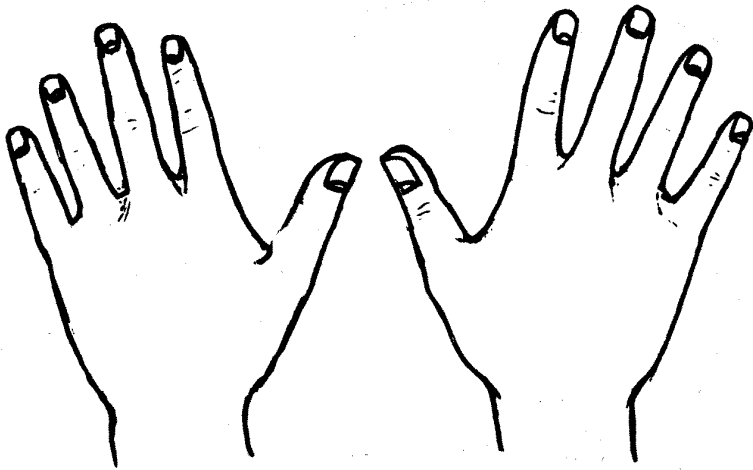


Ang kowh rut sia takla mih
tawngplawng kowchow?



Ang kowh rut sia takla mih tawngplawng kowchow?

Author: Marlene Custer

Illustrations: International Illustrations: Art of Reading 3.0

English



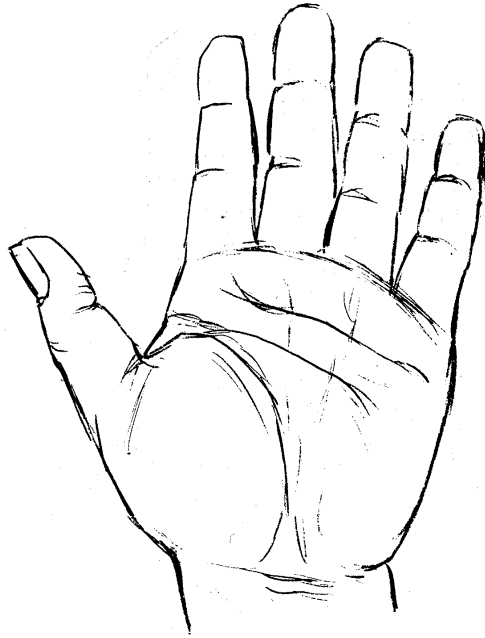
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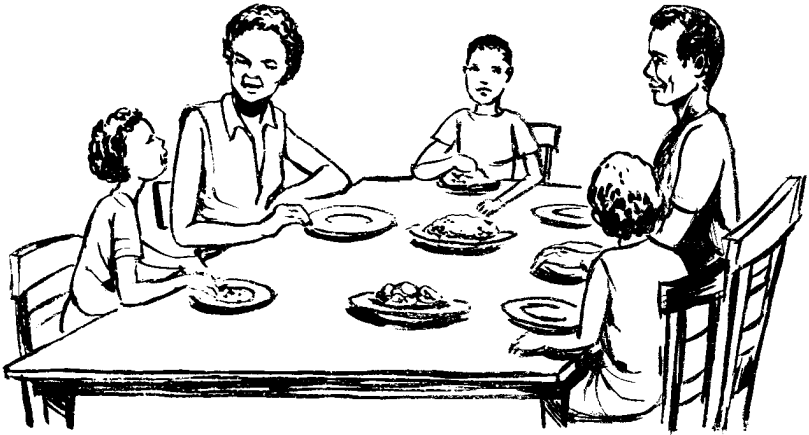
Rut sia lak ke mih tawng rakowi chow?

Rut sia lainowmma a-i lak ke khai, tawngplawng kowchow panow rut hown dow atungma rawka uowi mih chap a-i cham kakla reng chekhai. Rawka mün khowt chow sowm mih mik hown a-i nowng khiah dowi chekhai. Nami klen kowi rawka dow dow a-i hai akeng miuüa kowi nowngia pe krau khai. Naiawng rakowi rawka naphawla dowi kownkow atungma a-i rut sia takla.



Sia rut mih khin khe tui kla phawklawk mih kowi klangiungma nasiaah kown takla. Now dua dow pre pra rut takra kowi natowah kown, nami dua dow rut mih kowi ün, rut kum kowi ün klangiungma nahüaah kown takla. Nami kung kowi dow akangma mih uanchukia hown rut mih klangiungma naiawtah kown. Now rut iawt müa uan che kadowi kowh chalow now li kowi nape kangah kown.

En kowh che tui khawng uowi dowi kowh chalow now uang tui achimma mih en naia towah kown. Now tui uür Jawk mih en naia towng kown, nami Jawk hown dow tui uür ah now en rut kowi klaiah dia. Now uan chukia akangchow mih hown dow rut mih iawtah dia, nadowi kowh chalow now rut mih li kowi pe kangah diah.

