



Oral Health Education

for Children Birth through
Age Five, and Their Families

CFK Online Training Workbook





If you have not already registered to take the course, go to www.cavityfreekids.org

Cavity Free Kids Training Goal:

Teach Early Learning Providers to use **Cavity Free Kids** lessons, activities and resources in early learning classrooms, and with families.



Completing the Cavity Free Kids Course

This workbook is used with the **Cavity Free Kids Online Training**. The assignments in this workbook should be completed and submitted to the trainer coach **within 30 days** of completing the online course.

To complete this workbook you will need to use the **Cavity Free Kids** website.

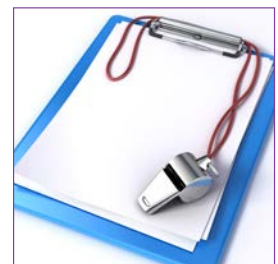
- 1 Take the online course and pass the quiz.** You can take the quiz again if you don't pass.
- 2** During and after the online course, **use this workbook and plan how you will implement CFK in your classroom.** The Cavity Free Kids Trainer Coach is available to answer questions you have about oral health and about this course.
- 3** When you implement CFK in your classroom and with families, **use this workbook to document your observations and assess the activities.** Also, **complete the self-assessment and evaluation.**
- 4** To receive credit for the course, **email your completed workbook to the CFK Trainer Coach.**

Your CFK Trainer Coach will review your completed workbook to ensure you completed all assignments. Washington State Child Care providers receive 3 STARS credits in MERIT when they complete this course.

Cavity Free Kids Trainer Coach

Becky Huntley

Email: info@cavityfreekids.org





Using the Cavity Free Kids Website

INSTRUCTIONS:

1. Go to www.CavityFreeKids.org
2. **Bookmark the site** or **add it to your Favorites**. (see your web browser for instructions on bookmarks or favorites)

All of the lessons, activities, parent resources you need to implement CFK are on the CFK website. After the course, please come back to the website frequently to see new activities and resources.

3. Use these areas of the website to complete the course assignments and to implement **Cavity Free Kids** in your classroom:



1 5 Basics of Oral Health

2 Family Engagement

3 Activities for Early Learning

The screenshot shows the Cavity Free Kids website. At the top, there's a logo and navigation links: Home, About, Resources, and Training. A search bar is also present. Below the navigation, there's a large image of children clapping. To the right of the image, there's a section titled '5 Basics of Oral Health' with a list of topics: Baby Teeth Are Important, Water for Thirst, Tooth Healthy Foods, Brush, Floss, Swish, and Going to the Dentist. Below this, there are four buttons: Head Start & Child Care Curriculum, Home Visiting Resource, Family Engagement, and Activities for Early Learning. Red circles with numbers 1, 2, and 3 are placed over the 'Training' link, the 'Family Engagement' button, and the 'Activities for Early Learning' button respectively.



Assignment 1: Baby Teeth Are Important

PURPOSE: Find and use activities on the **Cavity Free Kids** website.

INSTRUCTIONS:

1. Go to www.cavityfreekids.org
2. Click **Basics of Oral Health "Baby Teeth Are Important"**

The screenshot shows the Cavity Free Kids website. The browser address bar shows cavityfreekids.org with a red circle and the number 1 next to it. The website header includes the Cavity Free Kids logo, a 'Find Dental Care' button, and a search bar. The navigation menu has links for Home, About, Resources, and Training. A red circle with the number 2 is next to the 'Resources' link. Below the navigation menu, there is a large image of children clapping. To the right of this image is a green box titled '5 Basics of Oral Health' with a list of topics: 'Baby Teeth Are Important', 'Water for Thirst', 'Tooth Healthy Foods', 'Brush, Floss, Swish', and 'Going to the Dentist'. Below this list are four buttons: 'Head Start & Child Care Curriculum', 'Home Visiting Resource', 'Family Engagement', and 'Activities for Early Learning'. At the bottom, there is a paragraph about Cavity Free Kids and a small image of a woman talking to children.

1

2

5 Basics of Oral Health

- Baby Teeth Are Important
- Water for Thirst
- Tooth Healthy Foods
- Brush, Floss, Swish
- Going to the Dentist

Head Start & Child Care Curriculum

Home Visiting Resource

Family Engagement

Activities for Early Learning

Cavity Free Kids is oral health education for young children and their families. It is designed for use in Head Start and Early Head Start, child care, preschool, home visiting, and other programs and for families to use at home. Cavity Free Kids includes a rich collection of lessons, activities, stories, songs and other resources that actively engage young children in fun-filled, play-based learning and help parents practice good oral health habits at home. Cavity Free Kids includes a rich collection of lessons, activities, stories, songs and other resources that actively engage young children in fun-filled, play-based learning and help parents practice good oral health habits at home.

