

Building Blocks FOR UNDER 5s

PORO HANGANGA MŌ NGĀ TAMARIKI I RARO I TE 5



Building the way FOR UNDER 5s! Why participate?

Healthy children learn better

Healthy children learn and engage better. Early Childhood Education (ECE) services are an environment where the health and wellbeing of a child can be protected, promoted and nurtured. The establishment of healthy behaviours in a child's formative years increases the likelihood that they will become second nature and continue throughout life.

An important role

ECE services play a pivotal role in the education, health and life of pre-school children and their parents and whānau. Children learn from the behaviours of those around them. Healthy behaviours can be established where community members live, learn, work and play.

Adds value to what you're already doing

Have you built health and wellbeing into your desired objectives and practices, or considered this in self-review? By complementing your ECE service's existing structures and resources, Building Blocks will add value to your current way of working.

Sharing ideas with other ECE services

By participating in Building Blocks you will have the opportunity to share ideas and experiences with other ECE services participating in Building Blocks.

HOW TO PARTICIPATE

Building Blocks advisor support

Your Building Blocks advisor will guide you through the Building Steps. Each Building Block contains resources, templates, tools and ideas. Some blocks have been developed and linked with local organisations and programmes so you can access additional support.

Get everyone involved

Get everyone on board to promote and be part of the activities you will do for Building Blocks. Children, whānau, families and staff should be actively engaged to make it sustainable. Local health professionals, services and the wider community enhance health promotion capacity and support children, young people and their families' health and wellbeing needs. Invite them to support too.

Take charge

You're the builder. Identify your priorities and work at a pace that suits your ECE service.

Recognition for your efforts

Achieving your Building Blocks award will provide recognition for the contribution you have made to improving health and wellbeing for your ECE service community.



TOI TE ORA
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