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Krax Pa Priex Rien Ka Tokaux Tix

Krax Pa Tawx Kawn lak Khankix Ih Priex Preem





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How To Feed Small Children

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Rawg akhwang shiao riieng mai ngai lai inkix khaing International Cooperation Cambodia. Cub pa jah ti tiem lai in mawh cub the Health Editors Group in Ratanakiri province heue.

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Krax Pa Tawx Kawn lak Khankix Ih Priex Preem



Kawn Ngie Pa Khraox Keh

Caw ti tawx kawn iak
peuex rawm teuh miex
ngie.

Tu kawn iak ang pex ti
kreed preix ih tang ceu ka
sivoe naog ju 6 khix.



- Ang pon ti tawx kawn iak nyaux rawm.
- Ang pon ti tawx nyaux rawm teuh khrawng brie.
- Ang pon ti tawx ih kleem, nyaux rawm kuh.
- Ang pon ti tawx ih priex tang ceu.

kawn iak pa koe ju 6 khix – 1 num

Caw ti tawx nyaux rawm teuh miex. Ang pon ti tawx nyaux rawm teuh khrawing brie.

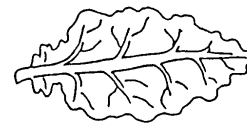
Son sang phai huan kawn iak, caw ti tawx nyaux rawm kuh, ih kleem mai ih priex tang ceu tix ngaix 4 bawg.



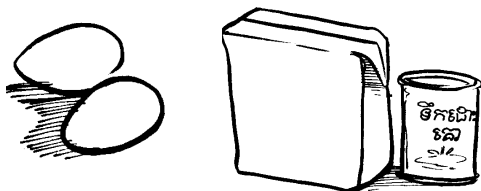
Priex preem pa kieh tokaux huan



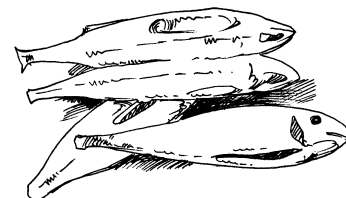
(mawh ceem pa hoik koh loh lih) Ceem ngaik



Taux Ihax klai



Tawm ia tung mai
rawm teuh

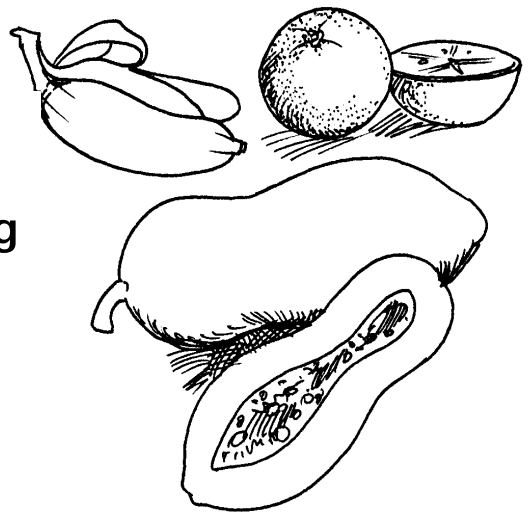


Kax iak

Klah (tah) priex an
khankix daux po neuex tau
mai rawm kuh tawx kawn iak
kix ih heue.



Muah, plix cawx mai plix
kadaung khankix mawh pa ting
ceu son priex ih kawn iak
heue.



Kawn iak pa koe ju 1 num

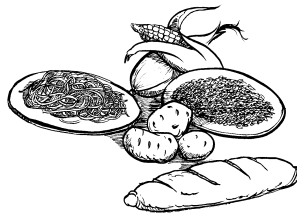
Caw ti baox kieh nyaux
rawm teuh miex ngie.



Caw ti khoek taix ka sivoe
sang ih priex.



Caw ti tawx kawn iak khankix ih
cub priex 3 ceu tau mai kawn nyiexma
tix tix singaix 3 bawg.



Caw ti sau kawn iak ih Khaomun sinax
bawg yam sawm. Caw ti mawh khaomun pa
iak pa yie ti ih.



Cub priex ih 3 ceu

Son sang phai huan mhawm ot kawn iak caw ti tawx ih priex cub 3 ceu awm pa koe plak greem heue.

Priex pa kieh ting huan – Cub nex

tawm khanix, ceem ku ceu, nex, sipawn, kax, tam, kax tam.