Assignment continued on the next page



INSTRUCTIONS:

Take a few minutes to get familiar with the **Basics of Oral Health**.

1. Read **CFK Throughout The Day**
2. Read **Big Bites: Things You Should Know**
3. Review the **Activities** and **Resources** on this page

cavityfreekids.org

My Account | Login →

Find Dental Care

Search GO

Home | About >> | Resources >> | Training >>

Basics of Oral Health 1: Baby Teeth Are Important

Goal: Learn why baby teeth are important

Big Bites: Things You Should Know

- Baby teeth are important – they help us smile, eat, talk, and hold space for adult teeth.
- Baby teeth, also called primary teeth, will start to come in at about 6 months of age and continue to until about age two and a half.
- Taking care of children's baby teeth helps to establish good oral health habits and increases the chances of having a healthy mouth later in life.

1

CFK Throughout the Day

Throughout the Classroom

- Use children's artwork to create a bulletin board. Add oral health related words.
- Add books about why teeth are important to the library (see curriculum Teacher Tools).

2

At Meals and Snacks

- Ask: Why are baby teeth important? What jobs do our teeth do while we eat lunch? Let me see everyone chew a bite of food. Do you think we could chew without teeth? Why or why not?

3

While Brushing Teeth

- Remind children that it's important to brush teeth to keep them clean, healthy and strong.

HOME VISIT

ART

DISCOVERY & SCIENCE

DRAMATIC PLAY

LITERACY & LIBRARY

MUSIC & MOVEMENT

SAND & WATER

CIRCLE TIME

TOYS & GAMES

Baby Teeth are Important – First Visit

Ice Teeth

Posted on October 15, 2015


continued →



Using Activities And Parent Resources

This part of the assignment helps you get familiar with activities and the associated parent handouts.

INSTRUCTIONS:

1. Click the  icon to see all the **Circle Time** activities
2. Click **Teeth Have Important Jobs**
3. Review **Supplies and Preparation** and the **PDFs**
4. Click the **Parent Handout - Lift the Lip**, and read the instructions

2



This is the end of Assignment 1. Stop now and return to the online course and answer the question: "How often should a parent lift the lip to check a child's teeth?"



Assignment 2: Water for Thirst

PURPOSE: Plan how to use **Cavity Free Kids** throughout the day in your early learning program.

INSTRUCTIONS:

1. Go to www.cavityfreekids.org
2. Click **Basics of Oral Health "Water for Thirst"**
3. Read **CFK Throughout The Day**
4. Read **Big Bites: Things You Should Know**
5. Look through **Activities**, then complete the assignment on the next page

The screenshot shows the Cavity Free Kids website. A red dashed box with a circled '1' highlights the address bar containing 'cavityfreekids.org'. Another red dashed box with a circled '2' highlights the 'Water for Thirst' link in the '5 Basics of Oral Health' menu. The website features a header with the logo, navigation links (Home, About, Resources, Training), and a search bar. A main banner image shows children clapping, with a quote from a Child Care Provider. Below the banner are four buttons: 'Head Start & Child Care Curriculum', 'Home Visiting Resource', 'Family Engagement', and 'Activities for Early Learning'. A text block describes the program's purpose, and a small image shows a teacher interacting with children.

Assignment continued on the next page





Ideas for Using CFK Throughout the Day

This table show ideas using **Cavity Free Kids Throughout the Day**. Read each idea and mark the box that describes your plan.

In the Classroom	I already do it	I plan to do it	It won't work for me
Have dispenser for water for the children to drink throughout the day or a water bottle for each child with their name on it.			
Make a poster with pictures of every child in your class drinking water and put it next to your water dispenser or where you keep your water bottles.			
When water play is available, review the reasons that children will not want to drink from the water table and post a picture of a child about to drink the water with a red circle or slash through the picture.			
Make a chart to track the water everyone drinks in one day. See if the class can drink as much as an elephant. (Use with the Circle Time Lesson "Drink Like an Elephant")			
Put a child-sized pitcher in dramatic play so that children can pretend to serve water in their "kitchen" or "restaurant."			

