

Jipān ko ñan baamle ko jan opij eo etan National Center on Early Childhood Health and Wellness

Iminene ko ñan kejparok ejmour rej ijino mokta

Iminene ko remmon rej ijino jinoin an juon ajri mour, kwomaroñ jipān ajri eo nejum eddo kilo an iminene in ikkure. Ajri eo nejum ej katak jan kwe, kimenin ilo am jipāne bwe en ikurere, kajjeon kōmmane ejja kain makitkit ko wōt!

Raan ej iien buul Emakitkit

Ñan niñiniñ eo nejum

- Kōmman bwe en lap an niñiniñ eo nejum en lap an ej kōmakitkit lojenim jolok iien ilo jea ko rej erolol im eeeepidod ekeke ioor. Wāwein in enaj lelok elap iien ñan Kankan, tobar im bwijbwij kinmenin emaroñ tobare bunten ko elap tokjen ainwōt maroñ tobakbal im jijet.
- Jab likit juon TV ilo ruum eo an ajri eo. Ne elap iien an kenono im ikkure ippān ajri eo, enaj laplok an ejmourur ilo ad rittoloklok

Ñan niñiniñ eo nejum

- Kajojo ajri ro elap air makitkit rej aikuij ej kōmakitkit anbwinin. Makitkit wōt ilo ait epp, keto-ketak, im etaltal ippān doon.
- Kōmman bwe en jab atok air alouj elaplok jān 2 awa ak diklok juon raan. Ajri ro elap air jolok air iien ikkure inabwoj im ilowan mweo enaj lap air ejmour im emakitkit ilo air rittolok.

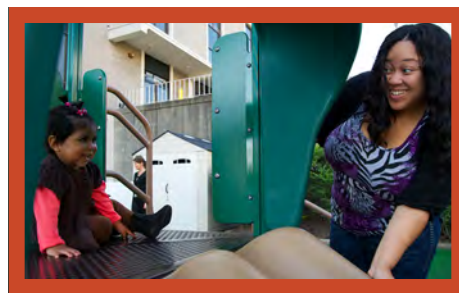
Ñan Ajri ro Nejum Ilo Preschool

- Jipān anjri eo nejum be ren makitkit wōt im bwe en jela jolok elap iien inabwoj.
- Kajeonkōmman bwe en jab laplok jān ruo awa in an ajri

eoaloij TV, ikkure video game, im computer ilujuon raan bwe renaj aknuij kilep im eddo ilo air rittolok.

Ñan Kwe im Baamle Eo Am

- Ne kwoj jolok elap am iien im makitkit, ajrieo nejum enaj katak im iminene ej kōjparok ejmour jān kwe
- Karok iien ikkure, iien mōña, im iien kiki ñan kapidodoik mour ñan kwe
- Kenñan ippān takto eo an ajri eo. Rikaki eo im jiñan im jeman ajri wāwein kōmman bwe en iien ikkure en lap ieen ñan makitkit.





JELA KAKE EJMOUR: JUON KEY ÑAN MELELE IM KOJERBAL MELELE KIN EJMOUR

Jipān ñan baamle ko jān opij eo an National Center on Early Childhood Health and Wellness

Melele Ta Eo Taktō Eo Am Ej Jiron Eok

Jelalokijen kake Ejmour ej kwalok jonon am melele kake melele ko kin Ejmour im kōmman kelet ko remman kake Ejmour ej kōjparok jān ñaninmij

Etke ej Aurok

Elon armij ebin aur melele melele ko ikijien ejmour me rej aikuiji ñan ej kōjparok irmake im ro ilo baamle ko air

Ne parent ro I, ro rej ej kōjparok riñaninmij rej melele kake melele ko kake ejmour im wāwein kojerbale, ajri ro elap wōt iien renaj:

- Jako jejo wōt iien jān jikuul
- Jeja iien air lolok taktō r oak etal ñan Emergency room eo

- Mour ilo Ejmour
- Ej kōjparok jān ñaninmij ej ainwōt wa in fue eo
- Mweo imon en juon em eo ejeja an anwalok jorren