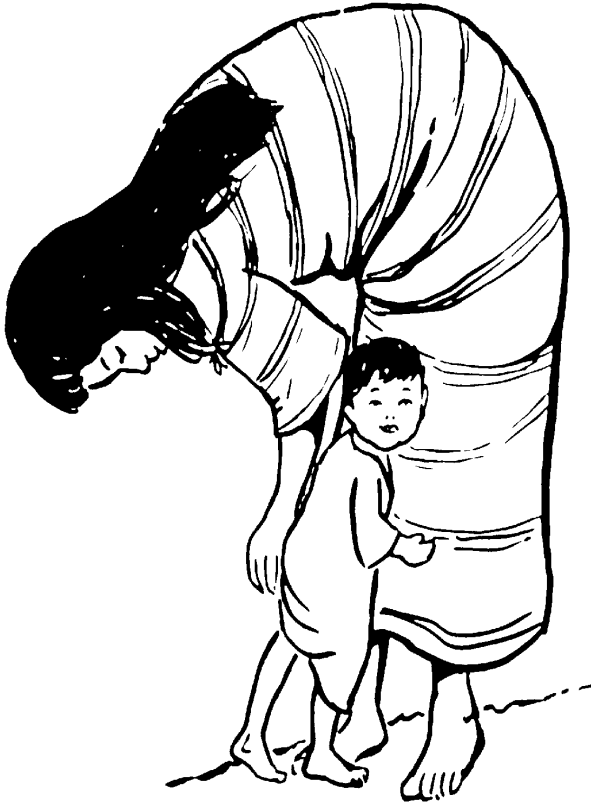


Mün kat chow a-i nasia rut kown?

Cha hawm dowirawn khe hai eng hawm eng kan
khe a-i nasia rut kown.



Ki e kung kowi en kowh rut dow klangiung nasauah
kown takla.

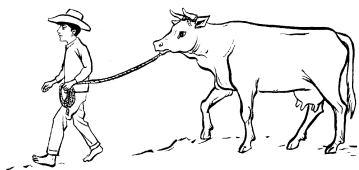


And, wash your hands after caring for a baby.



En ki ne nap kung kowi ün, ngeüa kowi ki iawt pe
nam kung kowi ün hai ki uk kung kowi ün nasia rut
kown mih dow lai nowmma hau khai.

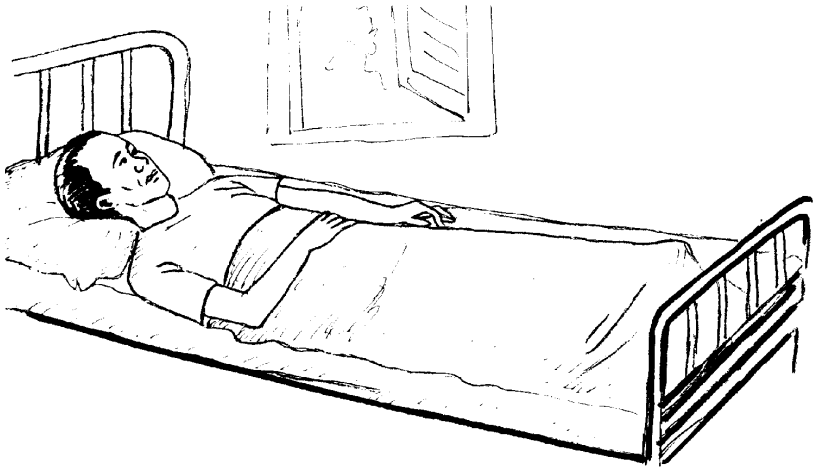




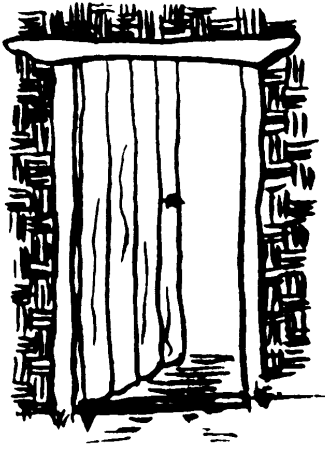
Kim kowi kowh min kak kung kowi ün, prang kowi
kowh tawncher kak kung kowi ün nasiata rut kown
takla.

Cham ki ngawk cham ki chang lup dow klangiungma
nasiata rut kown takla.





Krau mih maru kowi kow mü kownkow tarü
dowirawn khe hai ki mü kung kowi a-i kowh rut dow
klangiungma nasiaah ngengche kown takla.



Tawngiawng ngaitak chow ang kowh rut kowi
rawka chawp dowi iawng ang naia towah kown?

Nami natuk kown mih lainowm hau khai. Maru
towkah kakah reng mih uanh sar ui dow klangiung
naiawt nasauah kown takla. Naiawngün dow:
Kimplawt ün, chawk ün, ngawk uanh ün hai rutchün
khawkleng ün chekhai.

