

# ကါခးဆ့ၣ်နီၤလၢယၣ်အမဲၤလၢလီၤခံ

အိၣ်ဖျဲၣ်တုၤလၢ သးနီၣ် ၂ နီၣ်တုၤ ၄ နီၣ်



- ✓ ဖိသၣ်အခိၣ်ကဘၣ်အိၣ်လၢကါခးဆ့ၣ်နီၤခိၣ်ဒူအဖီလၢအဆၢကတၢၣ် ၁ စုမုၢ်ဒိၣ်
- ✓ ဂီၤကၢ်အပျံၤ ကဘၣ်အိၣ်လၢဖိသၣ်ဖိဘၣ်ခိၣ်မ့တမ့ၢ်အဖီလၢ
- ✓ နီၣ်တံၢ်ဖိမဲသးနီၤပုၤကဘၣ်ဘျးဃာ်အသးမဲတံၢ်လၢအပတီၢ်
- ✓ ဂီၤကၢ်အပျံၤကဘၣ်ဃံးနပံၢ်ထီၣ်အီၤတန့ၢ်ဘၣ်

Translated by  
Karen Society of Nebraska

\*ဟံၣ်ယံၢ်တသ့ဖဲအသ့ တုၤလၢအတယၢ်ဃာပွဲၤထီၣ် မ့တမ့ၢ် အနီၢ်ထီတုၤလၢတၢ်ဟံၣ်ပနီၣ်အီၤ လၢကါခးဆ့ၣ်နီၤလၢယၣ်အမဲၤလၢလီၤခံထီၣ်တၢ်ဂြးဘျးဃာ် ဖိသၣ်သးနီၣ် ၁၂ နီၣ်ဆူအဖီလၢလၢကါလီၤဆ့ၣ်နီၤအလီၤခံတဘၣ်ဟံၣ်လီၤကါခးဆ့ၣ်နီၤလၢကလံၢ်ဒါဒိသဒါပုၤနီၤသိလ့ၣ်အမဲၤညါနီၤတဘျီဘၣ်



# ကါခဲဆ့ၣ်နီၤ နီၣ်တံၢ်ဖိဖဲသးနီၣ်ပုၤကဘၣ်အိၣ်ဖဲလဲၣ်

အဘၣ် :



✓ နီၣ်တံၢ်ဖိဖဲသးနီၣ်ပုၤ ကဘၣ်ဘျး  
တံၢ်ဃာ်အသး ဖဲတံၢ်လာ်အပတီၢ်

အတဘၣ် :



✗ နီၣ်တံၢ်ဖိဖဲသးနီၣ်ပုၤ  
တဘျးတံၢ်ဃာ်အသးဘၣ်  
အိၣ်ဖုၣ်တလၢ မ့တမ့ၢ်  
အိၣ်ထီတလၢ

ထီၣ်ကြၢးဘျးဃာ်ဖိသၣ် သးနီၣ် ၁၂ နီၣ် ဒီး ဆူအဖီလာ်လၢ ကါလီၤဆ့ၣ်နီၤအလီၤခံ  
တဘၣ်ဟံၤကါခဲဆ့ၣ်နီၤလၢကလံာ်ဒါဒိသဒါပုၤနီၤသိလ့ၣ်အမံၤညါနီၤတဘျီဘၣ်

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Karen Society of Nebraska



# ကါးဆွဲနီလၢယုာ်အမဲလၢအလီၤခံ အပျံၤကဘၣ်အိၣ်အသးဖဲလဲၣ်

မ့မ့ၢ်ကါးဆွဲနီလၢယုာ်အမဲလၢအလီၤခံ

အဘၣ် :



✓ ဂီၤကၢ်အပျံၤ ကဘၣ်အိၣ်လၢ ဖိသၣ်  
ဖံာ်ခိၣ် မ့တမ့ၢ် အဖီလၢ်

အတဘၣ် :