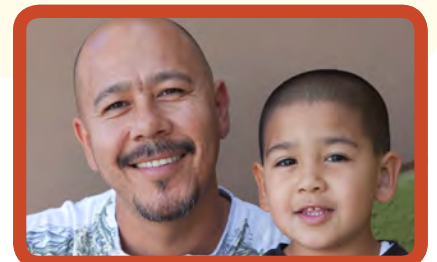
Katak wāwein ko ñan melele im kojerbale melele ikijien ejmour ñan jipān kake:

- Kenono ippān taktō eo am
- Kajjitōk kajjitōk ko
- Lore ta ko taktō rej kwalok
- Bok uno ko ilo jimwe im jijjet
- Taktō kab kōmmane teej in taktō
- Jela ta eo kwon kōmmane ne kwoj nañiinmij
- Bobrae nañiinmij ko ainwōt tonal, kajjinōk, cancer
- Kōmman kelet ñan am ejmour im baamle eo am
- Kajjitōk jipān

Men ko kwo maroñ kōmmane ñan jipān ajri eo ejum

- Kajjitōk jipān ne kwoj jab melele kanne pepa in jikin ejmour eo.
- Kajjitōk kin pepa ko epad kajin eo epidodo am melele ne kwoj riiti
- JE KAJJITŌK KO AM mokta jān am loelok taktō eo.
- BA ÑAN TAKTŌ AM elñne kwoj jab melele ta eo ej ba.
- Etal ñan library eo im kajjito wāwein bukot melele ko rejijjet kakeeeee ñaninmij eo im uno ko ñani

- Kajjitōk kin pirokiraam in head Start ak ajri kin mel el ko rejelet kwe.
- Etal ñanworkshop ko ilo aHead Start eo an ajri e oak ko ilo jukjukimpad eo.



MENONO IN EJMOUR ILO MWEO



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Jipān ko jān Opij eo an National Center on Early Childhood Health and Wellness

Jipān bobrae Kajjinōk: Jab kobatbat ilo mweo

Etke Aurok?

- Ajri rorej aikuij pad ijoko ejjelok kobatbat ie, aolep iie.
- Baat ko jān rojet rej kwalok kajjinōk, ijoke kwomaroñ jab pad epaki.
- Baat ko jān jika im e-jika ko ewor chemical ko, ekoba ko rej kōmman cancer.

Ta e-jika ko ak Vapes?

E-jikka ko rej kwalok molawi in den eo ewor nicotine ie. Molawi in ejab ejjelok jorren ie im emaroñ kakkure er ko an ajri eo ilo air rittolok

Ta in Kajjinōk?

Kajjinōk ej juon wāwein eo ej kōmman bwe en laplok im aidiklok ial in koto ko ilo er. Wāwein ekōmman bwe en walok kajjinōk.

Ta baat ko rej secondhand?

Baat ko rej secondhand rej baat ko jān jikka ilo mejatoto. Ej bat eo armij rej menonoik jān jikka ko. Pipe ak jikar ko

Thirhand baat?

Thirhand baat eh baat eo ej pad ion men ko ak nuknuk ko mene ededelok ak juon kobatat



Men ko kwomaroñ kōmmani ñan jipān ajri eo nejjum

- Men eo elukkun lap tokjen kwomaroñ kōmmane ñan jipān juon ajri ewor ñaninmij in kajjinōk ej bwe en ejjelok kobatat ilo mweo.
- Secondhand baat ej jabemman.
- Secondhand emaroñ kōmman jorren ko.
- Kinke ajri ro redik im rej eddōk lok wōt, secondhand baat ko elaplok air kawatat ñan ir jān ritto ro.
- Ajri ro ilo aujpital kin air kajjinōk elonlok jān ñaninmij ko jet
- Ajri ro ewor ñaninmij in kajjiinok, elonlok raan in air jako jān raan in jikuul jān ajri ro ejjelok air ñaninmij in kajjinōk.
- Elññe juon ajri ewor an ñaninmij in kajjinōk, secondhand baat ko kōmman bwe en lukkun kajjinōk.
- Pad turin secondhand baat ewmaroñ kōmman bwe ajri ro ejjelok air ñaninmij in kajjinōk en wor kokkale in kajjinōk ippair.
- Chemical ko jān baat in jikka(thirhand smoke) remaroñ pad mejatoto im ion nuknuk ko iumin elon raan ak wiik alkin an moj kunne jikka eo.
- Secondhand baat ej jab emman
- Taktō in ajri eo am emaroñ jipa eok ak ro jet jolok jikka.



