

KHEESXAWS

RAU NYHUV

QUAV YOG

DAB TSI?



KHEESXAWS RAU NYHUV QUAV (LOS SIS LUB NCAUJ QHOV QUAV) YOG IB HOM KHEESXAWS UAS RAUG NEEG COOB HEEV.

Kheesxaws rau nyhuv quav yog dab tsi?

Mob kheesxaws rau nyhuv quav pib mob hlaw ntawm txoj nyhuv quav, los sis txoj nyhuv laus. Txoj nyhuv quav txoj hauj lwv yog tshem dej thiab cov as haam pab lub nruag cev tawm los ntawm cov zaub mov koj noj, ces cov khib nyiab seem mas li thawb tawm rau nram lub qhov quav tso tawm.

Kheesxaws rau ntawm lub qhov quav yog ib tug mob uas pib ntawm lub qhov quav.

Los lus kheesxaws rau lub ncauj qhov quav ces suav tag nhro txawm nws yuav pib mob ntawm ob qho chaw no qhov twg los xij.

Txoj kev yuav mus kuaj ces yeej yog tib txoj xwb rau ob qho: kuaj-quav, cov kuaj-ntshav tawm tshiab, los sis kuaj kom pom kiag li xoo nyhuv quav nrog lub koob thajj duab.

**Mus kuaj thiaj li yuav nrhiav tau thaum tseem
ntxov thiab thaum tseem kho tau - cawm neeg.**

Kuaj

Mus kuaj rau cov neeg uas poob rau qhov nruab nrab tsam raug yuav tsum pib thaum hnuv nyoog muaj 45.

Cov uas muaj keeb kwm hauv tsev neeg uas muaj cov pob qhog, kheesxaws rau nyhuv quav, los sis qhov quav dua los lawm yuav tsum mus pib kuaj thaum hnuv nyoog 40 los sis 10 xyoo ua ntej tus neeg hauv koj tsev neeg ntawv lub hnuv nyoog thaum nws nrhiav tau nws tus mob.

Nrog koj tus kws kho mob tham txog koj tsev neeg keeb kwm kuaj mob thiab yog koj muaj mob plab nyhuav quav li cas es thiaj li paub seb koj yuav tsum mus pib kuaj koj tus kheej thaum twg.



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