

Childcare Connections

Well-Balanced Curriculum

A day care centre must have a well-balanced curriculum that promotes child development across all domains. Using an integrated approach curriculums should provide opportunities for cognitive, social, emotional, physical and language development. The curriculum is not just about what children learn but includes how children learn.



Day Care Centre Regulations 1999, Regulation 6 outlines the basic elements that should be included in your curriculum.

- Supports the developmental needs of all children;
- Regularity in routine, responsive to the needs of children;
- Opportunities for free choice among a variety of materials;
- Variety of creative activities (art, movement, music, literature, dramatic play and science);
- Outdoor play that promotes intellectual, social, and physical development of children;
- Opportunities for meaning interactions with adults and children;
- Recognition and respect for cultural diversity;
- A safe environment for children to explore freely.

Research Based Early Childhood Curriculum

HighScope Model

Bank Street Model

Montessori Approach

Early Year Foundation Stage

Reggio Emilia Approach

Creative Curriculum

Waldorf Approach

Centre's should provide on going professional development on how to successfully implement their curriculum

What is a curriculum?

An early childhood curriculum is an organized framework with a set of planned, meaningful goals and learning benchmarks that guide how children learn. The curriculum focuses providing a flexible environment for children that is nurturing, stimulating and conducive to learning.

Components of an effective curriculum:

- Research based
- Developmentally appropriate practices, goals and materials
- Defined content areas
- Culturally and linguistically responsive
- Builds on children's strengths and interests
- Meaningful learning experiences are planned;
- Ongoing assessments
- Supportive interactions
- Environment, materials, and schedule align with the curriculum design
- Elements of family engagement



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