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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 Ncaim thiab Me Nyuam |  |
| Pib siv tus txhuam hniav me me ntawm cov hnub nyoog 1-2 |  |
| thiab tau txais ib tug txhuam hniav tshiab txhua 3-4 lub hlis thaum bristles zoo li hnav. |  |
| Yog tias koj siv tshuaj txhuam hniav, tsis txhob siv cov tshuaj fluoride tshwj tsis yog koj tus kws kho hniav qhia. Nyob ib ncig ntawm 18 lub hlis, pib siv cov tshuaj txhuam hniav uas muaj fluoride. |  |
| Qhia koj tus menyuam kom txhuam lawv tus nplaig kom txo tau cov kab mob, txhuam ob zaug ib hnub thiab txhuam ib zaug |  |
| Coj koj tus menyuam mus rau kws kho hniav tom qab lawv hnub yug 1st. Qhov no yuav pab tau koj tus menyuam |  |
| yooj yim dua nrog mus ntsib kws kho hniav. Cov kws kho hniav pom zoo saib xyuas kev txhuam hniav kom txog thaum koj tus menyuam muaj 8 xyoo. |  |
| Sealants tiv thaiv cov kab noj hniav feem ntau thaum thov sai tom qab cov molars tas mus li tuaj rau hauv lub qhov ncauj (ib puag ncig hnub nyoog 6 rau 1st molars thiab hnub nyoog 12 rau 2nd molars). |  |
| Kev nqus tus ntiv tes xoo lossis siv pacifier tuaj yeem cuam tshuam koj tus menyuam qhov tom thiab kev loj hlob ntawm qhov ncauj |  |
| Xav paub ntxiv |  |
| Tom qab 6 xyoo, pib siv cov tshuaj fluoride qhov ncauj los tiv thaiv cov hniav lwj, qhov no yog thaum koj tus menyuam yuav pib poob lawv cov hniav. |  |
| Nco ntsoov mus kuaj hniav X-ray thaum koj tus menyuam poob lawv cov hniav. |  |
| Txhawb kom lawv wiggle tab sis tsis txhob rub ntawm tus hniav. Qhov no tuaj yeem rhuav tshem cov hauv paus hniav thiab ua rau muaj feem kis kab mob. |  |
| Txwv cov khoom noj qab zib, tshwj xeeb tshaj yog thaum lawv poob lawv cov hniav. |  |
| Minnesota Oral Health Coalition |  |