

**red
nose**
saving little lives

Him tein lh

Him tein bawhte cu iher law ruah lo
piin thihloh tonsualnak cu zorter



Chin – Safe Sleeping

**Him tein bawhte iher
ningcang hna le ruah lo
piin thihloh tonsualnak
hrialning phun ruk:**

1

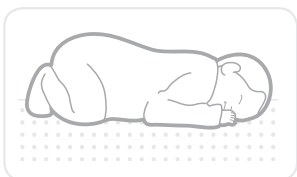
**Bawhte cu zak-pa-thal
in iher**



Keeng



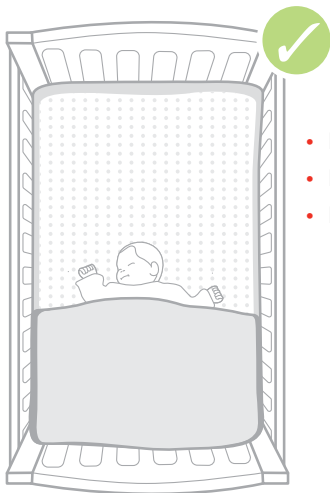
Sir lei



Paw

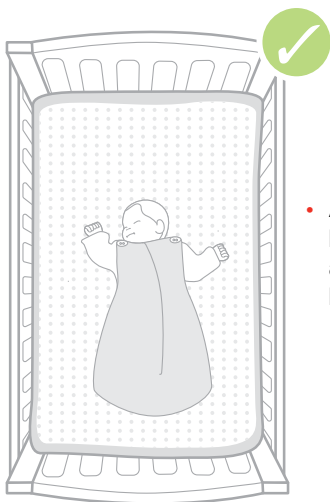
Bawhte hna cu an sirlei silole bawh buin ihernak nih
ruah lo thihloh tonsual a fawi ter

2 Lu le hmai khuh lo ding



- Bawhte zak-pa-thal in ih
- Ke nih ihkun kelei tongh
- Puan fek tein kilh

Silole



- A himmi nau ihnak a hrawng le kutchuahnak a ummi le lukhuh um lomi hmang

Bawhte a lu le hmai khuhnak nih ruah lo thihloh tonsual a karhter deuh

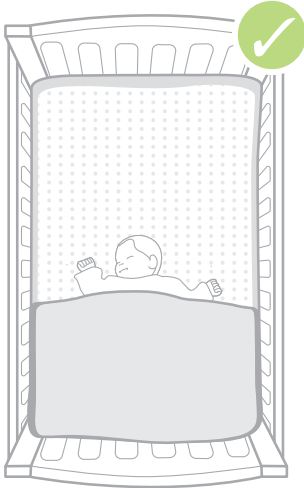
3 Bawhte chuah hlan le chuah hnu ah a pawngkam ah kuak zuk lo ding



Naupawi lio le nau chuakka pawngah kuak zuknak nih ruah lo thihloh tonsualnak a karhter deuh. Kuak phiat na duh ah cun na sibawi, si sayamah silole **13 78 48** ah **Quitline** hna nih an in bawmh khawh.

4

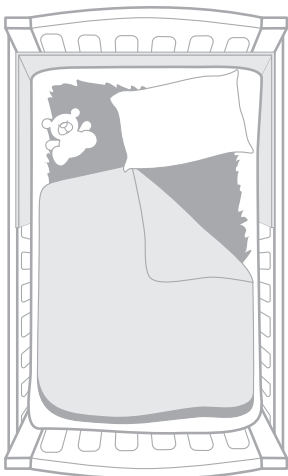
Chun le zaan him tein ihnak hmunhma



- **A himmi ihkhun**
(Australia rikhiahnak AS2172 a tlinhmi)
- **A himmi ihphah**
a fek, a thiang, a rawn,
ihkhun he aa rupmi
- **A himmi ihnak**
ihnak a nemmi le
pawngkam thilri a
tamtukmi nih ruahlo
thihlohnak a karhter

