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| [Translated from English to Hmong - www.onlinedoctranslator.com](https://www.onlinedoctranslator.com/en/?utm_source=onlinedoctranslator&utm_medium=docx&utm_campaign=attribution)  NROG koj lub qhov ncauj |  |
| Nws yog ib feem ntawm koj lub cev |  |
| Koj Qhov Ncauj Thiab Koj Cov Me Nyuam |  |
| Ntxuav koj tus menyuam cov pos hniav tsis tu ncua nrog ib daim ntaub ntub dej |  |
| Cov menyuam mos tuaj yeem hniav ntawm plaub thiab rau lub hlis. Lawv cov pos hniav tuaj yeem ua o thiab ua rau khaus, qhov txias txias tuaj yeem txo qhov tsis xis nyob. Sim ib chilling lawv teething nplhaib nyob rau hauv lub fridge. |  |
| Thaum cov hniav pib tuaj, txhuam lawv ob zaug ib hnub nrog ib tug mos, txhuam hniav me me thiab dej dawb. Tham nrog kws kho mob lossis kws kho hniav |  |
| ua ntej siv tshuaj txhuam hniav fluoride. |  |
| Cov hniav lwj yog ib yam kab mob kis tau. Txhawm rau kom tsis txhob kis kab mob, nco ntsoov tsis txhob sib koom cov khoom siv, ntsuas lub raj mis kub nrog koj lub qhov ncauj, lossis |  |
| ntxuav lub pacifier nrog koj lub qhov ncauj. |  |
| Xav paub ntxiv |  |
| Minnesota Oral Health Coalition |  |