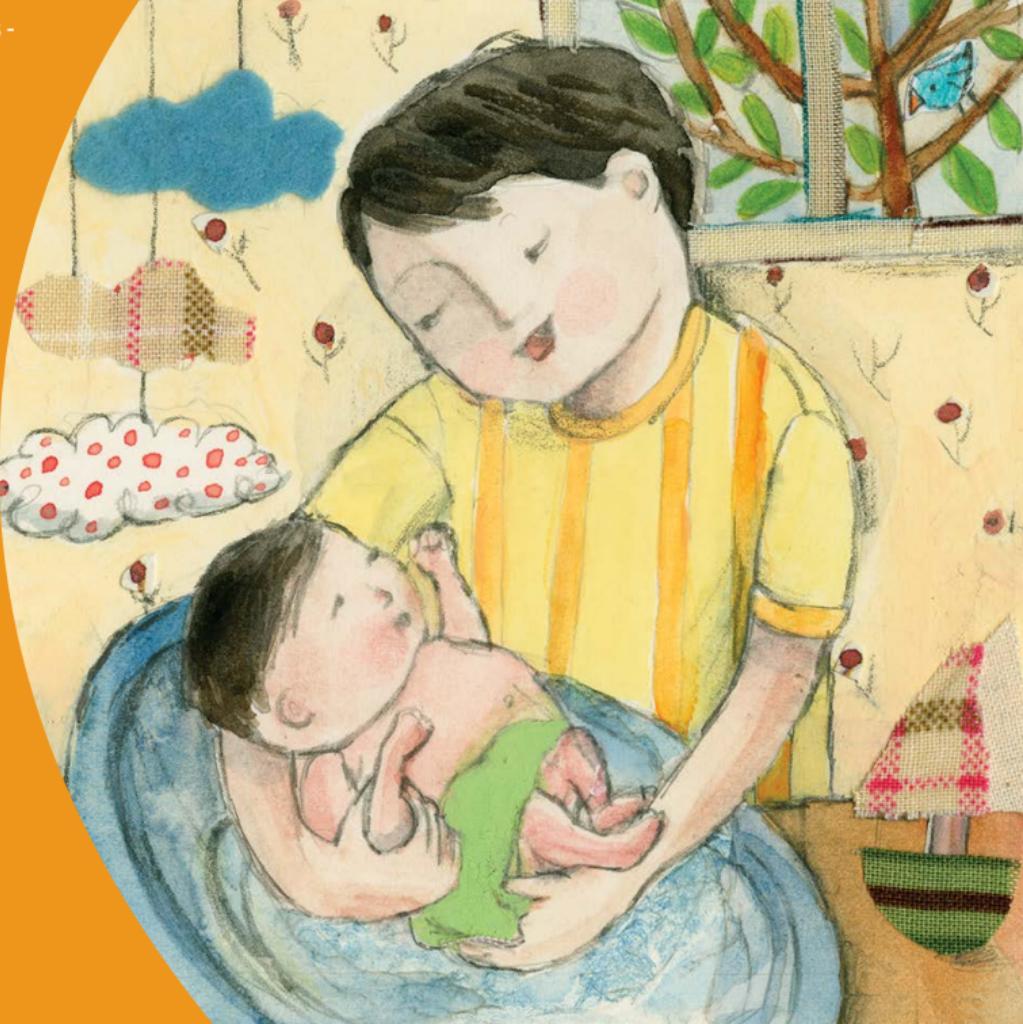


Lentecelh
Cawn
Tthan

Nifatin thil nan
tuahmi khan
cawng uh



Nifatin thil nan tuahmi khan cawng uh

**Na fa ca ahcun a
hmuhami paoh kha
a tharmi le
khuaruahher an si.
An hmuhami
khawhmi, theihmi,
tonghmi le a haw
an theihmi tehnak
kong kha chim
hna.**

- Na fa nih a mithmai le tuahsernak in biaruahnak le a duhnak a langhter lai. Na mit an zoh tikah nih ve.
- Na fa nih aw a ngei, a chuah cang ma? Na fa a aw kha let law bia ruah.
- Nappy thlen le tikhohl caan tehna khi biaruah le hlasakpiaknak ah caan ttha an si. Na fa nih na aw a theih ahkhan aa nuam.
- Kuh le tongh tehna kha aa duhmi le na fa tthanchonak ca ah a tthami an si. Nangmah le na fa pehtleihnak a tthami kha an cawnnak le tthanchonak ca ah a herhtukmi an si.

Tamdeuh theih na duh ahcun Nu le Ngakchia Ngandamnak Zohkhenhtu sii
saya/mah kha **13 22 29** ah chawn asiloah **raisingchildren.net.au** ah zoh