

KAMININAKOSIK E PAPIHINAKOSIT AWASIS

*Ka nakacitayan kawisk mipita
eko ka nakaskoman wipac
awasis ka ati panatapitet*

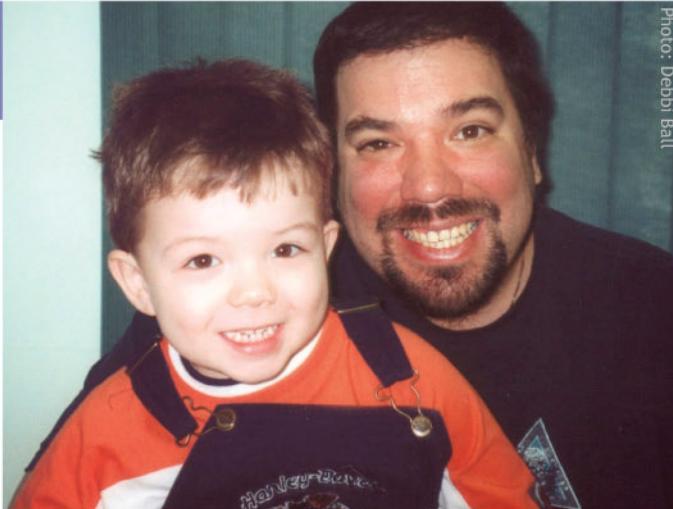
The Manitoba Collaborative Project
for the Prevention of
Early Childhood Tooth Decay
2006



Photo: Bruce Hildebrand

**Okik ka
atocikateki 1**
pages 2-3

**Awasis
wipita eko
wipac ka ati
panatapitet**



Ka minawpitet naspic kistenitakoniniw oma oci awasis ta mino ayat. Oma capasis ka nokopanik ekosi esinakoki awa wesa wipac ka panatapitet awasis.



- Awasisiwi mipita naspic kistenitakona oma ta wicihikot awa awasis kawisk ta isi micisot eko ta isi ayamit. Awasisiwi mipita mina wicicikemakano tanisi oma ke isinakok kikwakan eko ta wicicikemakano ite kawisk tati isi nitahikiki kawisk kipita
- Anima Awasisiwi panatapitewin macipaniw ispihk iskwacikana e asowatenik awa awasisi wipitik. Eko ati panacipaninaw aniki iskwacikana eko ati noskipaninaw anihu awasisiwi mipita inikok tati maci panatapitet.
- Kisaspin anima panatapitewin naspic ati nanisanenitakon, ekwani piko awa awasis akosiwikamikok ta itotahit eko mina piko ta niheyit inikok ta manipicikateki weka ta minosicikatenik aniki ka panataninik wipita.

**Awasis wipita
eko akosiwin
Early
Childhood
Tooth Decay**



Photo: Bruce Hildebrand

- Anima akosiwin Childhood Tooth Decay tati maciskako ana awasis oma ka ati opikit! Oma tati isi ayaw:
 - ta wisakaspinew,
 - tanikok ke ispici papasi nakikit ta pakamiskako,
 - ta animitaw ta nipat, ta ayamit eko ta micisot,
 - eka eki nisitotak kekwaniw inikok e wisakapitet,
 - e pakwatakik anima ka isinakosicik, eko tati minihiwak.
- Tato kisikaw ta kicistapitehoyan enoskak kicistapitehon ta apacitayan eko kasiyapitehon tako mina wa wipac ta natawapamat maskikiwininiw ka kinawapatak mipita*. Apok anikik awasisak kaki osicikatenik wipitiwawa kiyapic natawenitamok ta kicistapitehocik eko maskikiwininiwa ta wapamacik.

