

Pw Tsaug Zog Ntxeev Tiaj thiab





Pw Khwb Rwg Ua Si

Muab cov me nyuam mos liab ntxeev tiaj thaum lawv pw tsaug zog, tab sis yuav tau siv sij hawm muab pw khwb rwg qee lub sij hawm thaum sawv los lawm.

Txij thawj lub lis piam (week) uas tus me nyuam mos liab los tsev, muab nws pw khwb rwg ua si 2 los yog 3 zaug kom ntev li ob peb feeb (minutes). Tab sis tsuas muab nws pw khwb rwg li no thaum nws twb sawv lawm nkaus xwb thiab kom muaj ib tus neeg muaj hnuv nyoog saib ntsoov.

Lub sij hawm pw khwb rwg li no yuav pab rau cov me nyuam mos liab tsa tau lawv lub taub hau, ua kom lawv lub caj dab thiab ob lub xub pwg khov tuaj, thiab npaj kom lawv maj mam nkag tau thaum loj me ntsis tuaj (7-9 lub hlis).

Thaum xub thawj, muaj ib cov me nyuam yuav tsis nyiam pw khwb rwg. Ntawm no yog tej yam uas koj pab tau:

-  Muab ib yam khoom ua si los yog ib phau ntawv tso rau ntawm tus me nyuam hau ntej.
-  Hu nkauj los yog hais lus rau tus me nyuam thaum nws pw khwb rwg.
-  Koj pw khwb rwg rau hauv pem teb nrog tus me nyuam tim ntsej tim muag.
-  Kom lwm tus me nyuam muaj hnuv nyoog loj lawm ua si nrog nws thaum nws pw khwb rwg.

Yij meem sim ua li no mus, ces koj tus me nyuam yuav nyiam pw khwb rwg nrog koj.



“Sij Hawm Pw Khwb Rwg” (Tummy Time) yog raug pom zoo kom muab siv los ntawm:
 Minnesota Sudden Infant Death Center of Children’s Hospital and Clinics of MN
 American Academy of Pediatrics
 Eunice Kennedy Shriver National Institute of Child Health and Human Development

Community & Family Health
 PO Box 64882
 St. Paul, MN 55164-0882
 651-201-3760
 651-201-5797 TTY



Yog koj xav tau cov lus no ua lwm hom, xws li muab ntaus ua tus ntawv loj Braille los yog muab kaw rau hauv daim kas xev (cassette tape), hu rau 651-201-3760.



Sij Hawm Pw Khwb Rwg

