

# 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 wicihakot 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 anih awasisiwi mipita inikok tati maci panatapitet.
- Kiaspin anima panatapitewin naspic ati nanisanenitakon, ekwani piko awa awasis akosiwikamikok ta itotahit eko mina piko ta nipeyit inikok ta manipicikateki weka ta minosicikatenik aniki ka panataninik wipita.



Awasis wipita  
eko akosiwin  
Early  
Childhood  
Tooth Decay



- 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 sekoskawpитеho tato kisikaw
  - Natawapam mipita kanakacitat ana maskikiwininiw ta pekitat, ta kinawapatak eko nantaw ta isicikatak natawenitakoki
  - Mamakwam pikiw itowa xylitol ka takawstek weka nipiy oci kisipekitoneyo kiaspin mona kikaki kicistapitehon
  - Oci asawapata ta wisakenitaman kiton, ta omikiyan weka ta mikowiyan ta wicekatamoyan, ta wicekispicikeyan, ta mositayan kipita, ta wisakenitaman, weka ta nokok e ati panatapiteyan.

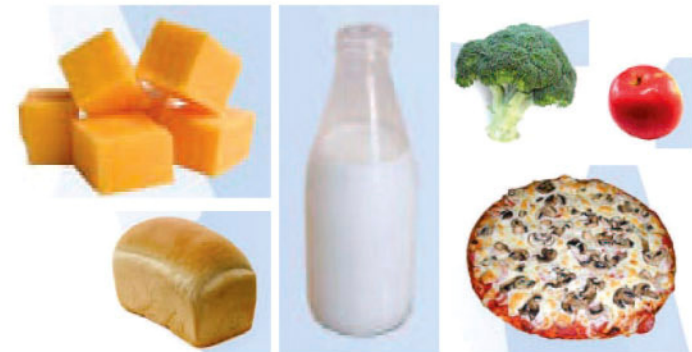
Okik ka  
atocikateki 2  
pages 4-6

Ka kikiskawa-  
sonaniwak  
eko kawisk  
pamihi  
opikiwin



Photo: Bruce Hildebrand

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



**Ite keki otinaman calcium:** totosapoy (ekawatakamik weka pitama nipiy 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 anihi otoskaniwawa. Awa matamin, pakanak eko kistikana atik takon anima calcium mona maka ina inikok ka isi mamawi natawenitaman.

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

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



Okik ka  
atocikateki 2a

## Nistom Mipit



Ka isi nitahikik awasisiwi mipit  
masinahikan ka nokotat



nikotawsik inikok mitatat  
nisosap 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 ispiik ka sakapitet
- Tanisi ta isi pekitawat awasis wipita (kinawapata okik ka atocikateki #6: Ta isi pekapitewat).

Okik ka  
atocikateki 3  
pages 7-8

Ka mino  
ayacik-pekihi  
kinawenimi-  
sowin



- Iskwewak, wicisanak eko otopikihewak 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.

Okik ka  
atocikateki 3  
pages 7-8

Ka mino  
ayacik-pekhi  
kinawenimi-  
sowin



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

Mona tatekac  
kinataweniten  
e yakawkitek  
kicistapitewon.  
Tepinak noskaki

- Kakinaw awiyak taki ayat papeyak kicistapitehon. Pekita kipita kanakwe peyakaw tato kisikaw maskoc ispihk mwes kawisimoyan. Nipiy 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





Okik ka  
atocikateki 4  
pages 9-11

## Isi pamihewina



- 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.
- Kiaspin eka pekicikatekawki tato kisikaw oki mipita kakinaw kekwan tati panapiteskako awa awasis.

\* apok etoke mina kotaka maskikisa ta natawenitakona

## Isi pamihewina



- 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 tawskinecik.
  - 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.
  - Kiaspin 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 pamihewina



- Kawina minikwewin eko siwicisa min kicawasimis. Anima akosiwin Early Childhood Tooth Decay naspic minenitam kekwan esiwani, eko pekitaw wipita kicawasimis ka iskwa mowat siwicisa.
- Kiaspin 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 sakikiniki, tato pisim kika kinawapatamon wipita mati anima akosiwin macapitewin ke nokok.
- Kakinawapatam nikan eko anihi otanak wipita. Nanatawapata kekwan ta wapiskinokok ita ka oci sakikiki anihi mipita. Kiaspin wapatamani eyako semak itotay ana awasis ta wapamikok omanapitepicikewa.
- Kiaspin eka pamitayani eyako ka wapiskinokok 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.

