

# A fianglomi caan lio ah fale zohkhenhnak caah tuah dingmi paruk

## 1. Nangmah le nangmah kha izohkhenh

Fale zohkhenhnak cu zeimaw caan ahcun zuamcawhnak a si kho, ahlei in harnak le a fianglomi caan pawl lio ah. Aho paoh nih an lungretheih tuk caan asilole ngaihchiat tuk caan an ngei cio ko. Kanmah pumpak nih lungnuamhlonak nganpi ngeih lio ah midang pawl caah nunsian le bawm khotu si cu a har deuh ngeimi a si. Zei nih dah an lawmhter timi kong ruah ding le nikhat na cawlcanghnak chungah cheukhat thil pawl zeitindah na telh khawh hna lai timi ruah dingah caan zeimawzat la. Hi thil pawl a takin tuah khawhnak dingah thazaang zeimawzat chuah a hau men lai, asinain a rauh hlan ah hi pawl tuahnak in thazaang ngeimi ah naa ruah lai.



## Nangmah le nangmah kha zeitindah thazaang naa pe kho i lunglawm tein na um khawh lai?

Na lung an lawmhter mi kha nangmah tein cazin chia law nangmah caah tuah dingah nifatin pakhat khat kha char. Cheukhat ruahnak aa telmi cu:

- Nangmah caah caan zeimawzat chia. Na thu i thlangawngka in khua na zoh khawh men, nangmah le nangmah thazaang peknak ngei, caan zeimawzat thawhchuahnak ngei, ring-awn ngai, na takpum kha cawlter/samh.
- Aho paoh nih timtuahmi ngeihnak bawmh dingin innchungkhar caah suaisamhmi caan asilole tuah dingin suaimi caan kha hmang. (Minung ruahnak nih ruahchanh dingmi hngalh kha a duh. Cu lo ahcun, lungretheihnak tamdeuh a ngah lai.)
- Chimhmi lungdai tein umnak kha ngai. Nanmah holh in lungdai tein umnak caah ruahnak cheuhmi pawl YouTube ah kawl chun asilole hika ah zoh [www.mrctas.org.au/phoenix-centre-resources/](http://www.mrctas.org.au/phoenix-centre-resources/)
- Thazaang petu bia cheukhat pawl rel hna
- Naa lawmh awk thil pathum kha punghmaan in ruah khawh izuam
- Pathian sinah thlacam asilole lawmhnak biachim
- Tuan te ah it. Ih hlaan ah suimilam pakhat awnlai lo ding tibantuk a thami ih caan suaisamhnak ngei law caan hmaan in it.

## 2. Zatlang nun Pehtlaihna pawl Ngeihpengnak

Takpum ihlat in kan um lio ah, kan thinlung ruahna lei thatna runven dingah zatlang nun pehtlaihna ngeih peng kha a biapi deuh lehlammi a si. Takpum ihlatna tuah lio ah hihi a tam khawh chung tam in tuah dingah ichingchiah.



### Hihi na tuah khawh:

- Video asilole fon in innchungkhar le hawikom pawl he biaruahna
- Dairek in chawh khawh a si lo ahcun, imel asilole cakuat pawl kha hawikom pawl le innchungkhar sinah tial
- Thazaang a pemi cataar pawl le hmelchunhna pawl tuah law nan innpa pawl bawmh dingah nan thalangawngka ah chia hna
- A leng ah chuak law innpa pawl le hawikom pawl kha halo (hello) va ti hna. Nangmah he khuasati a si lomi pakhat khat sin in cun 1.5 meters aa hlat in um hrimhrim.

## 3. Dinhcaan la (ngakchia pawl he asilole ngakchia loin)

Nangmah lawng na si lo kha ichingchiah – kan nunnak pawl ah hi bantuk rak iruah chung lomi thlennak pawl he aho paoh hi fakpi zuamnak ngeih cio a si i a tam-u cu a hlei deuh in bawmhna cheukhat kan herh. Nangmah le nangmah kha zawn iruah law a dihlak in na tuah khawh lo ding kha ifiang.