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MŌÑA ÑAN EJMOUR



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

Iminene ko ñan boktok ejmour rej inino ne jej dik wōt



Iminene in mōña ñan ejmour ejnn ijino ne ajri eo ej dik wōt. Jino jān ne ej niñiniñ, kwomaroñ ajri eo nejum rittolok ilo an iminene in mōña na ejmour. Kwoj juon wanjonok ñan ajri eo nejum ilo am jipān bwe en mōña ñan ejmour, kajjeon kōmmene menin

Mōña im Najidiki ñan ejmour

Ñan Niñiniñ eo nejum

- Elap an aurok bwe kwon kaniñiniñ ajro mae iien ej tobar 6 an allon. Enaj emman eddoin ilo an rittolok.
- Likit dan in ittin ak formula, ejab cereal, ilo bato an ajri eo nejum. Cereal ej kobalok elaplok vitamin ko ej jab aikuuj.
- Kajjeon kottar mae iien ajri eo ej tobar 6 allon ko ñan am jino mōña ko eebin imemman ñan ejmour ainwōt vegetable ko, mōña ko kijen niñiniñ, im cerealko kijen ajri. Jinomōña ko rebbin ilo an dikwōt emaroñ kwalok jorren ko ainwōt lukkun edo im kiriji tokalik.
- Epake 8 ak 9 allon in am kajeon lelok ñan niñiniñ eo nejum jidik mons in ejmour ko ainwōt bao, carrot mat, strawberries ko emoj am mwijiti. Menin enaj jipān ajri eo nejum jela mōña in kejmourour.
- Den in ittin, formula, im den rej kelet ko remantata ñan nimen niñiniñ eo. Soda pop, 100% den in leen wojke ko, den in sport ko koba calories ñan an kadikdiklo im emaroñ kakkure niin.

Ñan ajri eo Nejum

- Lelok ñan ajri eo nejum mōña in kokkajur koremman ñan ejmour ainwōt mottan jiiij, jidik bañana ak jidik cracker ruo ak jillu allen juon raan. Wāwein in enaj jipāne bwe en jab koole im naj ñan tomman.
- Kate eok jerbāl ippān ajri rot ne ekijon ekelel ta ko rej koñan mōña. Emaroñ kajjeon kanne juon mōña 10 ñan 15 allen mokta jān an maroñ kanne.
- Kajjeon lelok ñan ajri ro kain kelet in ona ko ñan ejmour. Enaj kelet mōña in kejmour eo.
- Milk im aiboj den rej kelet in den in idak ko ñan ejmour im ko remantata nsn ajri jidikdik eo nejum. Soda Pop, 100% den in leen wojke, im den in sport kere calories ñan diet eo limen emaroñ kakkure ni ko nin.

Ñan Preschool Ajri eo Nejum

- Kotlok bwe ajrieo nejum enjipān eok kopooje mōña in ejmour ko ñan ktan awa. Emaroñ kajeon mōña ko ñan ejmour ne enaj jipān.
- Kajeon kanne koppan jikin ona eo am kin mōña in ejmour ko ainwōt carrot ko, apple ko, im beanut butter, ak jiiij. Menin enaj jipān eok im preschool rijikuuleo mōña menin ejmour men ilo raan ko kom boub.
- Milk im aiboj rej den in idak k rej make wōt emman ñan ejmour ñan preschool rijikuul eo nejum. Soda Pop, 100% den in leen wojke, im den in sport kere calories ñan diet eo limen emaroñ kakkure ni ko nin.

Ñan kwe im baamlr eo

- Ajri eo nejum ej ekatak iminene ko ñan ejmour ilo an lale eok. Kajjeon mōña mōña in ejmour barainwōt.
- Karok iien ikkure, iien mōña, im iien kiki bwe en pidodo ñan kwe ilo juon raan.
- Kenñan ippān taktō eo an ajri eo, rijerbal ro an head start, jiñan im jeman ajri ro jet ñan bok jipān mōña ko rej ñan ejmour.



