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TEETH: YOU ONLY GET TWO SETS



AAAAA

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Albatros

BABY TEETH

First, let's talk about baby teeth: the very first set you get. Though they are formed when you are still in your mom's tummy, they start to come through the gums when you are about six months old. Usually, the first teeth to appear are the lower incisors, and the last ones are the upper molars. Once all your baby teeth are in, you will have 20 of them. When you are about six years old, they start to fall out, one by one, to be replaced by your permanent teeth.



Note:

Some teeth have more roots than others.



PERMANENT TEETH

Next up, let's explore permanent teeth: the ones that replace baby teeth and are with us for the rest of our lives. The first of these teeth appear when you are about six years old. They grow in one by one over several years. Our permanent teeth wait impatiently under our smaller baby teeth, gradually pushing them out and taking their place. By the time all of your baby teeth have been traded for permanent ones, you will be about 13 – although your wisdom teeth, which we will discuss more below, will grow in even later. Your permanent teeth are bigger, and there are 12 more of them compared to the number of baby teeth you had. The adult mouth has 32 teeth in total. Let us count them for you.



A SET OF TEETH

The many teeth in your mouth come in different shapes and sizes, depending on what they do when you eat. They can be biters, chewers, or both. Your upper and lower teeth are the same on both sides of your face.

INCISORS

are sharp, and great for biting food.



CANINES

help break up large pieces of food.



MOLARS

are the largest teeth, with a biting surface and small cusps whose task is to grind food.



PREMOLARS

are permanent teeth that take the place of baby teeth. Premolars are similar to molars but have fewer roots and points.



A THIRD SET OF TEETH?



Our teeth, along with the rest of us, get older. Very old people have special replacement teeth, known as dentures.

THINGS WE NEED FOR TOOTH CARE

Luckily, there are lots of things to help us in the fight against cavities. If you do certain things, cavities will stay well away from your teeth.

TOOTHBRUSH

A toothbrush is the best way to get rid of plaque on your teeth. Make sure that it's the right size for your mouth and that the bristles are soft, close together, and straight.

SINGLE-TUFT TOOTHBRUSH

This cleans each tooth individually. Its small head gets to hard-to-reach places. We don't put toothpaste on it.

TOOTHPASTE

This gives teeth fluoride, which strengthens enamel, helping prevent tooth decay. Toothpaste smells nice, so your breath does too.

DENTAL FLOSS

This cleans between your teeth. To use it well, though, you need practice.

INTERDENTAL TOOTHBRUSH

This brush cleans hard-to-reach places between teeth that a regular toothbrush misses. We don't put toothpaste on it.

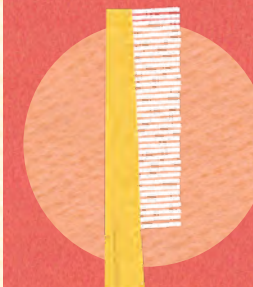
FINGERTIP TOOTHBRUSH

This gently cleans a baby's little teeth and massages their gums.

CHOOSING A TOOTHBRUSH

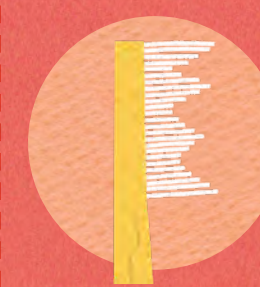
There are many different types of toothbrushes. You can spend ages in a store just choosing one. Which is better – this long one here or that funny-shaped one there? Well, I'll let you in on a secret: the best toothbrush looks quite ordinary. **So, which is it, and why is it best?**

Unsuitable



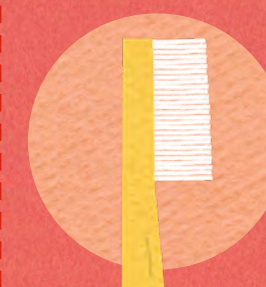
TOO LARGE

Avoid these. Their size prevents thorough cleaning and may harm the gums.



