

FLOSS



*A Smile
pahpéwihkwéwin*

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This project was completed in partnership with Thunderchild First Nation (Health Services), University of Saskatchewan and the Colleges of Nursing, Dentistry, and Medicine.



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The research team focused on authentic engagement with the community members of Thunderchild First Nation throughout the research process. This type of engagement is necessary to understand what is needed to implement programs that address and improve oral health of children within the community.

We would like to thank Chief James Snakeskin, Deputy Chief Walter Jimmy, and Councillors, Michael Linklater, Melvin Thunderchild, Barry Paddy, Savana Walkingbear, John Noon, Billy Yellowhead. Also the Director of Operations Miguel De Freitas and the Director of Health, Juanita Graham.

We would like to acknowledge Randy Morin for translation.

Funding for this project was provided by the Saskatchewan Health Research Foundation.



Thunderchild is an independent Cree First Nation, Saskatchewan, Canada.
ka-pitikonahk anima pâyako nêhiyaw askihkân, Saskatchewan, Canada.
Also known as ka-pitikonahk, with a membership/population of approximately 2990, with an estimated 50 percent residing on the reserve.



mîna êsi kiskêhtamihk ka-pitikonahk, ê-itasicik nânitaw 2990, êkwa nânitaw
âpihtaw ê-kayikohk ê-wîkicik askihkânihk.

Teeth are important for good health. Caring for them begins when the 1st tooth peeks through the gums.

mîpita mistêhtâkwana osci miywâyâwin. mâci-miyo kanawêhta mayaw kâ-wayawî-ohpikihki.



Fact: Dental caries is the most common chronic childhood disease in Canada – Canadian Institute Health Research (2013)

Kiskêhtamowin: mîpitowin anima mistahi awâsisak kâ-ayâcik ôta kâ-kanâtahk askiy – Canadian Institute Health Research (2013)

Baby teeth are important for learning to eat.



awâsis mîpita anihi ê-mistêhtâkwahki kê-mâci-mîcishk.

Baby teeth are important for learning to speak.