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Jipān ñan baamle ko jān the National Center Kin Ejmour im Karbob ñan Ajri Jidik Ro

Ta Ejmour in Komelij

Sjour in Komelij ej melelein bwe ajri jidik ro rej eddöklok ilo air maroñ:

- Melele im kwalok air enjake
- Ewor mottair, jet ebaak ak jet rettolok
- Tolone ijoko im ekatak

Etke elap an lap tokjen?

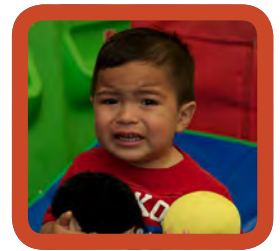
Ejmour in Komelij eo ewor kotmene ie ej kōmman bwe en pidodo ñan an ajri ro:

- Ewor jemjera eo ej kepaake ñan ro ilo baamle eo ka bro jeran
- Emman an jikuul
- Katak men ko rekkeel

- Bukot mejelen aban ko
- Jela Kak emmanwa (ak jab ebweir)
- Katot an lomnak ilo men eo ej kōmmane
- Kajjitōk jipān

Ilo iie ko rej idik ajri ro rej inebata, buromij, ak illu, emaroñ bin ñan:

- Kōmman jemjera
- Lore ial in kemelele
- Kwalok enjake ak koñan
- Lore komelele ko repidodo
- Ronjake ilo kilaa
- Bukot mejelan abanko ilo juon jekjek eo epidodo
- Kōmman emman ilo jikuul



Men ko kwomaroñ kōmmane im ba ñan jipān ajri eo nejum

• **Ñan Niñiniñ eo Nejum**

- Atbokoje ajri eo nejum ilo iien najidiki
“Ikoñan atbokije ne ij najidiki eok.”
- Kalimjeke ajri nejum im eton dikdik, eton dikdik, eton dikdik!
“Hey, ne ij eton, kwon bar eton tok.”
- Kenñan kin ta eo kwoj kōmmane.
“Ij etal in jāniji kaal ne am kio.”
- Kajjeon in bok am iien im monono.
“Ne ij monono, edik am bou.”
- Riit im al ñan niñiniñ eo m aolep raan.
iien kiki. lieninnon ak al kin al eo am emman ippam.”
- Ej kōjparok e kwe make.
“Ne ij kakkije, emmanlok ao ej kōjparok e eok.”

• **Ñan Ajri eo Nejum/ eo ilo Preschool**

- Lale bwe aolep iien ren kile ke enaj ejjelok jorren.
“Ijela ainikien ko rellaj remaroñ kamijake ie, ak ej emman WOT.”

- L.elok kelet ko.
“Kwoj koñan ke jot blu ie ke buroro ie?”
- Katak komanwa.
“Kejro kottan an jemlok al im kejro doujnabojlok.”
- Kwalok am melele.
“You REALLY want another cookie! It is hard when you can only have one.”
- Likit jidik iien.
“Ij loe kwoj jab kōnaan etal jan jikin ikkure eo. Bar juon allen ijen, innam kejro aikuij emakit.”
- Ikkure ippān doon iumin 15 minit ko ilo juon raan.
“Ekadik lon menin jermal ak elap tokjan bwe kejro en ikkure ippān doon.”
- Lore koñan eo An.
“Ij loe kwoj koñan ikkure kake block ko. Ta eo kwoj iten kaloke?”

- Nebar ajri eo nejum ne ej katr kajon.
“Ij koñan loe am kate eok kajjeon bukot mottan eo ejimwe ñan puzzle ne.”
- Kaminene lorekemelele ko.
“Mokta kotak block ko innam car ko.”



Kwo marok kolablok an ejour lonim kin:

- Jela wāwein kōmman bwe ejmour lonim im bar ro ilo baamle eo am.
- Jipān ajri ro nejum katak kin bwe ren iminen bwe len emman lonir im kab nir

Etke aurok menin?