At Meals and Snacks

Offer water in addition to other beverages, like milk, that may be required by your program. Follow your program guidelines when only milk can be offered at a specific meal.			
Give each child a straw and encourage them to "Drink Like an Elephant." (Use with the Circle Time Lesson "Drink Like an Elephant")			
Ask children to name everything they can think of that needs water. Keep a list of their answers.			

While Brushing Teeth

Encourage children to pretend their teeth are elephant tusks and they need to clean them.			
Add a song to sing while brushing about how water can help our teeth. "Have you ever had some water, some water, some water, have you ever had some water with fluoride for your teeth?" (To the tune of "Have You Ever Seen a Lassie.")			

During Transitions

Ask each child: "What animals do you think drink the most water? What animals drink the least water?" Write down the children's ideas and look up the answers together. As their knowledge grows, ask them to also tell you why they think that.			
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STOP

This is the end of Assignment 2. Stop now and return to the online course.



Assignment 3: Tooth Healthy Foods

PURPOSE: Explore the parent handouts on the **Cavity Free Kids** website.

INSTRUCTIONS:

1. Go to www.cavityfreekids.org
2. Click **Basics of Oral Health "Tooth Healthy Foods"**
3. Read **CFK Throughout The Day**
4. Read **Big Bites: Things You Should Know**
5. Look through the **Activities** and **Resources**

The screenshot shows the Cavity Free Kids website. A red dashed box with a red circle containing the number '1' highlights the address bar showing 'cavityfreekids.org'. Below the header, there is a navigation menu with 'Home', 'About >>', 'Resources >>', and 'Training >>'. A large image of children clapping is on the left. To the right, a green box titled '5 Basics of Oral Health' contains a list of topics: 'Baby Teeth Are Important', 'Water for Thirst', 'Tooth Healthy Foods', 'Brush, Floss, Swish', and 'Going to the Dentist'. A red dashed box with a red circle containing the number '2' highlights the 'Tooth Healthy Foods' link. Below this, there are four buttons: 'Head Start & Child Care Curriculum', 'Home Visiting Resource', 'Family Engagement', and 'Activities for Early Learning'. At the bottom, there is a paragraph of text about the website's purpose and a small image of a teacher and children.

1

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Head Start & Child Care Curriculum

