

QHIA TXOG KEV TU KOJ TUS MENYUAM COV HNIIV

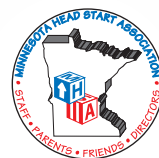


The
**Tooth
BOOK**

Phau ntawv hais txog hniav
COV NYIAJ UAS SIV LUAM NTAWV NO TAU LOS NTAWM:

 **DELTA DENTAL®**

DELTA DENTAL OF MINNESOTA



Zoo siab uas koj nyeem phau ntawv hais txog hniav no!

Koj puas paub hais tias yog koj tus menyuam cov hniav zoo npau li cas yuav pab tau rau nws txoj kev kawm ntau npaum li ntawv thiab loj hlob yam phlis ncos? Xyaum tu hniav rau yus tsev neeg yuav pab tiv thaiv tau koj tus menyuam cov hniav kom dawb thiab khov.

Siv phau ntawv no kawm txog kev tu hniav los yog qhov ncauj-kev tu koj tus menyuam cov hniav thaum yug txog thaum nws mus kawm kindergarten thiab yav tom ntej.

18 lub hlis?

Kawm txog:

- Menyuam mosliab lub qhov ncauj thiab cov pos hniav
- “Hniav” mos pib tuaj
- Lo hniav menyuam mos liab
- Hniav to qhov
- Mus kuaj hniav



18 lub hlis txog 3 xyoos?

Kawm txog:

- Kev noj zaub mov zoo
- Khoom noj qab zib
- Kev txhuam hniav



Thaum yug . . .



3 txog 5 xyoos?

Kawm txog:

- Tiv thaiv koj tus menyuam cov hniav thaum koj tsis nyob lawm
- Lub txiv mis yas (pacifiers) thiab ntxais tus ntiv tes xoo
- Daim ntawv Parent checklist

5 txog 18 xyoo?

Kawm txog:

- Ua yam ntxwv
- Mus kuaj hniav
- Cov hniav uas lov los yog rho

Menyuam mos (Yug-18 lub hlis)

Kev tu koj tus menyuam mosliab lub qhov ncauj thiab pos hniav

Kab mob tshwm sim tau yooj yim heev rau hauv menyuam mos lub qhov ncauj (tab txawm tus menyuam cov hniav tsis tau tuaj los nws twb yeej tshwm sim ua ntej lawm).

1. Pib tu koj tus menyuam lub qhov ncauj hnuv puav tom qab uas nws yug.
2. Tom qab koj pub mis tas txhua zaus, koj yuav tsum ntxuav los so nws lub pos hniav kom huv huv.

Kev tu "Cov hniav" menyuam mosliab pib tuaj

Thaum koj tus menyuam yuav muaj 6 lub hlis, nws cov pos hniav pib tawv thiab mob.

1. Muab koj tus ntiv tes, muab rab menyuam diav, los yog ib diam ntaub noo noo txhuam nws cov pos hniav.
2. Muab ib lub voj yam huv thiab du du rau nws xo.

Kev tu koj tus menyuam mosliab cov hniav

Ib txwm menyuam mos ob tug hniav tab meej xub xub tuaj. Cov hniav pib tuaj thaum lawv muaj 6 lub hlis rov sawv. Cov menyuam feem ntau muaj 20 tus hniav ("o hniav mosliab") thaum lawv muaj 3 xyoos.

1. Txhuam koj tus menyuam cov hniav (tab txawm nws yuav muaj ib tug hniav xwb!) siv tus txhuam hniav mos mos.
2. Maj mam txhuam, txhuam mus txhuam los.



Menyuam mos (Yug-18 lub hlis)

Kev tiv thav menyuam cov nhiav to qhov vim nws noj raj mis

Cov kua qab zib muaj suab thaj nyob rau hauv, yuav lo rau tus menyuam cov hniav thaum nws pw tsaug zog. Qhov no tsis yog ib txoj kev zoo vim rau qhov nws muaj cuab kav ua tau kab mob rau hauv menyuam lub qhov ncauj ua rau menyuam cov hniav to qhov. Yog tias thaum suab thaj xyaw nrog cov kab mob li ib ntus ntev mus, nws yuav dhau mus ua ib co kab mob acid uas noj menyuam cov qhov hniav uas to.

