

Pib thaum muaj 28 lub lim tiam!

- 1 Suav tus mos liab cov kev nti mus los txhua txhua hnuv, ib hnuv ib zaug, ze rau tib lub sij hawm txhua hnuv.
- 2 Teeb sij hawm seb nws siv sij hawm ntev npaum cas rau koj tus mos liab ua tau 10 zaus nti mus los. Tom qab ob peb hnuv, koj yuav paub seb dab tsi yog qhov zoo li ib txwm rau koj tus mos liab.
- 3 Hu rau koj tus kws kho mob tam sid yog muaj ib qho hloov pauv ntawm qhov zoo li ib txwm rau koj tus mos liab.



Npaj kom txhij los mus suav!



- Xyuas kom paub tseeb tias koj muaj ib lub moos nyob ze koj.
- Kom muaj ib tus xaum los yog cwj mem nyob ze koj thiab.
- Pw ua ntsais los yog zaum tsa koj ob txhais ko taw.
- Npaj kom tau daim chart los sau rau.

Kev suav cov taw tuam yog ib qho yooj yim

Siv ib daim chart txhua lub lim tiam

1. Sau lub lim tiam ntawm koj cev xeeb tub thiab hnuv rau thaum pib lub lim tiam rau saum toj kawg.
2. Thaum koj hnov tias koj tus mos liab nti ib zaug, sau lub sij hawm cia.
3. Suav thaum tuam, kauv thiab cov kev tshab nrig. Txhob suav cov ua ntsos.
4. Nyem txhua zaus koj hnov koj tus mos liab nti.
5. Sau lub sij hawm thaum nti txog kiag 10.
6. Sau cia seb nws siv sij hawm pes tsawg feeb (minutes) rau koj tus mos liab nti tau 10 zaus.
7. Tso tus X rau ntawm tus naj npawb ntawm cov feeb (minutes) uas koj tus me nyuam nti tau 10 zaus.
8. Kos ib txoj kab rau hauv nruab nrab ntawm txhua tus X los pab kom koj pom tus yeeb yam (pattern).

9. Yog txoj kab hloov pauv, hu rau koj tus kws kho mob.

Hu tam sim ntawd!

Lim Tiam #: 28 Hnuv Pib: 12/10/19

Nws siv sij hawm hov ntev rau tus mos liab nti mus los 10 zaus?

Hnuv	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sij hawm pib	8:15						
Suav cov taw tuam							
Sij hawm xaus	8:45						
Feeb (Minutes)	30						

Nrhia kom paub tus yeeb yam (pattern)

Feeb (Minutes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							

Nws siv sij hawm hov ntev rau tus mos liab nti mus los 10 zaus?

Hnuv	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sij hawm pib	8:15						
Suav cov taw tuam							
Sij hawm xaus	8:45						
Feeb (Minutes)	30						

Nrhia kom paub tus yeeb yam (pattern)

Feeb (Minutes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							

Nws siv sij hawm hov ntev rau tus mos liab nti mus los 10 zaus?

Hnuv	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sij hawm pib	8:15	8:18	8:13	8:16			
Suav cov taw tuam							
Sij hawm xaus	8:45	8:43	8:40	8:48			
Feeb (Minutes)	30	25	27	32			

Nrhia kom paub tus yeeb yam (pattern)

Feeb (Minutes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							



Lim tiam: _____

Hnub Pib: _____

Nws siv sij hawm ntev npaum cas rau tus mos liab nti mus los tau 10 zaus?

Hnub	Zwj hli	Zwj quag	Zwj feeb	Zwj teeb	Zwj quab	Zwj cag	Zwj hnub
Sij hawm pib	🕒	🕒	🕒	🕒	🕒	🕒	🕒
Suav cov taw tuam	👣	👣	👣	👣	👣	👣	👣
Sij hawm xaus	🕒	🕒	🕒	🕒	🕒	🕒	🕒
Feeb (Minutes)							

Nrhiau tus yeeb yam (pattern)

Feeb (Minutes)	Zwj hli	Zwj quag	Zwj feeb	Zwj teeb	Zwj quab	Zwj cag	Zwj hnub
0							
10							
20							
30							
40							
50							
1 x uaj moos							
+10							
+20							
+30							
+40							
+50							
2 x uaj moos							

Lim tiam: _____

Hnub Pib: _____

Nws siv sij hawm ntev npaum cas rau tus mos liab nti mus los tau 10 zaus?

Hnub	Zwj hli	Zwj quag	Zwj feeb	Zwj teeb	Zwj quab	Zwj cag	Zwj hnub
Sij hawm pib	🕒	🕒	🕒	🕒	🕒	🕒	🕒
Suav cov taw tuam	👣	👣	👣	👣	👣	👣	👣
Sij hawm xaus	🕒	🕒	🕒	🕒	🕒	🕒	🕒
Feeb (Minutes)							

Nrhiau tus yeeb yam (pattern)

Feeb (Minutes)	Zwj hli	Zwj quag	Zwj feeb	Zwj teeb	Zwj quab	Zwj cag	Zwj hnub
0							
10							
20							
30							
40							
50							
1 x uaj moos							
+10							
+20							
+30							
+40							
+50							
2 x uaj moos							

Hmong

HEALTHY
birthDAY
IMPROVING BIRTH OUTCOMES

Count the Kicks yog ib qho kev pab cuam ntawm Healthy Birth Day, Inc., ib lub koom txoos 501(c)(3) muaj pluaj siab los mus pov thaiv me nyuam txoj kev tuag hauv niam plab nyob hauv txoj kev qhia kom paub, muab tswv yim pab thiab kev tshawb fawb. Cov ntaub ntawv no yog rau txoj kev qhia kom paub cov hom phiaj xwb thiab tsis yog rau kev tshuaj xyuas kom paub tus mob los yog kho tus mob. Kev siv cov ntaub ntawv no yuav tsum ua raws li koj tus kws kho mob pom zoo.

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Count
the KICKS
CountTheKicks.org

*Luam tawm phab ntawv
no 6 zaus los suav cov
lim tiam 28-40!*