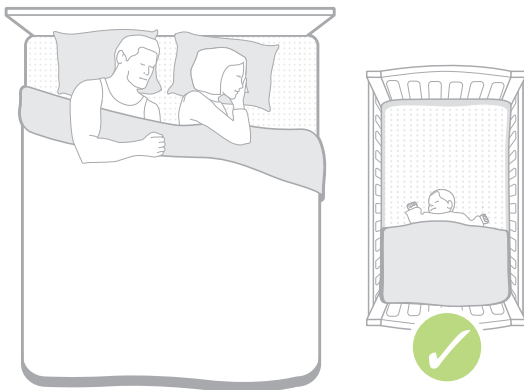


Ihnak nemmi le pawngkam thilri tamtuk chiaah lo ding



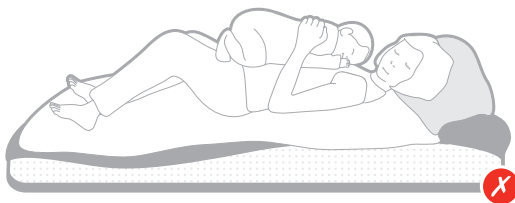
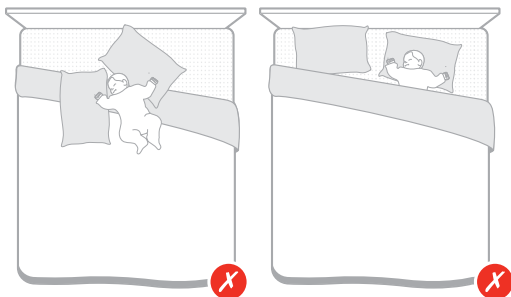
- ✗ chantling
- ✗ ihkhun tuamnak
- ✗ tuuhmul
- ✗ lentecelhnak
nemmi:
puan tunu tbk
- ✗ puanchahmi

5 Bawhte cu ngakchia ihkhun ah nulepa ihnakkhaan ah ihter ding



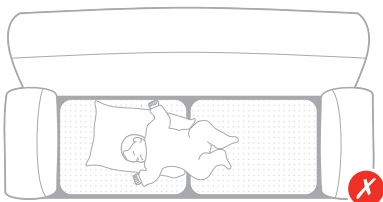
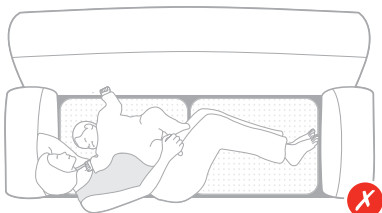
Bawhte ihnak caah a **hinnakbik hmun** cu a nulepa
khaan ah ngakchia ihkhun chung ah a si

A himlomi ❌ ihnak hmunhma hna



A himlomi ❌ i hnak hmunhma hna

Hmanthlak pawng ah 'X' a umnak hmunhma hna cu a **HIMLOMI** an si



6 Nau hnukdinh



Him tein bawhte ihter ningcang hna le ruah lo piin thihloh tonsualnak hrialning phun ruk:

- ✓ Bawhte cu zak-pa-thal in ihter
- ✓ Lu le hmai khuh lo ding
- ✓ Bawhte chuah hlan le chuah hnu ah a pawngkam ah kuak zuk lo ding
- ✓ Chun le zaan him tein ihnak hmunhma
- ✓ Bawhte cu ngakchia ihkhun ah nulepa ihnakkhaan ah ihter ding
- ✓ Nau hnukdinh

Red Nose in partnership with the Department of Education and Training

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saving little lives



Education
and Training

Hi kong tamdeuh theih na duh ah cun naungeihertu sayamah, chungkhar zohkhenhtu sayamah le sibawi te sinah hal khawh an si, cun nan ramtthen chung ah a ummi Red Nose pawl pehtlaihna hna cu:

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education@rednose.com.au