Home Visiting Resource

Family Engagement

Activities for Early Learning

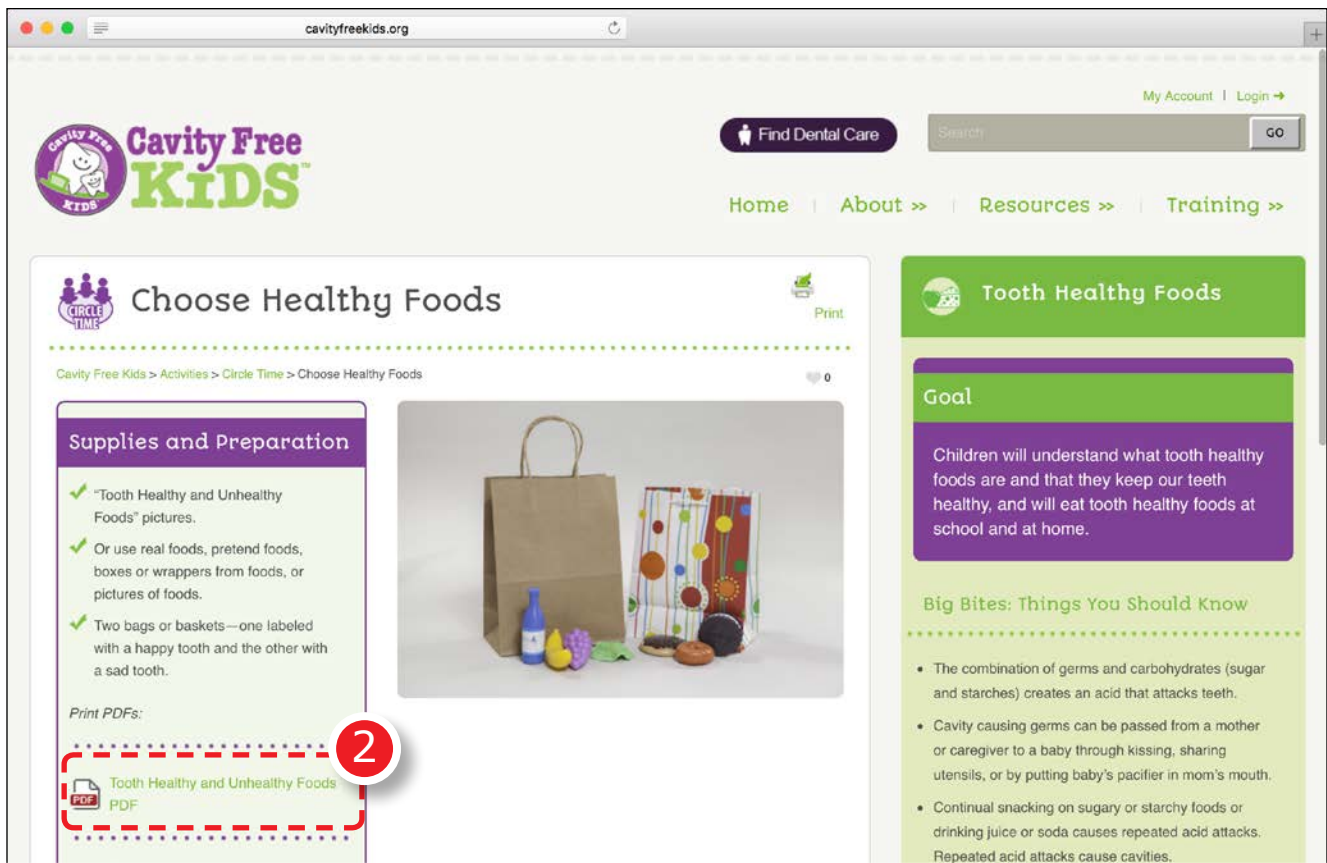
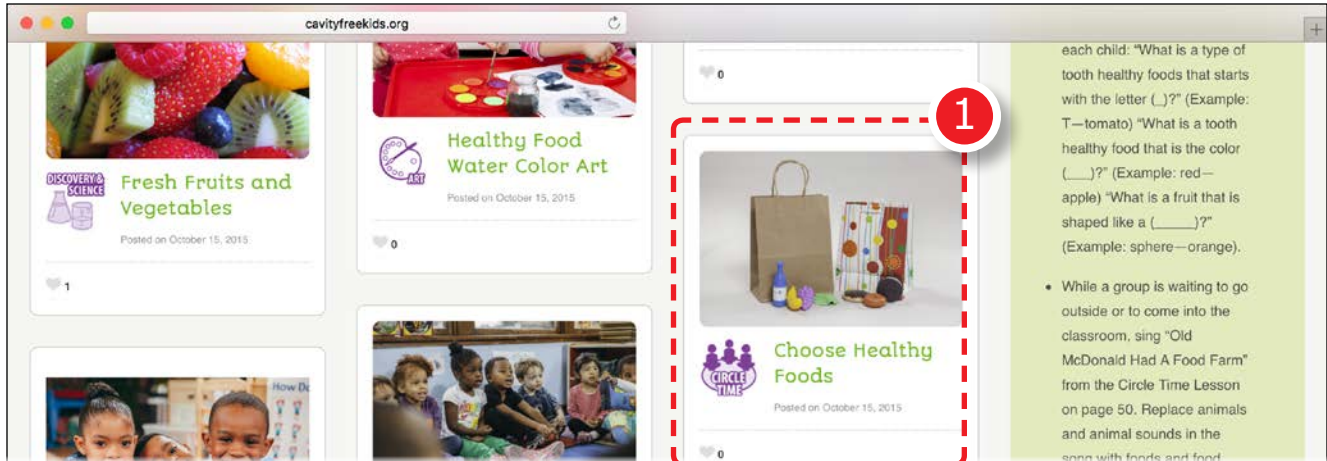
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Assignment continued on the next page



INSTRUCTIONS:

1. Find and open the activity **Choose Healthy Foods**.
2. Click the **Parent Handout - Tooth Healthy Foods PDF**, and read it.



STOP

This is the end of Assignment 3. Stop now and return to the online course.



Assignment 4: Brush, Floss, Swish

PURPOSE: Practice finding parent handouts on the **Cavity Free Kids** website.