1. Tsis txhob cia koj tus menyuam npuav lub raj mis pw tsaug zog, ntim kua txiv hmab txiv ntoo, los yog lwm yam kua dej qab zib uas muaj suab thaj.
2. Yuav kom zoo rau koj tus menyuam thaum nws pw, sim tso cov suab nkauj txias txias thiab qeeb qeeb rau nws mloog.
3. Tsis txhob muab lub txiv mis yas uas nws ntxais mus ntsw tej yam khoom noj qab zib (suab thaj, kua qab zib, los yog cov kua syrup) es muab rau nws ntxais.
4. Thaum koj pib muab zaub mov rau koj tus menyuam noj es koj tsis pub nws noj hmoov mis los yog pub niam mis lawm, yuav tsum muab tej khoom noj uas muaj suab thaj kom tsawg kawg nkaus rau nws noj.



Menyuam mos (Yug-18 lub hlis)

Coj koj tus menyuam mus ntsib kws kuaj hniav

Koj tus menyuam yuav tau mus ntsib kws kuaj hniav thaum nws hnub nyoog muaj 1 xyoos.

1. Kev npaj koj tus menyuam mus ntsib kws kuaj hniav koj yuav tsum nrog nws ua tej yam kev ua si (game) qhia txog “thaj maum kuaj hniav” los yog nyeem tej phau ntawv hais txog kws kuaj hniav.
2. Yuav tau coj nws nrog koj mus lub sij hawm uas koj coj ib tug hlob mus ntsib kws kuaj hniav, thiab nrog nws tham txog kev kuaj hniav li cas kom nws paub txog.

Zoo siab thawj lub hnub yug!



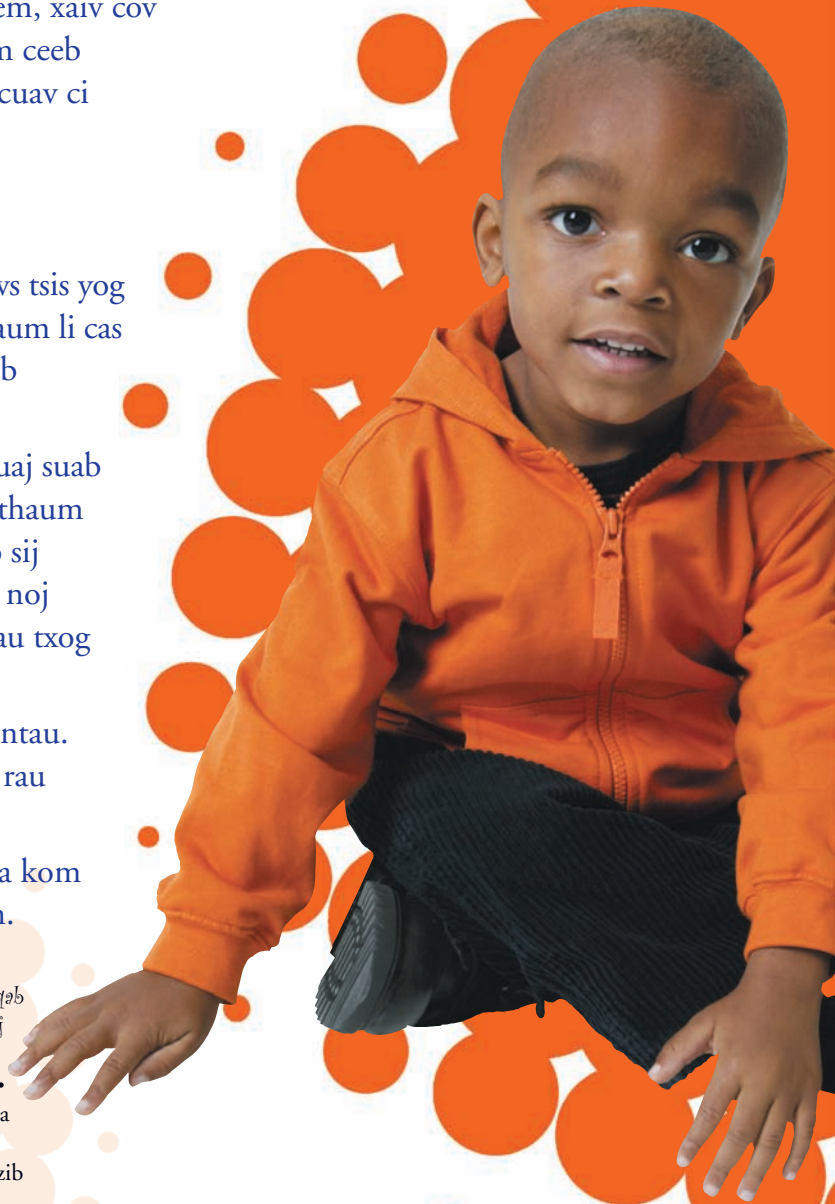
Cov menyuam (18 lub hlis-3 xyoos)

Tsim tus yam ntxwv noj zaub mov zoo

Nws yog ib qho tseem ceeb uas koj yuav tau qhia koj tus menyuam noj tej yam zaub mov kom zoo thaum tseem me.

