

Paub Xyuas. Pab Thaum Ntxov.

Koj tus menyuam txoj kev loj hlob thaum nws tseem yau no muaj ntau qib xws li kev ua si, kev kawm, kev hais lus thiab kev paub qab hau.

Nthuav daim ntawv no xyuas es thiaj li paub hais tias yuav suaj ntsuam koj tus menyuam li cas. Nrog koj tus menyuam tus kws tshuaj kho mob tham hais txog tej qib no.

Qhov uas mus tsi txog ib qib ib qib no, los sis mus txog tej qib no qeeb tshaj li lwm tus menyuam, tej zaum yuav yog ib qhov qhia hais tias tus menyuam no yuav loj hlob qeeb zog.

KOJ PAUB KOJ TUS MENYUAM ZOO TSHAJ LWM TUS.

Yog koj muaj kev txhawj hais txoj ntawm koj tus menyuam txoj kev loj hlob, koj yuavtsum nrog nws tus kws tshuaj kho mob tham.

Yog koj los sis koj tus kws tshuaj tseem tsi paub meej thiab, thov koj tus kws tshuaj xa koj mus ntsib tus uas paub txog yam no zoo thiab hu xovtooj rau **1-866-693-4769** mus nrhiav kev pab los ntawm cov koomhaum uas pab cov menyuam yau thaum lawv tseem yau yau heev li no.

TXHOB TOS.

Yim nrhiav kev pab thaum ntxov no yim zoo xwb.



Yog koj xav tau kev pab ntxiv txog koj tus menyuam txoj kev loj hlob thiab saib yuav uali cas yog koj muaj kev txhawj, mus saib rau hauv

HelpMeGrowMN.org
1-866-693-4769

Yog koj xav paub ntxiv, mus saib rau hauv www.cdc.gov/ActEarly 1-800-CDC-INFO (800-232-4636).

Yog koj xav tau DAWB qhov uas qhia "Paub Xyuas. Pab Thaum Ntxov." rau cov niamtxiv, los xav nrhiav kev pab hauv koj lub zej lub zog.



Tej Qib loj hlob yog muab los ntawm Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures Guidelines for Health Supervision of Infants, Children and Adolescents (AAP, 2008)



Raws koj tus menyuam cov theem ntawm nws txoj kev loj hlob



Koj tus menyuam txoj kev loj hlob thaum nws tseem yau no muaj ntau qib. Siv daim ntawv no taw koj kev txog tej qib no thiab yuav soj ntsuam yam twg thiaj yuav pab tau koj.

Rau cov niamtxiv muaj menyuam yug tshiab mus rau 4 xyoos.



Centers for Disease Control and Prevention

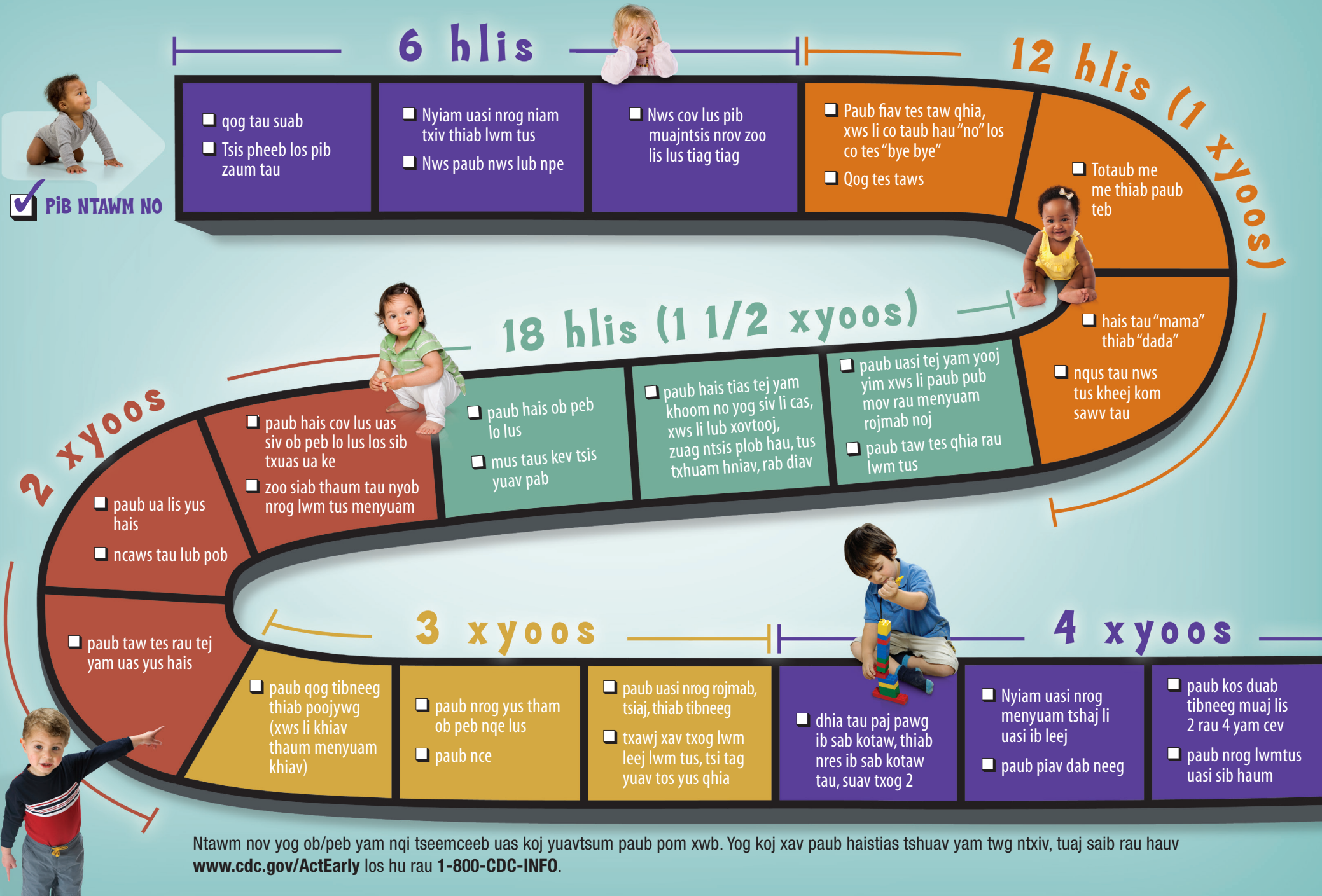
www.cdc.gov/ActEarly
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Department of Health and Human Services
Centers for Disease Control and Prevention

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Koj tus menyuam txoj kev loj hlob muaj theem nce

Thaum koj tus menyuam mus dhau ib theem lawm, muab khij cia. Nqa daim ntawv nov mus pab qhia rau nws tus tshuaj kho mob thaum nej mus ntsib nws.



Ntawm nov yog ob/peb yam nqi tseemceeb uas koj yuavtsum paub pom xwb. Yog koj xav paub haistias tshuav yam twg ntxiv, tuaj saib rau hauv www.cdc.gov/ActEarly los hu rau 1-800-CDC-INFO.