

# UNIN TŌL KO KŌN ĀJMOUR

KŌN M ŌÑĀ IN ĀJMOUR IM MAKŪTKŪT IPPĀN AJRI ILO  
JINOIN AER MOUR IM ILO AER JIKUUL

Ke Ri Jerbal  
ro im  
Baamle Rej  
Bōk Kūnaer

Naajdik  
Niñniñ

Mōña im  
Dān in  
Ājmour

Iien Alwōj

Iien Katak  
Kōn Mōñā in  
Ājmour

Makūtkūt

Ijo Ewor  
Mōñā in  
Ājmour le

# JINOIN

Unin tōl ko kōn Ājmour im Men Ko Reñmantata bwe en wor Mōñā in Ājmour im Makūtkūt ilo ad Jerbal ippān Ajri ilo Hawaii ke re Dik (Unin Tōl ko kōn Ājmour) ej juon men me elōñ armej im kumi rej jerbal ippān doon kake. Komōpool ñan aolep ro raar katak, lale, im kōnono kōn men ko re pād ilo jeje. Juon kam̄oolol elap ñan kumi in Jerbal Ippān Ajri Ke Rej Dik wōt bwe En Em̄an Aer Ājmour im Eddeklok, kōnke raar jipañ bwe kōmin maroñ kōnono kōn men kein.

Ilo raan kein, elaplok ad aikuj kate kōj jipañ ajri re dik bwe en em̄an aer makūtkūt im bwe ren mōñā in ājmour. Juon jorrāān elap ilo raan kein ej bwe elōñ ajri ipelaakin lañ in re tebu, im enañin juon mōttan jilu in ajri ilo Hawaii me rej kindergarten re tebu ak kilep jān joñan.<sup>1</sup> Ñe ajri re tebu, e pidoloklōk aer nañinmej kōn men ko āinwōt orlōk, e jab em̄an menono ilo iien kiki, e jorrāān di im mōkwōj ko, im tōñal kain eo nōmba 2.<sup>2</sup> Kab elaplok an ajri ro jet kakütōtō kaki ro re tebu jān ajri me re jab tebu<sup>3</sup> im e maroñ pidodolok aer inepata, kanooj būromōj, im lōmñak nana kōn er make.<sup>4</sup> Ewor jorrāān ko jān tebu kiiō im ñan etto ilo ānbwinnen ajri, aer pād ippān doon, im eñjake ko aer. Ajri me re tebu re maroñ bar tebu ñe re rūtto,<sup>5</sup> kab e maroñ pidodolok aer bōk nañinmej in menono, cancer, im stroke – men ko jilu me elap an armej mej kaki ilo Hawaii.

Katak ko me armej raar kōm̄mani rej kaalikkar bwe e aorōk bwe ajri ren mōñā in ājmour im makūtkūt bwe en em̄an aer eddeklōk ilo lōmñak ko aer, ānbwinnier, im en em̄an aer pād ippān ro jet. Enañin aolep ajri ilo Hawaii, elap aer jołok iien ilo jikin ko me armej rej lale er ak re jab pād moko imweir, im kōn men in elap an ro rej lale ajri im ro rej katakin er ke re dik maroñ jelōt ajri ilo aer eddeklōk. Ro rej lale im katakin ajri ke re dik (ECCE, Early childhood care and education) re maroñ jipañ ajri kōn jet iminene ko me renaaj jipañ er bwe ren ājmour toñ wōt aer mour, im e maroñ jelōt er kōn men ko rej mōñā, aer makūtkūt, im joñan aer alwōj. Ro rej lale im katakin ajri ke re dik (ECCE) re maroñ barāinwōt jipañ baamle ko ñe mama ej kaninnin niñniñ, ke rej pukot kilen lełok mōñā kāal ñan nejeir, jipañ nejeir bwe en laplok aer makūtkūt, im kōm̄man juon pādpād em̄an bwe en wor tōprak ilo ilu im jeklaj eo aer.

Unin tōl ko kōn Ājmour rej jipañ bwe armej ren minene kōn mōñā in ājmour im makūtkūt ilo mour ko aer im ilo aer katak aolep raan. Kajojjo unin tōl ko kōn Ājmour ej kwalok ilo kadu wāween jipañ ājmour im ewor juon laajrak kōn men ko armej re maroñ kōm̄mani. Kōttōpar eo an Unin Tōl ko kōn Ājmour ej ñan jipañ kōn jorrāān in tebu, im barāinwōt jipañ bwe en em̄an jikin lale ajri im jipañ bwe en em̄an an ro rej lale im katakin ajri re dik (ECCE) jerbal ippān ajri im baamle ko.

