

BRIGHT FUTURES DAIM NTAWV QHIA RAU ► NIAM TXIV

KEV MUS NTSIB THAUM KOJ TUS ME NYUAM MUAJ (3 TXOG 5 HNUB)

Nov yog qee cov lus qhia los ntawm Bright Futures cov kws muaj kev paub uas yuav muaj nqis rau koj tsev neeg.



KOJ TSEV NEEG NYOB LI CAS LAWM

- Yog tias koj txhawj txog ntawm koj kev ua neej nyob los sis xwm txheej txog zaub mov, sib tham nrog peb. Cov koom haum sawv cev hauv zej zog thiab cov khoos kas xws li WIC thiab SNAP kuj tuaj yeem muab lus qhia thiab kev pab.
- Cov chaw uas tsis pub haus luam yeeb ua kom me nyuam yaus noj qab nyob zoo. Tsis txhob haus luam yeeb los sis siv luam yeeb hluav taws xob. Pab ceev kom koj lub tsev thiab lub tshab kom txhob muaj pa luam yeeb.
- Siv qhov kev pab los ntawm tsev neeg thiab cov phooj ywg.



KOJ HNOV TAU ZOO LI CAS XWB

- Sim pw tsaug zog los sis so kom txaus thaum koj tus me nyuam tsaug zog lawm.
- Siv sij hawm nrog koj lwm tus me nyuam nyob.
- Pab hauj lwm rau koj tsev neeg tas li los hloov kho kev ua neej kom haum rau tus me nyuam tshiab.



KEV PUB MIS RAU KOJ TUS ME NYUAM

- Tsuas pub niam mis rau koj tus me nyuam nkaus xwb los sis mis poom kom txog thaum muaj 6 lub hlis.
- Pub mis rau koj tus me nyuam thaum nws tshaib plab. Saib ntsoov nws thaum
 - Tsam muab nws txhais tes rau nws npuav.
 - Ntxais los sis nqis.
 - Txob.
- Tsis txhob pub mis rau lawm thaum koj saib koj tus me nyuam tsau plab lawm. Koj tuaj yeem qhia tau thaum nws
 - Pheej fee tawm.
 - Kaw nws qhov ncauj.
 - Zoo li nws ob txhais npab thiab ob txhais tes tsis muaj zog li.
- Paub txog tias koj tus me nyuam noj txaus lawm yog tias nws siv tshaj 5 daim pawm thiab tso quav ua kua yam tsawg kawg yog 3 zaug rau ib hnuv thiab qhov hnyav nce tuaj xwm yeem.
- Puag koj tus me nyuam kom koj tuaj yeem sib ntsia thaum koj pub mis rau noj.
- Yuav tsum tuav lub taub mis tas li. Tsis txhob lam muab tso twj ywm rau.

Yog Tias Pub Niam Mis

- Pub koj tus me nyuam raws qhov xav tau. Pub rau noj yam tsawg kawg 8 txog 12 zaug rau ib hnuv.
- Tus kws sab laj rau kev pub mis tuaj yeem muab lus qhia rau koj thiab pab txhawb txog txoj hauv kev pub mis rau koj tus me nyuam noj thiab ua kom koj xis nyob zog tuaj.
- Pib muab viv tas mees D hom ua kua rau koj tus me nyuam (400 IU rau ib hnuv).
- Noj koj cov viv tas mees thaum muaj me nyuam ntawd txuas mus ntxiv.
- Noj tej zaub mov zoo; zam txhob noj cov ntses uas muaj kob txhuas (mercury) ntau.

Yog Tias Pub Mis Poom

- Pub koj tus me nyuam noj li 2 ounces mis poom txhua 2 txog rau 3 xuab moos. Yog tias nws tseem tshaib plab, pub ntxiv rau.



KEV ZOV ME NYUAM

- Hu nkauj, sib tham, thiab nyeem ntawv rau koj tus me nyuam mloog; zaim kev saib TV thiab saib xov xwm hauv digital.
- Pab tsa koj tus me nyuam sawv rau pub mis ntawm kev maj mam npuaj nws pob tw, hloov nws daim pawm thiab muab nws hle khaub ncaws.
- Ntxias koj tus me nyuam los ntawm kev plhws nws lub tob hau los sis maj mam tsaj nws.
- *Tsis txhob ntaus los sis muab me nyuam co.*
- Ntsuas koj tus me nyuam qhov kub qhov txias ntawm lub ntsuas qhov quav, tsis yog ntawm pob ntseg los sis tawv nqaij; qhov ua npaws ces yog ntsuas ntawm qhov kub qhov txias hauv qhov quav ntawm li 100.4°F/38.0°C los sis siab dua ntawd. Hu rau peb tau txhua sij hawm yog koj muaj lus nug los sis muaj kev txhawj xeeb.
- Npaj rau thaum muaj xwm txheej ceev: kom muaj cov khoom kho mob xwm txheej ceev, mus kawm rau cov chawv siv khoom kho mob xwm txheej ceev thiab kev pab cawm me nyuam mos ua pa (CPR), sau daim ntawv teev npe ntawm cov npawv xov tooj.
- Nquag ntxuav koj ob txhais tes tas li.
- Zam qhov chaw muaj neeg coob thiab ceev kom lwm tus txhob kov koj tus me nyuam yog tsis tau ntxuav tes.
- Zam qhov muaj duab tshab ntuj ziab.

