

Kopwe wenechar me enet ngeni ekoch ika re tumwunu noumw ena semirit

Mi murino omw kopwe kapas eis ngenir. Pwun ke kapas eis pokiten en mi wenen tongei noumw ewe. Kapas eis ngenir ren repwe ifa usun ne amouru noumw ewe pwan ais ifa nenien an mour. Ewe chon tumwunu noumw ewe epwe pwan wewe och ren omw kapas eis. Ikei ekoch kapas eis en mi tongeni noumw:

- Ifan nenien nei ei monukon ne anut? Kose mochen kopwe angona ika pwaari ngeni ei?
- Kose mochen kopwe eki nei na monukon seni nenien ne kunou ika a mour, kopwe ekiengong non nenien mour?
- Kopwe nounou ekewe pisek "baby monitor" ika kopwe towaw seni nei ewe monukon? (Chemeni: En mi pwan tongeni pusin awora ena pisek baby monitor ika ewe chon tumwunu nge pusin aramasomw ika chienomw)
- Anon noumw Daktor pwe mi kan murino monukon repwe anut senata? Kose mochen kopwe kan chok amouru asenata?

Pokiten a kon wate tongen noumw meremw fan ekoch mi weires omw kopwe nikit! ngeni emon epwe wisen tumwunu. Ikei met kopwe fori pwan epwe aninis an noumw semirit anut an epwe kinamwe...

Ika ewe chon tumwunu noumw nge pusin aramasomw...

Chemeni pun porousen me sineian non ekei ier ren met chon angangen non ptoing ra kan era non ekei ran, a siwin seni met sineiach seni chienach me aramasach. Ekewe chon angang ngeni semirit won ekei fonu, ir mi chok angang ne kuta met mi eoch ngenir nouch monukon, lei ra afata pwun mi eoch monukon repwe anut asenata.

Ika ewe chon tumwunu noumw nge pusin aramasomw...

Mi murino omw kopwe niwokus ne nikit! ngeni emon noumw monukon. En mi tongeni akinaamwei ekoch omw niwokus ika ke afata omw kei osukosuk ngeni ewe chon tumwunu. Mi murino kopwe mutir afata ngeni pwun epwe mutir taweno, iwe ami mi tongeni kapas won iwe kopwe pwan mutir kinamweno.

Ika mi wor omw osukosuk, kopwe pwan afata

Unusun chon tumwunu repwe anget ar munita repwe pwan mak iter ren ewe Department of Human Services, iwe ir mi pwan anget asukoonen amouru semirit, ir mi pwan wor neur taropwen ar angang ren met sokun angang ir mi tongeni awora, ei taropwe repwe ngeni ewe famine epwe pusin katon. Ika mi wor omw kapas eis ren emon ekei chon tumwunu fan ewe DHS, ika ekewe ir mi anget neur munita, en mi tongeni kori omw ewe offisin tumwunen semirit non omw na soppw (humanservices.hawaii.gov).

KOSE MOCHEN KOPWE ANEANI EI TAROPWE

Kosapw mwut ngeni ika awora feiengaw epwe tongeni fis ngeni noumw ewe...

Kosapw wanong noumw non anen feiengaw ren nenien me mour me ititin ne mour. Inomw kewe mi tongeni erenuk pwun kosapw pwan noneineng, nge kopwe chemeni pwun mi tongeni fis, esapw och titinap pwun wenen enetin porous ekei. Ngang uwa pusin sapeseni, pwun mi wor emon nei monukon iten Wiley, a mano non ekewe nenien tumwunun monukon pokiten ese och nenien ewe ne mour. Uwa men positi nei ewe Wiley iteiten ran. Usun nge mi wor och kinas mi watteno chok non ngasangasei esapw tongeni epwe mwono. A men aweires pun ngang mi sinei pwun ita esapw mano nge a mano pokiten ei metoch tumunungaw.

Kich inn me samm, sipwe wenen achocho ne tumwunu nouch monukon. Kich mi sinei pwun sipwe awora ngenir mongo mi murino ngenir, pisek mi murino, me nenier non wach kei taxi epwe pwan murino. Kosapw monukano pwun mi pwan namot sipwe awora ngenir nenien mour mi murino me pwan ititir ne mour epwe pwan murino. Kopwe pwan asinei ngeni ekana repwe wisen tumwunu noumw repwe pwan weweiti. Kosapw tinalo ika en mi kuna met ese och. Kosapw pwan akieki mwo ika emon epwe song ren mefiomw. Ika wa kuna pwun emon aramasomw ika emon ekewe angangen tumwunun monukon (ika pwan ar kewe angang) ese och, kosapw nikatano chok. Noumw ewe ese tongeni epwe fos ika sio, iwe en opwe wisen tingor fan iten. Ei metoch mi wenen namot pwun nefinen manaw me mano. A no nupwen ai upwe savini nei ewe Wiley, nge amwo ita ai ei porous epwe tongeni anisi noun ekoch pwun resapw pwan tapweno me mwan.

