

MŌÑA ÑAN EJMOUR



NATIONAL CENTER ON
Early Childhood Health and Wellness

Jipān ko ñan baamle ko jān National Center on Early Childhood Health and Wellness

Iminene ko ñan boktok ejmour rej inino ne jej dik wōt



Iminene in mōña ñan ejmour ejnn ijino ne ajri eo ej dik wōt. Jino jān ne ej niñiniñ, kwomaroñ ajri eo nejum rittolok ilo an iminene in mōña na ejmour. Kwoj juon wanjonok ñan ajri eo nejum ilo am jipān bwe en mōña ñan ejmour, kajjeon kōmmene menin

Mōña im Najidiki ñan ejmour

Ñan Niñiniñ eo nejum

- Elap an aurok bwe kwon kaniñiniñ ajro mae iien ej tobar 6 an allon. Enaj emman eddoin ilo an rittolok.
- Likit dan in ittin ak formula, ejab cereal, ilo bato an ajri eo nejum. Cereal ej kobalok elaplok vitamin ko ej jab aikuuj.
- Kajjeon kottar mae iien ajri eo ej tobar 6 allon ko ñan am jino mōña ko eebin imemman ñan ejmour ainwōt vegetable ko, mōña ko kijen niñiniñ, im cerealko kijen ajri. Jinomōña ko rebbin ilo an dikwōt emaroñ kwalok jorren ko ainwōt lukkun edo im kiriji tokalik.
- Epake 8 ak 9 allon in am kajeon lelok ñan niñiniñ eo nejum jidik mons in ejmour ko ainwōt bao, carrot mat, strawberries ko emoj am mwijiti. Menin enaj jipān ajri eo nejum jela mōña in kejmourour.
- Den in ittin, formula, im den rej kelet ko remantata ñan nimen niñiniñ eo. Soda pop, 100% den in leen wojke ko, den in sport ko koba calories ñan an kadikdiklo im emaroñ kakkure niin.

Ñan ajri eo Nejum

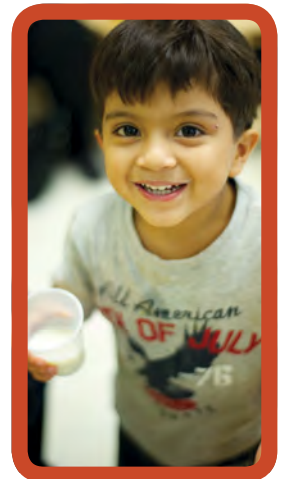
- Lelok ñan ajri eo nejum mōña in kokkajur koremman ñan ejmour ainwōt mottan jiiij, jidik bañana ak jidik cracker ruo ak jillu allen juon raan. Wāwein in enaj jipāne bwe en jab koole im naj ñan tomman.
- Kate eok jermal ippān ajri rot ne ekijon ekelel ta ko rej koñan mōña. Emaroñ kajjeon kanne juon mōña 10 ñan 15 allen mokta jān an maroñ kanne.
- Kajjeon lelok ñan ajri ro kain kelet in ona ko ñan ejmour. Enaj kelet mōña in kejmour eo.
- Milk im aiboj den rej kelet in den in idak ko ñan ejmour im ko remantata nsn ajri jidikdik eo nejum. Soda Pop, 100% den in leen wojke, im den in sport kere calories ñan diet eo limen emaroñ kakkure ni ko nin.

Ñan Preschool Ajri eo Nejum

- Kotlok bwe ajrieo nejum enjipān eok kopooje mōña in ejmour ko ñan ktan awa. Emaroñ kajeon mōña ko ñan ejmour ne enaj jipān.
- Kajeon kanne koppan jikin ona eo am kin mōña in ejmour ko ainwōt carrot ko, apple ko, im beanut butter, ak jiiij. Menin enaj jipān eok im preschool rijikuuleo mōña menin ejmour men ilo raan ko kom boub.
- Milk im aiboj rej den in idak k rej make wōt emman ñan ejmour ñan preschool rijikuul eo nejum. Soda Pop, 100% den in leen wojke, im den in sport kere calories ñan diet eo limen emaroñ kakkure ni ko nin.

Ñan kwe im baamlr eo

- Ajri eo nejum ej ekatak iminene ko ñan ejmour ilo an lale eok. Kajjeon mōña mōña in ejmour barainwōt.
- Karok iien ikkure, iien mōña, im iien kiki bwe en pidodo ñan kwe ilo juon raan.
- Kenñan ippān taktō eo an ajri eo, rijerbal ro an head start, jiñan im jeman ajri ro jet ñan bok jipān mōña ko rej ñan ejmour.



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