

# A HIMMI IHNAK I ABCs



## Na fa kha amah lawng in a ih a hau.

Ihnak ah hnuk na dinh ahcun, dir lio ah aa hngilhnak dingah na fa i a keng kha muai piak law aa hngilh tikah nauchiahnak bawm ah khan chia than.



## Na fa kha i hngilh dingah a keng lei in chia peng.



## Na fa kha rek tein a khuh in huhmi a hakmi ihphah he nauchiahnak bawm chungah na ih ter a hau.

Upa ihnak pawl, sofa pawl, chantling pawl, puan pawl le a dang a nemmi danhmi mawtaw thutdan, hlohna thutdan pawl le bawhte thuinak pawl cung i hngilh lio ah zarh fatin Illinois ah bawhte pawl cu an thi hna.



# Dai tein thattu: Hngilh lio i thawpahnak cu Illinois i ngakchia thihnak a chuahpi biktu a si tiah langhter a si.

**Na fa kha ihnak, sofa asilole thutdan ah minung pakhat khat he, adang ngakchia pawl he hmanh an ih ding a si lo.**

Ihnak ah hnuk na dinh ahcun, dir lio ah aa hngilhnak dingah na fa i a keng kha muai piak law aa hngilh tikah nauchiahnak bawm ah khan chia than.

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**Him tein ihnak ah tuah chap dingmi pawl:**

1. Lentecelhnak saram pawl, tunu pawl, chantling pawl, puan pawl, phehlung pawl, nauchiahnak bawm achunglei kulhnak a nemmi le a sirlei veve in danhmi ihnak kha na fa i nauchiahnak bawm lengah chia hna.
2. Na fa hrin a si hlan asilole hrin a si hnu ah kuakzu hlah law nau pawngkam ah midang zong kuakzuk ter hna hlah.
3. Hngilh dingin na fa chiah tikah pacifier hmanter i zuam, asinain hnek hlah. Na fa hnuk a dinhmi na si ahcun, thla khat a si tiang hngak asilole pacifier hman hlan ah hnuk dinh tawn.
4. Hngilh lio ah na fa kha lin tukin umter hlah. Hngilhnak caah aa lawngmi thil hruk law upa caah a zami a kihlum ningin akhaan kha chia.
5. A thawngmi hngawng le liang titsa pawl sersiamnak bawmh dingin na fa kha aa thangh lio ah zohkhenh buin "paw in lawn caan" tampi a ngeih a hau. Mawtaw thutdan pawl, cawinak pawl le hlohna pawl ah na fa kha sau tuk umter hlah.
6. Na fa hngilhter dingah harnak na ton ahcun, nan ngakchia siibawi pehtlaih asilole Fussy Baby Network kha 1-888-431-BABY (2229) ah pehtlaih.
7. Him tein hngilh ding tuah dingmi pawl le fimthan dingmi thil pawl cazin hmuhnak caah Thilri Hmangtu Himnak Komisn i Nauchiahnak bawm Himnak Kong Chawnhnak hmun kha [www.cpsc.gov](http://www.cpsc.gov) ah zoh.



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