✗ ဂီၤကၢ်အပျံၤအိၣ်လၢဖိသၣ်  
ဖံာ်ခိၣ်အဖီခိၣ်

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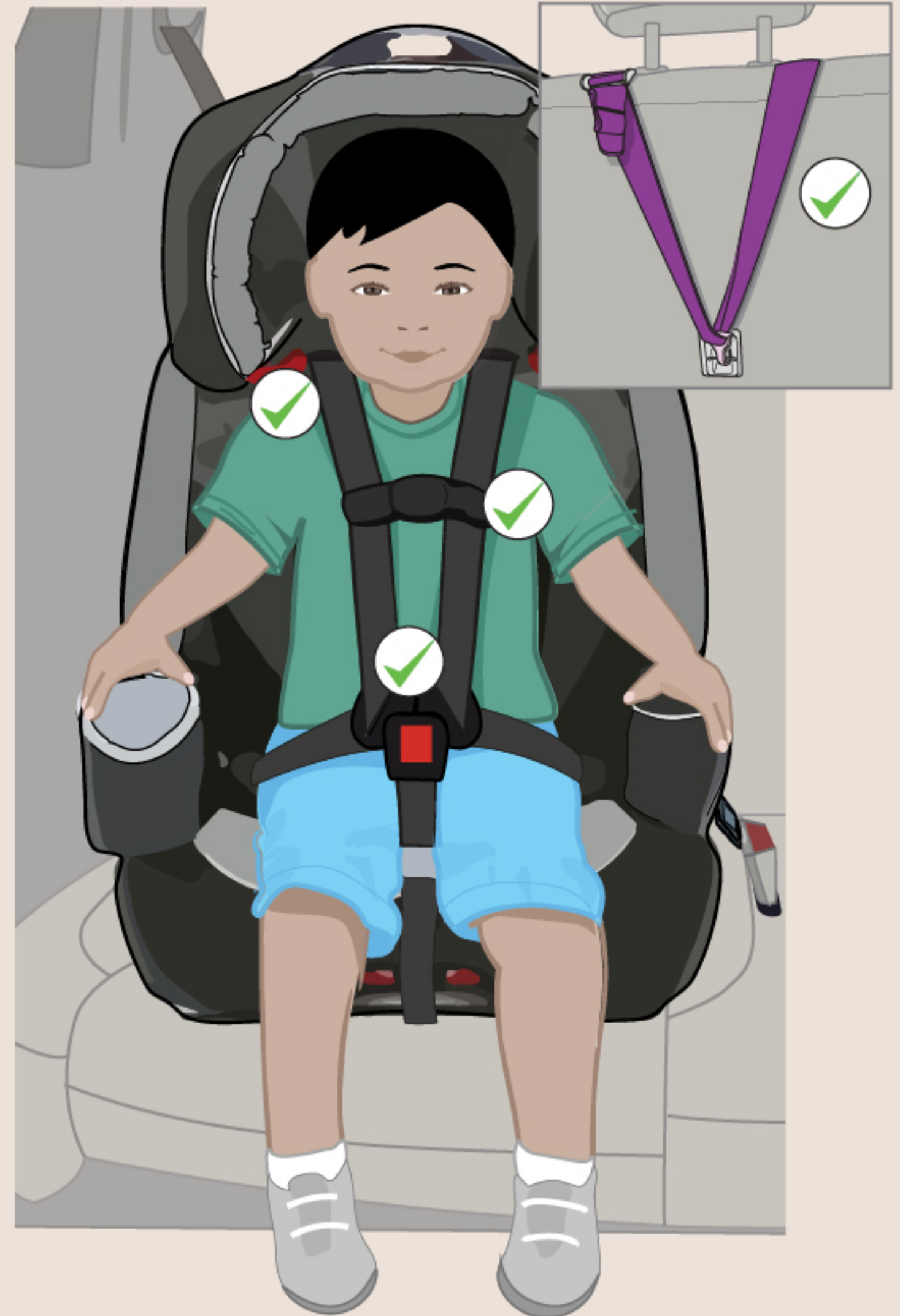
ထီၣ်တၢ်ဘျးဃာ်ဖိသၣ် သးနံၣ် ၁၂ နံၣ် ဒီး ဆူအဖီလၢလၢ ကါလီၤဆွဲနီၤအလီၤခံ  
တဘၣ်ဟံၤကါးဆွဲနီၤလၢကလံာ်ဒါဒါသဒါပျံၤနီၤသိလ့ၣ်အမဲၢ်ညါနီၤတဘျီဘၣ်



