

The early childhood centre (pre-school) in which I attended, routines were very important. All the children arrived at 9 o'clock at the latest. As soon as the teachers knew that all the children had arrived, all children and teachers would sit on the mat, the centre of the carpet and they would sing a song in Māori and they would all talk about what they did the night before/on the weekend or they would have 'show and tell' where a child would be the centre of attention for a moment and show the class something valuable of their own. This would be the social aspect of well-being as they are communicating with all other children and teachers and also spiritual because they have the courage and strength to show everyone something that is valuable to them. Then after that the children would go off and play.

1

In pre-school when it came to morning break a small meal would be cooked/prepared, for the children and they would all go inside and wash their hands and then place themselves at a table. One of the teachers would say a prayer and then would pick a table to go to and wait to get their morning tea. Then they would go off and play again. Then it would become lunch break... After they had finished their meals they went and rewashed their hands and then brushed their teeth. Brushing their teeth I found was one of the second most important things that this pre-school did as its helping the children care for the strengthening and whitening of their teeth. But in home-based care the teacher will make a meal for the children at lunch and at morning break, of either their choice, the child's choice or the caregivers choice, depending on whatever is in the home pantry. The teacher would make them wash their hands and also it would be up to the parents if they want their children to have a prayer before their meal or not depending on their spiritual well-being or religion, and then also it they want their children to brush the children's teeth after their meal or not. Then the children would go out again and play.

2

In the pre-school, it a child was tired they would make their way to a couch and find themselves a blanket and go to sleep or get a mat out and lie on that with a pillow. It was really their own choice, this would make them feel more independent in themselves as they get the choice to make up their mind to sleep or not, and it would reflect on their mental and emotional aspects of hauora. But in home-based care the children would usually be in their own home and they could just go to their beds if they were tired and fall asleep and depending on their age they might have a set nap time when they would have to lie down or sleep for a few minutes/hours, this would reflect on the child's physical well-being as it would give them that extra energy to do more in their day and also mental and emotional as when children are tired they are not happy and they seem quite grumpy.

3

The pre-school in which I attended the children did what they wanted to do, there were different boxes around the room holding all different types of equipment. For example building blocks, rugby/soccer ball/s, dinosaurs, cars, books, Barbies, etc. A child could just go and help themselves to whatever was in the boxes. It was the child's choice whether they wanted to play with other children or just themselves but if they were going to play with themselves and another child wanted to use the same equipment as them they had to learn how to share. This would reflect on the child's social and spiritual aspect of well-being as they have to learn to get along with other children and talk and share and also it helps the child talk to others and not just keep to themselves, also mental and emotional as they would make friends who were close to them and feel confident. Most of the children enjoyed playing outside more than indoors as there was a small grass patch where they could kick/pass around a ball and there was a large playground and a small tree-house (which was

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just a little building slightly above the ground). There are all sorts of different types of equipment at pre- schools in which a child can choose from. But at a home-based care the child only has the toys and equipment which are at the home and they have to learn how to share and get along with each other as there are only a limited amount of children at the care (1-5 children). This helps the child with its mental, emotional and social well-being because...