

## **Ngii An Epwe Pechekun Me Tumun**

### **Purosei Ngiiim**

Chomong ekewe inenap me samenap resepwan ekiiki ren naur kewe semirit ren ar repwe purosei ngir. Ika rese fen pwan nenengeni ren neur kewe semirit ika a or ngewenan ngin neur kewe. Faniten ar ekiiki nge ina repwe wateta iwa ngir kewe epwe tun iwa epwe pwan siwin sefan. Nge ese pung pwe mi tongeni angawano ngir ika ra mamarita . Fansoun chok a wor ngin ekewe semirit mi iech kopwe anisir ne tumunu ngenir om kopwe angei puros kewe mi pwetete ekis toothpast iwa ka purosei ngir. Epwe fan ru non eu ran.

### **Tumunu Seni Metoch Mi Ngar**

Iteiten kopwe angei puros me toothpaste purosei ngin noum we semirit pwe emi fokun auchea an epwe enisi tumunun me pechekunen ngin naum we semirit. Nupwen a mongo metoch mi or suke non ika metoch mi ngar, ina atun mi pwan angawa ngin noum we. Chechemeni pun wasin chek an epwe wes me mongo ekewe metoch mi ngar pwan mutur purosei ngin naum we. Kosap pwan nganeni epwe mongo metoch mi ngar ren kool-aid ika fen juice, me ekewe metoch mi ngar ika esamo tori kaukun ar repwe mongo.

### **Checkin Ngii**

Mi pwan auchea om kopwe pwan wano naum we an epwe check ren ngii. Pun esap pwan or osukosuken ngimw we ika naum we. Mi iech kopwe fer om appointment ren om kopw chehek non nenien ngi pwe kopwe sinei ika mi or osukosuken ngimw we. Ewe nenien ngi epwe erenuk ika met osukosuken, iwa epwe pwan tumun me pechekun ngim. Ren niwinin epwap kan tatapweto me mwirin.

### **Ian Kopwe Kuna Ian Ekewe Nenien Ngii**

Ian kopwe kuna ian ekena neni ren ngiiim kopwe kuta on:

- Delta Dental: [www.deltadentalia.com/find-a-provider/dwp/](http://www.deltadentalia.com/find-a-provider/dwp/)
- MCNA: [www.mcnaia.net/](http://www.mcnaia.net/)

## Dental Health

### **Toothbrushing**

Many parents assume that cavities in baby teeth do not matter, because they will be lost anyway. But that is not true. Tooth decay in baby teeth can be bad for adult teeth and lead to future dental problems. As soon as your child has a tooth you should be helping your child brush their teeth two times a day with a small amount of fluoride toothpaste on a child-sized toothbrush that has soft bristles.

### **Too Much Sugar**

Besides regular toothbrushing with the fluoride toothpaste, your child's diet will play an important role in their dental health. And sugar is the big problem. The longer and more frequently his teeth are exposed to sugar, the greater the risk of cavities. Make sure to always brush your child's teeth after a sugary food item. In addition, do not allow your child to have any sugar-containing liquid, such as Kool-Aid or juice, in a sippy cup for a prolonged period.

### **Dental Checkups**

As part of her dental checkup the dentist will make sure all teeth are developing normally and that there are no dental problems. One goal of dental visits is finding problems early. Tooth decay can be stopped or managed if it is caught early. Treating problems early keeps oral diseases from getting worse and costs less than treatment would later.

### **How to Find a Pediatric Dentist**

To find a dentist to care for your teeth visit:

- Delta Dental: [www.deltadentalia.com/find-a-provider/dwp/](http://www.deltadentalia.com/find-a-provider/dwp/)
- MCNA: [www.mcnaia.net/](http://www.mcnaia.net/)