



Wellbeing and Comfort Educators

NQS Element 2.1.1 Wellbeing and Comfort

Name Educator 1	
Name Educator 2	
Name Educator 3	
Name Educator 4	
Name Educator 5	

E = **Embedded** I do that **ALL** the time

K = I **know** I need to do that, but I don't do it all the time

T = Please **teach** me how to do it or improve my understanding of why I need to do it.

ED1 ED2 ED3 ED4 ED5

Sleep and rest

Do you consistently respond to children's cues or communication for assistance with personal needs and comfort?					
Do you make sure the rest area is comfortable and inviting eg children are not crowded too closely together?					
Do you respect children's choice not to rest (unless this required in your professional judgement) and support them to participate in quiet, meaningful activities?					
Can you explain how you negotiate periods of rest and relaxation with children??					

Clothing

Do you provide clean spare clothes when needed or provide access to them?					
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Toileting

Do you respect and help maintain children's privacy during toileting, dressing/undressing etc?					
Do you communicate and interact with children while helping with any toileting routines/accidents so the experience is relaxed and positive?					

Families

Can you explain how you encourage families to tell you when their child's rest needs or routines change?					
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Other

Do you involve children in making rules and routines that ensure their comfort and wellbeing?					
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Actions required