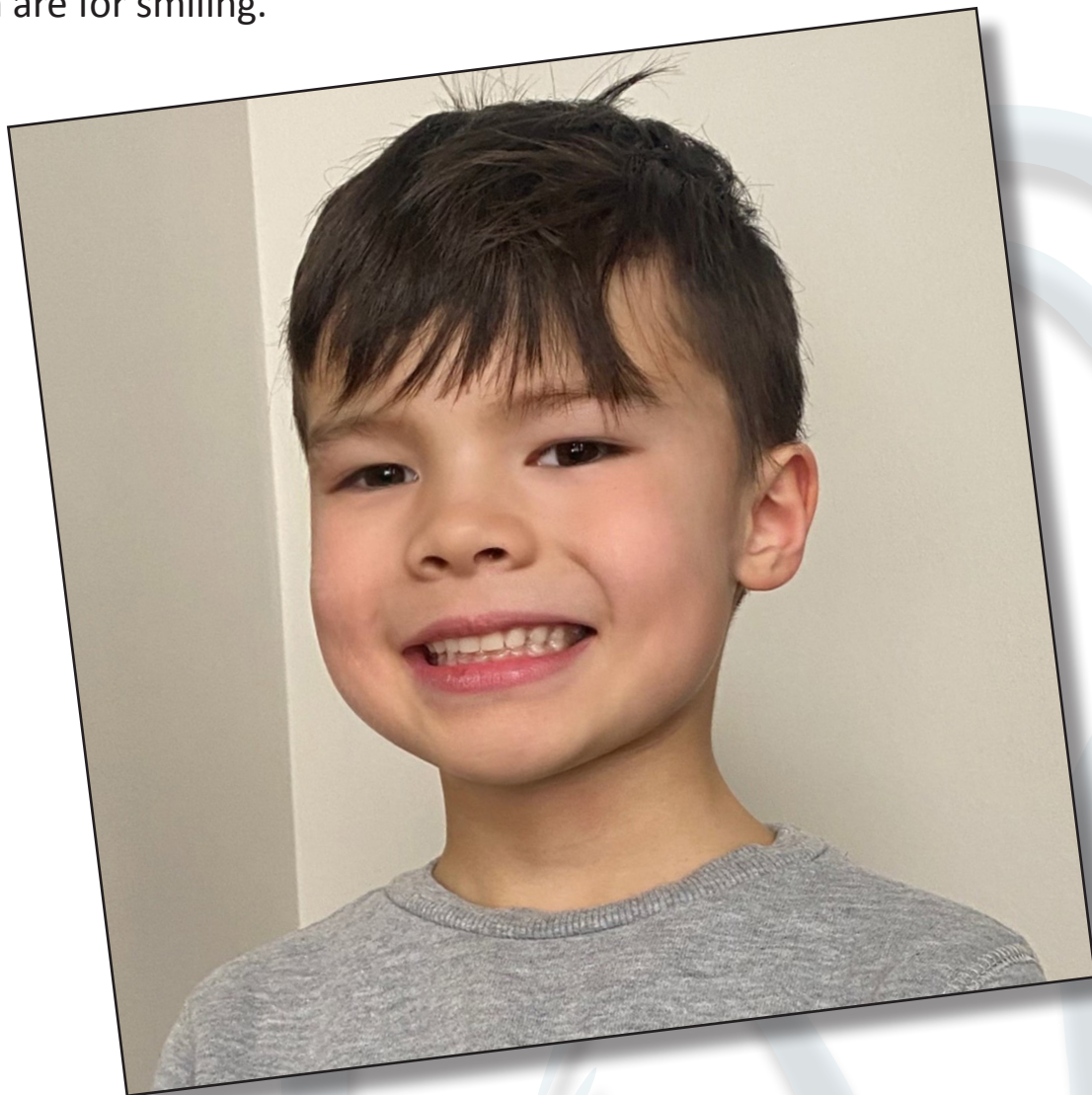
awâsis mîpita mistêhtâkwana osci ta-nihtâ pîkiskwêcik.

Baby teeth help guide permanent teeth into the right position in the mouth.



awâsis mîpita wîcihtâsona kwayisk kotakwa mîpita ta-ohpikiyki mitônihk.

Teeth are for smiling.



mîpita osci ta-pahpêwihkwîhk.

From birth to 12 months:

Only use water in a bottle if left to sleep.

Wipe your baby's gums with a soft, clean, damp cloth twice a day.

As soon as the first teeth appear, clean them at least once a day with a soft bristle toothbrush.



ikospê kâ-nôkisicik iskohk nîsosâp pîsimwa:

apacih tâ nipîy nônâcikanihk kîspin nakatinâw ka-nipât.

kâsîha kiciwâsimis pihcâyihk otônihk apacih tâ kâsiyân nîswâ kîsikâw.

Mayaw mîpita sâkipayiki, kanâcih tâ pêyakwâ tahto kîsikâw apacih tâ kîstâpacihcikanis ahpô yîkicihcês.

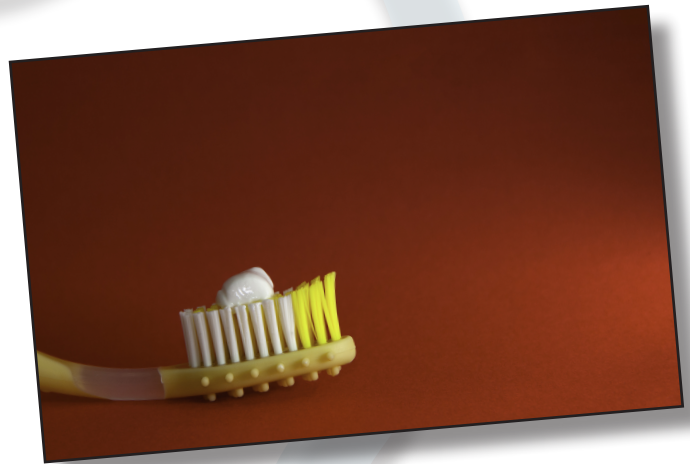
From 1 to 3 years:

Take your child for a dental visit by 12 months.
'Lift the lip' to check for early childhood tooth decay.
Switch to a cup by 15 - 18 months and brush daily.



