

Uko wakwita ku isuku yo mu kanwa k'umwana wawe

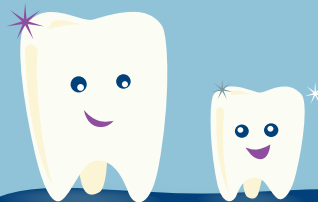
- 1 Sukura.** Sukura ibinyigishi by'uruhinja rwawe mbere y'uko rutangira kumera amenyo. Amenyo namara kumera, ujye uyoza ukoresheje uburoso bw'amenyo n'umuti w'amenyo urimo 'fluoride' incuro ebyiri ku munsu, buri munsu, cyane cyane mbere yo kumuryamisha.
- 2 Jya kwa muganga w'amenyo.** Jya kwa muganga w'amenyo umwana acyuzuzwa umwaka umwe.
- 3 Nta bibero mu buriri.** Nta kuryamisha uruhinja rwawe rufite bibero yaba mu masaha yo kuruhuka cyangwa nijoro.
- 4 Ha umwana amata cyangwa amazi.** Ha umwana wawe amata cyangwa amazi; ntugahwe umwana wawe ibinyobwa byongewemo isukari nka fanta, umutobe cyangwa umutobe urimo barafu.
- 5 Nta gusangira ibyo kurya, ibiyiko cyangwa amakanya.** Igihe ukojeje ibiryo cyangwa ibikoresho byo kurisha mu kanwa kawe, tukabishyire mu kanwa k'umwana wawe mu rwego rwo kwirinda ko wamwanduza udukoko dutera indwara yo gupfumuka amenyo.

Shaka muganga w'amenyo

maze usabe randevu y'umwana wawe uyu munsu.

Menya byinshi ku bijyanye no kwita ku isuku yo mu kanwa k'umwana wawe.

Bimenyeshe n'abandi, bwira n'abandi ko kwita ku isuku yo mu kanwa k'abana babo ari ingirakamaro.



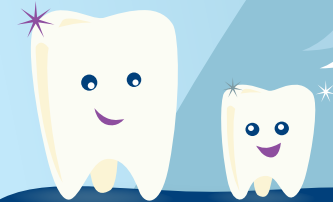
Amenyo mazima

Abana bafite ubuzima bwiza

Maryland Dental
Action Coalition
www.mdac.us

Fasha

umwana wawe guhorana isuku yo mu kanwa mu buzima bwe bwose.



Amenyo mazima

Abana bafite ubuzima bwiza

Bungabunga isuku yo mu kanwa k'umwana wawe

Isuku yo mu kanwa ni ingirakamaro, yaba ku mpinja no ku bana bato.

- Isuku nke yo mu kanwa ishobora gutuma umwana agira ibibazo by'imirire, imivugire n'imyigire.
- Amenyoy yo mu 'bwana aba azagera aho agakuka maze agasimburwa n'amenyoy yo mu bukuru.

Isuku yo mu kanwa ni ngombwa ku buzima muri rusange.

- Indwara yo gupfumuka kw'amenyoy ishobora kubabaza umwana ndetse ikamukururira n'ibibazo bikomeye biyyanye n'ubuzima.
- Ushobora kurinda umwana wawe indwara yo gupfumuka amenyoy wita ku isuku yo mu kanwa ke ya buri munsu.



Uko wakwita ku isuku yo mu kanwa kawe igihe utwite

Kwita ku isuku yo mu kanwa kawe igihe utwite ni ingirakamaro. Isuku yo mu kanwa kawe ishobora kukugiraho ingaruka ubwawe ndetse ikazigira no ku ruhinja rwawe.

Ogesha uburoso bw'amenyoy.

Oza amenyoy yawe kabiri ku munsu (cyane cyane mbere yo kuryama) ukoresheje uburoso bw'amenyoy n'umuti w'amenyoy urimo 'fluoride'.

Ogesha akagozi kabugenewe.

Ogesha amenyoy yawe akagozi kabugenewe rimwe ku munsu. Koresha akagozi kabugenewe gafite nka santimetero mirongo itatu maze uzirike imitwe yako ku ntoki zawe. Ugende ukazamura unakamanura gahoro gahoro hagari ya buri ryinyoy.

Jya kwa muganga w'amenyoy.

Ni byiza kujya kwa muganga w'amenyoy igihe utwite.

Rya imbuto n'imboga. Irinde ibiribwa cyangwa ibinyobwa byongewemo isukari nka fanta, umutobe, ibisuguti na bombo.

Bungabunga isuku yo mu kanwa k'umwana wawe; haranira ko umwana wawe ahorana isuku yo mu kanwa ubuzima bwe bwose.

Amenyoy mazima

Abana bafite ubuzima bwiza