



Khenna
4

Tutpah Kawnggak

Tutpah kawnggak pen pheibul tawn sak inla, tuah siatna pan naupangte a dalna dingin liangko pan awm ah kaisuksuakin hoih tak in gak in.

Anuai a, thu teng “hi mah hi” ci-in dawng thei na hih leh; a tawm pen kum 8 apha tua nuapang pen a pheibul leh liangko tungah tutpah kawnggak tawh gakin mawtaw tuang thei ta hi.

- Ka ta’ khuk in mawtaw tutpah mai ah a khete a khia thei nai hiam?
- A gil tung hi lo, a pheibul bul lam ah paisakin tutpah kawnggak a kigak thei ta hiam?
- Naupang ngawng tung hi lo, aliangko tungah tutpah gakna khau a ki nga hiam?
- Tua naupangin mawtaw tuang hun sung khempeuh hoih takin a tu thei suak hiam?



Hih a tungah thudotna teng “hi lo hi” ci-in na dawng leh, adapsawn tutpah na zat khul ding hi.

Naupang tutpah 2 lak pan 1 pen a man lo in ki zang cih na thei hiam?

Nata tutpah mantak in zang cih ciangin nungtakna leh sihna akilamdang dan mah bang hi. Hih anuai a zuihdng thute bangin gamta le cin aliphkap huai thute kipelh thei hi.

Naupang Tutpah Zatdan Ngeina Bulpi:

- Mawtaw kawnggak ahik kei leh naupang tutpah tuah na dingin anuai a, om sikkawi khai-na za’ng in. Mawtaw neite’ lamlak laibu sung leh naupang tutpah bawlte’n laibu sungah a nih in zat ding ngeina om lo in za’ng kei in.
- Amai lam nga tutna pen anuai ah om sikkawi khai-na ah na tuah a leh, a tungah tutpah khau gakna zong za’ng in. Amai lam nga tutphahte na tuah sim in atungah om agakna khaute atawn tungin za’ng ham tang in.
- Mawtaw tutphahte pen agakna dung zui-in nasit ciang, letmat khat sa’ng a tam zaw akikhin lo dingin kiptakin gak in.
- Awm leh pumpi gakna khaute pen kiptak in gak leng, aliangkote tungah om khaute kikhin nawn lo hi.
- Anung lam nga tutpah pen akigingsa a om huih-ip om na ah cikmah hun in koih **ngei kei** in.
- Mawtaw tutpah khempeuh a kizat danding laite hoih takin sim inla zui in.
- Mawtaw neite’ lamlak laibu sungah om tutpah kawnggak leh naupang tutpah te tuah dan ding hihna te hoihtak in zui in.
- Kum 13 nuai siah naupangte khempeuh in mawtaw anung tutpah ah tut kul hi.



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Kum phazah leh a kha'n na tawh ki tuakin **Limtak Tuang ni.**





Khenna
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Nunglam-Ngatna

A nunglam ngat tutphah pen na taneu te adingin zat ding a hoih penpen hi. Mawtaw tuahsiatna om kha zenzen leh, a ngawng leh a nungzaang guh ngeekte a siat theih na pan in phadawm sak na dingin tua nauluai tutphah tawh ki khin khawm ding hi.

Naupangte pen anunglam-nga dingin ahi theih tantan koih in.



Khenna
2

Mailam-Ngatna

A mailam-ngat naupang tutphahte ii awm kilhna leh tutphah tungah khau in mawtaw tuah siat ciangin nata a mai lam ah akikhin ding dal hi.



Khenna
3

Adapsawm Tutphah

Adapsawm tutphah pen naupangte pumpi agolna tawh ki tuakin mawtaw tutphah khau tawh hoih takin gak in.

- American Academy of Pediatrics (AAP), aki ci naupang tawh ki sai America pilsinna siavuam sangte in nulehpa te a deihsak pen, a tate uh ahi thei tantan naupang tutphah bawlte' a seh sa a sanna/a gihna tawh a ki tuak in a nunglam-ngat ngiat ding hoih pen hi ci-uh hi.
- Nunglam-nga naupang tutnate pen a kigingsa a om, huieh ipte mai ah cikmah hun in koih **ngeilo** ding.
- Tutphah bawlte hihna bangin a nunglam-nga tutphah ki ngakna kiu pan 30-45° tawh aki tauk in sial in.
- Awmgak khaute pen liangko tung ahih kei leh a **niam** zaw pan la in, a kituak in gak in.
- Awmgak khau kilhna leenuai tawh kikim in kilh in.
- Naupang ii lu pen mawtaw tutphah dawn pan letmat 1 leh anuai siah ahih kei leh naupang tutphah bawlte chi na tawh ki tuak in koih in.
- Naupang khe in mawtaw tutphah tawh aki sawhkhak hang phamawh lo hi.

- A tawm pen kum 2 a cingsa naupangte a hih kei leh, a tun cing sa, a hih kei leh, a gihna cing sa naupangte a' ding in a nung lam nga tutphah pen, a mai lam nga tutphah tawh khek in.
- Awmgak khaute pen liangko ah ahih kei leh **atung** pan la in, hoih tak in gak in.
- Awmgak kilh pen a leenuai tawh kikim in kilh in.
- Naupang tutphah bawlte' ciangtan zah a hi a gihna, a hih kei leh a tun a phazah tawh kitauk in a hih theih lai siah naupangte tutphah khau gakna nam 5 te tawh hoih takin gak in.
- Poug 40 val ahi kum 4 nuai siah naupangte pen agihna atam theitheih gakna tutphah khaute zang le teh hoih zaw hi.

- A tawmpen kum 4 leh a tungsih amai lam nga tutphah tungah a ki ta nawn lo naupangte a dingin hih adapsawm tutphah tungah mawtaw khau tawh hoih takin gakin tusak in.
- Adapsawm tutphah pen phei leh liangko tung bek ah gak ding hi a, cikmah hun in phei tung bek ah gak **ngei lo** ding.
- Phei gakna khau pen gil tung tawn lo in, phei/ phebub tungah hoih takin gak ding hi.
- Liangko tung ah khau pen ngawng tawn lo in, liangko tung pan awm tung pai suakin hoih takin gak ding hi.
- Naupangte in tutphah kawnggak khau pen anung ahih kei leh a ban nung ah cikmah hun in koih sak lo ding.
- Adapsawm tutphahte pen atamzaw naupang kum 4 pan leh atawm pen poung 40 gik te zat dingin hoih hi.

Akituak tutphah pen a kum, a gihna, a tun leh, lungsim picin na tawh ki tuak in tel in.