

## 2.1.1

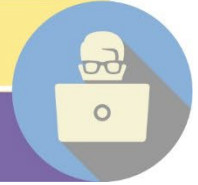
### Wellbeing and comfort

Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Week 18  
10.6.2024

#### Section 3. Document Meeting Practice (Room Leaders and Educators)

Room leaders work with educators to document their meeting practices.



### Assess your practice first.

Read the below description and evaluate it in relation to your practices.

**Meeting** – Educators implement quiet but meaningful activities/experiences for children who do not require sleep or rest. For example, at our centre, children who do not need a nap engage in quiet activities like reading, drawing, or working on puzzles. These activities are designed to be calming and allow children to rest their minds while still being engaged in learning and creativity. This ensures that they are comfortable and their need for relaxation is met.

Educators implement practices and engage in interactions that ensure all children feel a sense of comfort and belonging. For example, children in our service confidently try new activities and experiences, showing their trust in the environment. Educators are attuned to and respond to children's non-verbal cues for comfort, such as offering a hug or kind word when needed. Activities reflect each child's unique culture and family structure, and educators use many techniques to build trusting relationships.

Educators meet children's individual needs and preferences in relation to health, nutrition, sleep, rest, and relaxation routines and activities. For example, our educators review information on enrolment forms and familiarise themselves with children's medical management plans. We maintain ongoing conversations with families at drop-off and pick-up times and open communication channels such as Facebook groups. Educators listen to and respond to children's feedback and preferences and refer to recognised guidance when required, such as Staying Healthy and Red Nose.

If you are doing similar practices to the example, use the below questions to help you write your 'meeting' description so you can add it to your QIP.

#### A MEETING QIP and Self-Assessment Tool (SAT)

*Please give an example where you implemented quiet but meaningful activities/experiences for children who did not require sleep or rest.*

*Please give an example showing children in your room/group feel a sense of comfort and belonging at the service.*

*Please discuss how you accommodate children's individual needs and preferences in relation to health, nutrition, sleep, rest or relaxation routines and activities.*

### Week 18, 10 to 14 June 2024 – 2.1.1 Wellbeing and comfort

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