

The 4 Foundations: Belonging and Well-Being

What is belonging?

Ensuring children and families feel welcomed, connected, and involved in the world around them.



What is well-being?

Encouraging and supporting physical, emotional, mental, and cognitive development.



How is it supported?

Responding to their needs; making them feel safe and secure; Recognizing their uniqueness, cultural values, and individual abilities; Supporting their relationships with others; and engaging in positive interactions with them.

How is it supported?

Offering nutritious meals, providing plenty of opportunities for physical activity, and giving children access to a wide variety of materials and uninterrupted play experiences; Creating environments that encourage self-help and teaching positive strategies to control behaviour and emotions.