

This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktit reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktit reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

Book details

Level: 9

Text Type: Fiction

Subject/themes: Losing baby teeth and growing permanent teeth, dental care

Key features: Dialogue, third person point of view, present and future tense



Qulittalik wakes up and yawns. He feels something is different in his mouth. His loose tooth is gone!

2



Qulittalik jumps out of bed. He says to his younger brother, "I lost my last baby tooth, Joamie!"

3



“I think some of my teeth are loose and are going to fall out, too,” Joamie says and smiles.

Qulittalik remembers the dentist telling him how to take good care of his teeth.



Qulittalik takes Joamie into the bathroom. Qulittalik says, “I’ll show you how to take care of your teeth!”

Joamie wrinkles his nose. “I don’t want to!” he says.



“We need to brush our teeth at least twice a day,” Qulittalik says.

“That’s a lot!” Joamie says.

Qulittalik shows Joamie how to brush his teeth.



Qulittalik grabs the floss and pulls out a string. He shows his younger brother how to floss in between his teeth.

“Sometimes brushing doesn’t reach all around our teeth,” Qulittalik says.



Joamie and Qulittalik go to the kitchen for breakfast. Qulittalik eats soft bread because of his missing tooth.

“I don’t have any problems eating!” Joamie says.



Joamie bites into an apple and drops it quickly. “Ow! I hurt my tooth!” Joamie says.

“You should go to the dentist,” Qulittalik says.



Qulittalik says, “If you take care of your teeth, they’ll be nice and strong!”

“If I do that, will my teeth stop hurting when I eat?” Joamie says, picking his apple back up.

“Yes!” Qulittalik says, and the two brothers finish their breakfast!

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