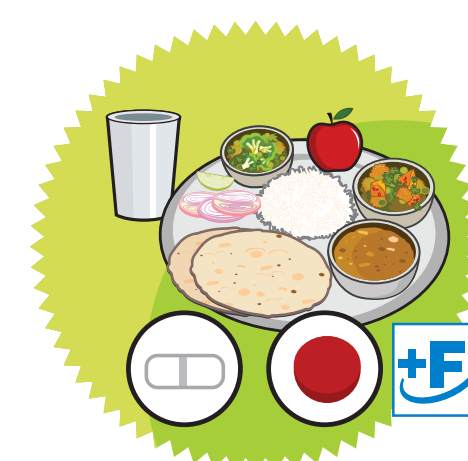


# Ka CHAW THA Chanchin



## Ka ei thin

- ✓ Vitamins leh iron awm tamna chaw hrisel chi hrang hrang
- ✓ Fortified milk, hriak leh iodine chi
- ✓ Thla li na atangin IFA mum sen nitin vawikhat ni 180 chung
- ✓ Calcium tablet dose min chawh ang
- ✓ Second trimester chhungin albendazole mum khat



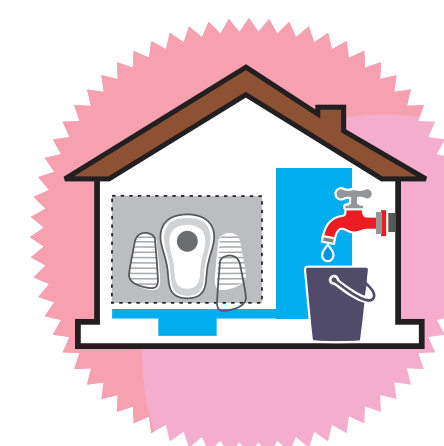
## Ka in thin

- ✓ Bur chhin neia dahthat tui thianghlim leh him



## Ka zawm thin

- ✓ Rai lain alo berah vawi li antenatal check-up neih
- ✓ Thenawm hnai damdawiin emaw health center hmunah ngei nau neih



## Ka thil tih ziah thin

- ✓ Eirawngbawl, chaw ei hma leh Ek-In hman zawha sahbawn hmanga ka kut silfai
- ✓ Inthiarna atan Ek-In hman ziah

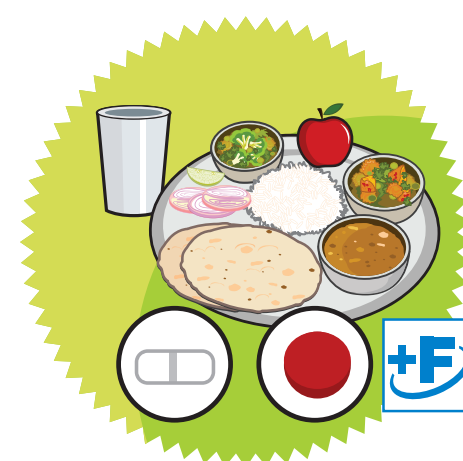


**Nang enge i tih dan?**

**Chaw Tha Diktakin Ram Hrisel A Siam**  
Malnutrition Laka Zalenna



# Ka CHAW THA Chanchin



## Ka ei thin

- ✓ Vitamins leh iron awm tamna chaw hrisel chi hrang hrang
- ✓ Fortified milk leh hriak bakah iodine chi
- ✓ Nau neih hnuah nitin IFA mum sen pakhat thla ruk chung (ni 180)
- ✓ Calcium dose min chawh ang



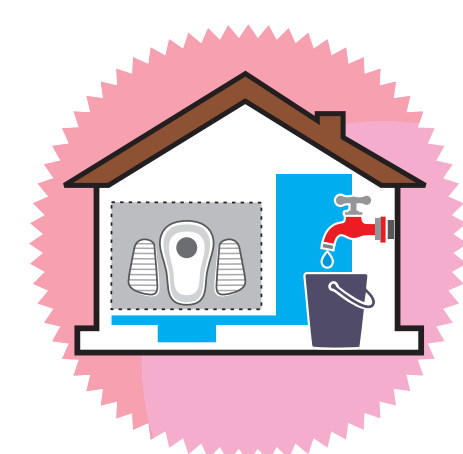
## Ka in thin

- ✓ Bur chhin neia dahthat tui thianghlim leh him



## Hnute tui ka pe

- ✓ Ka naute chu apian atanga darkar khat chungin ka hnute tui eng tak (colostrum) ka pe
- ✓ Ka naute chu thla ruk chung hnute tui chiah ka pe
- ✓ Ka naute in thla ruk a pumhlum hunah complementary food ka pe tan



## Ka thil tih ziah thin

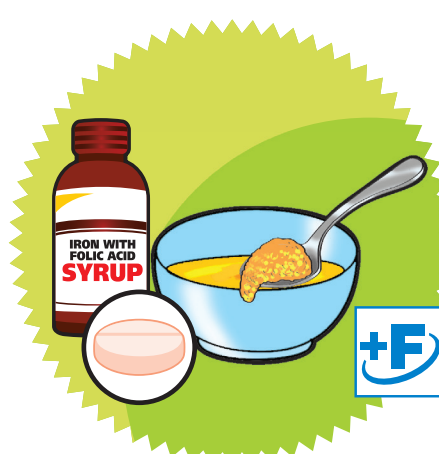
- ✓ Eirawngbawl, chaw ei, naute hrai hma leh Ek-In hman zawha tui leh sahbawn hmanga ka kut silfai ziah
- ✓ Inthiarna atan leh naute ek thehthangna atana Ek-In hman ziah

