Kev Pub Mis Niam

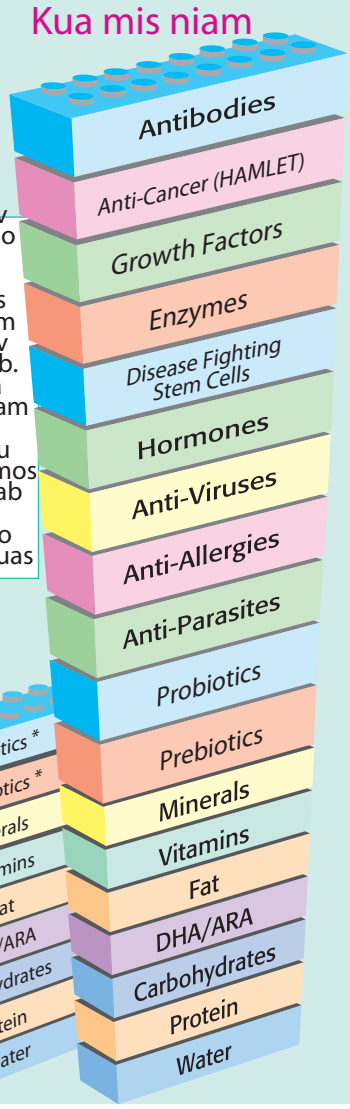
TSEEM CEEB HEEV

Kua mis niam yog khoom noj zoo tshaj plaws, nws muaj tej yam zoo uas tej mob liab cheem tsum ntau tshaj.

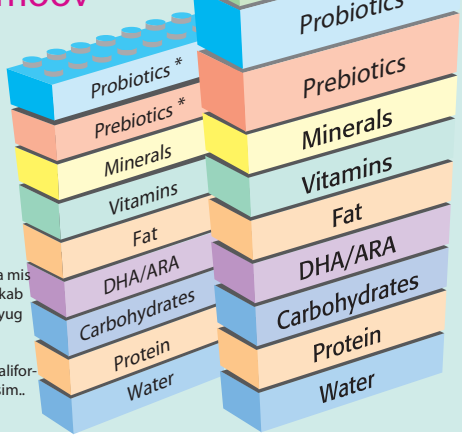
Kua mis niam

Cov kua mis hmoov kim npaum licas tiag?

Qhov uas pub kua mis hmoov yeej raug nqi. WIC yog ib qho khoos kas pab ntxiv khoom noj xwb, yuav tsis them tag nrho cov kua mis hmoov uas koj tus menyuam mos cheem tsum. Tabsis tus nqi uas yuav them tsis yog nyiaj txiag xwb. Tseeb tiag, qhov uas noj kua mis hmoov yuav cuam tshuam txog menyuam mos kev noj qab nyob zoo. Yuav tsum tau them thaum coj menyuam mos mus ntsib kws kho mob, thiab koj kuj yuav qhaj haujlwm thaum ntawd thiab. Tag nrho tej no puav leej yog tus nqi uas yuav tsum them thaum pub kua mis hmoov.



Mis hmoov



Tsis yog txhua yam kua mis hmoov thiaj muaj cov kab zoo lossis tej yam zoo yug cov kab no.

Tus duab no yog lub California WIC Program tau tsim..

LUB KOOM HAUM AMERICAN ACADEMY OF PEDIATRICS POM ZOO TIAS:

- Cov menyuam mos yuav tsum noj mis niam kiag nkaus xwb mus txog thaum muaj 6 lub hlis thiab yuav tsum noj mis niam mus ntxiv nrog rau tej khoom noj tawv uas tsim nyog mus txog thaum muaj ib xyoo lossis ntev zog.
- Tom qab yug kiag menyuam mos thiab leej niam yuav tsum nyob ua ke ib leeg tawv nqaij chwv ib leeg tawv nqaij, ua li ntawd yuav pab tau kom haj yam noj tau mis niam zoo zog.

TXHUA OOJ YEEJ TSEEM CEEB HEEV!

Cov menyuam mos uas noj mis niam muaj feem tsawg zog uas yuav raug tau tej yam li nram qab no:

- Cem quav, raws plab, quaj taug, thiab ntuav.
- Mob hawb pob "asthma", mob khoom ub khoom no fab txhaum, thiab mob "eczema".
- Mob raj ntseg, khaub thuas, thiab mob ntsws dej.
- SIDS (yam mob uas menyuam cia li tu txoj sia).
- Rog dhau thiab mob ntshav qab zib.
- Muaj mob kheexaws thaum yog menyuam yau.

Cov leej niam uas pub mis niam:

- Haj yam poob tau phaus sai zog.
- Yimhuab muaj kev tiv thaiv ntawm kev mob kheexaws thiab ntshav qabzib.
- Txuag nyiaj txiag; Cov kua mis hmoov yeej raug li $1500 txhua xyoo.
- Yuav txo tau qhov uas yuav muaj feem yuav muaj kev nyuaj siab tom qab yug menyuam.
- Yuav nqawm sai zog tom qab tau so lawm.
- Txuag tau sijhawm vim tsis tas yuav npaj mis hmoov lossis ntxuav taub mis.

LUS NUG THIAB LUS TEB

Vimlicas WIC ho muab mis hmoov?

WIC pom zoo tias menyuam mos noj mis niam, tabsis tseem muab tau mis hmoov yog tias cheem tsum. WIC yeej paub tias kua mis niam yog khoom noj zoo tshaj plaws rau menyuam mos thiab yuav pab koj ncav kom cuag cov homphiaj uas koj tau teeb txog ntawm kev pub mis niam. Cov leej niam uas pib mis rau menyuam noj yuav tau khoom noj ntau zog los ntawm WIC txhua lub hlis.

Yog tias kuv pub mis niam thiab mis hmoov tibsi, puas yog kuv tus menyuam yuav tau noj ob yam zoo huv tibsi?

Cov kua mis niam muaj khoom ntau zog uas yuav pab tau kom koj tus menyuam noj qab nyob zoo thiab muaj zog (saib daim duab thiaj muab sib piv tau). Cov kua mis hmoov yeej tsis muaj ib yam dabtsi uas yuav pab tau menyuam lub cev txawj ntaus kab mob uas pab tiv thaiv kom txhob muaj mob. Thiab yog koj muab ob yam tibsi, ces yog txhais tias yuav pub mis niam tsawg zog uas yuav ua rau koj tsis tshua muaj kua mis los.

Vimlicas lub tsev kho mob ho muab kua mis hmoov rau kuv nqa mus tsev thiab?

Cov tuam txhab uas tsim cov kua mis hmoov no muab kua mis hmoov pub dawb rau tsev kho mob, thiaj yaum tau cov leej niam kom lawv siv lawv tej khoom uas lawv tsim tawm. Koj kavtsij hais rau lub tsev kho mob tias koj pub mis niam xwb thiab koj tsis yuav cov kua mis hmoov hlo li.

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
WIC AND NUTRITION SERVICES
P.O. Box 570 Jefferson City, MO 65102-0570 573-751-6204

B LUB KOOM HAUM NTIAV NEEG MUAB CIB FIM KOM SIB NPAUG ZOS/PAB NEEG KHEEV RAUG KEV XAIV NTSEJ MUAG TAU HAUJLWM Muab kev pab no yeej tsis xaiv ntsej muag li.

health.mo.gov/wic