– Ewe Famini an King

EN MI TONGENI KORI KEM:

Department of Human Services
(Ewe offisin aninisin aramas)
www.humanservices.hawaii.gov

Department of Health
(Pekin Health (apochokunen manaw))
www.health.hawaii.gov

Child Care Resource and Referrals – PATCH
(Pisekin aninisin chon tumwunun monukon– PATCH)
(808) 839-1988

Safe Sleep Hawai'i (Mour Kinamwe Hawai'i)
www.safesleephawaii.org

Keiki Injury Prevention Coalition – KIPC
(Chon angangen tumwun aramas)
www.kipchawaii.org

MothersCare (An inenap tong)
(808) 951-6660

The Parent Line (An Inn me Sam)
(808) 526-1222 (O'ahu) ika
1 (800) 816-1222 (ese kamo)

Mi Muruno nouch monukon
repwe kinamwe ne anut

Aninisin ifa usun kopwe ameuru noumw monukon



SAFE SLEEP GUIDE IN
Chuukese

MI FEITO SENI:
EWE MWUUN HAWAI'I

E kan murino ar monukon anut ren ewe A.B.C...

Ikei ekoch fosun anukunuk kopwe afani, pwun en me noumw ewe chon tumwun oupwe sinei ifa usun angangen tumwunun monukon.

lei usun ar monukon repwe anut



Mi och monukon repwe anut...

Anamon chok (Alone)

- Mi murino noumw ewe epwe anut non nenier me mour, nge nenier ena epwe pwan nom non omw room.
- Mi och esapw wor ekis pisek, tois, pinu, ika planket non nenier ne anut.

won Nesekurir (Backs)

- Kopwe kan asenatar won sakurir ika repwe ne anut.
- Nenier ne mour epwe pwan wenechareno.
- Esapw pwan chomong ufer, pwun rete pwichikar ne anut.

non nenier ne mour (Crib)

- Ir mi tongeni mour non ekan "nenien monukon mi titino", ika ekan nenier ukur mi fiti anukun ewe CPSC (Consumer Product Safety Commission).
- Nenier ne anut epwe tikitikino ren uf.
- Ika noumw ewe monukon e anut won nenier ne ukur, ika non taxi, ika nenien mwot, kopwe ekienong non nenien ne anut.

Ren aramasomw ika chienomw, ika mi wor ar kapas eis ren ekei angangen tumwunun monukon, kopwe erenir repwe fisit en website: www.safesleephawaii.org.

Ngenir chon tumwunun monukon... Kosapw tinalo ka mwanino!



Monukon resapw nomw won kouch

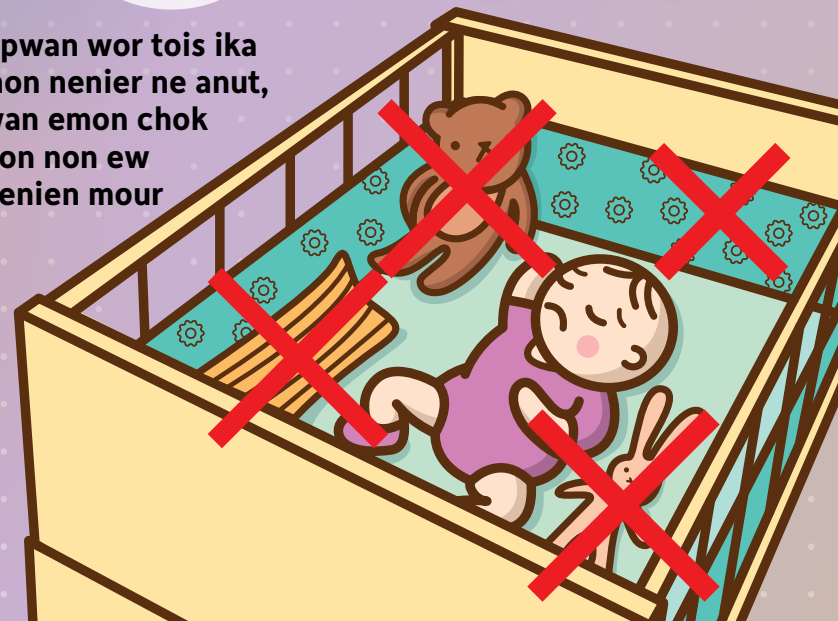
Esapw pwan nakatameno ar nonomw won nenier ne mwot non taxi



Resapw pwan no won ekan bet mi masow ren asepan, ika won ekan pinu (kapas awewe: Boppy, an monukon bet)



Esapw pwan wor tois ika pisek non nenier ne anut, iwe pwan emon chok monukon non ew chon nenien mour



Kosapw nikato noumw ewe non nenier ne ukur ika ra fen anut



Iwe pwan ikei pwan ekoch am tingor Kosapw wun supwa non imwom