

*Dear Family,*

**In my class today** I learned about dentists and my teeth.

**Did You Know?**

- In our early years, humans have 20 teeth. Around the age of 5 or 6, our adult teeth begin to emerge and replace our “baby teeth”. Adults have 28 permanent teeth (32 if they have their wisdom teeth). The part of the tooth that can be seen above the gum is called the crown. The crown of the tooth is covered with a hard, shiny, protective material called enamel. All of our teeth help us to eat, but teeth have different jobs. Incisors are our front teeth and they are “biters”. They help us to bite and tear off small pieces of food. Molars are in the back of the mouth and they are “grinders”. Molars help us grind the food into little pieces so that it is easy to swallow. A dentist helps people to keep their teeth healthy.

**Ask Your Child:**

- Where are your teeth?
- Why do we have teeth?
- Tell me what your teeth look like.
- Do all of the teeth in your mouth look the same?
- When do you use your “biters” or incisors?
- When do you use your “grinders” or molars?
- Who helps us to keep our teeth healthy?

**Activities To Do With Your Child:**

- Look in the mirror with your child. Count your teeth and count your child’s teeth. Talk about how your teeth as an adult are different than your child’s teeth. You have more teeth and your teeth are larger. Eat something together and watch how your teeth work to bite and chew the food.
- Look around your home together. Does everyone in your house have their own toothbrush? Collect the toothbrushes and count them together. Compare and contrast the toothbrushes. Are they the same size? Are they the same color? Do the bristles look the same? Let your child draw a picture of their own toothbrush and send it to school.

**Vocabulary To Use With Your Child:** dentist, tooth (teeth), bite, chew, grind, mallet