E maroñ oktak joñan an pojak ro rej lale im katakin ajri re dik (ECCE) ñan aer kōm̄man unin tōl kein. Kiiō rej kōm̄man juon kein jerbal me ej āinwōt juon teej me juon armej e maroñ teej e make kake bwe en lale joñan an tōprak ilo an kōm̄man Unin Tōl ko kōn Ājmour. Kōmij kōjatdikdik bwe men kein renaaj jipañ eok ilo am make kōm̄man plan ko am ñan jipañ ajri re dik ilo aer ājmour im makūtkūt ilo būrookraam eo am.

Pādpād eo ñan Unin Tōl ko kōn Ājmour ej *Jej Iokwe Ajri ro Nejōd: Unin Tōl ko kōn Ājmour im Safety jān Kien Eolap ñan Būrookraam ko in Lale im Katakin Ajri Jidik*. Kab, ri mōkade ilo jōkkein im aolepen America raar lale im ba em̄an Unin Tōl kein kōn Ājmour. Emōj amim lo bar jet men in jipañ im keidi men kañ ippān men kein, koba:

Kakien ko ñan Tōprak ilo Būrookraam eo an Head Start	Let's Move Child Care	Būrookraam kōn Mōñā ñan Ajri im Rūtto
National Association for Family Child Care Accreditation Quality Standards	National Association for the Education of Young Children Accreditation Standards	Institute of Medicine's "Kakien ko ñan Bōbrae an Ajri Jidik Tebu"
Nemours Child Care Wellness Policy Workbook	Kakien ko an Hawaii	Hawaii Tibaatmen an Education Kakien ko kōn Ājmour
Pennsylvania Chapter of the American Academy of Pediatrics' Model Child Care Health Policies, 5 <sup>th</sup> Edition		Children's Healthy Living Program "Childcare Center Wellness Policy Best Practices Checklist"

1. Pobutsky, A, Bradbury, E, Reyes-Salvail, F, & Kishaba, G (2013). Overweight and Obesity Among Hawai'i Children Aged 4 to 5 Years Enrolled in Public Schools in 2007–2008 and Comparison with a Similar 2002–2003 Cohort. *Hawai'i Journal of Medicine & Public Health*, 72(7), 225–236
2. Institute of Medicine, *Accelerating progress in obesity prevention: solving the weight of the nation*. 2012, Washington, DC: National Academies Press.
3. Van Geel M, Vedder P, Tanilon J, *Are overweight and obese youths more often bullied by their peers? A meta-analysis on the correlation between weight status and bullying*. Int J Obes (Lond), 2014. 38(10): p. 1263-7.
4. Griffiths LI, Parsons TJ, Hill AJ, *Self-esteem and quality of life in obese children and adolescents: A systematic review*. International Journal of Pediatric Obesity, 2010. 5(4): p. 282-304.
5. Serdula MK, Ivery D, Coates RJ, Freedman DS, Williamson DF, Byers T. *Do obese children become obese adults? Juon iien aliji men ko raar jeje kaki*. Prev Med. 1993 Mar;22(2):167-77.



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CDC State im Local Public Health Actions to Prevent Obesity (Būrookraam ñan bōbrae an armej kilep), Diabetes and Heart Disease and Stroke (Tōñal im Nañinmej in Menono im Stroke) (DP-1305) grant ear jipañ im USDA's Supplemental Assistance Program (Būrookraam ñan Jipañ Armej Kōn Mōñā)—SNAP. Ro raar je men kein rej bōk eddo kōn kobban, im lōmñak kein re maroñ oktak jān lōmñak ko an CDC ak USDA. Kumi in ej jerbal ippān aolep armej joñan wōt juon.

