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Executive Director
Child Care Council of Cornell Cooperative Extension
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Dear Provider,

Here at Mohawk Valley Perinatal Network we strive to provide the most up to date and accessible education tools available to our community. Thanks to the Community Health Foundation of Central and Western New York, we are proud to now offer the Cavity Free Kids curriculum to you and your classrooms. Cavity Free Kids is a complete oral health curriculum designed to educate preschoolers and their families, with an additional curriculum specific to pregnant women, infants and toddlers. The curriculum was crafted by the Washington Dental Service Foundation and is evidence based.

Why oral health?

Dental disease is a "silent epidemic." It is "silent" because "those who suffer the worst oral health are found among the poor of all ages." (Surgeon General's report) "The rate of untreated dental disease among low-income children aged two to five years is almost five times higher than that of high-income families." (American Journal of Public Health) Pain and suffering due to untreated dental disease can lead to problems in eating, speaking, and attention in the classroom. More than fifty-one million school hours are lost each year to dental-related illness (Surgeon General's report) Most importantly, *dental disease is preventable!*

Why Cavity Free Kids?

To really impact the health of our families, oral health must:

- ✓ Be done early – dental disease can be prevented and reversed if caught early
- ✓ Involve the entire family
- ✓ Relate learning at school to habits at home
- ✓ Encourage hands-on experience to cement the learning
- ✓ Use a variety of teaching methods to meet cultural, literacy, learning style issues
- ✓ Allow for repetition of the ideas
- ✓ Focus on proactive messages rather than criticism
- ✓ Be done with excitement and a sense of fun!

Cavity Free Kids offers all of this and more to meet each of the Head Start and preschool learning domains. Cavity Free Kids comes complete with all dental science, lesson plans, recommended circle time activities, table top activities, songs, patterns, and form letters to be sent home to parents, already translated into a variety of languages. The curriculum offers activities to educate parents, sample newsletter articles, and a step by step guide to implementation.

For more information about how to introduce Cavity Free Kids into your child care setting, please contact April Miller at Mohawk Valley Perinatal Network.

Sincerely,



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SAMPLE LESSON PLAN



Cavity Free Kids: Oral Health Education for Preschoolers and Their Families

Unit 1 – Lesson 1, pg. 27-32

UNIT 1: INTRODUCTION: LET'S CLEAN OUR TEETH

GOAL: The Goal of this unit is to help teachers introduce tooth care practices that will be carried out at school and at home. More details about "why" will be reinforced in future lessons.

ORAL HEALTH CONCEPTS:

- We will clean our teeth at school:
 - Brush after first food at school
 - Swish & Swallow after second food
- At home we brush after breakfast and before bed.

VOCABULARY:

- Swish & Swallow—not as good as brushing, but OK to do until we can brush next time.

OBJECTIVE: Children will routinely clean their teeth after eating. School Oral Health practices will carry over into family life. Teachers will model and participate.

ADDITIONAL PARENT EMPHASIS:

We will be using "tooth health:"

- to stress the importance of tooth care at school and home
- as the theme to teach preschool Domain Elements.

Each child has his/her own toothbrush at school and needs one at home.

Swish & Swallow is a way to clean teeth when you can't brush. Parents will be assisted in supporting

Oral Health at home for the whole

family. Oral Health is an

important part of

overall health.

Are you ready? Well then, let's begin.




UNIT 1: LET'S CLEAN OUR TEETH

LESSON 1: WE BRUSH OUR TEETH AFTER FIRST FOOD AT SCHOOL

TEACHER-DIRECTED GROUP ACTIVITY: Demonstrate Correct Method of Brushing

ACTIVITY	DOMAIN ELEMENT	SUPPLIES	PARENT CONNECTION
Teacher demonstrates correct method of brushing—around in small circles to the count of five before moving to next section.	1-Listening 8-Health Practices	Giant tooth model with brush, play food, toothbrushing song*	<ul style="list-style-type: none"> • Song lyrics.* • Steps-for-brushing-Your Teeth Poster*



(Introduce toothbrushing song)
 “This is the way we brush our teeth.....”
(Bring giant mouth model to circle time—with brush, toothpaste, and a few pieces of play food.)
(Pop a piece of food into the mouth and make it “chew”.)
(Using your giant-mouth voice...) Yum, yum I like apples... *(Repeat for two more foods.)*
 Now my teeth are dirty—sticky with food.
 I better brush my teeth after I eat.
(Return to normal voice) Let me show you how. *(Put a pretend dab of toothpaste onto model toothbrush.)*
 Teacher gives you a little dab of toothpaste—toothpaste is like special soap to clean our teeth. We will use a toothbrush and make small circles—starting on the side. *(Beginning with side next to cheek, brush teeth with circular motion, counting.)* One, two, three, four, five circles.
 Now let’s move the brush to the next teeth and count again. Count with me! *(Brush teeth with circular motion, counting.)* We need to be sure to brush the food off of every tooth. Here we go again! *(Continue until all sides of all teeth have been brushed. Progression is bottom teeth outside, front, other outside, inside, front inside, other side inside. Then same order on top teeth.)*
 Now we brush the tongue. Uh oh....this guy doesn’t have a tongue. We will have to pretend. Here we go—gently brush the tongue. Not too far back!
 We are all done! We put the toothbrush away. Look at the clean healthy teeth!
 Let’s practice again. This time *(hold up your “pointer” finger)* Let’s pretend this is your toothbrush. Keep your finger outside of your mouth. Let’s brush and count together—round and round: One.....Five. *(Move on to as many tooth groups as the class has patience for at this time. Count in Spanish, too.)*

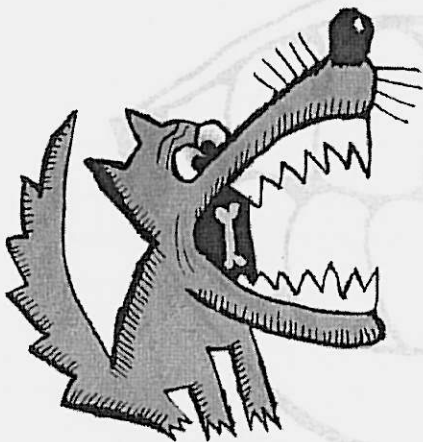
UNIT 1 LESSON 1

INTRODUCE CLASSROOM ACTIVITY CHOICES:

In our classroom today are lots of things all about teeth.

SCIENCE: I will put the giant tooth model out for you to practice brushing.

ESSENTIAL LEARNING	DOMAIN ELEMENT	ACTIVITY	SUPPLIES
We brush our teeth.	8-Health Practices	Practice brushing on model. Be available to demonstrate correct method again.	Giant tooth model with toothbrush, plastic food, other models of teeth



EXTENSION

Also make available other "teeth" (such as stuffed animals or dolls or toys that have teeth showing) and extra toothbrushes.

TABLE TOYS/LITERACY: We have a camera to take a picture of you with your very own toothbrush. There are books to make a story of you!

ESSENTIAL LEARNING	DOMAIN ELEMENT	ACTIVITY	SUPPLIES
Stress that each person has his/her own toothbrush.	2-Book Knowledge 6-Self Concept 8-Health Practices	Take Polaroid or digital picture of each child with own toothbrush. Child makes book with photo of self with toothbrush.	Polaroid camera and film. Blank "books" to glue picture into, markers to write name, decorate, etc.



Make a book including photos of the entire class rather than making individual books.



Make a poster of the photos for the classroom