

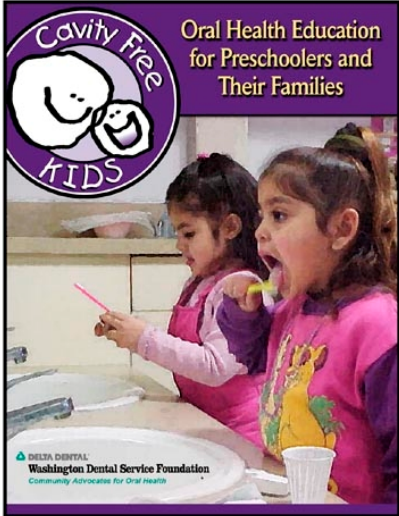


**CAVITY FREE KIDS – Oral Health Education for Preschoolers and Their Families**  
[www.cavityfreekids.org](http://www.cavityfreekids.org)

**What is Cavity Free Kids?**

In this curriculum, oral health is presented as an ongoing part of preschool education and includes classroom activities and parent and education materials for use in parent meetings and home visits.

*Cavity Free Kids* is specifically designed for use in Head Start and ECEAP Programs. Oral health concepts are used to meet the requirements of the Child Learning Outcomes (Domain Elements) – language development, literacy, mathematics, science, creative arts, social & emotional development, and approaches to learning and physical health & development.



The curriculum was developed in response to a request from a large Head Start Program (EPIC – Enterprise for Progress in the Community) in Washington State that was frustrated with their inability to impact the cavity rate among the children they were serving. Washington Dental Service Foundation combined the expertise an experienced childhood and parent educator and a dental hygienist with long history of working in public health, to develop this curriculum.

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|--------|---|
| 2000   | Focus Groups & Curriculum Development   |
| 2001-2 | Pilot Testing<br>Expert Review & Evaluation   |
| 2003   | Trained 85 % of Washington HS Programs, Hawaii<br>Reviewed by Maternal and Child Health & included in the Maternal and Child Health’s Early Childhood Caries Resource Guide   |
| 2004   | Interviews, Revisions, California   |
| 2005   | Alaska, American Samoa, Oregon  |
| 2006   | Washington & Oregon<br>Revisions based on feedback from users<br>Translating Preschool Version into Spanish<br>Developing Child Care Products   |
| 2007   | National Migrant Head Start Programs & Hawaii   |
| 2008   | Selected as official curriculum for AAPD & National Head Start Partnership in Texas, Maryland, Connecticut, Tennessee, and Michigan.<br>Additional trainings conducted in Arkansas, Massachusetts, Minnesota, and WA State Lummi Nation |
| 2009   | National Head Start Association, Connecticut, Kansas & Washington   |

## Cultural Competence and Language Availability

The curriculum was pilot tested in a multicultural setting with input from both parents and teachers. Their feedback on the cross-cultural health values and norms was incorporated into the curriculum. The parent handouts are available in six languages in addition to English: Spanish, Russian, Cambodian, Chinese, Somali and Vietnamese.



Learning about mouth germs through art activity

## Evaluation

- An independent evaluation was conducted in 2001 during the pilot site study.
- Findings demonstrated an increase in tooth brushing, understanding of healthy foods and the need for regular dental care.

## Most Recent Products



Learning good oral health through dramatic play

- CFK Preschool Edition is now available completely in Spanish!
- New Oral health tools based on Cavity Free Kids specifically designed for a variety of child care environments.
  - Oral Health Booklet for Licensed Providers (35 pages)
  - Condensed Version of the OH Booklet for Informal Providers (10 Pages)
  - Oral Health Activity Bin (Includes songs, props and other simple activities)
  - Training on how to use the Oral Health Booklet and Activity Bin

## Quotes

*"It's beneficial and easy to use. There is not a lot of expense or supplies to buy."*

*Lummi Nation Head Start*

*"The performance standards are there. Why would you want to do it on your own?"*

*Spokane County Head Start*

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