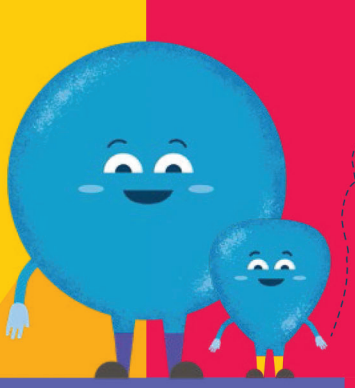
1 COVID-19 phreik mihning kha raca si hüm kryoi hümmih kaham jok tau misi Kxp tahi tama si kham ning petjok mih.

Nohai kai tok ma? Kjawng si pik vitky ma? Poisa ng'ka kaham kaling kamawm ma?
Maca mihning kha ra-ui phici hmu hak ra-ui txptap miva si cü phreik reing mih plo si tawk.

Kjawng si pik vit mih cü ihmat hai tahi, tama si hala kum mih tahi, tama si hak hnai kük mih py roi hümmih kaham akhon arei hlük phreik mina. Miva hly juajua petjok ning mih cü khri par lakhülklom hüm hnai mina. Cami cü raca hüm kavanra hly hak khukjok mitho ka-üng nü miva cü aly ky misi na peikhü txngjok mihly ka-üng mina.

Kxp raca si hak vei tüm hümmih ning jokjok bah.

Ihmat mah khüm kajok ning thai miluk jau khü (20) minik, nona kacü miluk nonai pü ning jokjok thai mina. Kxrni jok ning mih tu tyjok kacü y mihning hüm miva cü mingva hümmih na.



Raca si kham miva py na si hüm hia va peimih hlyjok bah.

Roi hüm jokjok mih cü raca kaham ihmat mah hüm ka-üp vei hly mina. Ruikhüp, miva py hüm hia mih cü juajua kaklai kahly vei hüm kla peimih hlongsai hly nokabak lat kacü y mih hlongsai hüm miva kham txrjok hümmih akhon arei man haimih na. (Bet mih rutsxn cacong hüm jau bah)

Ün hak lila aroi vei mih raca si, hmangtoptap mih raca si hak vei tüm mikha jok tau misi

- Miva hai mikna vei mih sai hak txn si hüm miva hai py mitho pyjok tüng bah.
- Coi hak buklai si hüm py tüm-miar khü txrjok meng si bah.
- Kahlei mih vünsai si hak khap klai si hüm cün khü kahleijok dei bah
- Riujok hrangta bah. Phraijok cah bah. Pung si hüm jau hly tüm bah.

T.V si hak phone si hüm pik vit bah. Maca mikha virus rawka hlongsai si hüm bong kadawn ri bah.

Ün hai hala ngür hai tahi, tama si hly vei tüm mikha jok tau misi.

- Akaca, meng, mingky mih imi si, roiklang si hai hmatva ra-ui kajok miva hai hlongsai si hüm txrjok dei bah.
- Ca hüm hia mih khamcak si hüm eing ca tüm dei bah.
- Miva khreik mih menglai si hüm txr hly tüm dei bah.

Ün hai raca si hly tüm vei mikha jok tau misi.

- Phrai ca bah. Nona kacü jau pung bah
- Jawn kheideing (nona kacü) kheideing si hak sawi pung bah.
- Menglai si hak plai bah (nona kacü) txr meng bah.
- Kxrni py mih tok si py tüm dei bah. Eing cak kan mih pasxm sxr si mih raca si hly tüm lakhülklom prai mihly py dei bah.
- Kjawng ca si py mih somjok dei bah.

Miva hai txr mih keing bah. Jaujok bah. Kry-oijok bah. Lakhülklom mira plau hly hüm.

Raca si hüm kry-oi mih hlongsai si tuk hüm hia kacü nep ca dei bah.

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | Khawt mih kahmarra si cü vei ca cah.

World Health Organization | unicef for every child | End Violence Against Children | Internet of Good Things | Parenting for Lifelong Health | USAID From the American People | Accelerate Adolescent Success Africa | CDC Centers for Disease Control and Prevention

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