* mwac itenitakon oma ta itocikatek mwes nisto askiya ka otitak awasik weka nantaw ka itet maskikiwininiw

Ka kikiskawa-
sonaniwak
eko kawisk
pamihi
opikiwin



- Kikaki nakasken anima akosiwin Early Childhood Tooth Decay mwec macipanik mekwac e kikisksawasoyan. Ekwanima weci kistenitakok awa ka kikiskawasot iskew weka otopikihiwew ta tapitawi pekisit wista eka tati asowiyat aniki ocawasimisa.
- Oma kinawaw ka opikitasoyek nakatawenitamok esi nakacitayek kitoniwawa eko kipitiwawa:
 - Papeyatak kicistapiteyo eko pisakanapis oci sekoskawpitezho tato kisikaw
 - Natawapam mipita kanakacitat ana maskikiwininiw ta pekitat, ta kinawapatak eko nantaw ta isicikatak natawenitakoki
 - Mamakwam pikiw itowa xylitol ka takawstek weka nipi yoci kisipekitoneyo kisaspina mona kikaki kicistapitehon
 - Oci asawapata ta wisakenitaman kiton, ta omikiyan weka ta mikowian ta wicekatamoyan, ta wicekispickeyan, ta mositayan kipita, ta wisakenitaman, weka ta nokok e ati panatapiteyan.

Ka kikiskawa- sonaniwak eko kawisk pamihi opikiwin

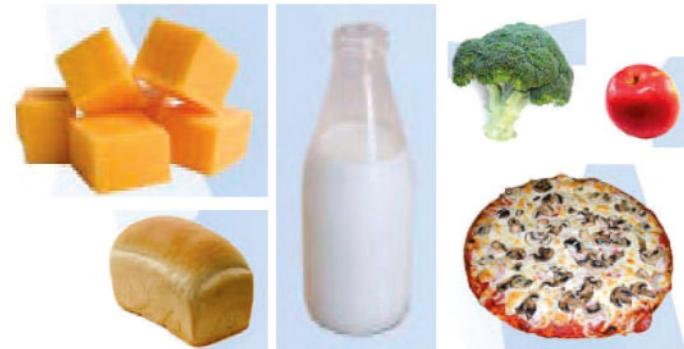


Photo: Bruce Hildebrand

Ite keki otinaman calcium: totosopoy (ekawatakamik weka pitama nipyi ta takonaman eko ta iteyaman) e maskikikaminikatek minikewin, micim ka ositaniwak totosapoy e apatak, apikosisi miciwin, eko e osawisiwakamik minikwewin calcium etakok.

Ayik mina kikaki misken calcium, ka wininocik kinosewak, kinosewistikona eko ka maciyan atit kinosewak anihu otoskaniwawa. Awa matamin, pakanak eko kistikana atik takon anima calcium mona maka ina inikok ka isi mamawi natawenitaman.

Mekwac eko ispihk ka poni ikiskawasot awa iskwew ana awasis ta natawenitan anihu ka maskawatisiskakot maskikiya calcium eko vitamin D ta minokinik awa awasis wipita eko otoskana.



Ite wecipanik anima maskawatisih maskiki vitamin D: miwa anima ositamaso ispihk pisimawastek e nokok. Awasimeyis kika nataweniten vitamin D oma ispihk pipoki.

Ite keki otinikatek anima maskawatisih maskiki vitamin D ante anima ka kikiskawasonaniwak ka osicikepanik eko totosapoy (ka kawatakamik weka anima pitama nipyi ka takonikatek), ka maskikiwinikatek minikwewin eko micima totosapoy ka oci maci ositaniwaki. Ka wawininocik kinosewak, wawa eko totosapohi pimi takon mina vitamin D.

Okik ka
atocikateki 2a

Nistom Mipit



Photo: Debbi Ball

Ka isi nitahikik awasisiwi mipit
masinahikan ka nokotat



nikotawsik inikok mitatat
nisop sap pisimok

Tepakop inikok mitatat
nikotawsosap pisimok



Mitatat inikok kekac
nisotano pisimok



Mitatat nikotawsosap
inikok nisitano nistosap
pisimok



Nisotano inikok nistano
nistosap pisimok

Otopikihiwewak ta kiskenitamok:

- Aniki awasiwi mipita asa maci nitahikino mekwac e kikiskiwawasoyan nantaw niso pisim;
- Tanispik ke maci sakapitet, (kinawapata anima masinahikan);
- Eka wesa ta mositat anima ka pe sakapitet kiyam tawinamaw ta takwatetak etakayanik e takwekaninik pakwasinekinos;
- Wipac ka ati maci panatapitet (kinawapata okik ka atocikateki #5: Ispitonepis);
- Anima panatapitepaniwin semak macipani ispik ka sakapitet
- Tanisi ta isi pekitawat awasis wipita (kinawapata okik ka atocikateki #6: Ta isi pekapitewat).