1. Hais txog noj mov muaj puas thiab xob yem, xaiv cov khoom noj ntawm 5 yam khoom noj tseem ceeb xws li: Txiv hmab txiv ntoo, zaub, nqaij, ncuav ci thiab mov, thiab mis tshij thiab mov mog.
2. Npaj tej khoom noj txom ncauj kom zoo (healthy) txhua hnuv.
3. Txo cov khoom noj uas muaj suab thaj. Nws tsis yog hais tias koj tus menyuam noj suab thaj npaum li cas ntauwm ib zau twg tab sis los ntauwm seb ib hnuv no nws noj pes tsawg zaus.
4. Yog hais tias koj yuav noj puas mov uas muaj suab thaj thiab haus dej qab zib, noj los tau yog thaum caij noj mov lawm tab sis tsis txhob noj lub sij hawm thaum koj tsis noj mov lawm, xws li noj tag ib ntsis mam noj thiab noj thaum tsis tau txog caij noj hmo.
5. Qhia kom koj tus menyuam haus dej kom ntau. Dej thiaj tsis muaj suab thaj, thiab yuav ua rau koj tus menyuam tsis nqhis dej.
6. Ua yam ntxwv rau koj tus menyuam—qhia kom koj tsev neeg los kuj ua yam ntxwv tib yam.

Cov khoom noj txom ncauj uas zoo:	Cov khoom noj xob yem uas muaj suab thaj:	Cov dej haus qab zib uas muaj suab thaj:
Zaub	Chocolate	Cov dej Soda suab thaj
Cov Yogurt-tsis muaj roj	Cookies thiab Cake Ice Cream	Kua txiv qab zib
Txiv hmab txiv ntoo	Khoom qab zib	Kua Juices
Cov Cheese-uas tsis muaj roj	Qhob noom	Kua Kool Aid
Txiv laum huab xeeb	Fruit Chews	



Cov menyuam (18 lub hlis-3 xyoos)

Txhuam koj tus menyuam cov hniav

Muab cov tshuaj txhuam hniav fluoride txhuam koj tus menyuam cov hniav yuav pab tiv thaiv tau kom cov hniav tsis txhob to qhov. Fluoride yog ib yam tshuaj ntawm cov tshuaj txhuam hniav uas yuav pab ua kom tus hniav txheej sab nrauv tuab thiab khov, uas yog hu ua enamel.

1. Txhuam koj tus menyuam cov hniav ib hnuv ob zaug, qhov tseem ceeb tshaj plaws yog txhuam nws hniav ua ntej yuav mus pw.
2. Siv tus txhuam hniav kom yog menyuam hom thiab tus ntxhuam zooj zooj.

3. Thaum menyuam muaj li ob xyoos, koj txhuam nws hniav tsis txhob nyem tshuaj txhuam hniav ntau ntau “pleev me-me” rau ntawm tus txhuam hniav kom ua taus npuas xwb.
4. Qhia kom koj tus menyuam nti cov tshuaj txhuam hniav tawm tsis txhob nqos.
5. Ua yam ntxwv rau koj tus menyuam xyuam xws li kom nws txhuam ua ke nrog koj thaum koj txhuam koj li.



Cov menyuam (18 lub hlis-3 xyoos)

Kev qhia menyuam txhuam hniav

Qhia koj tus menyuam txhuam hniav uas muab tus txhuam hniav kom haum rau nws thiab kom tus txhuam zooj zooj. Xaiv tus txhuam hniav kom xim tshiab-thiab ci ci kom tus menyuam nyiam thiab nws thiaj kam txhuam. Cov tshuaj txhuam hniav uas qab zib yuav ua rau lawv nyiam txhuam.

1. Pab qhia koj tus menyuam kom nws maj mam txhuam mus-txhuam los.
2. Xyaum qhuas koj tus menyuam xws li hais lo lus, “Zoo heev!” los yog “Ua cas koj txhuam tau zoo ua luaj li, koj txhuam tau zoo heev!”
3. Ua yam ntxwv rau koj tus menyuam xws li thaum koj txhuam koj cov hniav kom nws txhuam nws li ua ke nrog koj thiab.
4. Koj yuav tau pab kom nws “txhuam tiav” txhua zaus kom txog thaum nws loj hlob es nws txhuam tau nws kheej lawm. Cov menyuam uas lawv txawj khi hlua khau lawm lawv thiaj li yuav txawj txhuam lawv hniav tau.