# ကါခဲဆွဲနီၤလၢအယုၣ်အမံၤဆူတၢ်မံၤညါ

ဝံၤအလီၤခံ ဖိသုၣ်လၢဒိၣ်တလၢ ခဲဆွဲနီၤလၢအယုၣ်  
အမဲၤလၢအလီၤခံ တုၤလၢစ့ၤကတၢၢ် ၅ နံၣ်

- ✓ နီၣ်ကွဲးဘျးဃာ်ထုးဃံးအသးဒီး  
ကါခဲဆွဲနီၤအပျံၤ
- ✓ ဂီၤကၢ်အပျံၤအိၣ်လၢဖိသုၣ်  
ဖံဘၣ်ခိၣ်မ့တမ့ၣ်အဖီခိၣ်
- ✓ နီၣ်တံၢ်ဖိမဲသးနီၣ်ပုၤကဘၣ်အိၣ်  
ဘျးတံၢ်အသးမဲတံၢ်လၢအပတီၢ်
- ✓ ဂီၤကၢ်အပျံၤကဘၣ်ဃံး  
နပံၤထီၣ်အီၤတန့ၢ်ဘၣ်



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\* ထီၣ်ဘိၣ်ကွဲးဘျးဃာ်ဖိသုၣ်သးနံၣ် ၁၂ နံၣ်ဆူအဖီလၢကါလီၤခံနီၤအလီၤခံ တုၤလၢအဝဲသုၣ်အတယၢ်ဃာ်  
ပုၤထီၣ် မ့တမ့ၢ်အနီၤထီ တုၤလၢတၢ်ဟံၣ်ပနီၣ်အီၤလၢကါခဲဆွဲနီၤလၢအယုၣ်အမဲၤဆူတၢ်မံၤညါ

# ကါးဆွဲနီလီယာယာအမဲဆူအမဲညါ အပျံကဘာအိပ်ဖဲလဲ

မ့မ့ကါးဆွဲနီလီယာယာအမဲဆူအမဲညါဒီး

အဘဉ်း :



✓ ဂီကါအပျံအိပ်လါ  
ဖဲဘဉ်ခိဉ်မ့တမ့အဖီခိဉ်

အတဘဉ်း :



✗ ဂီကါအပျံအိပ်လါ  
ဖဲဘဉ်ခိဉ်အဖီလါ

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ထီဘိဂြားဘျးယာဖိသဉ်သးနီဉ် ၁၂ နီဉ်ဆူအဖီလါလါကါလီဆဲနီလီအလီခံ



# ယကတီဃာ် ယဖိကကလာ ဒီး ပူဖျဲး လၢကါခးဆ့ၣ်နီၤ န့ၣ်ဒ်လဲၣ်

အဘၣ် :



- ✓ ဖိသၣ်သီးထဲဆ့ကၤအဘူတကထၤ
- ✓ ဂီၤကၢ်အပျံၤပဘၣ်ဘျးဃာ်အသး ဒီး ဃံး
- ✓ ဟံလီၤဆ့ကၤခါး မ့တမ့ၢ် ယၣ်လုးလၢ နီၢ်တံာ်ဖိ လၢဘျးဃာ်အသးဃံးအဖီခိၣ်

အတဘၣ် :