Okik ka  
atocikateki 6  
pages 13-14

## Ka pekapitewat kicawasimis



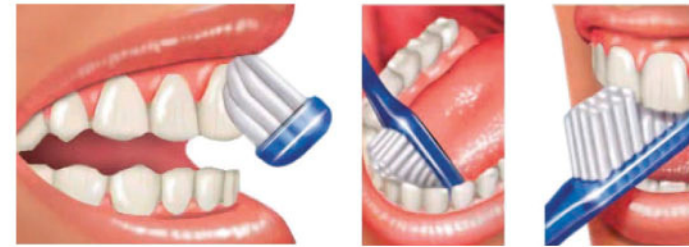
**Plaque** icikatew anima ka wapiskinokok kekwan ka nokok anta kipitik. Tapitawi takona ita kekwana ta akosiskakoyan eko piko tato kisikaw ta pekitayan.



- Pekitaw kicawasimis oton eko wipita:
  - Epekak pakawsinekinos apacita mwes sakiskinik kicawasimis wipita (ispihk ka oci nitahikik inikok anima nistom ta sakitininik wipit)
  - Enoskak kicistapitehon apacita ispihk maci sakapiteci.
  - Pekitaw oton eko wipita ka iskaw micisoci wawis oma ispihk kawi ati kawisimot ta nipat.
- Kicistaya anima ka wapiskinokok ka macapiteskakoyan eko ki tiskwacikana anta oci mipitik.
- Apasis apacita kapekahikepanik kasiyapitehon ta pekitawat kicawasimis wipita kiaspin 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

## Ka pekapitewat kicawasimis



Ana ka kinawapatak mipita maskikiwininiw kika witaamak 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 mamasakoya 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.
- Kiaspin kaskitaw tamamakwamiskewet inikok eka ta kocipanihat min pikiwa ka takwastenit anima maskiki xylitol. Anima maskiki xylitol nipataw anihhi akosiwina anta mipitik eko mitonik ka takoki.



Okik ka  
atocikateki 7  
pages 15-16

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



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 tatawskinet eko ekota oci kanake peyakaw tato askiy.
- Awasis awa taki natawapamat oki ka nocitanit mipita maskikiwininiwa nantaw inikok asay peyak askiy e tatawskinet eko ekota oci kanake peyakaw tato askiy.
- Awasis awa taki natawapamat oki ka nocitanit mipita maskikiwininiwa nantaw inikok asay peyak askiy e tatawskinet 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 nocikatenik 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

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

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

## Nakacitawin eko paminamawin



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 Floride minawsin ta apatak ta nisiwanacitat anima panatapitewin Early Childhood Tooth Decay (macapitewin).
  - Nipihk ka takonikatek anima Fluoride wicicikemakan ta maskawaki kipita eko ta nipatamakaki anihi ka panatapiteskakoyan.
  - Anima kasiyapitehon Fluoride askew miskikatew atit toyipanik.
  - Oma Fluoride taki takonikatew ka minikwaniwak nipiy inikok nahinikok ta isko minawsik. Itapi mati inikok ke takok oma Fluoride ki nipimik. Kiaspin 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 sinikawpitehon 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- pithon sopekahikan



- Anima kaminawsik sinikawpithon sopekahikan wicicikemakan anima e nakaskak Early Childhood Tooth Decay eko mina eka mitoni awasime tati nisiwanatapiteyan.
- Anima kaminawsik sinikawpithon sopehikan kinawenitam anihi mipita eka tati panataki. Takon ita maskiki inikok ta wicitat ta maskawaki mipita.
- Kikaki isi akwastan kipitik kiaspin apacitayani e apisasik kicistapitehon.
- 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 maskihiwininiw mati ke natawenitak anima kicawasimis ka minawsik sinikawpithon 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 awasisa o mino pimacihowiniwaw eko otopikiwiniwaw.

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

**3** Ka witamakaniwak kekwan 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. Kiskinawatnik okik ka oskatisinit awasisa 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 anih owipitiwawa.

**7** Anikik ka ayacik itawinik otatoskenakanak taki wisamewak oki awasisa 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, kekwan ki minawak anima okik otopikihiwewak tanisi ta isi nakacitacik ocawasimisiwawa wipitiniwaw eko tati mamapitepicik.

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

## Kaki wihcihiwecik 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 pakitnewak okik oma ta ositaniwak:

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

