

စူးကါတၢ်မၤစၢၤအဂီၢ်ထံးလၢအဖီလၢတဖၣ် လၢကမၤလိအါထီၣ်ဘၣ်ဃး စဲးဆူးထူးထီၣ်န့ၣ်ထံတဖၣ် လၢတၢ်ဟ့ၣ်လီၤအီၤခီဖျိ WA ကီၢ်စၢ် WIC တၢ်ရဲၣ်တၢ်ကျဲၤန့ၣ်တက့ၢ်.

## Ardo

- Alyssa စဲးဆူးထူးထီၣ်န့ၣ်ထံ – ကဘၣ်စူးကါအီၤဒဲလဲၣ်- [bit.ly/AlyssaBP1 \(Video\)](http://bit.ly/AlyssaBP1)
- Alyssa စဲးဆူးထူးထီၣ်န့ၣ်ထံ – ကဘၣ်ဆီထီၣ်အီၤဒဲလဲၣ်- [bit.ly/AlyssaBP2 \(Video\)](http://bit.ly/AlyssaBP2)
- Alyssa စဲးဆူးထူးထီၣ်န့ၣ်ထံ – မၤအီၤလၢလီၤတဲမိ- [bit.ly/AlyssaBP3 \(Video\)](http://bit.ly/AlyssaBP3)
- Bellis တၢ်န့ၣ်ကျဲၤလၢအချ- [bit.ly/BellisGuide \(PDF\)](http://bit.ly/BellisGuide)
- န့ၣ်ဖျိအတၢ်ဖၢန - ကဘၣ်ဆီထီၣ်အီၤဒဲလဲၣ်- [bit.ly/Breast-shell \(Video\)](http://bit.ly/Breast-shell)
- Pumpset – ကဘၣ်ဆီထီၣ်အီၤဒဲလဲၣ်- [bit.ly/Pumpset1 \(Video\)](http://bit.ly/Pumpset1)
- Pumpset – ကဘၣ်ဘ့ၣ်လီၤဖျဲၣ်အီၤဒီး မၤကဆဲးကဆီအီၤဒဲလဲၣ်- [bit.ly/Pumpset2 \(Video\)](http://bit.ly/Pumpset2)



## Hygeia

- EnDeare, Case, Universal PAS နီၢ်တဂၤအတၢ်ပီးတၢ်လီၤတၢ်န့ၣ်ကျဲၤတဖၣ်- [bit.ly/HygeiaHowTo4 \(Video\)](http://bit.ly/HygeiaHowTo4)
- EnDeare ဒီး EnJoye – ကဘၣ်မၤစဲးဆူးနီၢ်တဂၤအတၢ်ပီးတၢ်လီၤဒဲလဲၣ်- [bit.ly/HygeiaHowTo5 \(Video\)](http://bit.ly/HygeiaHowTo5)
- Enjoye, Evolve, ဒီး PRO စဲးဆူးထူးထီၣ်န့ၣ်ထံဘၢ်ဒါအိၣ်တဖၣ်- [bit.ly/HygeiaHowTo1 \(Webpage\)](http://bit.ly/HygeiaHowTo1) (အဲကလံးကျိၣ် ဒီး စပုၣ်ကျိၣ်)
- Evolve စဲးဆူးထူးထီၣ်န့ၣ်ထံ – ကဘၣ်မၤအီၤဒဲလဲၣ်- [bit.ly/HygeiaHowTo6 \(Video\)](http://bit.ly/HygeiaHowTo6) (အဲကလံးကျိၣ်), [bit.ly/HygeiaHowTo6-SP \(Video\)](http://bit.ly/HygeiaHowTo6-SP) (စပုၣ်ကျိၣ်)
- စုတခီ, ပတီၢ် 2 ပတီၢ် စဲးဆူးထူးထီၣ်န့ၣ်ထံလၢစု- [bit.ly/HygeiaHowTo3 \(Video\)](http://bit.ly/HygeiaHowTo3)
- Pro စဲးဆူးထူးထီၣ်န့ၣ်ထံတၢ်န့ၣ်ကျဲၤဘၢ်ဒါအိၣ် G2- [bit.ly/HygeiaHowTo2 \(Video\)](http://bit.ly/HygeiaHowTo2) (အဲကလံးကျိၣ်), [bit.ly/HygeiaHowTo2-SP \(Video\)](http://bit.ly/HygeiaHowTo2-SP) (စပုၣ်ကျိၣ်)