Cov menyuam kawm qib pib (3-5 xyoos)

Kev tiv thaiv koj tus menyuam thaum koj tsis nyob lawm

Koj tus menyuam cov hniav yog ib qho tseem ceeb rau kev noj mov, kev hais lus, thiab kev kawm. Koj yuav tiv thaiv tau koj tus menyuam cov hniav thaum koj tsis nyob lawm, koj nug cov nqe lus tseem ceeb hauv qab no.

1. Yog hais tias koj tus menyuam mus kawm ntawv li hauv Head Start los yog lwm lub tsev qhia ntawv twg los xij, koj nug seb lub tsev qhia ntawv ntawd puas qhia menyuam txhuam hniab thiab los tsis qhia.
Nug tias: Ua nej puas pab txhuam kuv tus menyuam cov hniav txhua hnuv uas nws tuaj kawm ntawv ntawm no los yog pab qhia nws txhuam thiab?
2. Nug seb cov saib xyuas menyuam ntawd lawv muab zaub mov dab tsi thiab khoom noj txom ncauj dab tsi rau koj tus menyuam noj txhua hnuv. Xyuas kom meej kom lawv muab cov zaub mov kom zoo rau koj tus menyuam noj thaum koj tsis nyob lawm.
Nug tias: Txhua hnuv kuv tus menyuam yuav noj zaub mov dab tsi?
Nug tias: Kuv tus menyuam noj zaub mov qab zib uas muaj suab thaj ib hnuv tsawg zaus?
3. Tsis hais thaum caij luv los yog caij npav, koj tus menyuam yuav tsum zaum rau qhov chaw kom kab ntsab thiab haum rau nws lub hnuv nyoog. Yog tsis ua li hais no, tej zaum koj tus menyuam yuav tsoo nws tej plhu, qhov ncauj, los yog cov hniav.

Nug tias: Tsis hais thaum caij tseb los yog npav nrog lwm tus, ua li kuv tus menyuam puas tau zaum rau qhov chaw kab ntsab thiab haum rau nws raws li nws lub hnuv nyoog?



Cov menyuam kawm qib pib (3-5 xyoos)

Cais koj tus menyuam tawm ntawm lub txiv mis yas (Pacifier)

1. Tsis txhob siv lub txiv mis yas los yog xyaum kom nws ntxais nws tus ntiv tes xoo, qhov ntawv yuav ua rau tus menyuam cov hniav tsis zoo thaum lo hniav laus tuaj.
2. Nrhiav txoj kev los pab koj tus menyuam kom nws tsis txhob ntxais nws tus ntiv tes xoo thiab tsis txhob noj lub ntxiv mis yas (Pacifier).

Xyuas kom meej seb koj puas npaj ntxaws txhua yam

Siv daim ntawv checklist los kuaj xyuas tias koj ua txhua yam li koj ua tau los tiv thauv koj tus menyuam kawm qib pib cov hniav kom dawb.

✓ Koj puas...

- ___ Hloov koj tus menyuam tus txhuam hniav txhua txhua 3-4 lub hlis thiab tom qab nws mob lawm?
- ___ Nco ntsoov kom koj tus menyuam txhuam hniav ib hnuv 2 zaug, tseem ceeb tshaj yog ua ntej thaum nws yuav mus pw?
- ___ Pleep ib qho tshuaj txhuam hniav (me-me) rau ntawm nws tus txhuam hniav xwb?
- ___ Kom koj tus menyuam nti cov tshuaj txhuam hniav tawm tsis txhob nqos?
- ___ Nco ntsoov koj koj tus menyuam mus ntsib kws kuaj hniav ib xyoos ib zaug los yog raws li kws kuaj hniav teem tseg?
- ___ Nug koj tus menyuam tus kws kuaj hniav txog tej lus nug uas koj yuav tu koj tus menyuam cov hniav li cas?
- ___ Hu rau koj tus kws kuaj hniav yog thaum koj tus menyuam ib tug hniav raug tsoo es poob los yog dam los lawm?
- ___ Xyuas kom meej tias koj tus menyuam tsuas noj tau tej khoom noj xob yem uas muaj suab thaj ib hnuv 1-2 zaug xwb?
- ___ Nrhiav kev pab rau koj tus menyuam kom nws tsis txhob ntxais nws tus ntiv tes xoo los yog lub txiv mis ya (Pacifier)?



Cov menyuam kawm ntawv (5-18 xyoo)

Kev pab kom koj tus menyuam yuav tsum tu nws lub qhov ncauj tas mus li

Koj yog niam txiv ntawm tus menyuam, koj yog ib tug uas tseem ceeb tshaj plaws ua yam ntxwv rau koj tus menyuam, yog li koj yuav tau xyaum yus tsev neeg kom sawv daws tu qhov ncauj.