Ka mino
ayacik-pekihi
kinawenimi-
sowin



Photo: Bruce Hildebrand

- Iskwewak, wicisanak eko otopikihiwewak taki asowiyewak oki awasisa.
- Oma kikaki isi asowiyaw oma oci kisikowin mekwac ka kocitayan esi kisowakamiki nonacikana eko miciwina, ka mamawi micisonaniwak weka wanakana eko kicistapitewina ka mamawi apataki apok okik nonacikana ka moci pakotemacik.
- Kawisk kiskinawamaw kicawasimis. Ta tapitawi pekitayan kipita tato kisikaw ta isi wapatak ki cawasimis.

Ka mino
ayacik-pekihi
kinawenimi-
sowin



Kakinaw okik ka wiceyamitocik taki natawapamacik okik ka nakacitacik mipita kanakwe peyakaw tato askiy.

Photos: Bruce Hildebrand

- Kakinaw awiyak taki ayat papeyak kicistapitehon. Pekita kipita kanakwe peyakaw tato kisikaw maskoc ispihk mwes kawisimoyan. Nipyi piko taki otinaman inikok ka iskwa kicistapitehoyan eko tati kawisimoyan.
- Ka peki kicistahikepanik kika apacitamonawak okik nisto askiy ka tatawskinecik eko awasime. Ka noskapekaki kicistapitehona kika apacitan.*
- Pisakanapis kika apacitan ta pekitayan ite anima eka ka kicistapitehoyan ka tepahikemakak.
- Kakinaw awiyak taki natawapamat okik ka nakacitanit maskikiwininiwa kanake peyakaw tato askiy.

* maka wina nantaw pakan isi witamakawiyani

Mona tatekac
kinataweniten
e yakawkitek
kicistapitewon.
Tepinak noskaki



Isi pamihewe-wina

Photo: Bruce Hildebrand



- Nonacikewawasowin mawaci e minawsik. Kecinaho ana awasis misiwe e kocipanitat anima totosapoy mwes kawikawsit weka wipitik ta tasi kikamoninik mekwac nipaci.
- Ka nonacikecik okik awasisak ta minicik maskikisa vitamin D* (kakwecim maskiki iskwew weka maskihininiw). Ta kiskisiyan oma mekwac ka nitahikiki mipita natawenitamok anima vitamin D. ka icikatek.
- Pekitaw ana awasis ispihk ka kiskwa micisot. Anima Early Childhood Tooth Decay akosiwin naspic minenitamok totosaponiw.
- Kisaspin eka pekicikatekawki tato kisikaw oki mipita kakinaw kekwan tati panapiteskako awa awasis.

* apok etoke mina kotaka maskikisa ta natawenitakona

Isi pamihiwewina



- Nonacikana, eko minikwakana
 - Kawina micimaskaham awasis ononacikan. Wesa tapitaw ta takon anima ka minikwet eko ekota anima ka oci macipanik akosiwin panatapitewin.
 - Ati maci otinamawik awasisak nonacikana eko kiskinawamawik ta isi apacitacik minikwakana nantaw peyak e ati ta tawskeinecik.
 - Ka siwakamiki minikwewina minikwakana piko apacita mona wina nonocikana. Okik ka siwakamiki ayiw piko ispihk taki minaw awasis mekwac e micisonaniwak. Nipi piko taki minikwaniwan inikok kitwam ta micisonaniwak.
 - Nantaw ka minikwet esiwakaminik awa awasis nantaw apitaw peyakaw ka kisipaskak pisimokan atoskepaniw anihi kekwana ta panacitacik mipita.
 - Kisaspin natawenitam nonacikan kawi nipat e kisikanik nipyi piko taki minit. Apok anima totosapoy eko kotaka ka minikwet awa awasis oma ka ati nipat atoskepaniw anima akosiwin macapitepaniwin ka icikatek. Kawina pakitin awasis tati kawisimot ononacikana e asowatenik (nipyi piko).

Isi pamihiwewina



Photo: Bruce Hildebrand

- Kawina minikwewin eko siwicisa min kicawasimis. Anima akosiwin Early Childhood Tooth Decay naspic minenitam kekwan esiwanik , eko pekitaw wipita kicawasimis ka iskwa mowat siwicisa.
- Kisaspin kicawasimis minenitam wawipac e micisot, wawipac nawac taki pekapitehot.
- Pakaci kawisk ka maci micisot awa awasis, maskikisa tapiskoc vitamin D tako taki minit tatow ka micisoci. (Kinawapata okik ka atocikateki #2, page 5: Ikiskawasowin eko mino pamihisowin).