Ikospihk pêyak iskohk nisto itahtopiponêw: itohtaw kitawâsimis isi mîpi-
tiyiniwa nânitaw nîsosâp pîsimwa. 'âpacipita miskisaya' asawâpahta
mîpit

From 3 to 4 years: osci nisto iskohk nêwo itahtopionêw:
Teach your child to brush twice a day for 2 minutes. kiskinwahamow
kiciwâsimis ta-kîstâpitêhot nîswâ tahto kîsikâw niso cipahikanis
nânitaw.



Use a pea-sized amount of fluoride toothpaste and teach to spit rather than swallow. Apacihtâ apisîs kîstâpitêhowi apoyes êkwa kiskinwahamow ta-sihkohk pihci ta-kohcipayicikêhk.

Make sure all surfaces of the teeth are cleaned. Kihcinâho kîspin kahkiyaw mîpita ê-kanâcihtâhk.

Wash your hands before and after brushing teeth. kâsîcihcê pwâmayisk êkwa kîsi kîstâpitêhowowin.

Rinse toothbrushes thoroughly after and dry. Kanâtâpâwatâ kîstâpacihcikanis kwayisk êkwa pâsa.



Replace toothbrushes every 2 to 3 months, after being sick and when bristles become flattened. mêskocipita kîstâpacihcikanisa nântaw nîso iskohk nisto pîsimwa, kîsi ahkosowin êkwa nipakipayiki.

Visit the dentist or dental therapist once a year for a check-up



nitawi-wâpamahkan mîpitiyiniw ahpo mîpit wîchitâsok pêyakwâ tahto askiy ta-wâpamiskik.

Toothbrushing is one of the best ways to prevent cavities.



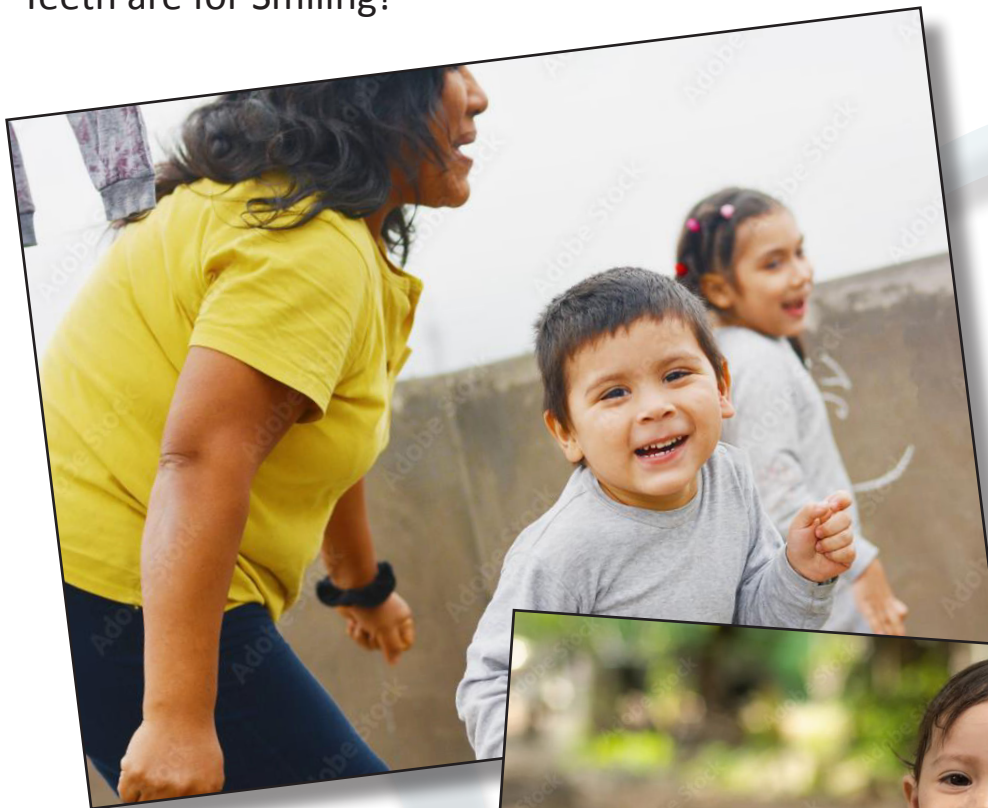
kîstâpitêhowin miywâsin ta-nakinamihk mîpit iswanâtahki.

