

Baby Smiles

Weskewikwa'sit mijua'ji'j



Project by:
Tui'kn Partnership

Illustrations by:
Loretta Gould



Mna'q je me' weskwijinuiwanek,
nkij welo'tkpin wipitl wjit
nekm aqq wjit ni'n.

Even before I was born,
Momma took good care of
her teeth for her and for me.

Maw klu'lk mlakeje'mamk wjit
ni'n aqq pemikwekl nipitl.

Milk is best for me and
my growing teeth.





Kesatm ta'n tujiw waqma'tuin
wiusapitml ewe'wmn
wetqapatasik misekn
te'sikiskik. Lpa wela'lik.

I like when you clean my
gums with a soft damp cloth
every day. It feels so good.

Pemikwekl nipitl, jijuaqa
na kesnukuikl.

My new teeth are growing,
sometimes they hurt.





Ta'n tujiw kesnukuik nipitl,
ewe'wum wipite'kemkewey
amni'jkaqn kisa'lik aji wleyn.

When my teeth hurt,
chewing on a teething toy
makes me feel better.

Ktu' samqwayan,
suppinji'jiktuk samqwan
maw klu'lk wjit ni'n aqq nipitl.

When I am thirsty, water
in my cup is best for me
and my teeth.





Ta'n tujiw kewisinan, kelu'lk
mijipjewey malqutm
kulaman tajike'tes aqq
klu'iktital nipitl.

When I am hungry,
healthy foods are best
for me and my teeth.

Kis newtipuna'yan na
nuta'tew nipitl ankaptasin.

By my first birthday, I need
to have my teeth checked.





Te'si eksitpu'k aqq te'si wla'kw nutay
apoqnmuksin ksispa'tun nipitl.

Every morning and every night I
need help brushing my teeth.

Ke' ankami weskewikwetutm aqq
ta'n tewji wleyi aqq weljesi.

Look at me smiling so
healthy and happy.





Welo'tk wen wipitl na
ku'kuntal iapjiw.

Healthy teeth are forever.

Healthy Habits for Healthy Teeth



Oral health is important during pregnancy: brush twice and floss daily, and visit a dental professional.

Milk is the only food a baby needs for the first six months.



Growing babies need healthy food and drinks: meats or other high-protein foods, whole grains, fruits and vegetables, milk at mealtimes and water between meals.

Daily mouthcare begins at birth: 'lift the lip' to check inside the mouth and, for newer babies, use a soft, moist cloth to wipe the front teeth and inside the mouth after feedings.



Teething is when teeth come through the gums; it begins around 3 to 6 months.

Teething babies who are upset, not sleeping or eating may be soothed by chewing on a cold (not frozen) teething toy or wiping the gums with a cold moist cloth.

When teeth appear, children need help with brushing twice a day with fluoride toothpaste.

- For children under the age of 3 and unable to spit: use a smear, or rice sized amount of toothpaste on a wet toothbrush.
- For those 3 and older and able to spit, a pea sized amount of toothpaste is enough.
- When teeth are touching, it is time to floss.



Within 6 months of getting their first tooth, or by age 1, it is important for a child to visit a dental professional.

Weliankweyasimk na Klu'lkital wen wipitl



Maw nuta'q wen wlo'tmn wipitl eskmaqtmaj, ksispa'tu ta'pu aqq flossewa'tu te'sikiskik, aqq naji ankam mipitey apoqnmue'te'w.

Mlakejl na'rmsit nuta'tl mijua'ji'j mi'soqo asukom tepknusetk tewije'k.



Pemikutijik mijua'ji'jk nuta'tij kelu'lk mijipjewey aqq kelu'lk koqoey esamqwamk, staqa nika' wius aqq piluamu'k pistamun, kulumkul, minijkl aqq ika'taqnimann, mlakej ta'n tujiw mijisultimk, aqq i'samqwan ekel ke'skmna'q app mijisiwun.

Te'sikiskik weli anko'tmik mtun weja'tekemk weskiinuimk; "wnaqa'tu msi" ankapte'n aqq ksispa'tu'n mipitl aqq wiusapitl – Wjit aji kejikawe'k mijua'ji'jk, ewe'we'n wetqapatasik misekn wjit kasa'taj wtun aqq nikantukewe'l wipitl atel kisi smuj.



Wipite'kemk na ta'n tujiw mijua'ji'j wipitl poqji ne'a'tikl. Na'tami ne'sijik mi'soqo asukom tepknusetk poqji ne'ita'ql.

Wipite'ka'tijik mijua'ji'jk ta'n wekaiultijik, mu ne'piti'kw kiswa mijisulti'kw kisi apknualaten soqte'mi'tij tekik wipite'kemkewey amni'jkaqn kiswa kasa'taj wiusapitml ewe'wmn tekik kaqipuek misekn.

Ta'n tujiw mipitl ne'a'tik, nuta'jik mijua'ji'jk apoqnmuksinew ta'pu te'sikiskik ksispa'tunew wipitl aqq ewe'mnew fluoride'a'sik toothpaste.

Wjit mijua'ji'jk ta'n mna'q me' nesipuna'ti'kw aqq me' mu kisi luskwatamulti'kw; kijka ama'te'n toothpaste ta'n kaqipuek toothbrush.

Wjit mijua'ji'jk piamiw nesipuna'tijik aqq kisi luskwatamulti'kw, tekle'ji'jk toothpaste tepiatew. Ta'n tujiw wipitl samkatultik na flossewa'tuatisk.



We'kaw asukom tepknusetk pemie'tij ta'n amskwesewey wipit ne'a'sikip, kiswa suel newtipuna'tek, nuta'q mijua'ji'j nmian mipite'l malpale'witl.

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Tui'kn Partnership

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Weskewikwa'sit mijua'ji

Tui'kn means “passage” in the Mi'kmaq language. Tui'kn is a health partnership within Unama'ki, or Cape Breton Island, Nova Scotia. The Tui'kn Partnership consists of the five Unama'ki First Nations: Eskasoni, Membertou, Potlotek, Wagmatcook and Waycobah. The Tui'kn Partnership aims to bring new ways of thinking about health and health services.

The Tui'kn Partnership recognizes the impact of oral health on the overall health and quality of life, and is committed to innovative, locally appropriate and culturally relevant oral health promotion.

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To contact our Team, learn more about this project, or for additional oral health resources, please visit our website, mhwns.ca/resources/babysmiles

