



This Curriculum was funded and designed by the Washington Dental Service Foundation and was given to Bear River Head Start for use in our program. Our Oral Health Specialist was trained and in turn, trained each of our staff on their individual roll in the curriculum. It was written by Joyce Hagen, a dental hygienist and oral health educator and Becky Huntley, an early childhood parent educator. Their goal was to identify effective and creative ways to teach oral health.

Knowledge is a powerful tool in combating the problems that Dental Caries can cause. Through early childhood education programs, Cavity Free Kids works to infuse information and understanding into people's daily lives, and as a consequence, change behaviors and attitudes, leading to improved oral health.

Activities are organized into the following 5 units:

- Unit 1:** Let's Clean Our Teeth
- Unit 2:** Get a Dental Check Up
- Unit 3:** Why We Need Teeth
- Unit 4:** What Hurts or Weakens Teeth
- Unit 5:** We can Keep our Teeth Strong

Each unit includes activities in literacy, science, dramatic play, art, and information for parents. At Head Start we do an oral health lesson each month in the classroom or on home visits. Our Child Care Connection Providers also do one oral health lesson each month. Combined with daily brushing and healthy food choices, your kids get a lot of important information that they can share with you.

How can you find out more??

- Ask your children what they are learning at school
- Ask the teacher to share with you the activities they are doing
- Visit the classroom and see the Cavity Free Kids Curriculum in action
- Call our Oral Health Office at 755-0081 ext. 240 for more information: