

Hih thusinna nasim khit teh, a nuai a, sittelna link pan dotnate na zawh khit leh tha neihna ding annek tuidawn pilna ci-in, na sangahna ciaptehna lai na ngah ding hi.

# Khut Tawh Lak Khiat Dan



## Nawi tui khut tawh lak khiat dan bang hiam?

Khut tawh lak khiat dan tawh nawitui piak cih ciang ngeina tawh kituak in ki bawl hi a, nawi zu nawi pan laak khiat na dingin khut tawh meek in suuk khiat na dingin ki zang hi. Nute a dingin a tate pumpi a ding a hoih pen tha om na'ng a piak hi a, a mau pumpi tawh zong ki zopna lam khat ahi hi.

Khat veivei ciangin nau nawi piak pen haksa kha thei in, nute a dingin a khat vei na hi pha diak hi. A hih hang, nute khempeuh a ding nawi piak hun sungah hong huh theih ding lampi hih dan khat om hi.

**Khut tawh lak khiat dan**, numeite a dingin nawi zu suuk khiat sangin a lem pen hih dan nam khat hi a, a ki zang theih pen khat ahi hi. Nute in set tawh nawi zu lak khiat na (electric breast pump) nei lo ta ding leh nawi pia nuam ta dingin, khut tawh lak khiat dan tawh nawi zu piak na'ng a lem mahmah khat ahi hi.



## Khut tawh lak khiat dan bang hun ciang ki man'g pen hiam?

- **Nawi a gau ciang hong nop tuam sak mahmah**, a diakdiak in nute' nawi a dim ciang leh nawi phiat ciang in zong hong huh ding hi.
- **Nawi zu phazah zong hong tam sak ding hi**. A ki sinna ah set leh khut tawh lak khiat khop pen nawi zu hong pai nading khang sak hi.
- Nau nawi piak lai tak in, **nawi zu luang zah hong tam sak hi**. Tua in na ta nawi zu a ngah ding zah tam hong ngah sak zaw ding hi.
- **Nau nawi tep nop nading tha pia in**. Nawi tui siang ciik neu no cit khat, ai kei leh, nawi zu pen nawi muk tungah koih in nawi a tep ma deuh in koih le cin nau nawi hong tep nop tha om sak hi.
- **Nawi zu lak na set ki ngah loh ciangin nawi zu lak na'ng**

## Bang dan in ki pan ding

Khut tawh lak khiat dan in na piak semsem leh nawi zu ngahna hong baih semsem ding cih thei in. Na hih masak in a tak them no cik bek om ding a, tua pen a hi mah ding hi! Khut tawh lak khiat dan na hih hong ol semsem ding hi. Khut tawh lak khiat dan pen na siam semsem ciang, nawi zu na lak khiat zah zong hong tam toto ding hi. Nawi zu pha zah na lak khiat pen ki bang lo ding a, nawi tep na pan in naungek in a ngah zah tawh zong ki bat sese kul lo hi. Khut tawh lak khiat dan kisin na pen nu pawl khat ta dingin munites 5 pan 10 bang la thei a, pawl khat te bel minutes 20 pan 30 hun la thei hi. Tua bang dan pen a ngei na mah ahi hi.

## Khut Tawh Lak Khiat Dan Zuih Ding Thute

1. Na khut siang te tawh na nawi meek koikoi in.
2. Na khut me te tawh na nawi muk bem om na mun pen na khutpi tawh letmat khat ki hal in a tung a nung lam ah koih in la, na khutme te a nuai lam ah, lai mal "C" dan in bawl in.
3. Na khut tawh na awm lam ah sawn to in la, na khutpi leh na khutme te a bem sa in a mai lam ah kai in, tua khit ciang nawi zu hong luang khiat ma dong in meek kawm in khah khia zel in suok khia in. Nawi zu khol nading in a siang tho bung khat zang in.
4. Na awm kiim ah na khut khin koikoi in la, na khutme khat leh khat ki nga in meek sak in la, nawi zu na ngah na'ng in na khutpi leh na khutme te tawh na nawi muk bem om na mun kiim ah hei koikoi in. Na nawi muktang meek kha kei in la, dok kha kei in.
5. Nawi zu luang na a khang ma teng la khia in la, tua ciang a lang lam ah khin in. Nawi a lang khat pan a lang khat ah khel kawikawi in tua bangin na hih kikkik thei hi.



### Hong lungdam pih ung, man ta hi!

Na omna mun ah WIC zato ah om nau nawi piak dan a hilh siamte kiangah na dong in.

# KHAWL-IN!

**Khawl-in! Hiah meeklek in, dot nate na dawn khit ciangin ciapteha lai na ngah ding hi.**



Hong zong thei  

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