**Nang enge i tih dan?**

**Chaw Tha Diktakin Ram Hrisel A Siam**  
**Malnutrition Laka Zalenna**



# Ka CHAW THA Chanchin



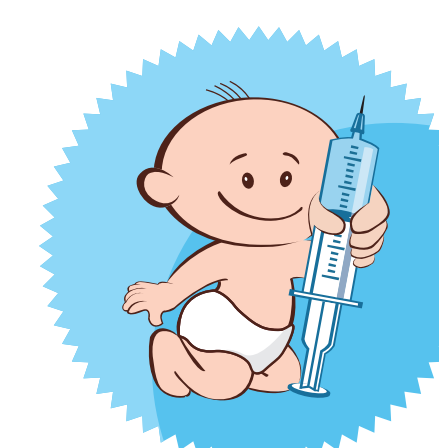
## Min pek thin

- ✓ Hnute tui bakah chaw tha, buhhawp, complementary food buhchiar
- ✓ Fortified milk, hriak leh iodine chi
- ✓ IFA syrup kar khatah vawihnih
- ✓ Rulhut pai laka invenhimna atan thla ruk dan apiangin Albendazole tablet dose chawh zat



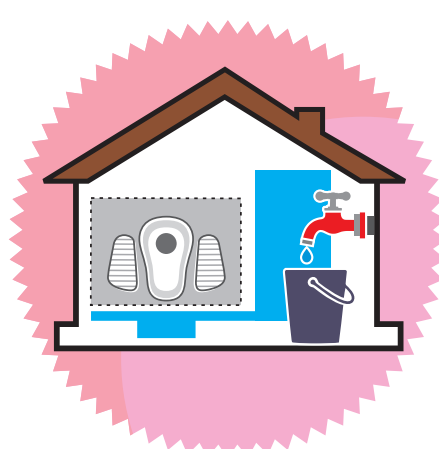
## In tur atana min pek

- ✓ Bur chhin neia dahthat tui thianglim leh him



## La tura min hruaina

- ✓ Kum nga ka nih thleng hun ruat angin hri danna famkim
- ✓ Ka taksa leh rilru pumpui thataka a than lenna atan regular taka enkawlina



## Ka hamthatna atana thil tih ziah thin

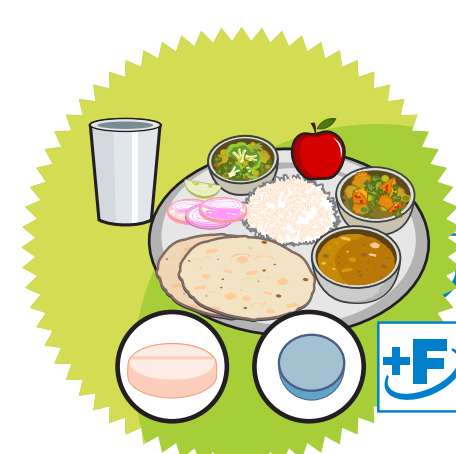
- ✓ Sahbawn leh tui hmanga kut silfai ziah :
  - Eirawngbawl leh min hrai hmain
  - Ka ek thenfai hnuah
- ✓ Ek-In ah ngei ka ek himtaka thehthang

**Nang enge i tih dan?**

**Chaw Tha Diktakin Ram Hrisel A Siam**  
Malnutrition Laka Zalenna



# Ka CHAW THA Chanchin



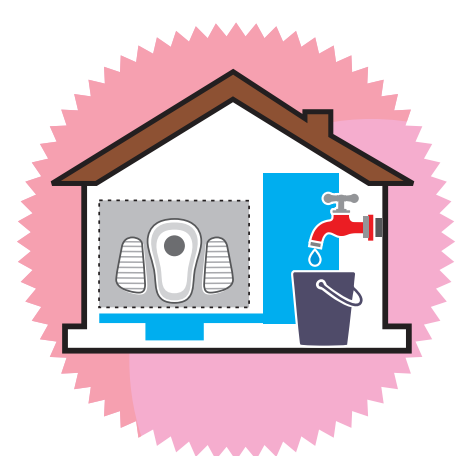
## Ka ei thin

- ✓ Vitamin leh iron awm tamna chaw hrisel chi hrang hrang
- ✓ Fortified milk, hriak leh iodine chi
- ✓ Kar khatah IFA mum pawl pakhat
- ✓ Rulhut pai laka invenhimna tana Albendazole mum khat kum khatah vawihnih



## Ka in thin

- ✓ Bur chhin neia dahthat tui thianglim leh him



## Ka thil tih ziah thin

- ✓ Chaw ei hma leh Ek-In hman zawh apiangin sahbawn leh tui hmanga ka kut silfai ziah
- ✓ Engtik lai pawha Ek-In hman
- ✓ Thi neih laia invawnfai
- ✓ Inthiarna atana Ek-In hman ziah

**Nang enge i tih dan?**

**Chaw Tha Diktakin Ram Hrisel A Siam**  
Malnutrition Laka Zalenna