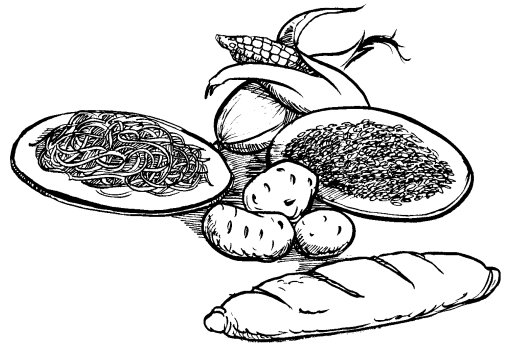
Priex pa tawx riang rao

K.Preix pa koe riang rao tom nie –
Bee lig, bee kax, kih tie pa pon
khaix gawng mex, rawm hia, plix
muah, plix pao.



Kh. Priex pa ting ceu -

Sivawng, kla ia (yangyi), hon
tiex ku ceu, eep, rawm kuh,
gaox si.



Preix pa koe Vitamin pa
pon tiebtie jhawm saux
khankix (Vitamin mawh ceu pa
tawx riang rao ka nex nham)



Taux lawmle, rao taux bi, rao taux singien,
taux nhu rawm, taux klai pa ih ex ku singaix,
plix kadaung pa teem, plix blaung lig, plix cawk,
plix khaox ku ceu khankix.

Kawn iak pa koe ju 2 num

Caw ti kieh kawn iak prah
rawm teuh miex.



Tawx ih taux lhax khankix

Caw ti tawx sawm
tau mai pui nyiexma
tix tix singaix 3
bawg.



Caw ti tawx ih pa
ih pa un sinax
bawg yam sawm.

Sibun Pa Koe Kaux



Son sang koe riang rao bun
koe kaux caw ti ih priex tom nie.
Caw ti nyaux rawm tom nie.

Ang pon ti nyaux plai. Kheu chix
tawx krax sivix ka kawn ngie.

Kieh pui koe kaux dieh ti ih kih.

Kheu ih kih laoh tom nie chix
pon jhawm saux haok nham.



Priex pa caw pa khaw bun koe kaux ti ih

-

Taux lhax pa klai, tawm ia, nex, kax, ceem ku ceu.

Priex inkix mawh pa kieh pui koe kaux mhawm riang nham. Kheu mhawm riang nham miex kawn ngie nie pon bhaong mhawm. Phan ih priex inkix kawn ngie tag huan sinyex sinyex.

Son Sang Mhawm Rawm Teuh Miex

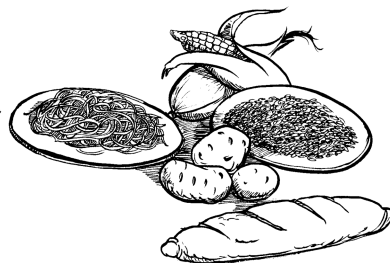
Son sang koe rawm
teuh miex ti tawx kawn tix
peuex sak –

Ang chix ti nyaux plai.

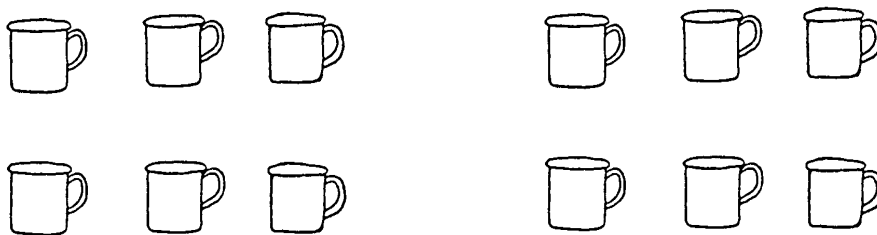
Kheu koe sivix son kawn
ngie.



Ka daux cub priex ih 3 ceu, caw ti tawx ih tix
ceu tix singaix 3 bawg.



Tix singaix caw ti nyaux rawm (a) rawm tie tix ceu ceu 8 kaw k tom hoek 10 kaw k. Phan mawh miex pa tawx kaw n tix peux chix ti nyaux lheu khaing an mai caw ti nyaux rawm teuh 3 kaw k.



Son ang viag viex jhawm saux haok ka kaw n ngie ka sivo e sang tawx kaw n ngie peux caw tix khoek taix tix singax.