## Lansinoh

- စံလဲၣ်စဲးဆူးထူးထီၣ်န့ၣ်ထံလၢအထူးထီၣ်ဟံးဖျိန့ၣ်ထံ- [bit.ly/LBCollector \(Video\)](http://bit.ly/LBCollector)
- စံလဲၣ်စဲးဆူးထူးထီၣ်န့ၣ်ထံအတၢ်ဂ့ၢ်တၢ်ကျိၣ်- [bit.ly/LSiliconeBP \(PDF\)](http://bit.ly/LSiliconeBP)
- Smartpump 2.0- [bit.ly/smartpump2 \(Video\)](http://bit.ly/smartpump2)
- Smartpump 2.0 – ကဘၣ်ဆီထီၣ်အီၤဒဲလဲၣ်- [bit.ly/LS2HowTo \(Video\)](http://bit.ly/LS2HowTo)
- Smartpump 2.0 လီၤမ့ၣ်စဲးဆူးထူးထီၣ်န့ၣ်ထံအိၣ်ခဲ- [bit.ly/LS2double \(PDF\)](http://bit.ly/LS2double)
- Smartpump 3.0 – တၢ်ဒုးသ့ၣ်ညါဆီတၢ်ဂ့ၢ်- [bit.ly/smartpump3 \(Video\)](http://bit.ly/smartpump3)



## Medela

- Lactina စဲးဆူးထူးထီၣ်န့ၣ်ထံ – ကဘၣ်ဆီထီၣ်အီၤဒဲလဲၣ်- [bit.ly/LactinaHowTo \(Video\)](http://bit.ly/LactinaHowTo)
- Pump In Style ဃုာ်ဒီး MaxFlow ဘၢ်ဒါအိၣ်တဖၣ်-
  - စးထီၣ်မၤ- [bit.ly/PSGet-Started \(Video\)](http://bit.ly/PSGet-Started)
  - ကဘၣ်ဘ့ၣ်လီၤဖျဲၣ်အီၤ, မၤကဆဲးကဆီအီၤဒဲလဲၣ်, ဆီထီၣ်အီၤ, ဒီး မၤအီၤဒဲလဲၣ်- [bit.ly/PSHow-To \(Video\)](http://bit.ly/PSHow-To)
  - တၢ်ထီၣ်ကွၢ်န့ၣ်အတၢ်ဒီသဒါ- [bit.ly/PS-Shield \(Video\)](http://bit.ly/PS-Shield)
  - ဃုက့ၢ်လၢကဘီၣ်ဘၣ်တၢ်ဆူးစ့ၤ မ့တမ့ၢ်တၢ်ဆူးတအိၣ်- [bit.ly/PS-Suction \(Video\)](http://bit.ly/PS-Suction)
  - ဃုက့ၢ်လၢကဘီၣ်ဘၣ်စဲးအဂီၢ်အဘါတၢ်ဂ့ၢ်ကီၢ်တဖၣ်- [bit.ly/PS-Power \(Video\)](http://bit.ly/PS-Power)
  - တၢ်ဆီတလဲပီၤဘီဒီးလီၤမ့ၣ်အူပီးလီၤဘၢ်စၢၤ- [bit.ly/PS-Tubing-Adapter \(Video\)](http://bit.ly/PS-Tubing-Adapter)
  - တၢ်ပီးတၢ်လီၤတၢ်ဘၣ်လီၤဖိးဒုးအဘၢ်ဒါအိၣ်- [bit.ly/PS-Accessory1 \(Video\)](http://bit.ly/PS-Accessory1)
  - တၢ်ပီးတၢ်လီၤတၢ်ဘၣ်လီၤဖိးဒုးအလံာ်တၢ်ဖျါ [bit.ly/PS-Accessory2 \(PDF\)](http://bit.ly/PS-Accessory2)



