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| ZOO RAU KOJ LUB QHOV NCAUJ |  |
| NWS YOG IB FEEM NAWM KOJ LUB CEV |  |
| Koj Lub Qhov Ncauj thiab Me Nyuam |  |
| Pib siv tus txhuam hniav thaum hnub nyoog lis ntawm 1-2 |  |
| thiab tau txais ib tug txhuam hniav tshiab txhua 3-4 lub hli thaum tus txhuam hniav tsi zoo lawm. |  |
| Yog tias koj siv tshuaj txhuam hniav, tsis txhob siv cov tshuaj (fluoride) tshwj tsis yog koj tus kws kho hniav qhia hais. Nyob ib ncig ntawm 18 lub hli, pib siv cov tshuaj txhuam hniav uas muaj cov tshuaj (fluoride). |  |
| Qhia koj tus me nyuam kom txhuam lawv tus nplaig kom txo tau cov kab mob, txhuam ob zaug ntawm ib hnub thiab txhuam ib zaug |  |
| Coj koj tus me nyuam mus rau kws kho hniav tom qab lawv hnub yug 1 hli. Qhov no yuav pab tau koj tus me nyuam |  |
| yooj yim qhov uas mus ntsib kws kho hniav. Cov kws kho hniav pom zoo saib xyuas kev txhuam hniav kom txog thaum koj tus me nyuam muaj 8 xyoo. |  |
| Cov hnab tiv thaiv cov kab noj hniav feem ntau thaum thov sai tom qab hniav lov tas mus li tuaj yeem ua rau hauv lub qhov ncauj (ib puag ncig cov hnub nyoog 6 rau 1 hli thiab hnub nyoog 12 rau 2 lub hli). |  |
| Kev nqus tus ntiv tes xoo los sis siv tshuaj (pacifier) tuaj yeem cuam tshuam koj tus me nyuam thiab kev loj hlob ntawm qhov ncauj |  |
| Xav paub ntxiv |  |
| Tom qab 6 xyoo, pib siv cov tshuaj fluoride rau qhov ncauj los tiv thaiv cov hniav lwj, qhov no yog thaum koj tus me nyuam yuav pib lov lawv cov hniav. |  |
| Nco ntsoov mus kuaj hniav thaum koj tus me nyuam lov lawv cov hniav. |  |
| Txhawb kom lawv dav 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 lov lawv cov hniav. |  |
| Minnesota Lub Chaw Saib Xyuas Hniav (Minnesota Oral Health Coalition) |  |