

5. Pan piyalguop akud

Bɛci ɛ piyalguop akud aato Kuinthland ku aaci looi tɛnɛ kuɔony ɛ piyalguop to gew abak ɛ kuart rup thok ɛbin, agud ruom tok alar pan ɛ kuɔony tok. Kuart ɛ kuɔony reer tɛnɛ pan ɛ piyalguop akuod tok aatekthook, ku ayee dhuk nom lon ci kawic koo pantok thon.

Ku ba pan ɛ piyalguop akud thiak kek yin yok, yup telpun ɛ thertin xelth(13HEALTH) ɛ kenɛ yic 13 43 25 84.

Luoi ku kuart ɛ kuɔony ci bɛci ɛ piyalguop akud guiir ayee piyalguop Kuinthland kar tij. Ku yen, ɛ piyalguop ku loilooi ba piiny ten aakak ɛ kuɔony katekthook ci guiir ɛ bɛci tekthook.

Kuɔony Piyalguop ɛ Miith ku Riinythi

Tɛ wic yin yen ku ba wɛl juaac njic tɛnɛ kuɔony ba ke yiic, yuope telpun piyalguop ɛ miith (07) 3862 2333 tedɛ 1800 177 279 (Brethben Kou).

Kuɔony piyalguop ɛ miith & Bɛciakim aaxeer

- Tɛnɛ midhɛɛdh ɛ miith lar ruon 0-12 bik themthem, kuɛn ku kuɔony guiir.
- Kuɔony ɛ thuethet.
- Akuud yam ɛ medhɛɛdh ku loilooi ken.
- Tuom bɛciakim aaxeer.
- Metmet kuɔony ɛ piyalguop (Cimɛn. Akim ɛ mieth, aluui ɛ baai, akim ɛ wɛl).
- Lath panabun ɛ joockok yic.
- Koo abek ɛ nem bɛci yiic.
- Det ku lath tɛnɛ la tuɛj ɛ piyalguop ku dit ɛ miith.

Cok-Panabun ɛ kuɔony piyalguop tɛnɛ Riinythi

- Tɛnɛ medhɛɛdh ku koo kor la ruon 13-18 ku aala Bɛciabuun tuɛj ɛ Gew aakol ɛ Piyalguop kar guiir, themthem, kuɔony, wɛl ɛ piyalguop, dhɛl ee dhuok ku juekjuɛk ɛ piyalguop ku kuɛn.

Kuɔony Piyalnom ɛ Miith ku Riinythi

- Tɛnɛ miith lar ruon 0-18 ku aalar kuoc guer ɛrin ɛ piyalnom aajɛm ɛ nom guiir, themthem, bɛ tuaany ku muok.

Kuɔony ɛ lec to Panabun

- Kuart ɛ miith lar run ka nuan ku tɛ la tuɛj ku akɛc ruon 10 thol aayok panakim lec aaxeer tɛnɛ panabun

Kuɔony Piyalguop ɛ Kooctit (Koo lar ruon 18 ku tɛ lo tuɛj)

Na wic ku ba wɛl juaac njic tɛnɛ kuart ɛ kuɔony ba piiny, yup telpun piyalguop 13 ɛ kenɛ yic 13 43 25 84. Tɛnɛ wɛl juaac ɛ kuɔony piyalguop ci mad, dhuoge tɛnɛ Athor Yic 7- Piyalguop ci mad.

Themthem Piyalguop ɛbin, Kunyuny Panakim aaxeer ku Kuɔony

- Dhɛl ɛ tuaany, muok panakim tuɛj ku kunyuny ɛ piyalguop ci mad la yic luol ɛ baai, guer ɛ kalui guopic, luoi ɛ karj ɛ guop ku akim ɛ wɛl.

Kunyuny ɛ Koo ci dhiop:

- Koo ɛ themthem, muok baai, kunyuny ɛ muok baai ku akud, ku kuɔony col raan alɛu ku bɛ riel tɛ ci tuaany jal tedɛ e tetok

Dhuk ɛ Guer Kuɔony Akud

- Kuɔony ɛ piyalguop ci mad (luoi karj ɛ guop, guer ɛ kalui guopic ku guer ɛ jam).

Kuɔony ku muok ɛ ran ci taj

("Muok ɛ ran ci taj" ee muok ɛ koo lar tuɛny ci tem, koo wen thou).

- Guer ɛ wɛl akud ee cok ɛ kuɔony ku muok ɛ ran ci taj, wɛl ku kuɛn ku kuɔony ɛ ran ci thuou

Kuɔony Piyalnom ɛ Kooctit:

- Bɛciakim ɛ lec to aaxeer acin wɛu ye col tɛnɛ ran ci wɛlke guiir (Tij Athor Yic 6-Kuɔony Panakim ɛ Lec).