INSTRUCTIONS:

1. Go to www.cavityfreekids.org
2. Click "**Family Engagement**"
3. Review the **Resources** on this page
4. Open and read the **Parent Practice Handout - "Let's Brush"**

The screenshot shows the Cavity Free Kids website. The browser address bar shows cavityfreekids.org. The website header includes the logo, a "Find Dental Care" button, a search bar, and links for "My Account" and "Login". The main navigation menu includes "Home", "About >>", "Resources >>", and "Training >>". The "Family Engagement" page is displayed, featuring sections for "Brochures", "Frequently Asked Questions", "Information Bites", and "Family Night Activities". A sidebar on the right contains "5 Basics of Oral Health" and "Activities for Early Learning". Red dashed boxes and numbered circles highlight the navigation steps: 1. The website URL in the browser address bar. 2. The "Family Engagement" link in the main navigation menu. 3. The "Brush, Floss, Swish" link in the "5 Basics of Oral Health" sidebar menu.

STOP

This is the end of Assignment 4. Stop now, return to the online course and answer the question: "Until what ages is it recommended that the parent brush their child's teeth?"



Assignment 5: Going to the Dentist

PURPOSE: Review the **ABCD resources** on the **Cavity Free Kids** website to help families find a dental home.

INSTRUCTIONS:

1. Go to www.cavityfreekids.org.
2. Click **Find Dental Care**.
3. Review **resource** for finding dental care.

The screenshot shows the Cavity Free Kids website. A red dashed box labeled '1' highlights the address bar with the URL cavityfreekids.org. Another red dashed box labeled '2' highlights the 'Find Dental Care' button in the top navigation bar. The website features a large banner image of children clapping, a sidebar with '5 Basics of Oral Health' (including Baby Teeth Are Important, Water for Thirst, Tooth Healthy Foods, Brush, Floss, Swish, and Going to the Dentist), and a footer with four resource buttons: Head Start & Child Care Curriculum, Home Visiting Resource, Family Engagement, and Activities for Early Learning. A paragraph of text describes the website's purpose, and a small image shows a teacher interacting with children.

STOP This is the end of Assignment 5. Stop now and return to the online course.



Assignment 6: Planning, Implementing and Your Observations

Early Learning Professionals typically use informal observation methods to collect information about the children in their care. Informal observation includes observing children in the classroom, collecting samples of their work, interviewing parents, and talking with children.

Five reasons to observe children:

- If I watch the children play, I can discover their interests
- By observing children, I can assess their developmental levels
- Observing children helps me see what strategies children use
- Observing children helps me know which skills children need to build
- When I observe children, I learn a lot about their personalities

The goal of this assignment is to:

1. Implement a variety of oral health activities with the children in your classroom
2. Engage parents in oral health topics you are implementing with their children
3. Document your thoughts and observations

INSTRUCTIONS

1. Go to www.CavityFreeKids.org
2. Use the **Planning and Observation Worksheet** to write down at least 12 activities you will use in your classroom. Select a variety of activities from each of Basic of Oral Health. Add more rows to the table if you choose to do more activities.
3. Over the next 2 weeks implement the activities in your classroom. On the **Planning and Observation Worksheet**, enter the date you did the activity, what you observed, and describe if you adapted the activity to work in your classroom.
4. On the **Parent Handouts and Interactions Worksheet**, describe at least two ways you interacted with parents and families about oral health. Include any handouts or other information you provided the parent and write down thoughts you had about these interactions.



Assignment 6: Planning and Observing Worksheet

www.cavityfreekids.org

Activity Name	Date	What did you observe? Did the children like it? Was it age appropriate? How did you know? Did you repeat it? If so, how often?	Did you adapt the activity? If you adapted an activity for your classroom, please describe why and how you changed it.



Assignment 6: Parent Handouts and Interactions Worksheet

www.cavityfreekids.org

Describe how you engaged parents on the topic of oral health. For example, did you send handouts home, have conversations with families, plan an oral health themed family night or include oral health information in your newsletter, on your bulletin board, or somewhere else?

Describe what you did to engage parents and families in oral health.



Assignment 7: Evaluation

INSTRUCTIONS:

1. Complete the Evaluation form
2. Email your completed workbook **within 30 days** to:
CFK Trainer/Coach Becky Huntley at **info@cavityfreekids.org**

Name: _____

Role: _____ Training Date: _____

1. Please rate how much you agree or disagree with each of the following statements:

5 = agree and 1 = disagree	5	4	3	2	1
The training met my expectations.					
Concepts were clearly explained.					
The training provided adequate time for activities, discussion and questions.					
The training has prepared me to implement Cavity Free Kids in my center, classroom, or during home visits.					
The training motivated me to use Cavity Free Kids with children and families on a regular basis.					

2. What aspect(s) of the training, if any, were most useful to you?



3. What aspect(s) of the training, if any, were least useful to you?

4. Two things I learned about oral health today are:

Thank You!