

## Plab Sijhawm

### Rov qab pw tsaug zog plab ua si

Muab cov me nyuam mos liab ntseev tiaj thaum lawv pw tsaug zog, tab sis yuav tau siv sij hawm muab pw khwb rwg qee lub sij hawm thaum sawv los lawm.

Txij thawj lub lis piam (week) uas tus me nyuam mos liab los tsev, muab nws pw khwb rwg ua si 2 los yog 3 zaug kom ntev li ob peb feeb (minutes). Tab sis tsuas muab nws pw khwb rwg li no thaum nws twb sawv lawm nkaus xwb thi-ab kom muaj ib tus neeg muaj hnuv nyoog saib ntsoov.

Lub sij hawm pw khwb rwg li no yuav pab rau cov me nyuam mos liab tsa tau lawv lub taub hau, ua kom lawv lub caj dab thiab ob lub xub pwg khov tuaj, thiab npaj kom lawv maj mam nkag tau thaum loj me ntsis tuaj (7-9 lub hlis).

Thaum xub thawj, muaj ib cov me nyuam yuav tsis nyiam pw khwb rwg. Ntawm no yog tej yam uas koj pab tau:

- Muab ib yam khoom ua si los yog ib phau ntawv tso rau ntawm tus me nyuam hau ntej.
- Hu nkauj lossis tham nrog tus menyuam thaum nws pw hauv plab.
- Koj pw khwb rwg rau hauv pem teb nrog tus me nyuam tim ntsej tim muag.
- Kom cov me nyuam laus ua si nrog nws thaum nws nyob ntawm nws plab.

Cia li sim, thiab koj tus menyuam yuav kawm nyiam lub plab nrog koj.



“Sij Hawm Pw Khwb Rwg” (Tummy Time) yog raug pom zoo kom muab siv los ntawm: Minnesota Sudden Infant Death Center of Children’s Hospital and Clinics of MN American Academy of Pediatrics Eunice Kennedy Shriver, National Institute of Child Health and Human Development.

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