

Brasing ane Plosing

Brushing and flossing – Torres Strait Creole

Brase tit ane klinem wea plos o spesil string i elp protekt maut prom tit dikei ane diziz wea dem gam. Dis pakt peipa i go eksplein da bes wei po bras and kline tit blo yu.

Brase Tit

Brase tit ane dem gam, tu taimz wea ebri dei po tekemaut dem dati wea i pas wea dem tit. Yuze sopt tutbras wea i gad smol ed, ane yuze pluraid tutpeist.

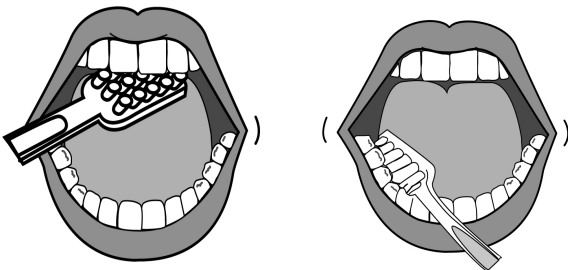
Yu mas seinze tutbras o ed blo dem lektrik tutbras ebri tro mants o wen dem bras a luk wase dempla kam oul.

Perent mas elpe dem pikinini po kline tit antil dempla baut 8 yia oul. No libe tutbras wea dem pikinini i ken gedem.

Wei po brase tit wea tutbras:

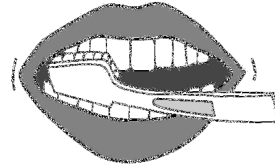
1. Bras dem insaid eria

- Kline ebri tit wea serkal aksan.
- Meiksua yu klinem rait godaun po gamlain.
- Brase da insaid eria blo dem top ane batam tit.



2. Bras dem ausaid eria

- Kline ebri tit wea smol serkal aksan.
- Meiksua yu kline dem top ane batam tit rait godaun po gamlain.
- Stat lo wansaid blo maut ane rait go kros po da nadasaid blo da maut.



3. Bras dem eria yu yuzem po kaikai

- Yuze sopt aksan, go baik and powad.
- Bras dem eria yu yuzem po kaikai wea dem top ane batam tit.



Wei po brase tit wea lektrik tutbras:

1. Pute da ed blo da bras gense ebri tit wea da gamlain. Kline da ausaid ane insaid pat blo ebri tit. Mube da bras goraun wea sopt serkal aksan.
2. Kline dem eria yu yuzem po kaikai blo ebri tit bai olde da ed blo da bras gense ebri top eria blo dem tit.

Spesil tutbras wea i bin seinze seip

Ip yu gad trabol kese tutbras, maitbi lektrik wan, o mait wan wea i gad spesil andol i go bi mo izi po yu.

Yu no nid po kese lektrik tutbras tait po mekem wok gud.

Ip lektik tutbras i stil ad po kesem prapa, yu ken aske dentist ip em ken spik nadawei po meke tutbras mo izi po kesem. Seinze seip blo da tutbras andol, mekem mo big o mo ebi, i ken elp. Yu mait wande gede adbais prom occupational therapist.

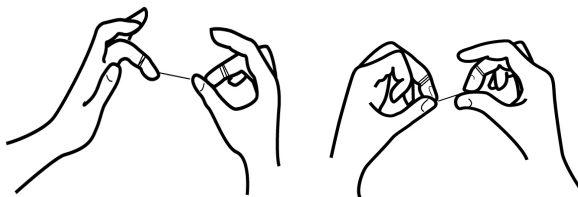
Plosing

Yu ken plos, dasmin yu yuze spesil tit string midel wea dem tit po tekemaut demting wanem i pas wea tit. Wen yu pas stat tri plosing i go bi lelbat ad po mekem. Kip mekem ane i go kam mo izi.

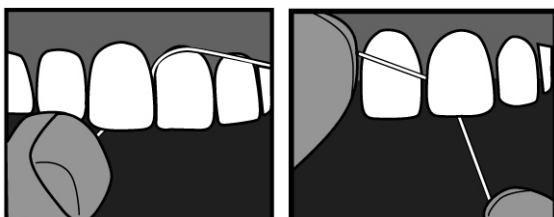
Wen yu plosing, meksua yu no kate dem gam blo yu. Ip yu no sabe wiskain dental string po yuze, tok po dentist blo yu.

Wei po Plosing:

1. Teke 40cm blo dis tit string ane rapem raun wea midol pingga blo dem tu an blo yu, libe lelbat string bitwin dem tu an blo yu.



2. Pute wan pingga insaid maut, ane yuzem wea slo aksan gobaik ane powad po gede da string po godaun bitwin dem tu tit, antil em daun wea lebel blo gamlain.



3. Rape da plos raun wea wan tit ane pulem go baik ane powad po tekemaut dem nugudting wanem i pas de.
4. Yuze nada klin pis blo string ane pasem baigen wea dem seim tu tit. Den yuze da string po kline da said blo da nada tit.
5. Kip mekem diskain go rait raun wea ebri dem tit antil ebri dem speis i bin klin.

Ip yu gad trabol plosing, i gad ol nadating po meke plosing mo izi. Demting ane ol nadating po elp kline maut, yu ken gedem wea stoa o kemist.

Nadating longsaid dental plos

Yu ken yuze spesil smol tutbras wea i ken yuzem po klin wea dem speis bitwin lo dem tit. Diskain smol bras i bin mekem po klin bitwin tit. Diskain tutbras i gud po klin raun dem nada tit wanem da dentist i bin mekem po putem wea maut blo yu. Yu ken yuzem raun dem batam pat blo tit wea da gam i bin go rait daun.

Wea po kline tit wea dem spesil smol bras:

Puse da bras go po dem speis midel wea tit ane mube da bras go baik insaid ane aut, antil dat eria i klin.

Ip yu adbais baut yuze dental plosing, o ol dem nadawei po klin bitwin dem tit blo yu, aske eni pipol uda sabe baut tit, wse dentist.

Ip yu wande mo impomeisan

- Go tok po dentist
- Bizit 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