

<b>Title</b>	<b>Describe and reflect on practices to protect and promote the health and holistic wellbeing of young mokopuna/children</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	<p>People credited with this unit standard are able to: describe health issues and factors that can influence mokopuna/children's health and holistic wellbeing; describe practices to protect and promote the health and holistic wellbeing of mokopuna/children in an early childhood setting, and reflect on the importance of these in meeting mokopuna/children's basic needs.</p> <p>This unit standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Early Childhood Education and Care (Introductory Skills) (Level 3) [Ref: 2849].</p> <p>This unit standard is an introduction to education and care of children in an early childhood setting. It is designed for people who intend to work, or are working with, children in an ECE service. People working in the wider education sector may also be interested in this unit standard. This unit standard will prepare people to advance to a higher level of study in ECE.</p>
----------------	--

<b>Classification</b>	Early Childhood Education and Care > Early Childhood: Educational Theory and Practice
-----------------------	---

<b>Available grade</b>	Achieved
------------------------	----------

---

### Guidance Information

- 1 Learners for this unit standard should be familiar with the intent of Te Tiriti o Waitangi, which informs guidelines, procedures, and practices in the ECE sector. Assessment evidence for this standard may include examples of the underpinning of Te Tiriti o Waitangi and threading te reo Māori and tikanga Māori through describing and reflecting on practices to protect and promote the health and holistic wellbeing of young mokopuna/children.
- 2 **Definitions**  
*Basic needs* refer to nurturing, clothing, nutrition, sleep, shelter, bathing and cleanliness (hygiene).

*Children* refers to the three broad overlapping age ranges for mokopuna/children as defined in *Te Whāriki* as:

infant – birth to 18 months;

toddler – one year to three years;

young child – two and a half years to school entry age.

*Early childhood setting* may be a simulated environment and/or a recognised early childhood education (ECE) service, which may include a certificated playgroup or a licensed centre-based service, parent-led service, hospital-based service, home-based service; or culturally based environment. The home-based service may be the child's own home, or the home of the educator.

*Holistic wellbeing* refers to a child's physical, social, spiritual, mental and emotional state, with a focus on the child as a whole and not just the individual parts.

*Whānau/families* may be parents, guardians, and members of the extended family who have an interest in the child.

### 3 Legislation and regulations include but are not limited to:

Care of Children Act 2004

Children's Act 2014

Education (Early Childhood Services) Regulations 2008

Health and Safety at Work Act 2015

Health (Immunisation) Regulations 1995

and subsequent amendments.

### 4 References

HealthEd, *Infectious diseases*; available at

<https://www.healthed.govt.nz/resource/infectious-diseases>.

Kids Health, *Keeping kids healthy*; available at

<https://www.kidshealth.org.nz/taxonomy/term/602/descendants>.

Ministry of Education, *Te Whāriki: He whāriki mātauranga mō ngā mokopuna o Aotearoa Early Childhood Curriculum*, (Wellington, 2017); available at

<https://www.education.govt.nz/early-childhood/teaching-and-learning/te-whariki/>.

Ministry of Health, *Child health*, (Wellington, 2006) and subsequent changes;

available at <http://www.health.govt.nz/our-work/life-stages/child-health>.

Ministry of Health, *Child Health Strategy*, (Wellington, 1998); available at

<http://www.health.govt.nz/publication/child-health-strategy>.

Ministry of Health, *Diseases and conditions*; available at

<http://www.health.govt.nz/our-work/diseases-and-conditions>.

Ministry of Health, *Food-related choking in young children*; available at

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/food-related-choking-young-children>.

Ministry of Health, *Healthy Living - Stop the spread of disease*; available at

<http://www.health.govt.nz/your-health/healthy-living/>.

Ministry of Health, *Immunise your children*; available at

<http://www.health.govt.nz/your-health/healthy-living/immunisation/immunise-your-children>.

Ministry of Health, *NZ Immunisation Schedule*; available at

<http://www.health.govt.nz/our-work/preventative-health-wellness/immunisation/new-zealand-immunisation-schedule>.

Ministry of Health, *Māori health models – Te Whare Tapa Whā*; available at

<https://www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha>.

