

Pawngkam ummi Riantuan piaktu nih Hnuk Dawpnak Hmuh thannak ding Cakuat Zohchunh  
Dingmi  
(Pawngkam ummi Riantuan piaktu min le umnak khenhmi Ca)

(Nithla)

(Mizaw umnak)

Dawtmi (Mizaw Min)

Indiana WIC Prokarem sin in (nithla) ah Hollister Elite (*Medela Lactina*) hnuk dawpnak (Tehte piahnak katpia nambar) pakhat na rak ngah. Hnatlaknak fawm i min na rak thutnak ah hnuk dawpnak cu (nithla) ah ap than dingin rak ti mi a si. Hihi ap than a si rih lo.

WIC nule sin ah hlanh dingah hnuk dawpnak hi tlawmpal lawng kan ngeih caah, hlanhmi hnuk dawpnak ap than kha a biapi taktak. *Zaangfahnak in (WIC zung riantuan pakhatkhat) kha (WIC fawn nambar) ah pehtlaihnak tuah law (nithla) ah hnuk dawpnak ap than dingin tawlrel piak ding ah. Hnuk dawpnak na ap than lo ahcun, Indiana Pyine Ngandamnak lei Phu i Pyine WIC zung ah na konglam chuahpi a si lai. Indiana Pyine Ngandamnak lei Phu WIC Ramthen nih hnuk dawpnak lak than dingah pehtlaihnak an in tuah lai.*

Hawi taktak sinak he,

(*WIC Tawlreltu, BF Tawlreltu*)