



KŌJPAROK JIROŃ IM LIKAO

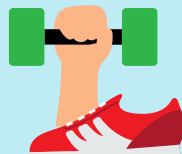
Ńe eļapļok aņ kōņņan ekkar aņ make kōņaan, ej bar waļok eddo. Kajjiōñ kein jipañ kein ñan kōjparok bwe ñiim ren eņņan wōt ilo iiō ko in aņ rūtto.



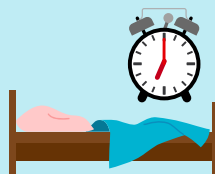
Inepata eļap emaroñ in kōņņan bwe kwōnaaj ñōñōrñōr. Ñan bōk eddo ion, kwōmaroñ in:



Mōñā men ko ekkar ñan ājmuur.



En emmakijkij aņ exercise.



En bwe aņ kiki.

Ājmuurin loñin juon kōrā ej jelōte aolepan ājmuurin nājin niñniñ.



Itān checkup im karreo ippān juon taktō in ñi ñe kwōj bōrōro.



Kōņņan jabdewōt jermal in ñi ko aikuji ilo trimester eo kein karuo.



Lale kōn kakōļle kōn gingivitis, āinwōt ñad ebbōj ak būrūrū.

Maņit ko renana me rej pād wōt ilo aolepan aņ mour rej waļok wōt ñe kwōj jiroñ ak likao wōt.

Kwōn jab jino in kōbaatat.



En jab ļap aņ idaak dānnin kadek.



Kōjjeļok kola im mōñā nana ak “junk food” ko.



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