## Rumble Tuff



- Breeze – တၢ်ဒုးသ့ၣ်ညါဆိတၢ်ဂ့ၢ်- [bit.ly/RTBreeze \(Video\)](https://bit.ly/RTBreeze)
- Breeze Pro ပုၤစူးကါတၢ်ဖိအါဂၤအဂီၢ်တၢ်န့ၣ်ကျဲ- [bit.ly/BPGuide1 \(PDF\)](https://bit.ly/BPGuide1)
- Breeze Pro စဲးဆူးထုးထီၣ်န့ၣ်ထံလၢပုၤစူးကါတၢ်ဖိအါဂၤအဂီၢ်- [bit.ly/BreezePro \(Video\)](https://bit.ly/BreezePro)
- Expression တၢ်ထုးထီၣ်ဟံၣ်ဖျိတၢ်ပုၤစူးကါတၢ်ဖိအါဂၤအဂီၢ်- [bit.ly/RTHowTo1 \(Video\)](https://bit.ly/RTHowTo1)
- Sweet Essence စဲးဆူးထုးထီၣ်န့ၣ်ထံလၢစု - ကဘၣ်စူးကါဒီးဆိထီၣ်အီၤဒဲလဲၣ်- [bit.ly/RTHowTo2 \(Video\)](https://bit.ly/RTHowTo2)
- Wave Form – တၢ်ဒုးသ့ၣ်ညါဆိတၢ်ဂ့ၢ်- [bit.ly/RTWaveForm \(Video\)](https://bit.ly/RTWaveForm)