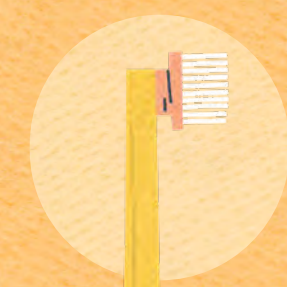
FIBERS OF DIFFERENT LENGTHS

Oddly shaped fibers don't clean better. The best-cleaning fibers are cut straight.



TOO HARD

Its hardness can damage enamel and gums – and it isn't even better at removing plaque.



ELECTRIC TOOTHBRUSH

This does the brushing work for you. Unless your dentist thinks it is the best tool for your teeth, though, it is still important to clean with a normal brush too.



Its small cleaning area and very soft, dense, straight fibers reach wherever you need them to. The more bristles, the better.

WHEN SHOULD I CHANGE MY TOOTHBRUSH?

1x ☾☾☾

Every 3 months



Each time you recover from a cold or the flu

When your toothbrush looks like this:



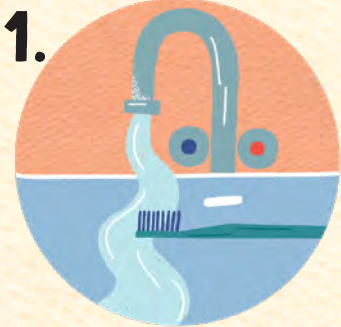
THE RIGHT WAY TO CLEAN YOUR TEETH

Brushing your teeth is about more than just squeezing toothpaste onto a toothbrush and moving it around in your mouth from side to side. But not much more. It's a pretty simple skill to learn, and once you do, it's a piece of cake. Let's give it a try!

 **1×**
morning

 **1×**
evening

 **2–3**
minutes



Wet your toothbrush under running water.



Apply a pea-sized amount of toothpaste on it.



Hold the brush at a slight angle, not horizontal.



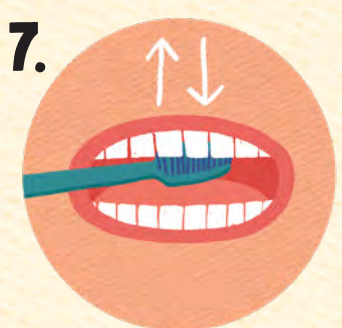
Clean the fronts of your upper teeth in circular movements. Do the same with your lower teeth.



Clean the fronts of your teeth with short top-to-bottom (upper) and bottom-to-top (lower) strokes.



Clean the backs of your teeth (top and bottom) in circular movements.



Clean the backs of your teeth with short top-to-bottom (upper) and bottom-to-top (lower) strokes.



Brush the biting/chewing surfaces of your teeth (upper and lower).



Brush your tongue.



Wash your mouth out with water and spit into the washbasin.



Rinse your toothbrush in hot water and leave it to dry.



Congratulations – you now have beautifully cleaned teeth!

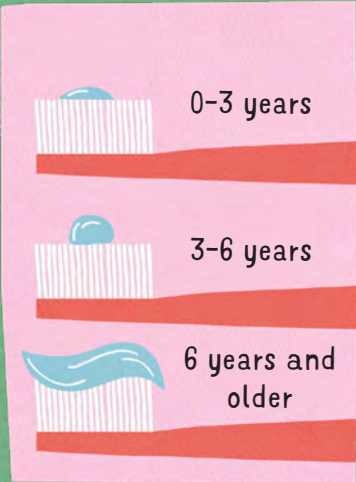
THE RIGHT WAY



As you clean your teeth, massage your gums with your toothbrush.



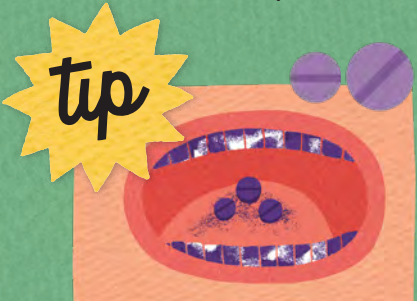
Sometimes use an interdental brush or dental floss.



Use the right amount of paste.