Ej ajri eo emman im ejmour lonin, rej:

- Alikar air kenono
- Maroñ mōña mōña ko ñan ejmour
- Eman air enjake kin iremake

Barainwōt ne Ejmour Lonim ej Melelen:

- Ejmour am rrritto lok im Eddök lok
- Maroñ kolmenlokijen im katak
- Ejjelok metak lonim
- Edik jolok jaan ñan an baamle taktōik niir



Men Ko Kwomaroñ Kōmmani Ñan Jipān Ajri Eo Nejum

- Brush niin ajri eo nejum kin fluoride toothpaste eo ruo allen juon raan
- Elññe ajri eo nejum edik jan 3 an iio, brush kin jidik wōt fluoride toothpaste
- Elññe ajri eo nejum ej 3 ñan 6 iio rettan, brush kake jidikdik wor fluoride tootpaste.
- Ajri jidik ro renaj koñanbrush niir, ijoke renaj aikuij jipān mae iienekajurlok pair. Jipān brush niin ajri rom ae iien rej tobar 7 ak 8 air iio rettair.
- Kwon juon wanjonok eo emman ikijien loni eo ejmourur! Brush niim kake fluoride ruo allen juon raan ilo jippon im ilo iien kiki) im floss juon allen juon raan
- Lelok mōña in ejmour ko ainwōt leen wojke, vegetable ko, milk ko edik kirij, mōña ko jan grains, kanneik, jelele, bao, leep im bean.
- En jab lon snack ko kwoj najidiki ajri kaki juon raan.
- Jab lelok mōña ñan ajri eo ainwōt menin nebar.
- Boklok ajri eo nejumñan taktō in ni eo bwe en etale niin ne ej juo an iio.
- Elññe ajri eo nejum ejanin lolok taktō in ni eo, kwon bokloke.
- Kajjitōk ippān taktō in ni eo ta eo kwomaroñ kōmmane ñan kōmman bwe en ejmour lonim im ajri eo.
- Lale bwe en ikutkut am loelok taktō in ni eo ekkar ñan ta eo ej ba
- Kotlok bwe ajri ro nejum en ej kōjparok , Head Start ak pirokiram ko an rejela ne kwoj aikuij jipān ak ewor am kajjitōk kin loni ejmour

EJ KŌJPAROK JANJORREN IM BOBRAE KINIJNIJ



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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
- Katak in ajro ro ta ko ren kōmmani bwe en ejjelok jorren

Etke elap an aurok?

Ajri ro rokonñan doebew bwe ren jela ijoke aikuij:

- Jikin ikkureko ejjelok menin jorren ie
- Ritto ro remaroñ lale im ronjake bwe remaroñ
- lien 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 rekā 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

TA IN LOMOR IM BOBRAE JAN IKINIJNIJ

Men ko Kwomaroñ Kōmmani Ñan Jipān Ajri Eo Nejum

Wonmanlok jan peij eo mokta lok

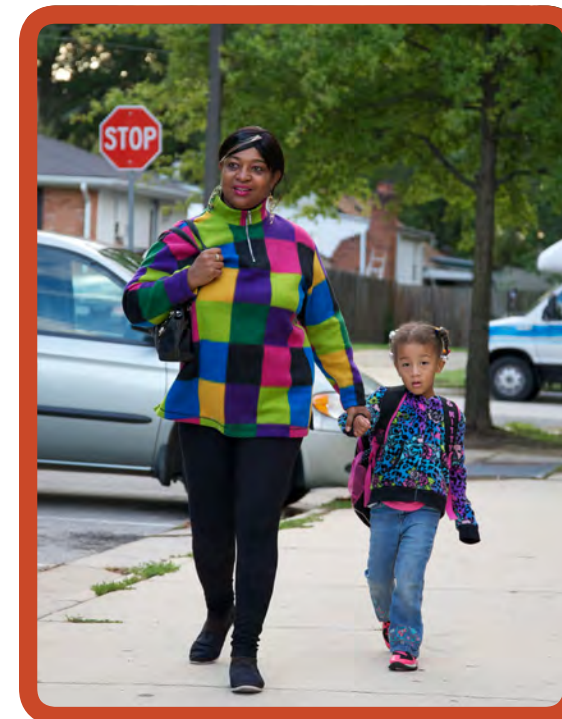
Naboj:

- Kojerbale sunscreen
- Katak in 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 kojerbale 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 aikuij jijjet ilo jea eo tulik in wa eo.
- Lale bwe ajri eo nejum en jab make iaan ilo wa eo ne ejjelok ritto
- Katak in 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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