



## ṬAH CU A PHUNG A SI

Ngakchia pawl cu an ṭap, tuk, cu cu a phung a si ko. Nulepa le zohkhenhtu hna nih ṭahnak an tawngtham ning cu a biapi. Naute hninh cu cohlan awk tlak a si bal lo, cu nih cun hliamhma fakpi, thihnak tiang a chuahter khawh. Ngakchia Hninh Zawtnak (Shaken Baby Syndrome) / Fahnak pek hmanngmi Lu Thinglung hma (Abusive Head Trauma) hrial khawhnak ding le ngakchia pawl kha a himmi le zohkhenhnak he zohkhenh khawhnak ding caah a tanglei ruahnak cheuhnak hna hi ruat.

## NA FA NGAM TER NING

A paw a tam le tam lo chek.

A hnawm a thian le thian lo chek.

Nau kha a dam lomi a lawh asi ahcun siibawi chawn.

Nau kha lam ah lem pi asiloah mawtaw in len pi.

Nau kha nem tein pom asiloah hning.

Pacifier kha pe

Nem tein bia chim asiloah nem tein hla tum.

Naute nih gas a ngeih le ngeih lo zoh.

## NANGMAH LE NANMAH I ZOHKHNAK

- **Calm Down:** Take deep breaths and count to 20.
- **A himmi chuahnak:** Pum cawlcanghnak tuah, mi pakhatkhat he bia i ruah, asiloah ttha tein ṭah.
- **Dinh caan:** Hla ngaih, ca rel, asiloah TV zoh.
- **Bawmhnak Hal:** Caan zeimawzat chung cu zumhmi pakhat nih rian lakter.
- **Pehtlaihnik Tuah:** Bawmhnak hmuh awkah na sibawi, na hawikom, asiloah na chungkhat kha auh hna.

## NANGMAH LE NANGMAH FIM I CHIM

Ngakchia Hninh Zawtnak (Shaken Baby Syndrome)/Fahnak pek hmanngmi Lu Thinglung hma (Abusive Head Trauma) cu mi pakhat nih ngakchia pakhat kha fakpi in a hninh tikah a chuak. Hninhnak hmete hmanh nih fak ngai in hliamhma asiloah thihnak a chuahter khawh.

## PHILHHLAH

Ṭahnak nih nau a hliam lo... HNINH nih a hliam!  
 Nau kha hninh a tong tiah na lunhrin ahcun, a nai bik emergency khan ah va kal colh.

## TAM DEUH IN HNGAL

QR kha scan tuah asiloah kan website ah va zoh.  
[www.pcaain.org](http://www.pcaain.org)

