

EJ KŌJPAROK JANJORREN IM BOBRAE KINIJNIJ



NATIONAL CENTER ON
Early Childhood Health and Wellness

Jipān ko ñan baamle ko jan the National Center on Early Childhood Health and Wellness

Ej kōjparok jan jorren im nobrae an kinijnij ajri jidik ro:

- Lukkun lale bwe en ejjelok jorren ijo ajri ro rej rittolok im ekatak ie
- Ej kōjparok ajri rojan kawatata
- Katakin ajro ro ta ko ren kōmmani bwe en ejjelok

Etke elap an aurok?

Ajri ro rokonñan doebeb bwe ren jela ijoke aikuij:

- Jikin ikkureko ejjelok menin jorren ie
- Ritto ro remaroñ lale im ronjake bwe remaroñ
- Ien ñan kaminene kabeel ko air bwe en ejjelok jorren

Ne ajri ro rej ettolok jan jorren, reitok wōt in:

- En ejjelok jorren in kinij
- Focus on learning
- EEEtale wāwein ko rekai kin ejjelokbere



Men ko Kwomaroñ Kommai Ñan Jipān Ajri Eo Nejum

- Ilo Mweo:
 - Kotolok uno, kein karreo ko im men ko
 - Kojerbal im lake cabinet ko im ilik cover in jarom ko
 - Aolep
 - Kojerbal crips ki ippān fixed site im jab drop site
 - Kottolok cribs ko jan winto im blind ko
 - Emmanlok kojerbal kein binej winto ko rej jab kojerbal to, elññeemaroñ. Eelññe jab, kore to ko ettolok jan an ajri ro jibwe.
 - Likit niñiniñ ko bwe ren jertak im kiki ilo crib ko air. En ejjelok blanket, pet ko ak bumper ko.
 - Ej kōjparok ajri ro jan mon aim den ko rebwil.
 - Leliklok kein jebjeb ko an ainbat im teabat ko ion stove eo.
- Likit 120 degree ak diklok ilo water heater am ilo mweo
- Kejbarok ajri ro jan heater ko im kijek ko
- Likit smoke alarm ion kajojo kejam. Janij batter ko ilo Spring imfall.
- Bok juon carbon monoxide detector, elññe ejjelok am.
- Lale ippān local Fire Atation eo ne remaroñ jipān eok bukot juon smoke alarm ak carbon monoxide detector
- Kajjitōk ipan taktō in ajri eo kske mōña ko im men jidik ko remaro kōmman menin an pook.
- Kōmmane juon karok in ami koo
- Wonmanlok jan peij eo mokta lok

Men ko Kwomaroñ Kōmmani Ñan Jipān Ajri Eo Nejum

• Naboj:

- Kojobale sunscreen
- Katakin ajri eo nejum bwe en jab pad ilowan ial eo
- Kabbok jikin ikkure ko epidod ioer im jab ko ewor bwidej ak ujouj.
- Lale ajri ilo jikinikkure eo
- Jolok pija ko jan nuknuk.
- Toon shoes ko ren kadu im ekkor.
- Bobrae Jorren Ilo Den
- Jela bwe juon ajri emaroñ malon ilo jabrewōt den eo emaroñ binej lonin im botin.
- Aolep iien pad turin ajri roe n jab ettolok jen am maroñ jibwe ajri eo nejum elññe ej pad turin a kilo den.
- Katak aoo im boklok ajri nejum bwe en pad ilo kilaa in aoo ko kommsn jan ro retijimlok.
- Ilik worwor ko ewor 4 air sides im ewor an kejem tererei pool eo.
- Ekatok kilen kōmmane CPR.

• En Jab Walok Jorren Ilo Car im truck ko

- Kelet juon jea eo enaj koon ñan rettan im eddo in ajri eo nejum
- Kelet juon jea eo enaj jijjet im kñan car ak truck im kojobale aolep iien.
- Kajitok ppān rijerbal ran an Head Start ia eo kwomaroñ etal ñane ilo jukjukipad eo im katak kolake jea eo an ajri eo
- Lale bwe ajri ro rediklok jan 13 iio rej aikuuj jijjet ilo jea eo tulik in wa eo.
- Lale bwe ajri eo nejum en jab make iaan ilo wa eo ne ejjelok ritto
- Katakin ajri eo bwe wan ettor ko rej jab jikin ko remman ñan ikkure. Menen winto ko rebellok, ajri jidik ri remaroñ lukkun bwil ilwan wōt 10 minit ko



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