Ispi tawitonepis



TA ISI NISITAWINAMAN

- Ispihk anima nistom awa awasis anima wipit sakikininiki, tato pisim kika kinawapatamon wipita mati anima akosiwin macapitewin ke nokok.
- Kakinawapatam nikau eko anihi otanak wipita. Nanatawapata kekwan ta wapiskinakok ita ka oci sakikiki anihi mipita. Kisaspin wapatamani eyako semak itotay ana awasis ta wapamikok omanapitepicikewa.
- Kisaspin eka pamitayani eyako ka wapiskinakok tati osawipaniw inikok e ati panatak anima mipit.
- Panatapitepaniwin anima kikaki wisakeniten eko mina kikaki ati miniwin.
- Kina piko kikaki nakacitan anima akosiwin Early Childhood Tooth Decay wawipac kinawapatamawaci awa kicawasimis anihi wipita.

Ka pekapitewat kicawasimis



- Pekitaw kicawasimis oton eko wipita:
 - Epekak pakawsinekinos apacita mwes sakiskinik kicawasimis wipita (ispihk ka oci nitahikik inikok anima nistom ta sakitininik wipit)
 - Enoskak kicistapitehon apicita ispih maci sakapiteci.
 - Pekitaw oton eko wipita ka iskaw micisoci wawis oma ispihk kawi ati kawisimot ta nipat.
- Kicistaya anima ka wapiskinakok ka macapiteskakoyan eko ki tiskwacikana anta oci mipitik.
- Apasis apacita kapekahikepanik kasiyapitehon ta pekitawat kicawasimis wipita kisaspin wina eka nantaw pakan isi kiskinahotawiski ana mipita ka nocitat maskikiwininiw*

* mona maka wina itenimawak okik ka oskatisicik nantaw nisto askiy eka oma ta itotacik nantaw piko itweci ana ka kinawapatak mipita maskikiwininiw

Plaque icikatew anima ka wapiskinakok kekwan ka nokok anta kipitik. Tapitawi takona ita kekwana ta akosiskakoyan eko piko tato kisikaw ta pekitayan.



Ka pekapitewat kicawasimis



Ana ka kinawapatak mipita maskikiwininiw kika witamak eko kika kiskinawamak tanisi kawisk ta isi kicistapitehoyan. Enoskak kicistapitehon apacita ta manaskawaman anima kekwan ka wapiskinakok kipitik ka kikamok. Kicistaya nikan eko otanak aniki kipita eko mamanaskoya kekwana ke picistiki ta sekotiki anta kipitik.

- Kiskinawamaw eko wihci awasis ta isi kicistapitehot kanake wina iskok ayinanew tatatoskinet.
- Tapitawi apacita pisakanapis ta manaskawaman kekwana anta kipitik ispihk kawisk ati ya itikwaki.
- Kicistapiteho eko sekawpiteho inikok ta wapamis kicawasimis tati kakweskinawapamis.
- Kisaspin kaskitaw tamamakwamiskewet inikok eka ta kocipanihat min pikawa ka takwastenit anima maskiki xylitol. Anima maskiki xylitol nipataw anihu akosiwina anta mipitik eko mitonik ka takoki.

**Wipac nantaw
maci isicike
mwes oma
panatapitewin
Early
Childhood
Tooth Decay
maci takok**



Photo: Bruce Hildebrand

Wawipac natawapamik ana
omanapitepicikew kika
witamak tanisi keki itotaman
eka tati panatapiteyan.

- Awasis awa taki natawapamat oki ka nocitanit mipita maskikiwininiwa nantaw inikok asay peyak askiy e tatawskeet eko ekota oci kanake peyakaw tato askiy.
- Awasis awa taki natawapamat oki ka nocitanit mipita maskikiwininiwa nantaw inikok asay peyak askiy e tatawskeet eko ekota oci kanake peyakaw tato askiy.
- Awasis awa taki natawapamat oki ka nocitanit mipita maskikiwininiwa nantaw inikok asay peyak askiy e tatawskeet eko ekota oci kanake peyakaw tato askiy.
- Oma wawipac kawapamit awa awasis ta paspiyaw eka ta nocikot anima panatapitewin Early Childhood Tooth Decay.
- Wa wihci awasis eka ta natawi nocicikatenik macapitewina. Kawina wesam kinowes peyok oma ta itotamek.