1. Qhia kom koj tus menyuam yuav tsum tau haus mis, haus dej, thiab haus kua txiv es tsis txhob haus tej dej soda los yog dej qab zib.
2. Nco qab ntsoov, nws yog los ntawm kev noj khoom muaj suab thaj ntau npaum li cas.
3. Koj tus menyuam puas txhuam hniav ib hnuv ob zaug thiab tom qab noj cov khoom txom ncauj uas muaj suab thaj tag.
4. Qhia kom koj tus menyuam yuav tsum txhuam li ob nas this txhua zaus nws txhuam hniav.
5. Pab qhia koj tus menyuam txhuam hniav kom txog thaum uas nws txhuam tau nws tus kheej lawm ces koj mam tsum.
6. Kom koj tus menyuam muab txoj hlua dig hniav los dig ib as thiv ob zaug.
7. Nco ntsoov coj koj tus menyuam mus ntsib kws kuaj hniav ib xyoos ib zaug los yog raws li kws kuaj hniav teem tseg.
8. Nug koj tus kws kuaj hniav tej lus uas koj xav paub txog kev tu hniav thiab qhov ncauj li cas.



Cov menyuam kawm ntawv (5-18 xyoo)

Kev mus ntsib kws kuaj hniav

Thaum hnub xyoo muaj 4 los 5 xyoos, koj tus kws kuaj hniav yuav tsum muab cov tshuaj/dej fluoride rau koj tus menyuam siv tiv thaiv nws cov hniav kom khov lawm. Kws kuaj hniav yuav thaj nws cov hniav thiab muab tshuaj fluorid tiv thaiv nws cov hniav thaum nws kawm ntawv.

1. Nco ntsoov coj koj tus menyuam mus ntsib kws kuaj hniav ib xyoos ib zaug los yog raws li kws kuaj hniav teem tseg.
2. Ua raws li tus kws kuaj hniav qhia.
3. Nug koj tus kws kuaj hniav tej lus uas koj xav paub txog kev tu hniav thiab qhov ncauj li cas.

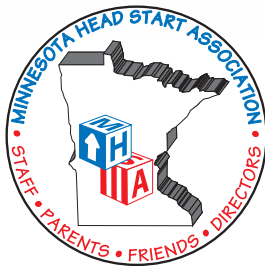
Kev tu tus hniav uas raug tsoo es dam poob los lawm

Raws li koj paub, menyuam lawv nyiam ua si heev! Yog hais tias muaj teeb meem raug tsoo es ib tug hniav (tsis yog cov hniav mos liab) dam rho poob tawm los lawm, ua raws li qhia hauv qab no.

1. Muab tus hniav ntsaws rov qab rau lub qhov hniav; los yog
2. Muab npuav rau hauv koj tus ua niam los yog ua txiv qhov ncauj; los yog
3. Muab tso rau hauv cov mis los yog dej qab ntsev; thiab
4. Coj mus ntsib kws kuaj hniav tam sim sai li sai tau!

(Yog lo hniav mos liab ces tsis muab ntsaws rov rau los tau. Yog tias tus hniav mos liab raug tsoo rho poob tawm los lawm, khaws tseg thiab hu rau tus kws kuaj hniav.)





Phau ntawv hais txog hniav no tau tsim los ntawm Minnesota Head Start Association (MHSA), thiab Parents In Community Action, Inc. (PICA) koom nrog rau Delta Dental Plan of Minnesota.



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Cov tsim tawm: Phau ntawv Hais Txog Hniav no yog tso ua ke thiab tsim tawm los ntawm ABZORB Design, Inc., luam los ntawm Ambassador Press Inc., sau thiab tso ua ke los ntawm Elizabeth Maria Dorn nrog rau kev tawm tswv yim thiab pom zoo los ntawm Oral Health Advisory Committee of MHSA, Children's Dental Services, thiab Christopher Okunseri, BDS, MSc. Muab txhais ua lus lwm yam los ntawm PICA pab tub ua hauj lwm Cross Cultural Team: Yusuf Abdurahman (Somali), KaYeng Vang (Hmong), and Reina Y. Ramírez (Spanish).

Phau uas luam tawm rau xyoo © 2004 Phau ntawv no yuav tsis pub muab koj mus luam tawm los yog sau ntxiv li cas yog hais tias tsis tau kev tso cai los ntawm cov koom haum uas tsim tawm.

Rov Qab Luam Dua Thaum Lub 2 Hlis Ntuj Xyoo 2006