# IJO EWOR MŌÑĀ IN ĀJMOUR IE

**UNIN TŌL EO:** Kō mōñā juon jikin ijo rej rōjañ ajri ro bwe ren mōñā in ājmour im bwe ren bōk iien kōm̄mao ippān doon.

## WĀWEEN KŌM̄MANI

- a. Ewor jikin an ajri am̄win (kōn soap im dān) ak kajerbal kein am̄wiin mōñā, im ewor armej ñan jipañ er elāññe rej aikuji.
- b. Rej rōjañ ajri bwe ren kajjioñ mōñā ko re kāäl, ak re jab moñe er, ñooje kijier, kamakokoik er, ak wiaik būrueir.
- c. Re jab kajerbal mōñā āinwōt oñean kōm̄man em̄man ak āinwōt men in kaje.
- d. Iien mōñā ko rej iien ko rem̄man, im rej mōñā ilo juon jikin e safe im erreo.
- e. Ñe ajri ro rej mōñā ippān baamle ko aer, ren rōjañ ajri ro bwe ren make bōk kijier, ak rūtto ro rej lełok joñan eo em̄man ñan ajri.
- f. Ajri rej kajerbal pileij, bowl, im kab ko me rekkar ñan ajri re dik.
- g. Rūtto ro rej jijet ippān ajri ilo iien mōñā, rej kwałok bwe rej mōñā in ājmour, im rej wan joñak ñe rej mōñā imaan ajri.
- h. Rej lełok ñan ajri iien mōñā ak snack lōkin emān awa ak kutkułok.
- i. Party im makūtküt ko an jikuul rej kōm̄man men ko ijo em̄man an ajri ro makūtküt im/ak iien mōñā im idaak men in ājmour.
- j. Rej kwałok meļele im katak ko ñan baamle ko bwe ajri ro ren bōktok wōt mōñā in ājmour jān mōñā imweir ñan iien mōñā, iien snack, im iien kamōñōñō ko (im rej lale òn ko, elāññe armej rej kadek kake mōñā, im bwe mōñā ko ren safe).
- k. Ñe rej kabudget, rej kōm̄mane kōn men ko me re jab mōñā ak elāññe ej mōñā, ej men mōñā im dān in ājmour im joñan eo ekkar ñan ajri.
- l. Re jab kwałok, kareel, ak wiakaki mōñā ko me re jab ājmour im re jab kwałok etan company ko an mōñā ko ilo jikin lale ajri ro ak ñe rej kōnono ippān baamle ko.
- m. Rej kwałok naan ko kōn mōñā in ājmour ilo jikin an ajri pād im katak, im rej kwałok aorōken mōñā in ājmour ilo men ko rej kōm̄mani (wan joñak, riab in mōñā ko me rej ikkure kaki rej āinwōt mōñā in ājmour).

## IEN KATAK KŌN MŌÑĀ IN ĀJMOUR

**UNIN TŌL EO:** Kōm̄man iien katakin ajri kōn mōñā in ājmour elōñ katen ilo raan eo, koba iien mōñā ko im iien snack.

## WĀWEEN KŌM̄MANI

- a. Je juon plan ak karōk me ej kōmeļele kōn wāween katakin ajri kōn mōñā in ājmour ilo iiō in jikuul eo, im kōm̄mane ilo juon wāween me ekkar ñan ajri re dik.
- b. Kōnono kōn mōñā in ājmour im wāween mōñā ñe ajri rej katak (wan joñak, iien bwebwenato, al im kōjañjañ, im makūtküt ko an ajri ikijjen men ko re maroñ eñjake).
- c. Ilo iien mōñā im snack, bar katakin ajri kōn mōñā in ājmour bwe en em̄man aer lōm̄nak kaki im kememeji.
- d. Katakin ajri kōn mōñā in ājmour me rekkar ñan manit ko aer.
- e. Katak ko kōn mōñā in ājmour rej lōor kakien ko an USDA im rej kobaik:
  - i. En em̄man joñan mōñā;
  - ii. Jeraam̄man ko jān mōñā in ājmour;
  - iii. Nemāñ, color, bwin, jekjeken im wāween mōñā ko;
  - iv. Wāween kōnono kōn mōñā; im
  - v. Men ko re maroñ make kōm̄mani āinwōt kōppoj mōñā, edjoñ, etal ñan jikin kallip ko, im katak kōn wāween kōm̄man jikin kallib bwe en wor mōñā.



# MŌÑĀ IM DĀN IN ĀJMOUR

**UNIN TŌL EO:** Leļok mōñā im snack me re ājmour, kōnke e aorōk ḏōn ñan eddeklōk, katak, im bwe ajri ren iminene in mōñā men in ājmour ko.

