



# The Kids Club

## Tooth Talk



Trinity House  
Dental Practice

Volume 1, Issue 2

May 2006

This edition of the newsletter is going to be dedicated to talking about our teeth.

Children generally have 20 teeth, they are sometimes called "Baby" or "Milk" teeth, but the proper name for them is deciduous teeth.

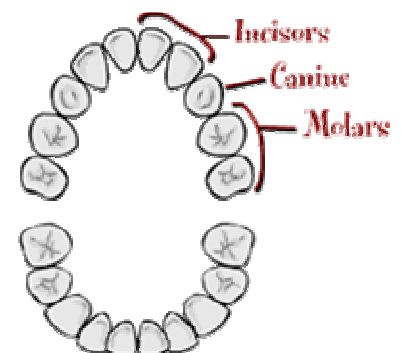
Babies are usually born with no visible teeth in their mouths, but they are there hiding under their gums waiting to come though when they are needed. They start forming long before they are born, it's all very "clever stuff".

The first ones to come through are usually the two bottom front ones, followed by the top front ones, they usually come through in pairs until all 20 are though. By the time you are three you should have all your "Baby teeth".

Your front teeth are called Incisors, the two large ones at the front are called Central Incisors, the two either side are called lateral Incisors. These are used for biting into your food,

The next teeth are your canines (sometimes called your eye teeth). These are used for "tearing your food" there are four of these, two top and two bottom.

Next come your molar teeth, you have eight of these, four top, and four in your lower jaw. These are used for grinding your food ready for your tongue to roll into a ball and push to the back of your mouth for you to swallow.



First teeth-sometimes called  
"Baby Teeth"

# "Baby" to Adult Teeth

When you reach the age of about six, that's when things really start happening, you will notice that some of your teeth are starting to get "wiggly", that's because your grown up teeth, that were previously forming under your baby teeth are starting to push your baby teeth out.

Usually the first ones to get loose are the two bottom front ones, and after they have fallen out, you will probably see the tip of the crown of the adult tooth just poking through the gum.

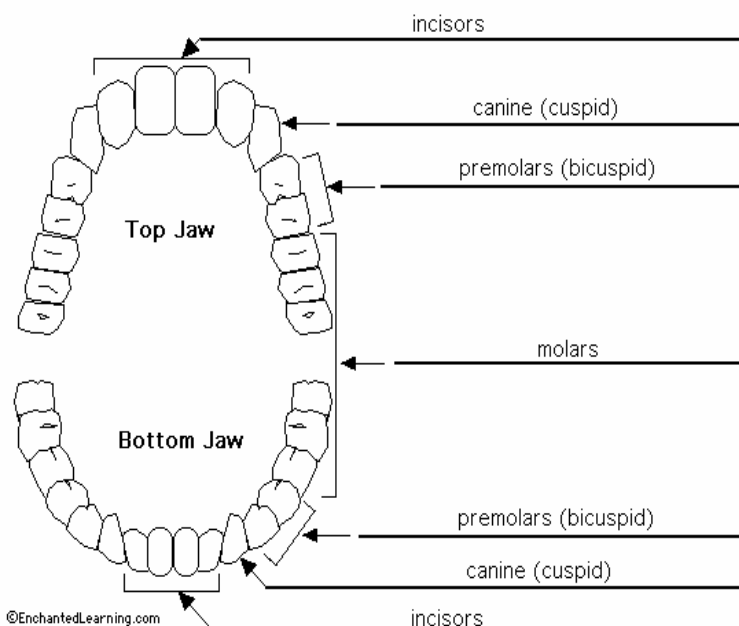
All this happens for quite a few years, wobbly teeth and new teeth coming through, so some of the time you may look a bit "gappy"!!!

That's why it is really important to look after your baby teeth, because they keep all the spaces for your grown up teeth to come through.



## Grown up Teeth

We all usually have 32 grown up teeth, eight Incisors, four at the top, and four on the bottom. Followed by four Canines, two top, two bottom, then come the Premolars, there are eight of them, four on the top and four on the bottom. Then come twelve Molar teeth. (That's after the Wisdom teeth come through at around eighteen years of age.)



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## When do they come through?

