

*Jipān ko ñan baamle ko jan the National Center on Early Childhood Health and Wellness*

## Kwo marok kolablok an ejour lonim kin:

- Jela wāwein kōmman bwe ejmour lonim im bar ro ilo baamle eo am.
- Jipān ajri ro nejum katak kin bwe ren iminen bwe len emman lonir im kab nir

### Etke aurok menin?

#### **Ej ajri eo emman im ejmour lonin, rej:**

- Alikar air kenono
- Maroñ mōña mōña ko ñan ejmour
- Eman air enjake kin iremake

#### **Barainwōt ne Ejmour Lonim ej Melelen:**

- Ejmour am rrritto lok im Eddök lok
- Maroñ kolmenlokijen im katak
- Ejjelok metak lonim
- Edik jolok jaan ñan an baamle taktōik niir



## Men Ko Kwomaroñ Kōmmani Ñan Jipān Ajri Eo Nejum

- Brush niin ajri eo nejum kin fluoride toothpaste eo ruo allen juon raan
- Elñe ajri eo nejum edik jan 3 an iio, brush kin jidik wōt fluoride toothpaste
- Elñe ajri eo nejum ej 3 ñan 6 iio rettan, brush kake jidikdik wor fluoride tootpaste.
- Ajri jidik ro renaj koñanbrush niir, ijoke renaj aikuij jipān mae iienekajurlok pair. Jipān brush niin ajri rom ae iien rej tobar 7 ak 8 air iio rettair.
- Kwon juon wanjonok eo emman ikijien loni eo ejmourur! Brush niim kake fluoride ruo allen juon raan ilo jippon im ilo iien kiki) im floss juon allen juon raan
- Lelok mōña in ejmour ko ainwōt leen wojke, vegetable ko, milk ko edik kirij, mōña ko jan grains, kanneik, jelele, bao, leep im bean.
- En jab lon snack ko kwoj najidiki ajri kaki juon raan.
- Jab lelok mōña ñan ajri eo ainwōt menin nebar.
- Boklok ajri eo nejumñan taktō in ni eo bwe en etale niin ne ej juo an iio.
- Elñe ajri eo nejum ejanin lolok taktō in ni eo, kwon bokloke.
- Kajjitōk ippān taktō in ni eo ta eo kwomaroñ kōmmane ñan kōmman bwe en ejmour lonim im ajri eo.
- Lale bwe en ikutkut am loelok taktō in ni eo ekkar ñan ta eo ej ba
- Kotlok bwe ajri ro nejum en ej kōjparok , Head Start ak pirokiram ko an rejela ne kwoj aikuij jipān ak ewor am kajjitōk kin loni ejmour