## WĀWEEN KŌMĀNI KŌN MŌÑĀ KO

- a. Aolep mōñā im dān me rej leļoki (wan joñak, iien mōñā, snack, im mōñā ilo iien kāmōñōñō) rej aikuj tōpar kakien ko an Child and Adult Care Food Program (CACFP, Bürookraam ñan Naajdik Ajri im Rütto).
- b. En jab dik jān 50% whole grain ūe rej leļok grain – koba rice, pilawā, cracker, cereal, im utoñ.
- c. Ej aikuj wor gris (Fat ko) ilo iien an armej mōñā, bōtab rej liļok mōñā ko me rej kain eo im e jab ļap an company ko kōmānmani.
- d. Rej liļok jet kain jālele me e dik gris ie, bao me emōj joļok kilen, ek, im men ko me rej pinej jenkwān jālele.
- e. Aolep raan rej leļok jet kain leen wōjke (fruit) kāāl ilo iien mōñā ko im iien snack. Eļaññe re jab maroñ leļok fruit kāāl, re maroñ leļok kain eo emōj kōkwoje, kōmōrāiki, ak ilo kuwaat eļaññe re jañin kobaik jukwa ippān.
- f. Aolep raan rej leļok jet kain vegetable (wan joñak, men ko re green eddo, būrōrō, orange, im yellow eddo; okar; im legume ko) ilo iien mōñā ko im iien snack. Eļaññe re jab maroñ leļok vegetable kāāl, re maroñ leļok kain eo emōj kōkwoje, kōmōrāiki, ak ilo kuwaat eļaññe re jañin kobaik jukwa ippān.
- g. Ren kōppoje fruit im vegetable ko ilo elōñ wāween.
- h. En jab dik jān 1 fruit ak vegetable ippān kajojjo snack.
- i. Rej ukōt mōñā ko rej liļoki eļaññe juon taktō ej ba bwe ewor jet kain mōñā juon ajri en jab mōñā ak ewor men ej aikuj mōñā.
- j. Eļaññe juon ajri ej kadek kake jet mōñā, juon armej jān jikin taktō ej kwaļok juon plan kōn men ko ej mōñā im jab mōñā. Plan eo ej kwaļok ta mōñā ko en jab mōñā im ta eo ren kōmānane eļaññe ajri eo e jorrāān kōn an mōñā juon men me ej kadek kake.
- k. Ren kōppoje mōñā ko bwe en emānan an ajri meme im en enno ippaer (wan joñak, ren mwijit grep ko bwe ajri en jab pok kake).
- l. Ņe armej rej plan mōñā ko, rej lōmñak kōn manit ko im tōmak in kabuñ an ajri ro.
- m. Ņe re maroñ, ren kajerbal mōñā ko re kāāl, rej organic (raar jab kajerbal chemical ilo jikin kallib eo), im rej jān jukjuk in pād in.
- n. Ewor juon armej me e mōkade kōn mōñā in ājmour eļaññe armej re kōnaan kōnono ippān.

## WĀWEEN KŌMĀNI KŌN DĀN

- o. Re maroñ leļok juice ak smoothie eļaññe ej 100% juice im raar jab kobaik jukwa im e jab ļap jān 4 ounce ilo juon raan.
- p. Joñan wōt aer maroñ, rej leļok mool in fruit im vegetable im jab 100% juice.
- q. Ejjelok bar jet jukwa ilo milk im men ko me rej āinwōt milk.
- r. Rej rōjañ ajri bwe ren idaak aebōj, im ewor limier aebōj aolepen raan eo lowan mweo kab nabōj.



## JAB LIĻOK MEN KEIN

- s. Men ko me ajri jidik re maroñ pok kaki (wan joñak, grep ko re likio, popcorn, im hot dog).
- t. Mōñā ko im elap jōļi ie (wan joñak, chip im pretzel ko).
- u. Mōñā ko im elap jukwa ie (wan joñak, jelly, lōle, ice cream, cake, im cookie ko).
- v. Mōñā ko re fry (būrae) ak raar fry-ki mokta lōk (wan joñak, French fry ko, chicken nugget, im fish stick ko).
- w. Jālele ko ilo kuwat im men ko me elap kōmānmani (wan joñak, SPAM, Vienna sausage, im hot dog ko).
- x. Mōñā ko me ewor trans fat ie.
- y. Mōñā ak dān ijo ewor riab in color ak kein kōmān nemān, kein katōñal me e jab jukwa, ak kein kōjparok bwe en to an pād.
- z. Dān ko me elōñ caffeine ie ak rar kobaik jukwa (wan joñak, dān ko re tōñal ak rej nemān fruit, im cola).