**Okik ka
atocikateki 7**
pages 15-16

**Wipac nantaw
maci isicike
mwes oma
panatapitewin
Early
Childhood
Tooth Decay
maci takok**

Photo: Bruce Hildebrand



Kititawinik, oki kanitawatoskatakik mipita taki wapamewak awasisa nantaw inikok peyak askiy e tatawskinecik:

Wawipac itotay ana kicawasimis oma kawisk ta paminit e ati opikit. Kisaspin eko isi wihihiwewina mwac takona, kikaki natonen tante mawaci keki isi wetak eko wetakitek oma awiyak ta isi wihihit.

Nakacitawin eko paminamawin



Photo: Bruce Hildebrand

Pekitaw kicawasimis ka iskwa
micisoci eko mwes kawisimot.

- Pekitaw awasis wipita tapepiko ka iskwa micisot eko mwes kawisimot.
- Kawisk kapekicikepanik kasihapitehon apacita.
- Maci natawapam ka nakacitat mipita maskikiwininiw nantaw peyak e tatawskinet awa awasis.
- Awasisak ka wisakapitecik anima oci Early Childhood Tooth Decay ta natawenitamok ta maninikatenik wipitiwawa eko mina ta nipehicik ta cistahocik oma kawi itocikatek.
- Ka pekicikateki mipita eko maskikiwapoy eko kasiyapitehon ka apataki mawaci eminawsiki eka awiyak ta kacitinak anima panatapitewin Early Childhood Tooth Decay.

* mwac itenicikatew ta itotacik okik awasisak eka cesko nisto askiya ka tatoskinecik weka ka isi witamakocik maskikiwininiwa

Nakacitawin
eko
paminamawin



- Kasiyapitehon Fluoride minawsin ta apatak ta nisiwanacitat anima panatapitewin Early Childhood Tooth Decay (macapitewin).
 - Nipihk ka takonikatek anima Fluoride wicicikemakan ta maskawaki kipita eko ta nipatamakaki anihu ka panatapiteskakoyan.
 - Anima kasiyapitehon Fluoride askew miskikatew atit toyipanik.
 - Oma Fluoride taki takonikatew ka minikwaniwak nipyi inikok nahinikok ta isko minawsik. Itapi mati inikok ke takok oma Fluoride ki nipimik. Kisaspin eka takoki kakwecim ana mipita ka nocitat maskikiwininiw tanisi pakan keki itotaman.
 - Fluoride oma ka takwastek kasiyapitehonik wihcicikemakan ta maskawaki kipita eko eka tati panatapiteyan.
 - Fluoride sinikawpitechon kinawenitam mipita eko mina nakaskam anima panatapitewin. (kinawapta okik ka atocikateki #8, page 20: Fluoride Varnish)

Nakacitawin
eko
paminamawin



- Pikiw eka esiwisit maka xylitol ka takostek wicicikemakan ta nakaskak anima panatapitewin.
- Ka nakacicikateki awasisihi eko ininiwi mipita wicihikemakana eka tati panataki. Awana tapiskoc misahikay masakiy e apacihit anta kawa wipaki weka kappa panataki kipita.
- Oma ART (Alternative Restorative Treatment) isi nanatawiwewin naspic wetan eko mona awiyak wisakaspinataw. Ayiw apatan ita nanatok misahikay masakiy ta takomok maskikis anima ka nakaskak anima sinikopitehon panatepitewipanin Early Childhood Tooth Decay. Oma ART taki wicicikemakan oma eka tatekac awiyak ta monipicikatenik wipita ka akosit. Mona tatekac ta kitatikatakik mipita.

