.us/divs/cfh/topi/c/pmad/>