# NAAJDIK NIÑNIÑ

**UNIN TŌL EO:** Naajdik niñniñ ilo wāween ko me renaaj jipañ ajri eo bwe en emman an eddeklök ilo ānbwinnen im ilo an pād ippān ro jet.

## WĀWEEN KÖMMANI

- a. Ren lełok milk jān ittin kōrā ak formula me ewor iron ie ñan niñniñ mae iien 6 aer allōñ (ñe ab ewor juon jeje jān taktō ak parent/ri lale me ej ba en oktak).
- b. Ren kōmmān formula an niñniñ ekkar ñan wāween ba ilo pakij eo im jab kāreiki ippān cereal, fruit juice, ak mōñā ko jet (ñe ab juon ri jerbal ilo mōñ taktō ej ba oktak).
- c. Jab lełok milk jān cow (fresh milk) ñan ajri me e dik jān 12 aer allōñ.
- d. Ren lełok aebōj, jidik wōt, ilo kab ñan ajri me re rūtto jān 6 allōñ.
- e. Ren jab lełok fruit juice ak bar jet dān emōj katōñal e ñan ajri e dik jān 12 aer allōñ.
- f. Ren naajdik niñniñ ñe rej kwalok bwe re kwōle (wan joñak, rej nukwūj peir im ninnini, ak rej kamaküt tier) im kamōje am naadik er ñe re mat.
- g. Elaññe ejeja an juon ajri kwalok bwe e kwōle, ren kwalok men in ñan parent/ri lale an ajri eo.
- h. Rej jibwe niñniñ ñe rej naajdik kōn bato.
- i. Rej pepe ippān parent/ri lale ak juon ri jerbal jān mōñ taktō ñe rej kōmmān juon plan ñan kaninnin, lełok formula, ak mool in mōñā ñan ajri re rūtto.
- j. Mama me rej kaninnin re maroñ kaninnin ak pump titier ijo ajri re pād ie im re maroñ kōmmāne ilo juon room make iar im jab ilo bathroom eo.

## KE RE JERBAL RO IM BAAMLE REJ BOK

**UNIN TŌL EO:** Jipañ ri jerbal ro im baamle ko bwe ren jipañ ajri bwe ren mour im ājmour im en āindein ekkar ñan manit ko aer.

## WĀWEEN KÖMMANI

- a. Ri jerbal ro im baamle ko rej jipañ kōmmān plan im kakien ko kōn mōñā in ājmour im makūtküt.
- b. Ri jerbal ro rej etal ñan iien katak kōn mōñā in ājmour im/ak kōn naajdik ajri juon katen aolep iiō ak ɻapłok.
- c. Juon katen aokep iiō ak ɻapłok, ri jerbal ro rej etal ñan iien katak kōn men ko re maroñ kōmmānī ñan jipañ ajri jidik kamaküt peir im neir im ikkure bwe ren makūtküt.
- d. Juon katen aolep iiō ak ɻapłok rej lełok melele ko ñan baamle ko kōn mōñā in ājmour bwe ren rōjañ er lełok mōñā in ājmour ilo moko imweir.
- e. Juon katen aolep iiō ak ɻapłok rej lełok melele ko ñan baamle ko kōn makūtküt ko ajri rej kōmmānī ekkar ñan dettaer bwe re maroñ bölen kōmmānī ilo moko imweir.
- f. Rej lełok ñan ri jerbal ro im baamle ko melele ko kōn men ko ilo jukjuk in pād eo (wan joñak, farm ko, non-profit ko, jikin ājmour im taktō, ak business ko ilo jukjuk in pād eo) me rej jikin katakin ajri ikijien ājmour.



# Iien Alwōj

**UNIN TŌL EO:** Ren kōmman joñan alwōj (television, movie ko, tablet ko, phone ko, computer, im bar jet men electronic) im kajerbal wōt men ko remman me ajri re maroñ lōori im kōmman jet men ke rej alwōj im re jab baj alwōj wōt, im re maroñ katak im ejjełok kein kareel ie.