Brush gently: it shouldn't hurt.



Ask your dentist about a special purple tablet that shows plaque on the teeth, so that you can clean it off.



Brush in circular movements.

THE WRONG WAY



While you clean your teeth, your mind is on something else.



You brush your teeth with force.



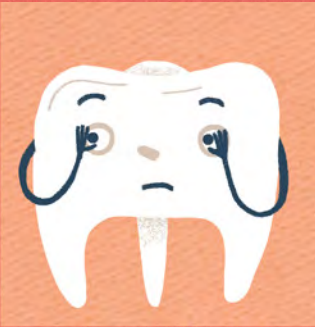
You move the brush from side to side.



You brush the upper and lower teeth at the same time – food and plaque then remain in the lower gums.



You chew on the toothbrush: now it no longer cleans well.



You forget to brush your molars, because they are too far back to see.

HOW TO PULL OUT A WOBBLY TOOTH

If you have ever had a loose baby tooth, it can be really exciting. Some teeth come out quickly, while others take a bit longer. Your tongue won't be able to resist playing with it, so here are a few tips on what to do.



Reach into your mouth with **clean hands only**.



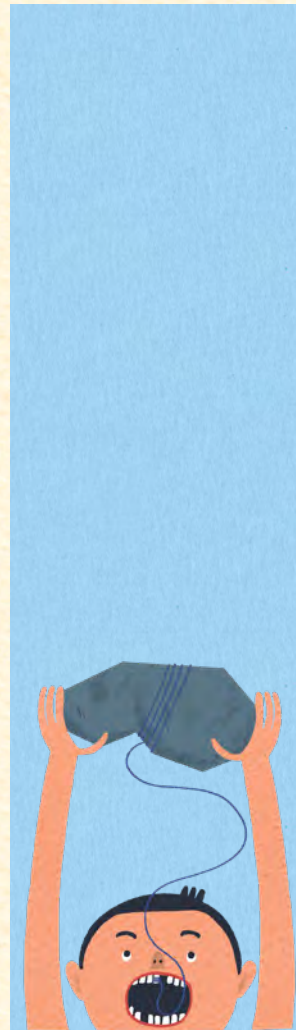
Baby teeth gradually **shorten their roots**, making them easier and painless to pull out.



Wait for it to fall out on its own.



Tie one end of a piece of string to your tooth, and the other end to a doorknob. Ask your brother or sister or a friend to shut the door. When they do, your tooth will come out!



Tie one end of some string to your tooth, the other to a rock. Drop the rock – away from your foot!



Keep wiggling it until it gives in ...



... or ask Mom or Dad to pull it out for you ...



... or the dentist.

IF WE HAD ANIMAL TEETH

Have you ever wondered what people would look like with animal teeth? Like a camel? Or a beaver? You haven't? Well, take a look at this. It also proves that each of us has the right teeth we need to bite, chew, tear, or pierce our food.

bat



beaver



camel



hippopotamus



elephant



crocodile



tiger



snake



shark



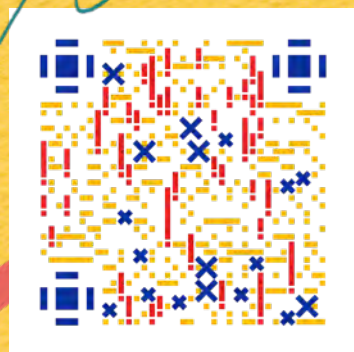
narwhal



TEETH?

A strange subject for a book, you say? Well, you'd be surprised. There are lots of toothy secrets to be discovered – like where teeth come from, what they look like inside, why they can hurt horribly, and why we only grow two sets. So the sooner we learn to look after our teeth, the better. But this book is not just a wonderful educational introduction to teeth – it's a lot of fun and you will have a blast as you learn. For example, what do you think you would look like with the teeth of a bat? No idea? Well then let us show you.

MORE INFO



ALL YOU NEED
TO KNOW ABOUT
TEETH BUT
NEVER THOUGHT
TO ASK!



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