



# Bawhte Thihnak Kong Hngalhternak

Kan zatlangbu ah hin ni 3 chung paoh ah ngakchia pakhat a chuahni hmasa bik lawmh hlan ah an thi tawn.

Nau hrinnak ii tlamtlintonak pawl · A him lomi ihnak pawngkam & Ruahlopi in Bawhte Thihnak zawtnak · A caan a phak hlan ah hrinnak (zarh 37 hlan deuh) · Nu nau a pawl lio ah a chuakmi harnak · A sining: Sifahnak, miphun thleidannak, rawl him le ttha tawkza ngeih lonak le bawmhna hmu hlonak

## Bawhte thihnak khamnak lam hna cu zeidah an si?

- **Nau pawl hlan ah:** Nau pawl hlan ah nu nih sibawi a tonnak ttha tein kalpi. Na ngandamnak zohkhenhnak in, nau hrin hlanah vitamin dinnak in, le na ngandamnak zohkhenhtu he bia i ruahnak in nau pawlnak caah timhtuahnak tuah.
- **During Naupawinak:** Naupawi Thawkka le punghman zohkhenhnak kha ttha tein tuah ding in thazaang pe. Nau pawl lio ah thil pakhatkhat a ttha rua lo tiah na ruah ahcun chim, zohkhenhtu nih a ngaih hlan tiang mahcu chim peng!
- Naute cawlcanghnak le a ngandamnak zohfel awkah "Count the Kicks" app kha download tuah.  
<https://countthekicks.org/download-app/>
- Nau na pawl lio ah kuak zu hlah, zu le rithaisii hman hlah. Nau pawl lio ah kuakzuknak nih a caan phak hlan ah nauhrinnak le a zaangmi nauhrinnak le ruahlopi in bawhte thihnak chuahter khawhnak tihnung a umter.
- Thinlungngandamnak cu a biapi ti kha phih hlah!
- A himmi ih ning kha i zuam. Amah lawngin, a Keng lein le IHKHUN HME chungah, thawchuah harnak hrial khawhnak ding caah ihkhun hme kha puan, chantling, lentecelhnak tunu hna um lo tein chiah.



MARION COUNTY PUBLIC HEALTH DEPARTMENT  
**MATERNAL & CHILD HEALTH**



INDIANAPOLIS  
**HealthyStart**  
COMIENZO SALUDABLE

Konglam tam deuh caah: Indianapolis Healthy Start Program – 317-221-2317