Supervise until the child is 7 years old. Make sure all surfaces are cleaned.

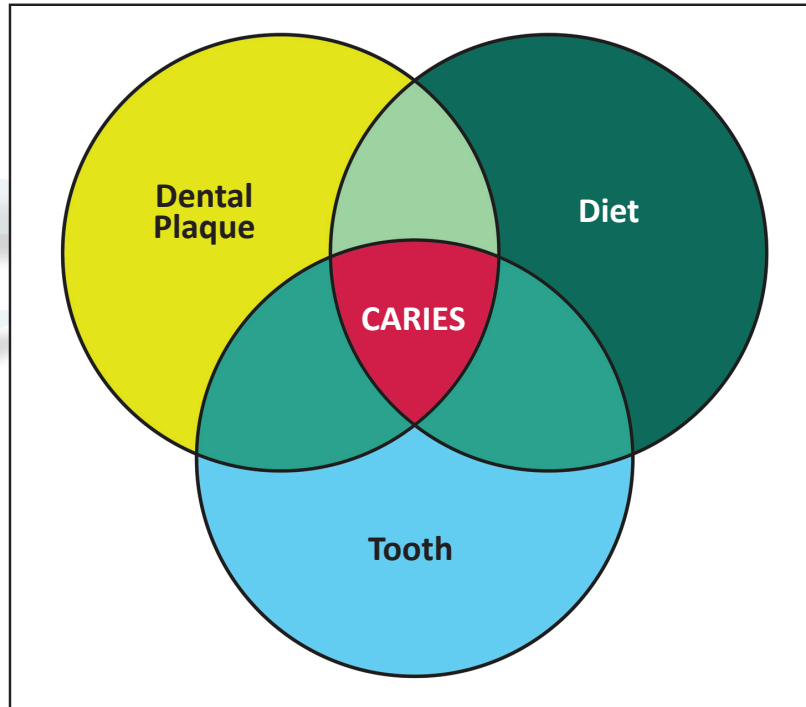


nâkatêyim awâsis iskohk têpakohk itahtopiponêci. kihcinâho kwayisk
ê-kanâcihcikâtêki pokîkway.

Teeth are for Smiling!



mîpita osci ta-pahpêwihkwîhk.



We would like to acknowledge all community members for contributions to the research project.

To reference this book: Ogenchuk, M., Graham, J., Uswak, G., Graham, H., Weiler, R., & Ramsden, V.R. (2022) *A Smile*. ISBN 9780888807045

For more information about the project: Ogenchuk, M., Graham, J., Uswak, G., Graham, H., Weiler, R., & Ramsden, V.R. (2022) *Pediatric oral health: community-based participatory research*. *BMC Pediatrics*, 22, 93. <https://doi.org/10.1186/s12887-022-03153-0>

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ISBN 978-088880704-5



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