

Tips to Care for Me

Waanjoŋok Ko Nan Kilen Lale Na

My Morning Routine/ Ta Ko Ikujon Kōmmāni In Jibbon
Meal times/ Ien Moñā Ko Breakfast/ Moñā in jibbon Lunch/ Moñā in raelep Dinner/ Moñā in jota Snacks/ Moñā in koŋaan awa Other Tips/ Waanjoŋok ko jet
Homework/School Routines Homework/Wāwein ao kujon katak
Bathroom/Bath Time Routines/ Moñ Tutu/Wāwein ao tutu
Bedtime Routine/ Wāwein ao kiki
Medication/Supplements/ Uno/Uñ ko
When I Am Upset, You Can Help Me by: Nē Ij Inebata, Kwomaron Jibañē Na Ilo Am: