

# Required Curricula - EHS Center-Based and Family Child Care

## Purpose

This explains the required curricula used with children ages 0-3 in all center-based EHS and Family Child Care settings.

## Introduction

The PSESD Early Learning program uses research-based curricula that provide a developmentally appropriate approach for children 0-3 years old in our EHS classrooms and Family Child Care homes. Education services are delivered so that they support children's development and learning in the areas of: approaches to learning; social and emotional; language and communication (including emerging literacy), cognition (including emergent mathematical thinking); and perceptual, motor and physical (including health, safety and nutrition) using an individualized approach. Developmentally appropriate practices are focused on developing strong and caring relationships through supportive interactions; providing learning in the context of care routines, and through daily experiences of giving children the opportunity to use their senses and physical activity to explore and become purposeful in their interactions with their world.

## Creative Curriculum

Center Based: The Creative Curriculum for Infants, Toddlers and Twos, Third Edition; and The Creative Curriculum for Family Child Care are research-based, foundational and comprehensive curricula. The focus of the curriculum is on planning for learning and growth through supportive interactions/teaching in daily care routines, through knowing infants, toddlers and twos; creating a responsive environment; knowing what children are learning, and partnering with families—the child's first teacher. Planning for daily activities and experiences is based on planning for possibilities since very young children may be unpredictable in how they react and what captures their attention.

## 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. The 5-2-1-0 message is adjusted for infants and toddlers to align with the American Pediatric Association guidance that suggests zero (0) screen time for children before the age of two. Center-based classrooms and FCC homes implement Healthy Habits curriculum by establishing practices that support healthy habits in the classroom, modeling healthy habits, and working with families to understand how they can support healthy habits at home.

## Cavity Free Kids

Cavity Free Kids is a 0-5 curriculum 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. Setting up daily routines and practices that support the 5 basics, modeling oral health and engaging families in learning through classroom communications and family events are the primary means of supporting the adoption of quality oral health practices.

## Related Documents

*Curriculum Planning Procedure–EHS*

### Resources

*The Creative Curriculum for Infants, Toddlers and Twos (Third Edition)*

*The Creative Curriculum for Family Child Care*

Healthy Habits 5-2-1-0 lessons and materials

<http://www.nutritioncouncil.org/programs/healthy-kids/5-2-1-0/>

*Cavity Free Kids* Curriculum

[www.cavityfreekids.org](http://www.cavityfreekids.org)

Teaching Strategies GOLD

[www.teachingstrategies.com](http://www.teachingstrategies.com)

Education Resources HUB

Health, Nutrition and Safety Resources HUB