KEV MUS NTSIB THAUM KOJ TUS ME NYUAM MUAJ (3 TXOG 5 HNUB)—NIAM TXIV



KEV NYAB XEEB

- Siv lub rooj zaum rau me nyuam mos uas tig rov qab mus rau lub rooj nyob leej rooj tom qab ntawm txhua lub tsheb.
- Ua kom ntseeg tias koj tus me nyuam nyob rau hauv nws lub rooj pov thaiv muaj kev nyab xeeb thaum khiav tsheb. Yog tias nws muaj qhov pheej txob taus los sis xav noj mis, nres tsheb thiab muab nws tshem tawm ntawm nws lub rooj zaum.
- Koj tus me nyuam kev nyab xeeb nce raws koj. Yuav tsum rau txoj hlua khawm thiab cov hlua khawm xub pwg. Tsis txhob lam tsav tsheb thaum haus cawv los sis siv yeeb tshuaj. Tsis txhob lam sau ntawv los sis siv xov tooj ntawm tes thaum tsav tsheb.
- Tsis txhob lam cia koj tus me nyuam nyob hauv tsheb ib leeg. Pib ua cov yam ntxwv uas zam tau kev hnov qab koj tus me nyuam cia hauv tsheb, xws li muab koj lub xov tooj ntawm tes tso rau sab nraum qab ntawm lub rooj zaum nram qab.
- Nco ntsoov cia koj tus me nyuam pw ntxeev tiaj rau ntawm nws lub chaw pw, tsis yog koj lub txaj.
 - Koj tus me nyuam tsim nyog pw hauv koj lub chaw pw kom txog thaum nws muaj 6 lub hlis lawm.
 - Nco ntsoov ua kom ntseeg tias koj tus me nyuam lub txaj los sis qhov npoo chaw pw ua tau raws li tej lus qhia kev nyab xeeb tam sim no.
- Yog tias koj xaiv los siv lub tawb thaiv rau me nyuam nyob, yuav tsum yog lub uas tsim tom qab Lub Ob Hlis Ntuj Tim 28, 2013.
- Muab qhwv ua caj tsis nyab xeeb rau me nyuam pw. Tej zaum nws tsuas yog raug siv ua rau koj tus me nyuam nyob tus thaum uas nws sawv.
- Zam dej kub hlab los sis hluav taws kub. Tsis txhob haus dej kub thaum tseem tab tom puag koj tus me nyuam mos.
- Zam cov kais dej kub hlab. Teeb tus kais dej kub li ntawd qhov kub txias ntawm tus kais dej kub nyob li ntawm los sis qis dua 120°F /49°C.

TEJ YAM UAS YUAV UA THAUM TXOG THAUM MUS NTSIB TUS ME NYUAM TUS KWS KHO MOB THAUM NWS MUAJ 1 HLIS

Peb yuav tham txog ntawm

- Kev saib xyuas koj tus me nyuam, koj tsev neeg thiab koj tus kheej
- Kev txhawb rau koj li kev noj qab haus huv thiab kev ua kom rov zoo li qub
- Kev pub mis rau koj tus me nyuam noj thiab kev saib nws loj hlob
- Kev saib xyuas rau thiab kev pov thaiv koj tus me nyuam
- Kev tswj koj tus me nyuam kom nyab xeeb nyob ntawm tsev thiab nyob hauv tsheb

Ua kom thooj raws nrog *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

Hais txog qhov ntaub ntawv ntxiv, mus rau <https://brightfutures.aap.org>.

American Academy of Pediatrics

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Qhov ntaub ntawv muaj nyob hauv daim ntawv qhia no yuav tsum tsis txhob muab siv los hloov tam kev kho mob thiab lus qhia ntawm koj tus kws kho mob me nyuam yaus. Nws muaj ntau yam kev kho mob uas koj tus kws kho mob me nyuam yaus yuav pom zoo rau nce raws ntawm qhov tseeb ntawm tej tus neeg thiab cov xwm txheej. Daim ntawv qhia thaum xub thawj tau muab nrog zoo tam ib feem ntawm *Bright Futures Tool and Resource Kit, 2nd Edition*.

Tej lus qhia hauv daim ntawv qhia no tsis yog bhais tias tau kev lees txais siv los ntawm American Academy of Pediatrics (AAP). Lub AAP yuav tsis kam lav rau tej ntsiab lus qhia ntawm cov peev txheej uas tau hais tseg nyob rau hauv daim ntawv qhia no. Lub chaw nyob ntawm lub vev xaib tam sim no tseem siv tau tab sis yuav hloov pauv thaum twg los tau.

American Academy of Pediatrics (AAP) yuav tsis tshuaj xyuas los sis lees paub txog ntawm kev hloov kho rau daim ntawv qhia no thiab tsis hais xwm txheej twg los lub AAP yuav tsis lav rau tej qhov hloov pauv ntawd.

Ua tsaug rau cov tswv cuab pab txhawb, neeg ua hauj lwm thiab cov lag luam tus uas pab nyiaj rau AAP Friends of Children Fund thiab tsim tau daim ntawv bhais no.

Hmong translation of *Bright Futures Parent Handout: First Week Visit (3 to 5 Days)*. © 2019 American Academy of Pediatrics. © 2022 American Academy of Pediatrics. Txwv Tsis Pub Yuam Txhua Txoj Cai.