Kaminawsik sinikaw- pitahon sopekahikan

Photos: Bruce Hildebrand



- Anima kaminawsik sinikawpitechon sopekahikan wicicikemakan anima e nakaskak Early Childhood Tooth Decay eko mina eka mitoni awasime tati nisiwanatapiteyan.
- Anima kaminawsik sinikawpitechon sopehikan kinawenitam anihi mipita eka tati panataki. Takon ita maskiki inikok ta wicitat ta maskawaki mipita.
- Kikaki isi akwastan kipitik kisaspin apacitayani e apisasik kicistapitechon.
- Mona wisakiskikemakan eko kikaki papasi kikamotan eko awasisak kikaki apacitawak.
- Nawaciko macispakon.
- Piko ite taki itocikatew oma apok ante awa omanapicepicikes otatoskewikamikosik (apok kikik, kiskinawamakewikamikok) eko piko ana awiyak kitaki itotam oma.
- Kakitos manapicepicikes maskihiwiniwi mati ke natawenitak anima kicawasimis ka minawsik sinikawpitechon sopehikan.

Itawinik itotamowina: Oki ita atit kekwana keki isi apacitayek oma kiskinawamakewi masinahikan.

1

Oma Early Childhood Tooth Decay pakamiskako anima awasis tanisi kati isi opikik. Maminik oma isi kiskenitamowin okik kotakak kititawinik otatoskenakanak oma ka paminacik awasia o mino pimacihowiniwaw eko otopikiwiwaw.

2

Nakitisawik anikik kotakak ka wapamacik ka kikiskawasonit iskwewa taka kitotanit anima oci oma ana awasis omino pimacihowin. Tapiskoc okik: otatoskewak ka nakaciycik okikiskawasowa, weka ekweniw ka atoskatakik eko ante ka isi akisocik Canada Prenatal Nutrition Program (CPNP).

3

Ka witamakaniwak kekwani weci minawsik oma kawisk awiyak ta wipitit eko kawisk ta pamihisot, eko ta witamacik okik otopikihiwewak kekwaniw weci kistenitakoki oki mipita.

4

Witamake oma isi kiskenitamowin oma oci awasisak otisi pamihikowin inikok ta nisitotakik tanisi ta isi kiskinawamakecik ekwanima eko mina kakinaw okik papeyakon tapa petakik.

5

Kiskinawamawik okik otopikihiwewak eko otatoskenakanak tanisi ta isi tawitonepitacik oki awasisak. Kiskinawatinik okik ka oskatisinit awasia ka ayawacik tanisi ta isi tawitonepitacik oki ta kinawapatakik mipita.

6

Ayiw peyakoyik isi minawsin okik otopikihiwewak ta kiskinawamawacik ocawasimisiwawa oki e kistenitakoki mipita eko kawisk ta nakacicikateki oma winawaw ta wapamikocik ocawasimisiwawa epekitacik anihu owipitiwawa.

7

Anikik ka ayacik itawinik otatoskenakanak taki wisamewak oki awasia ta natawapemanit oki omanapitepicikesa ispihk nistom tipiskaki. Anikik otatoskenakanak taki witamok tante keki itotaniwak ta miskikateki oki isi kiskenitamowina.

8

Ta witamacik okik otopikihiwewak tanisi oma keki isi mana ispanik eko keki isi natawitaniwak eko nakacitaniwak anima akosiwin Early Childhood Tooth Decay, kekwani ki minawak anima okik otopikihiwewak tanisi ta isi nakacitacik ocawasimisiwawa wipitiniwaw eko tati mamanapitepicik.

9

Nanakatawenita ta sinikopitehocik oci ka sopehikepanik ta natawi kinawapicik ta kiskenitakik ekwanima okik kawi maci kiskinawamacik awasisak eko aniki mitoni ka oskatisicik.

Kaki wihihiwecik e osicikatek oma

Oma kiskinawatohi masinahikan kaki osicikatek 2006 ante oci Healthy Smile Happy Child itocikewin. Anima Healthy Smile Happy Child itocikewin ka icikatek ayaw paminam Manitoba Collaborative Project ante oci Prevention anima Early Childhood Tooth Decay, eko ekota mina okik wistawaw isi akisowak:

- Burntwood Regional Health Authority
- Health Canada, First Nations and Inuit Health Branch (FNIHB)
- Manitoba Dental Association
- Manitoba Health
- University of Manitoba
- Winnipeg Regional Health Authority

Soniyawa ki pakitinewak okik oma ta ositaniwak:

- Foundation of the Pierre Fauchard Academy
- FNIHB, Health Canada

