Cavity Free Kids:
Program Planning Guide
Head Start and Child Care Programs

Overview

Thank you for committing to incorporate Cavity Free Kids (CFK) into your early learning program and your work with children and their families! CFK makes it easy for early learning programs to teach children and families about what causes cavities and how to prevent them.

CFK includes fun, interactive classroom lessons and activities; family engagement tools for parents and caregivers; resources for connecting families with dental care; and tips and guides for promoting oral health in early learning environments.

CFK is designed to be flexible and align with programs' policies and practices and with teachers' requirements and teaching styles. Training and technical support are available to ensure your program has everything needed to implement CFK easily, consistently, and effectively.

Program Information

Program Name:_____

Geographic Area Served: _____

Cavity Free Kids Champion: _____**Number of Sites:**_____

Number of Staff:

_____ Directors

_____ Teachers

_____ Family Advocates

_____ Health Managers

_____ Education Coordinators

_____ Other

Number of Families Served: _____

Number of Children Served:

_____ Infants:

_____ Toddlers:

_____ 3 – 5 Year Olds:

Please describe how Cavity Free Kids helps you reach your program goals and how it aligns with/ compliments the curricula and resources you are already implementing:

Choose one or more activities to incorporate CFK into program policies, practices and into the classroom.

Promoting Oral Health through Program Policies and Practices

- ☐ **Review/change water and beverage policy** – to increase the amount of water children drink each day and decrease or eliminate the amount of juice or other sugary beverages they drink each day.

- ☐ **Review/change meal/snack policy –** to serve more tooth healthy foods and serve fewer tooth unhealthy foods.

- ☐ **Implement toothbrushing in classrooms –** to ensure children brush their teeth when they attend your program.

- ☐ **Connect children with dental care.**

Incorporating CFK into Classrooms – Lessons, Learning Centers

- ☐ **Deliver CFK Lessons and Set Up Learning Centers –** Use CFK Lessons to introduce children to oral health concepts through discussion, demonstration, and music/movement activities. Learning Centers reinforce the oral health concepts introduced in Lessons and give children opportunities to explore and learn at their own pace.

- ☐ **Share CFK with parents –** Use Parent Practice Handouts to share the same oral health concepts children learn about in the classroom with their families. Handouts include tips, resources, and tools (for example, tooth brushing charts) that you can use to promote healthy oral health habits at home.

- ☐ **Share CFK during family nights –** Set a date to host a family night to educate families about oral health through activities, discussion questions and parent practice handouts.

Review/Change Water and Beverage Policy

1. What is the current policy?

2. What needs to be changed?

3. How will the policy be changed?

  a. When during the day will water be served?

  b. How will water be served (cups/pitcher, water bottles; staff serves; self-serve, etc)?

  c. How will parents be informed?

  d. Does your program need supplies/supports to implement policy? If so, please describe.

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____

Review/Change Meal/Snack Policy

1. **What is the current policy?**

2. **What needs to be changed?**

3. **What will be served and when?**

4. **How will parents be informed?**

5. **Does your program need supplies/supports to implement policy? If so, please describe.**

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____

Implement Toothbrushing in Classrooms

Develop or update toothbrushing protocol.

1. Where will toothbrushing happen?

2. When will it happen?

3. What supplies are needed?

4. How will parents be informed?

5. Does your program need supplies/supports to implement policy? If so, please describe.

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____

Connect Children with Dental Care:

1. Is there a policy in place? If so, what is it and does anything need to be updated or changed?

2. If not, develop a policy

    a. What is the process for connecting children with dental care?

    b. Is your program connected to ABCD and/or other resources?

    c. What is the process for following up on referrals? Ensuring families complete treatment?

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____

Share CFK Lessons and Learning Centers

Teachers will:

- Use CFK with children in classrooms.
- Deliver CFK lessons

    1. How often (once a week, one week a month, other)?

- Set up learning centers in classrooms

    2. How many?

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____

Share CFK With Parents

Share parent practice handouts and talk with parents.

1. When? *(during the time period that staff incorporates CFK into classroom activities)*

2. Other?

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____

Share CFK During Family Nights

1. Select a date to host a CFK Family Night.

2. Which topics will be covered?

3. Who will engage parents and ensure they attend?

4. What are the goals?

Staff responsible: _____

_____

Where implemented (program-wide, specific site(s), other): _____

_____

Target implementation date: _____