

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

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

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