Tahamang in na um ahcun, na lungretheihna kha lehnak a tuah i dinhna an petu ding lam kaw. Umnak veng hrawng ah ichaw. Lungdai tein umnak asilole thaw fak piin dawp dingah minit tlawmpal te la. Hawikom asilole bawmhna lei riantuan piakna kha chawh. Nangmah le nangmah kha dinhna caan pek dingin lam na hmuh khawh tikah, na fale sinah na kir than lai i an herhmi pawl kha tha deuh in na tuah piak khawh hna lai.

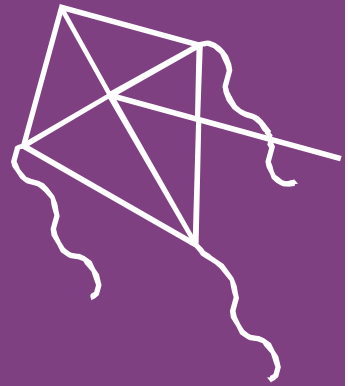
## 4. Ngakchia pawl i khuaruahmi pawl kha a takin cohlang

Ngakchia pawl nih zeitindah lehnak kan tuah lai timi kha a kan zoh, a hlei in a tharmi le a harmi dirhmun pawl ah. A dihlak in phit dih a herh lem lo asinain zeinidha a bawmh hna ti ahcun an khuaruahmi pawl theihpiak thiamnak le cohlan piakna a si. Na fa i a khuaruahmi pawl kha cohlan piakna in, ngaih piakna in le tahchunhna ah lungrawnna a ngeih lio ah hnehm izuamnak asilole anmah he biaruahna nakin na fa he thuttinak in lehnak tuah.



## 5. Nan innchungkhar he aleng ah chuah uh.

Eksisai tuahnak nih na thinlung umtuning kha a thanchoter lai i thazaang an pek lai, cun takpum nih tuarmi lungretheihnak le thinphannak kha a zorter lai. Kherhlainak tuahmi nih a langhtermi cu kokek thil lakah caan a hmangmi ngakchia pawl cu an dai deuh, an inuam deuh, an ngandam deuh, thilthar tuahkhawhnak an ngei deuh i sianginn ah tha deuh in an tuah khawh ti a si.



### Na tuah khawhmi:

- Umnak veng hrawng ah ichawk law aa dangmi dum pawl kha hngal hna
- A lengah buanbara pawl chem hna law duhsah tein a tlami kha zoh
- Nan umnak parpang dum lei ah kal
- Dum tuah.

## 6. Nihnak

Nihnak nih takpum chung i lungretheihnak humung pawl (hormones) kha a zorter. Itlaihchanhnak humung pawl a karhter fawn, cucaah na nih timi minung pakhat khat he a him deuhmi ah naa ruah men lai. Zuamnak zorter dingah chuahpi unau rual kha hmunkhat ah nihnak ngei uh law 24/7 hmunkhat umnak i lungretheihnak zorter dingah aho paoh kha hmunkhat tein ah ni dih uh.



### Ichingchiah:

Zarh li chungah zehmanh thanchonak na hmuh lo ahcun, asilole na lungretheih ahcun, zaanfahnak in Phoenix Centre ah ruahnak petu pakhat asilole na GP tibantuk thiamnak lei he aa pehtlaimi bawmhnak kha pehtlaihna tuah hna.

Phoenix Centre pehtlaihna tuah: 03 6234 9138

Caan zeimawzat Bawmh Hnu ah:

Tasmanian Lifeline (zingka 8am in zanlei 8pm tiang ni fatin) 1800 98 44 34

Lifeline (nikhat ah suimilam 24, ni fatin) 13 11 14

A hrampi thil pawl nih hi catialmi a ser lengmang:

- Harvard University Centre for Developing Child
- Australian Childhood Foundation
- Lifeline

Tasmanian Acozah, Ngandamnak Phuthen nih Bawmhmi