## Unimom



- Opera ပုၤစူးကါတၢ်ဖိအါဂၤအဂီၢ်
  - Opera ဘၢ်ဒါအိၣ်တၢ်န့ၣ်ကျဲတဖၣ် ဒီး တၢ်သိၣ်လိတဖၣ်- [bit.ly/Opera-videos \(Webpage\)](https://bit.ly/Opera-videos)
  - Opera စဲးဆူးထုးထီၣ်န့ၣ်ထံတၢ်ဆါဟံၣ်အပတီၢ်လၢတၢ်ဖိအါဂၤအဂီၢ် - ကဘၣ်စူးကါဒဲလဲၣ်- [bit.ly/OperaHG \(Video\)](https://bit.ly/OperaHG)
  - Opera တၢ်ဖိတၢ်မၤတၢ်အတၢ်န့ၣ်ကျဲလၢအချ့ - [bit.ly/OperaGuide2 \(Video\)](https://bit.ly/OperaGuide2)
  - Opera ဒီး မ့ၤယုၣ်အဲး တၢ်ဆူးထုးထီၣ်န့ၣ်ထံဒီး Zomee အတၢ်ထုးထီၣ်ဟံၣ်ဖျိခွဲးလၢတလိၣ်ဖိၣ်ဒီးစုတဖၣ်- [bit.ly/OperaHF \(Video\)](https://bit.ly/OperaHF)
- စံလဲၣ်စိ စဲးထုးထီၣ်ဟံၣ်ဖျိခွဲးတဖၣ်လၢတလိၣ်ဖိၣ်ဒီးစုတဖၣ် - ကဘၣ်ဆိထီၣ်အီၤဒဲလဲၣ်- [bit.ly/SiliconeHF \(Video\)](https://bit.ly/SiliconeHF)
- Zomee တၢ်န့ၣ်ကျဲတဖၣ်ဒီးတၢ်သိၣ်လိတဖၣ်- [bit.ly/Zomee-videos \(Webpage\)](https://bit.ly/Zomee-videos)
- Zomee Fit
  - Zomee Fit စဲးဆူးထုးထီၣ်န့ၣ်ထံလၢတၢ်ကူသိးအီၤသ့ - [bit.ly/ZFit \(Video\)](https://bit.ly/ZFit)
  - Zomee Fit – ကဘၣ်ဆိထီၣ်အီၤဒဲလဲၣ်- [bit.ly/ZFitHowTo1 \(Video\)](https://bit.ly/ZFitHowTo1)
  - Zomee Fit – ကဘၣ်မၤကဆဲးကဆိအီၤဒဲလဲၣ်- [bit.ly/ZFitHowTo2 \(Video\)](https://bit.ly/ZFitHowTo2)
- Zomee တၢ်ထုးထီၣ်ဟံၣ်ဖျိခွဲးတဖၣ်လၢတလိၣ်ဖိၣ်ဒီးစုတဖၣ် - ကဘၣ်ဆိထီၣ်အီၤဒဲလဲၣ်- [bit.ly/ZomeeHF \(Video\)](https://bit.ly/ZomeeHF)
- Zomee Z2
  - Z2 တၢ်ဟံၣ်ဖျိထီၣ်တၢ်ဂ့ၢ်လံာ်ဆဲးဖိ- [bit.ly/Z2booklet \(PDF\)](https://bit.ly/Z2booklet)
  - Z2 လီၤမ့ၢ်စဲးဆူးထုးထီၣ်န့ၣ်ထံအိၣ်ခံခါ- [bit.ly/Z2double \(Video\)](https://bit.ly/Z2double)
  - Z2 – ကဘၣ်စူးကါအီၤဒဲလဲၣ်- [bit.ly/Z2HowTo1 \(Video\)](https://bit.ly/Z2HowTo1) (အဲကလံးကျိၣ်), [bit.ly/Z2HowTo1-SP \(Video\)](https://bit.ly/Z2HowTo1-SP) (စပုၣ်ကျိၣ်)
  - Z2 – ကဘၣ်ဆိထီၣ်အီၤဒဲလဲၣ်- [bit.ly/Z2HowTo2 \(Video\)](https://bit.ly/Z2HowTo2) (အဲကလံးကျိၣ်), [bit.ly/Z2HowTo2-SP \(Video\)](https://bit.ly/Z2HowTo2-SP) (စပုၣ်ကျိၣ်)
  - Z2 – ကဘၣ်သ့အီၤဒဲလဲၣ်- [bit.ly/Z2HowTo3 \(Video\)](https://bit.ly/Z2HowTo3) (အဲကလံးကျိၣ်), [bit.ly/Z2HowTo3-SP \(Video\)](https://bit.ly/Z2HowTo3-SP) (စပုၣ်ကျိၣ်)



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 တၢ်ကရၢကရိအံၤ မ့ၢ်ပုၤဟ့ၣ်လီၤတၢ်ခွဲးတၢ်ယၢ် လၢအိၣ်ဒီးတၢ်ထဲသိးတုၤသိးန့ၣ်လီၤ. Washington WIC တအိၣ်ဒီးတၢ်ကွၢ်တလီၤတၢ်ဘၣ်န့ၣ်လီၤ. လၢကယုထီၣ်လံာ်ကွဲးနီၣ်ကွဲးနီၣ်န့ၣ်ယါတၢ်လၢ အက့ၢ်အပနီၣ်ဒိအဂၤအဂီၢ်, ကိး1-800-841-1410 တက့ၢ်. ပုၤစူးကါတၢ်မၤစၢၤလၢအနၢ်တအၢ မ့ၢ်တမ့ၢ် န့ၣ်ဟ့ၣ်တၢ်ကီတဖၣ်အဂီၢ်, ဝံသးစူကိး 711 (Washington Relay) မ့ၢ်တမ့ၢ် ဆၢအံၤမ့ၢ်(လ) ဆၢ [WIC@doh.wa.gov](mailto:WIC@doh.wa.gov) တက့ၢ်.



စကဲ(န)ယၢတက့ၢ်!  
 စကဲ(န) QR  
 နီၣ်ဂံၢ်ခူသ့ၣ်အံၤလၢတၢ်မၤ  
 စၢၤဂံၢ်ထံး link  
 တဖၣ်အဒူးကွဲးတၢ်(လ)  
 ကွဲးဒိအဂီၢ်န့ၣ်တက့ၢ်.