

Helti Kakai blong mama mo bebi afta lo saeklon

Olgeta mama we oli gat bel, ol mama we oli sta givim melek blong titi long bebi, mo ol pikinini oli save kasem sik quiktaem bitim ol narafala man long taem blong emerjensi. Oli mas gat priority blong kasem kakai mo wota.

Bebi blong 0-6 manis I nidim melek blong titi nomo

- Melek blong titi I gat tri kaen kakae insaed long hem, mo hemi moa gud bitim melek blong stoa o ol nara kakae.



- Yumi mas givim yelo melek blong titi blong mama we I kamaot afta 2 dei taem bebi I jus bon from hemi gat ol gudfala samting we oli protektem bebi long sik.
- Yumi no mas givim eni nara kakae o dring long bebi bifo 6 manis from bel blong hem I no redi blong usum nara kakae mo sapos yumi givim yumi save spoilem bel mo bodi blong hem.

Sapotem ol mama blong gohed blong givim titi long bebe

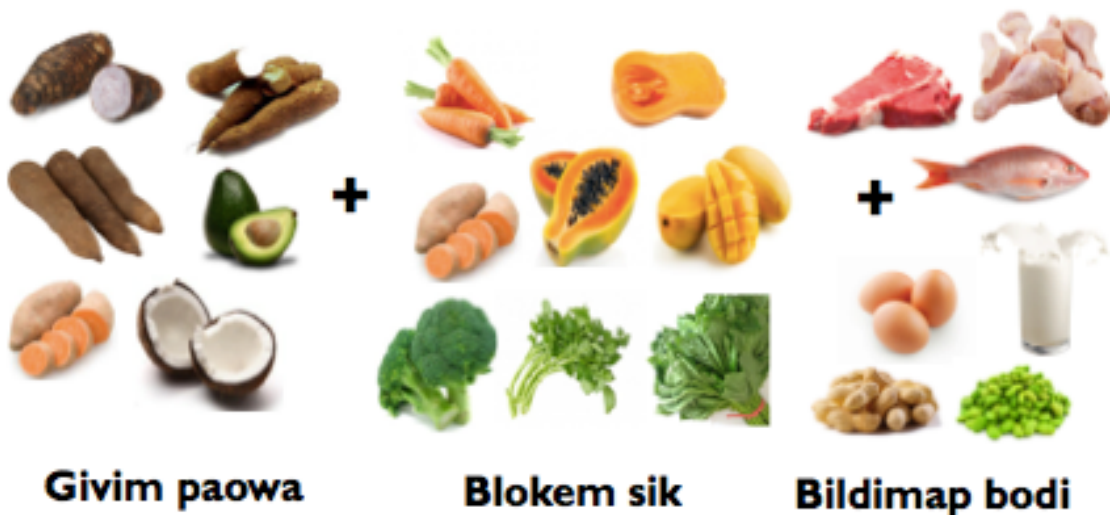
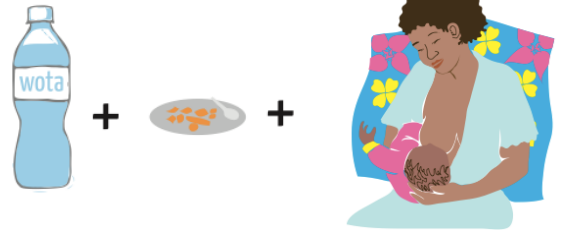
- Samtaem we mama hemi stress tumas, melek blong titi I ron smol smol nomo mo bebe hemi fesem had taem blong settle daon mo stap kwaet blong titi. Mekem sua se mama hemi relax gud blong melek blong titi hemi kam aot isi nomo.
- Taem yu givim titi long bebi fulap taem long wan dei, bai I save helpem you blong mekem fulap melek blong titi sapos yu ting se yu no gat enaf. Taem bebi I stap klosap long mama blong hem, long dei mo long naet bai save helpem bebi blong titi fulap mo blong mekem titi blong mama bai i gat fulap melek long hem.
- Sapos wan bebi I no moa gat mama o sapos mama blong hem I no moa givim titi long hem, wan narafala mama i save givim titi long bebi ia.

Bebi blong 6–24 manis I nidim melek blong titi wetem gudfala kakae ia

Taem we bebi I kasem 6 manis yumi nid blong stat givim ol sofsosof kakae mo gohed blong givim titi long hem.

Long wan dei bebi I nidim:

- ✓ kakae blo givim paowa
- ✓ kakae we i dak grin blo blokem sik
- ✓ kakae we i yelo o orang blo blokem sik
- ✓ kakae blong bildimap bodi



Ol kakae blong bildimap bodi

Sipos yu gat mit we i sef blong kakai olsem pigpig mo fowl, givim long ol mama we oli gat bel, ol pikinini we oli 6 manis kasem 2 yia, mo long ol mama we oli stap givim titi long bebi. Ek, fis, ol nat, frut mo vejetebol hemi ol gudfala kakai blong givim long ol mama mo pikinini tu.