- ✗ ဖိသၣ်သီးဆ့ကၤ ဖီခိၣ်လၢအဒိၣ်
- ✗ ဆ့ကၤ ဖီခိၣ်လၢအဒိၣ် ဒုးအိၣ်ထီၣ်နတၢ် ဆိကမိၣ်လၢ ဂီၤကၢ်အပျံၤဖျဲးဆၢ သနာ်က့ အပျံၤကျီ နီၢ်ကီၢ်လီၤ
- ✗ ဆ့ဖီခိၣ် မ့တမ့ၢ် ယၣ်လုး တဖၣ် အိၣ်လၢ ဖိသၣ် ဒီး ဂီၤကၢ်အပျံၤအဘၣ်စၢၤ

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ထီဘိၣ်ဂြၢးဘျးဃာ်ဖိသၣ်သးန့ၣ် ၁၂ နံၣ်ဆူအဖီလာ်လၢကါလီၢ်ဆံၣ်နီၤအလီၢ်ခံ



# ကါးဆွဲနီ၊ အပျံကဘတ်ဗုံးဒ်လဲဉ်

အဘဉ် :



✓ ဂီကံအပျံကဘတ်ဗုံး  
အပျံကဘတ်ကျီဘဉ်  
လာနစုန၊ အဘဉ်စါ  
နပံင်စါအပျံကဘတ်နီဘဉ်

အတဘဉ် :



✗ ဂီကံအပျံကျီတလါလီ၊  
နပံင်စါအပျံလာနစုနဘဉ်စါ  
နီလီ

ထီဘိကြားဘျးဃာ်ဖိသဉ်သးနီဉ် ၁၂ နီဆူအဖီလာလါကါလီဆဲဉ်နီအလီခံ

# Rear-facing Car Seat

Birth until age 2-4\*



- ✓ Child's head at least 1" below top of car seat.
- ✓ Harness straps are **at or below** child's shoulders.
- ✓ Chest clip is buckled and at armpit level.
- ✓ Harness straps are snug; you can't pinch them.

\*As long as possible, until they reach the maximum weight or height limit of their rear-facing car seat.

Always properly buckle children aged 12 and under in the back seat!  
Never place a rear-facing car seat in front of an active airbag.



# Car Seats: Where does the chest clip go?

CORRECT:



✓ Chest clip is buckled and at armpit level.

INCORRECT:



✗ Chest clip is unbuckled or positioned too low or too high.

Always properly buckle children aged 12 and under in the back seat!  
Never place a rear-facing car seat in front of an active airbag.

# Rear-facing Car Seats: Where do the straps go?

If car seat is rear-facing:

CORRECT:



✓ Harness straps are **at or below** child's shoulders.

INCORRECT:



