

FLOSS



A Smile

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**This document
includes audio**

This project was completed in partnership with the community of LaLoche, University of Saskatchewan and the Colleges of Nursing, Dentistry, and Medicine.



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Ĕdirĭ ĕrĭtĭ'is tarĕlyŭ ĕtá hólĭ, University of Saskatchewan hú, College of Nursing hú, Dentistry chú Medicine.

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The village of La Loche is located in northwest Saskatchewan near the Clearwater River Dene Nation. It has a population of 2827, with many people fluent in both English and Dene. As early as 1778, documentation exists that fur trade posts existed on Lac La Loche with highways being built in 1963.

Thank you to His Worship Robert St. Pierre, Mayor of La Loche, Saskatchewan and Councillors: Randy Herman, John Janvier, Marina Janvier, Stephen King, Justina Lemaigre, Keith Shewchuk for their support on this project.



Photo courtesy of Winston Jolibois

Tthítélaztúé yathé dázj ts'én hó?ą Clearwater River Dënë Nation hogá Saskatchewan k'eyághë. T'anélt'ë dënë hadé náke ljmíl jtk'édj bëschené nonéna ts'én jtasdj dënë náde, dënë ła tot'ínë chu dënë?á dëyáti. 1778 hots'j tsá dhéth náni dënë náde nj k'i ëjə tthítélaztúé. Bëts'j ërjht'ís thëla, ëyër hots'j 1963 hułdu túlu njthí.

Teeth are important for good health. Caring for them begins when the 1st tooth peeks through the gums.



Dënëghú hütíé boghédj hóqá hant'é bët'áh hütíé ts'éna. T'áhtthë sèkwj ghú borút'j de eyer hqts'j bënëkánèlní hóqá.

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Baby teeth are important for learning to eat.



Bibíazë bëghú yë᠗á shétí k'ólyá.

Baby teeth are important for learning to speak.



Bibíazë bëghú yë?á yátti k'ólyą háne.

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Baby teeth help guide permanent teeth into the right position in the mouth.



Bibíazë bëghú t'at'ú hánéyesj ëyjá nëchá hájá de bëghú bëá ëlth'j néshe há.

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Teeth are for smiling.



Dënëghú bët'áh náts'ëdlógh há..

From birth to 12 months:

Only use water in a bottle if left to sleep.

Wipe your baby's gums with a soft, clean, damp cloth twice a day.

As soon as the first teeth appear, clean them at least once a day with a soft bristle toothbrush.



Sëkwj t'ohú nók'ë níyá hots'ı́
náke ch'ádhël bëzághe hots'ën.

Sëkwj thëtı́ de tu dáyı́ bët's'ı́ tth'u tili yéh haghúte.

Bibíazë bëghutthën yútsëlazëꝥá ı́áh dzínë k'ë náh bék'ënághı́de.

T'ahthë bëghú hórıt'ı́ de, bék'ënághı́tsıl ı́áh táh ı́áh dzínë k'ë bët'áh
dënëghú k'ënáıtsılı chënë dënúré.

From 1 to 3 years:

Take your child for a dental visit by 12 months.
'Lift the lip' to check for early childhood tooth decay.
Switch to a cup by 15 - 18 months and brush daily.



Įłaghė bėghė hots'į tąghė bėghė hots'ėn

Nėyazė nąke ch'ądhėl bėząghė hąją de dėnėghú serįttthėn dėnė għą naghuttė.

Sėkwį bėghú nųįų bėghú hįįjėr k'ėnųle há.

Sėkwį tth'ái t'oruųą sųłąghė ch'ądhėl hots'į įłk'ėdį ch'ądhėl bėząghė de.

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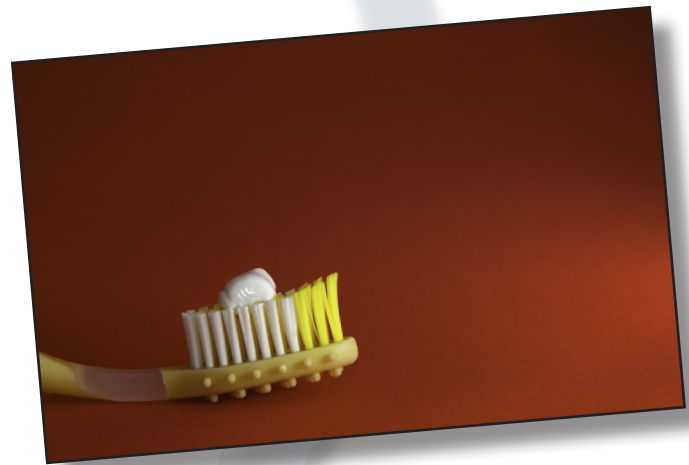


From 3 to 4 years:

Teach your child brushing twice a day for 2 minutes.

Use a pea-sized amount of fluoride toothpaste and teach to spit rather than swallow.

Supervise until the child is 7 years old. Make sure all surfaces are cleaned.



Tághë bëghé hots'ı dıghı bëghé hots'ën

Sëkwi ıřáh dzínë k'ë náh bëghú k'ënáıtsıl há hónuřtıřá náke ëlzënëzë hanıřthá hots'ën.

Yazı bët'áh dënëghú k'ënáıtsılı t'oruřıřá nëyázı honıřtën de yeřné ch'á řazé ha.

Nëyázë bëghú k'ënáıtsıl de ıřásdı bëghé hots'ën boghuřni. Hutıë yeřıřkař hots'ën bëghú k'ënóıtsıl.

Wash your hands before and after brushing teeth.
Rinse toothbrushes thoroughly after and dry.
Replace toothbrushes every 2 to 3 months, after being sick and when
bristles become flattened.



Nëlá k'ënághytsíl nëghú k'énétsíl thét'ų bék'ë nághítsël de tth'u.
Nëts'į dënëghú k'ënátsíli chënë hutíë bék'ënághytsíl hú děya hots'ën.
Nëts'į dënëghú k'ënátsíli chënë náke húto tághë są hëdónélt'ų
ëlnághytá. Ęya ghłé t'ághë húto dënëghú k'ënátsíli chënë nëkár de.

Visit the dentist or dental therapist once a year for a check-up.



Bëghà nághuyá dënëghú senátɔɔ hɔtó dënëghú senátɔɔ ts'énɔ ɔ́áh néné
'k'ë ɔ́áh nënót'ɔ́.

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Toothbrushing is one of the best ways to prevent cavities.



Sëkwj bëghú nakánëłni de jłáh kólë dënëghú serjłtthën dënë ghą nághą horólj hılë.

Supervise until the child is 7 years old. Make sure all surfaces are cleaned.



Nëyzë bëghú k'ënatsil de 7sadj bëghe hots'ën boghułni. Hutië yëriłkał hots'ën bëghú k'ënołsil.

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Teeth are for Smiling!



Dënëghú bët'áh náts'ëdlógh há.



Photo courtesy of Namreh Anaid

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