

Required Curricula - Center-Based Preschool and Family Child Care

Purpose

This describes the required curricula and curricular resources that support health and nutrition activities used in all center-based Head Start and ECEAP preschool classrooms and in Family Child Care.

Required Curricula

Creative Curriculum

The *Creative Curriculum for Preschool (6th Edition)* and *The Creative Curriculum for Family Child Care*, are PSESD's approved curricula for programs serving children ages three to five in preschool and 0-5 in Family Child Care. Each curriculum provides in depth guidance on setting up the learning environment, planning for how and what children will learn throughout the day, defining the role of the teacher/provider in care and instruction of children, and for supporting the role of the family as their child's first teacher.

The *Creative Curriculum for Preschool (6th Edition)* supports a balance of teacher-led and child-led activities in a study approach that builds on children's natural curiosity. Children interact, question, connect, problem-solve, communicate, reflect, and learn new skills and knowledge through extending beyond the classroom to each student's home, community, and the larger world.

Second Step and the Child Protection Unit

The *Second Step* curriculum teaches self-regulation and executive-function skills that help children learn and practice ways to manage their feelings, make friends, and solve problems. The curriculum is used with children ages three through five in preschool classrooms and with 3-5 year olds in Family Child Care. In addition to the group lessons, *Second Step* also includes "Home Links" which coincide with the lessons being taught and should be sent home to families weekly. The content of The *Second Step* curriculum can also be a focus of regular family events at each site or center. The *Child Protection Unit (CPU)* is a personal safety curriculum for children ages 3-6 years. This unit is integrated into the *Second Step* curriculum at specific intervals over the course of the year. (See *Curriculum Planning Procedure – Preschool*).

Curricular Resources

Healthy Habits 5-2-10

5-2-1-0 is an evidence-based prevention message focused on making healthy food and activity choices. The message is centered on these five daily practices: Consume five (5) servings of fruit and vegetables; two (2) hours or less of screen time; one (1) hour of exercise; and zero (0) sugary drinks, consume more water and milk.

Cavity Free Kids

Cavity Free Kids is a 0-5 curricular resource that teaches children and their families about critical practices in the five basics of oral health: Baby Teeth are Important; Water for Thirst; Tooth Healthy Foods; Brush, Floss, Swish; and Going to the Dentist. WA Dental Service Foundation (WDSF).

Site-Specific Curricula

In addition to the curricular resources listed above, individual Head Start and ECEAP centers may have site specific curricular resources that are included in their program. These site-specific resources would always be used in addition to those required by PSESD Early Learning to provide resources for health, safety and nutrition activities. School District programs may have adopted additional curricula that supplants a specific portion of the Creative Curriculum. This must be approved in advance by PSESD.