

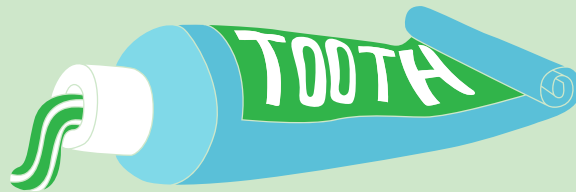


IKKURE BAJJEK

Meñe emaroñ in pen aṃ jiloiḳḳok ajri ro reddik, eḷap aorōkin kōṃṃan iien ñan kōjparok ñier. Aṃ jinoe ṃanit ko reṃṃan kiio enaaj kōṃṃan pedpedin juon mour in ettōñ dikdik ro remman.



Jiddik toothpaste fluoride me ej joñan piin wōt ebwe.



Ñi molar ak ñilep ko kein kajuon rej waḷok epaake 6 iio ded.



Dāpij ṃōñā (snack) ko ājmuur āinwōt jii, yogurt, kanniōk ko me edik kūriij, vegetable ko, im leen wōjke.

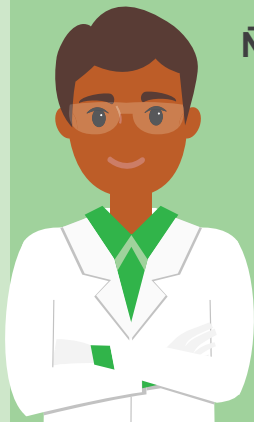


Aṃ likūt kein seal ko ioon ñi molar ak ñilep ko me rej kab waḷok emaroñ in bōbrae ṃak.

Lale an nājūṃ būraj ṃae ej 8 iio ded.



Lale an nājūṃ kōjbal to ak floss ṃae ej 10 iio ded.



Ñe ejjab eṃṃan an nājūṃ eñjake ikijjien iien ko loḷok taktō in ñi, kajjioñ jet wāween kaaenōṃṃane.

1

Kajjitōk bwe taktō in ñi eo en kōṃmejele ta eo ej kōṃṃani.

2

Roñjake al.

3

Pād wōt ippān ilo ruuṃ in etale ñe kwōmaroñ.

Ñi molar ak ñilep ko kein karuo rej waḷok ñe epaak 12 iio ded.



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