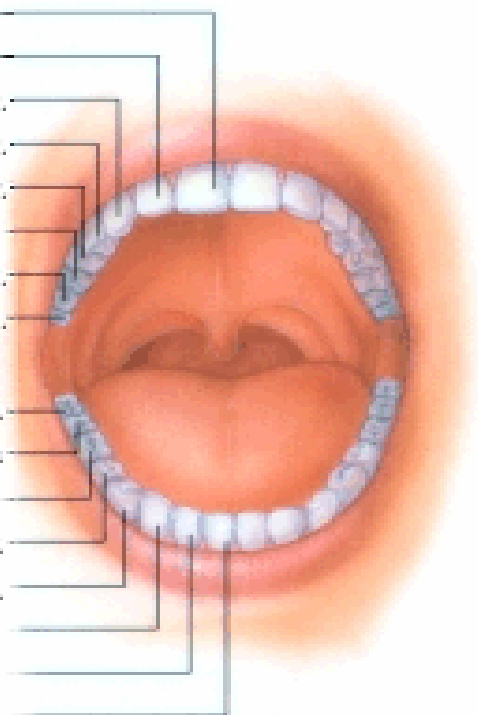
At around about the age of six as well as the bottom front ones coming through, things are happening at the back of your mouth too. Behind your very back baby teeth your first permanent molar teeth should be starting to come through. These four teeth, ( two at the top, and two at the bottom), are very important because they have got to last for a very long time, so it is very important to keep them clean. So make sure you get right to the back when brushing your teeth.

Here is a chart showing at what age the various teeth are due to come through.

There are 20 Baby teeth, and 32 Adult teeth, grown ups have bigger jaws, so need more teeth to fill them.

### Tooth Development

<u>Upper Teeth</u>	<u>Primary Erupt</u>	<u>Permanent Erupt</u>
Central incisor	8-12 mos.	7-8 yrs.
Lateral incisor	9-13 mos.	8-9 yrs.
Canine	16-22 mos.	11-12 yrs.
First premolar		10-11 yrs.
Second premolar		10-12 yrs.
First molar	13-19 mos.	6-7 yrs.
Second molar	25-33 mos.	12-13 yrs.
Third molar		17-21 yrs.
<u>Lower Teeth</u>		
Third molar		17-21 yrs.
Second molar	23-31 mos.	11-13 yrs.
First molar	14-18 mos.	6-7 yrs.
Second premolar		11-12 yrs.
First premolar		10-12 yrs.
Canine	17-23 mos.	9-10 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.



# The structure of a tooth

A tooth is made up of two main parts:-

## The crown

The crown is the part of the tooth that is above the gum.

It's covered in a substance called Enamel, which is the outer covering of the tooth which protects your tooth from the wear and tear from chewing.



"Enamel is the hardest substance in the body, even harder than bone"!!!

## The Root

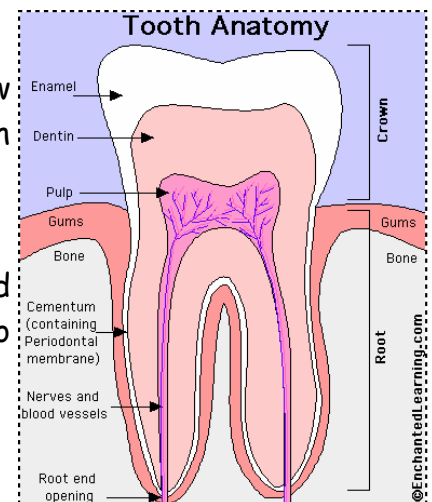
The root is the part of the tooth which doesn't show as it is below the gum. It is covered with a substance called Cementum, which is much softer and more yellow than enamel.

The root is attached to the jawbone by tiny fibres called "The periodontal ligament" or "periodontal membrane" as it is sometimes called.

## Inside the Tooth

Under the Enamel is a substance called "Dentine", which is a yellow "Bone like" substance. It carries all the nerves and fibres which tell you if there is anything wrong with your tooth.

The "Pulp" is the centre of the tooth, it contains blood and lymph vessels and nerves fibres which transfers messages to your brain.



## "And Finally"

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We go the extra smile

Did you know that alligators do not chew their food, but swallow it whole, and if they loose a tooth it grows back again!!!!