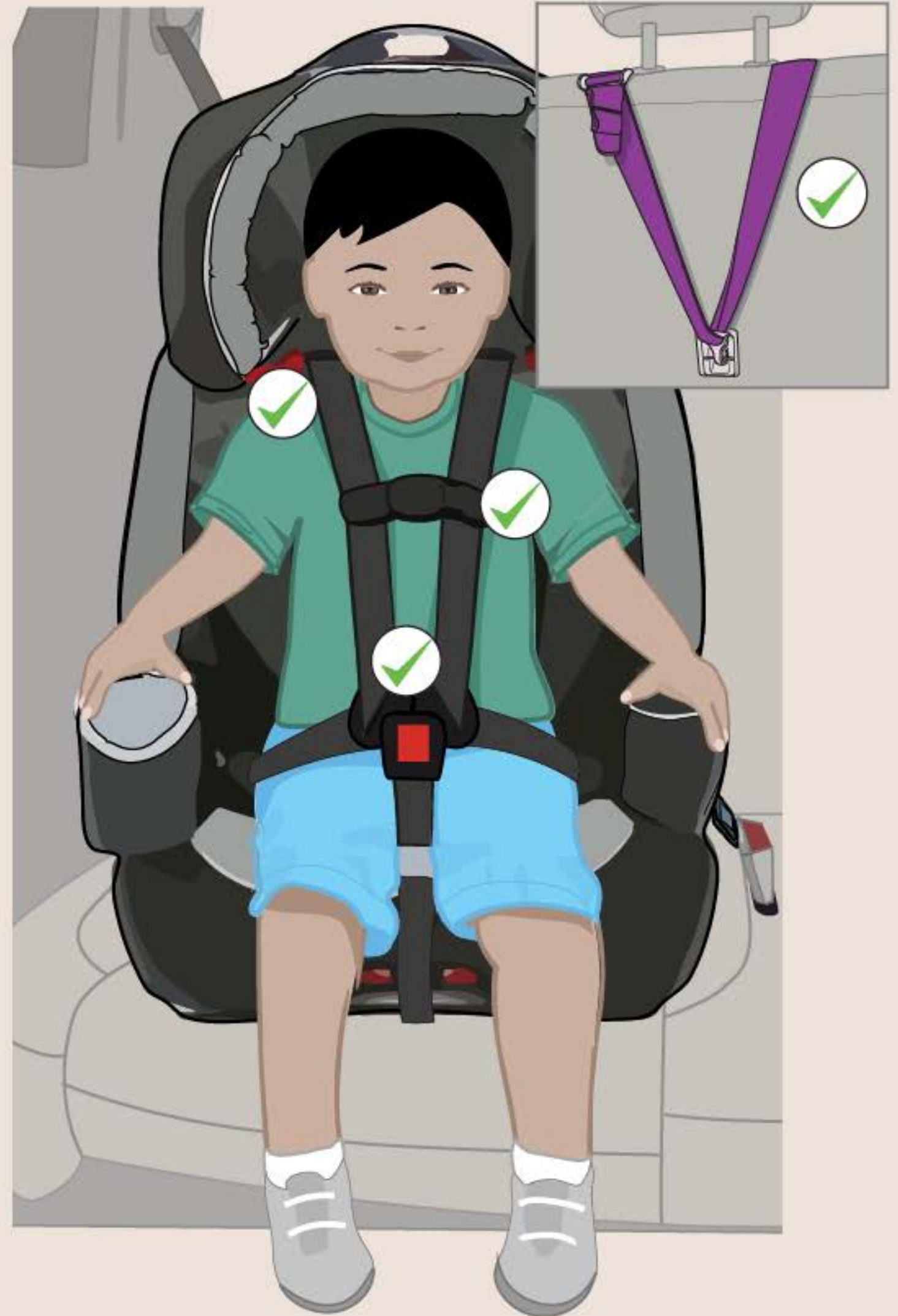
✗ Harness straps are above child's shoulders.

Always properly buckle children aged 12 and under in the back seat!  
Never place a rear-facing car seat in front of an active airbag.

# Forward-facing Car Seat

**After outgrowing rear-facing seat  
until at least age 5\***

- ✓ Hook and tighten the car seat's tether.
- ✓ Harness straps are **at or above** child's shoulders.
- ✓ Chest clip is buckled at armpit level.
- ✓ Harness straps are snug, you can't pinch them.



# Forward-facing Car Seat: Where do the straps go?

If car seat is forward-facing:

CORRECT:



✓ Harness straps are **at or above** shoulders.

INCORRECT:



✗ Harness straps are below shoulders.

Always properly buckle children aged 12 and under in the back seat!

# How do I keep my child warm and safe in a car seat?

## CORRECT:



- ✓ Child is wearing thin layers.
- ✓ Harness straps are buckled and tight.
- ✓ Put coats or blankets **over** the buckled and tight harness.

## INCORRECT:



- ✗ Child is wearing a bulky jacket.
- ✗ Bulky jackets make you think the harness straps are tight, but the straps are really too loose.
- ✗ Jackets or blankets are between the harness straps and the child.

Always properly buckle children aged 12 and under in the back seat!

# Car Seats: How tight should the straps be?

CORRECT:



- ✓ Harness straps are snug with no slack in the straps. You can't pinch the straps between your fingers.

INCORRECT:



- ✗ Harness straps are too loose. You can pinch the straps between your fingers.

Always properly buckle children aged 12 and under in the back seat!