## Wāween Kōmmani

- Ejjełok iien alwōj ñe ajri e dik jān 2 aer iiō.
- Ñan ajri jān 2 lōk ñan 5 aer iiō, ren jab alwōj elap jān 30 minit ilo juon wiik.
- Ejjełok alwōj ilo iien mōñā im iien snack.
- Mokta jān an ajri alwōj, juon rūtto ej lale men eo bwe en lale elāññe ej juon men ekkar ñan ajri jidik im men ko re maroñ in mejèle.
- Ajri rej alwōj men ko me rej rōjañ er im manit ko remman āinwōt bwe ren makūtkūt im jab jijet wōt.
- Ejjełok kein kareel im lemaanlōk jet company ilo men ko rej alwōj.
- Rej bōk kein alwōj ko jān room in lale ajri, ak rej kalibubuki ñe re jab kajerbali.
- Ajri me re utamwe ilo lōmñak ak ānbwinnier re ban aikuj in lōor men kein kōn iien alwōj elāññe emōj ba bwe men kein re maroñ jipañ er.

## MAKŪTKŪT

**UNIN TŌL EO:** Rōjañ ajri bwe ren makūtkūt im lelōk iien aolep raan bwe aolep ajri, koba ro im elōñ utamwe, ren maroñ makūtkūt im emman joñan.

## Wāween Kōmmani

### NIÑNIÑ RO

- Ewor jet iien kadu (3-5 minit) ñan niñniñ (jān iien lōtak lōk ñan 12 allōñ) bwe ren babu pedo elōñ katen aolep raan, ñe re ruj im ewor armej im ej lale er.
- En kadu iien eo (en jab lāp jān 15 minit) ke niñniñ ren pād ilo jet jikin jijet ko ijo rej jakōl ie (lijjidwałok ko, stroller ko, chair in mōñā) ak e bar emman elāññe re jab jijet ilo kain eo.

### AJRI RE DIK

- Rej lelōk 60-90 minit in ikkure ilo aolep 8 awa aolep raan ñan aolep ajri re dik (12 allōñ lōk ñan 3 iiō). Ñan būrookraam ko rej jimattan raan renaaj lelōk 30 minit ak lāplok ñan aer ikkure.

### AJRI IM RE POJAK ÑAN

- Rej lelōk 90-120 minit ak lāplok in ikkure ilo aolep 8 awa aolep raan ñan ajri im re pojak ñan jikuu! (3 lōk ñan 5 aer iiō). Ñan būrookraam ko rej jimattan raan, renaaj lelōk 60 minit ak lāplok ñan aer ikkure.

### AOLEP AJRI

- En wor juon plan me emōj jeki me ej kōnono kōn wāween an ajri kałapłok aer makūtkūt ke re rūttołok, im wāween aer jołok jabdewōt men in apañ ñan aer makūtkūt ilo iiō in jikuu! eo.
- Kōmman jet makūtkūt ko me ajri re maroñ kōmmani ñan jipañ er jelā makūtkūt, uñkipden (balance), im util.
- Lełok ruo ak elōñlōk iien ikkure nabōj aolep raan elāññe emman lañ.
- Tōl ajri ro ilo ruo ak elōñlōk makūtkūt ak ikkure me rej kōmmani ippān doon bwe en jipañ er makūtkūt.
- Rōjañ ajri bwe ren makūtkūt ilo aer etal jān juon jikin ilo raan eo ñan bar juon jikin.
- Kajijoñ in lale bwe ajri ren jab jijet wōt iumwin 30 minit ak lāplok ke ajri re ruj wōt.
- Kōmman wan joñak kōn wāween ikkure, rōjañ er im ikkure ippān ajri ro.
- Lale bwe jikin ikkure ko im kein ikkure ko ren safe, erreo im rej rōjañ ajri makūtkūt joñan wōt aer maroñ.
- E bwe jikin an ajri ikkure ilowan em. Mejèlein ewor 35 square ne ak lāplok ñan kajojjo ajri.
- E bwe jikin an ajri ikkure nabōj. Mejèlein ewor 75 square ne ak lāplok ñan kajojjo ajri.
- Re jab kajeik ajri kōn aer ba ñan er bwe rej aikuj makūtkūt ak re jab maroñ makūtkūt.
- Kōmman bwe en wor iien kiki ñe ejjełok keroro (ak kakkije) aolep raan ilo schedule eo bwe en jipañ ajri ilo an eddeklōk im mour lōk.

