

## Tit Dikei

Tooth decay – Torres Strait Creole

*Dis pakt peipa i eksplein baut tit dikei ane wanem mekem. Em i gibe aidia baut wiskain po stapem wea man ane oman ane pikinini.*

### Wanem Tit Dikei?

Yu ken oll wea tit o nada bad ting wea tit wen yu gad Tit dikei.

Dat pas sain blo tit dikei i wen yu luk 'wait spot' wea tit, wea dem lain blo gam. Wea dis taim i izi mekem gud ip yu gad gudwei po kline maut.

Ip yu no meke eniting dem wait spot i ken stat seinz ane meke oll wea tit blo yu. Dem oll i ken stat po kam braun o blaik ane i ken stat po spoile dem tit.

### Wanem i meke tit dikei?

Tit dikei i apen wen baktiria wanem i pas wea dem tit i seinze dem suga wanem yu kaikai po asid.

Dis asid i kaikai da ausaid pat blo dem tit ane meke dem tit po kam sopt.

Bodi blo yu i trai po pute dat ausaid pat blo dem tit insaid spet blo yu ane de em i trai po pute dat ausaid pat go baigen po dem tit. Da bodi i trai po mekem diskain.

Diskainting i apen ebritaim yu kaikai o dringk.

Tit dikei i go kam mobad wen taim i pas, ip dat ausaid pat blo tit i no pas baigen prapa.

### Demting wanem i lid po tit dikei

- Ip yu tumas kaikai o dringk demting wanem i gad plenti suga den demwan i ken meke tit dikei.
- Ip yu nogad inap pluraid wea spet blo yu den yu ken gede tit dikei. Ip yu dringk wata wea i gad pluraid den demkain wata i go protekt yu prom tit dikei. Pluraid wea da spet i go elpe dat ausaid pat blo dem tit po pas baigen. Ip yu dringk wata wea i gad pluraid den diswan i go pute pluraid wea spet blo yu. Kline tit wea tutpeist wea i gad pluraid i no go gibe yu inap pluraid.
- Ip maut blo yu i drai den yu ken gede tit dikei. Spet i elp protekt dem tit bikoz em i gad sam pluraid de ane elp meke dat asid kam wik.

### Wanem ai mas mekem solong ai no go gede tit dikei?

- Pole dem Australia kaikai rul, ane kaikai elti kaikai.
- No kaikai o dringk tumas wea i gad suga o asid insaid.
- Suze elti kaikai wase prut, siz ane bezdabal.
- Kline tit ane dem gam tu taimz ebridei ane yuze sopt tutbras ane pluraid tutpeist. Spet dat ekstra tutpeist go ausaid bat yu no wase maut.
- Dringk plenti wata.
- Kaikai suwing gam wea i suga-pri.
- Aske dentist wen yu mas kam po sekap.

**Tit dikei ane pikinini**

Dem baktiria wanem i meke tit dikei i nogad de insaid maut blo beibi. Demting i go go prom mada o pamle go po da beibi.

I prapa impotant no po pase dem baktiria prom mada o pada o pamle go po da beibi. Ip demwan i gad elti maut ane ebriwan gad dempla oun tutbras, den dem baktiria i no go po da beibi.

Tit blo beibi i bas wen dempla baut nain mant o tu yia oul. Tit blo demwan i ken stat po gad tit dikei stretwei wen dem tit i bas kamaut.

Tit dikei i ken stat wea pikinini ip dempla i bin gede dem baktiria wanem i meke tit dikei. Dem baktiria i yuze suga ane seinzem po asid wanem atak dat ausaid pat blo dem yang tit.

Yu ken meke tit dikei po apen wea yang pikinini ip yu pide demwan swit dringk, wase prut zius o kodial o sopdringk wea botol, o ip yu pute ani o zam o surup wea dem dami blo dem pikinini.

**Po stape tit dikei pole dem aidia ya:**

- Susu i prapa gud po beibi ane i no go lid po tit dikei.
- Ip yu wande yuze botol po pide beibi anda wan yia oul, mata pute susu o pauda milk blo beibi o wata wea em.
- Stat yuze beibi kap wen em baut siks mant oul.
- Stap yuze botol wen beibi em i baut wan yia oul.
- Wen da beibi i pinis dringk prom botol, tekmautem. No libem de ane no meke beibi po slip wen em gad botol wea maut.
- Yu no pute eniting wea dami blo beibi po mekem gad gud tes.
- Stretwei wen beibi i gede tit, klinem tu taimz ebri dei wea smol sopt tutbras. Stat

- yuze pluraid tutpeist wen em i 18 mant oul.
- Teke pikinini po luk dentist wen em tu yia oul.

**Rimemba**

Yu ken stape diziz blo tit dikei wea pikinini ane man ane oman.

**Ip yu wande mo impomeisan**

- Go tok po dentist
- Bizit [www.health.qld.gov.au/oralhealth](http://www.health.qld.gov.au/oralhealth)
- Poun 13 HEALTH (13 43 25 84) po praibet elt adbais 24 aua a dei, seben dei ebri wik
- Email [oral\\_health@health.qld.gov.au](mailto:oral_health@health.qld.gov.au)

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