Ministry of Health, *Pacific Health Resources*; available at

<https://www.health.govt.nz/our-work/populations/pacific-health/pacific-health-resources>.

Ministry of Health, *Well Child - Tamariki Ora*, (Wellington, 2006), and subsequent

changes; available at <http://www.health.govt.nz/our-work/life-stages/child-health/well-child-tamariki-ora-services>.

Ministry for Pacific People's, *Fonofale Model for Pacific Health and Wellbeing*;

available from <https://www.mpp.govt.nz/publications/resources/>.

Plunket – Whānau āwhina, *Hygiene and daily care*; available at

<https://www.plunket.org.nz/caring-for-your-child/hygiene-and-daily-care/>.

Safe Kids Aotearoa, *Safety Topics - resources on burns, falls, poisoning, water safety, etc.*; available at <http://www.safekids.nz/safety-topics>.

Strategies with Kids – Information for Parents (SKIP), *Tips for Parents*; available at

<https://whanau.skip.org.nz/>.

Te Kete Ipurangi (TKI), *Te Whāriki Online*; available at <https://tewhariki.tki.org.nz/>.

Te Kete Ipurangi (TKI), *Te Whāriki Online – Te ao Māori*; available at

<https://tewhariki.tki.org.nz/en/teaching-strategies-and-resources/wellbeing/te-ao-maori/>.

Teaching Council of Aotearoa New Zealand, *Our Code, Our Standards - Code of*

*Professional Responsibility and Standards for the Teaching Profession - Ngā*

*Tikanga Matatika, Ngā Paerewa*, (Wellington, 2017); available at

<https://teachingcouncil.nz/professional-practice/our-code-our-standards/>.

Teaching Council of Aotearoa New Zealand, *The Code of Professional Responsibility*

– *Examples in Practice*, (Wellington, 2017), and other resources; available at

<https://teachingcouncil.nz/resource-centre/our-code-our-standards/>.

Whānau Ora, *What we do*; available at <https://whanauora.nz/what-we-do/about/>.

## Outcomes and performance criteria

### Outcome 1

Describe health issues and factors that can influence mokopuna/children's health and holistic wellbeing.

Range evidence of one age category of mokopuna/children.

### Performance criteria

1.1 The social, economic, environmental and cultural factors that influence the health and holistic wellbeing of a mokopuna/child are described.

1.2 Community health services are described in terms of how they protect the health and holistic wellbeing of mokopuna/children.

Range evidence of four services.

1.3 Community health issues relevant to mokopuna/children are described in terms of their effect on the mokopuna/child, whānau/families and the wider community.

Range community health issues may include but are not limited to – glue ear, oral health, childhood illnesses, asthma, diabetes, child obesity, allergies, head lice; evidence of four health issues.

1.4 Communicable diseases prevalent in mokopuna/children are described in terms of their effect on the mokopuna/child, whānau/families, and the wider community.

Range communicable diseases prevalent in mokopuna/children may include but are not limited to – measles, meningitis, rubella, chicken pox, influenza, common colds, whooping cough, scabies, conjunctivitis, Covid; evidence of two.

**Outcome 2**

Describe practices to protect and promote the health and holistic wellbeing of mokopuna/children in an early childhood setting, and reflect on the importance of these in meeting mokopuna/children’s basic needs.

Range evidence of one type of early childhood setting.

**Performance criteria**

2.1 Mokopuna/children’s basic needs are described and reflected on in terms of their contribution to protecting and promoting mokopuna/children’s holistic wellbeing.

Range evidence of at least five needs.

2.2 The purpose of immunisation programmes are described in terms of protecting mokopuna/children from disease.

2.3 The role of whānau/families and the early childhood setting in providing protection for children and promoting mokopuna/children's health and holistic wellbeing is described.

<b>Replacement information</b>	This unit standard and unit standard 29853 replaced unit standard 10024.
--------------------------------	--

<b>Planned review date</b>	31 December 2026
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	20 April 2017	31 December 2024
Review	2	24 February 2022	N/A

**Consent and Moderation Requirements (CMR) reference**

0135

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) if you wish to suggest changes to the content of this unit standard.