



## Assess your practice first.

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

**Exceeding – Critical reflections.** We regularly reflect on children's health by considering various factors like their eating habits, sleeping routines, and physical activity levels. For instance, we discuss with families whether a child eats healthy food at home and if they follow good dental hygiene practices. We also consider cultural practices and work to connect families with community resources like support groups or medical professionals, ensuring a comprehensive approach to each child's health.

If you are doing similar practices to the example, use the below question to help you write your '**exceeding practice for critical reflection**' description so you can add it to your QIP or SAT (NSW only).

For **Exceeding** the QIP and Self-Assessment Tool (SAT)

**Critical Reflection** - Please give an example where you and all educators regularly reflect on opportunities to enhance each child's health outcomes, ensuring your reflections include the perspectives of children and families.

**If you and your educators need to learn how to achieve exceeding – critical reflection, proceed here and do below.**

The following section outlines the steps to ensure you are exceeding in Critical Reflection. If you have already successfully completed the previous section demonstrating how you are exceeding in Critical Reflection, you do not need to complete this section.

## Look at the words in detail to identify what is exceeding.

Please give an example where you and all **educators regularly reflect on opportunities to enhance each child's health outcomes**, ensuring your reflections **include the perspectives of children and families**.

... **educators regularly reflect on opportunities to enhance each child's health outcomes**,

Means that they take time to think about and consider ways to improve the well-being and health of every child in their care. They look for chances to make things better and think about what they can do to help each child be healthier. This might involve reviewing their practices, observing how children respond to certain activities or routines, and considering if there are any changes or improvements that can be made to promote better health outcomes.

... **regularly reflect on opportunities to enhance each child's health outcomes** ..

Children and their families have unique experiences, preferences, and concerns that may impact their health outcomes. By including their perspectives in the reflection process, educators gain a deeper understanding of each child's individual needs, preferences, and strengths. This understanding allows educators to tailor their approaches and interventions to better support the child's health and well-being. Involving children and families in reflections also promotes a sense of collaboration, trust, and shared decision-making, ensuring that the child's health needs are addressed in a holistic and family-centred manner.

Now that we have examined the words in detail, we can start exploring what these concepts could look like for you. It is important to ensure that we make it very clear

how these concepts have **created change** in your service.

Please give an example where you and all educators regularly reflect on opportunities to enhance each child's health outcomes, ensuring your reflections include the perspectives of children and families.

**Healthy Eating Discussions:** We regularly discuss with families their child's eating habits at home. For instance, during parent-teacher meetings, we gather insights on what children typically eat and share strategies for incorporating more fruits and vegetables into their diets. This reflection helps ensure children receive balanced nutrition both at home and in the centre.

**Physical Activity Reflection:** Educators observe and reflect on each child's level of physical activity. If we notice a child spending a lot of time on devices, we discuss with families the importance of physical play and suggest ways to increase their child's activity levels, such as weekend sports or family walks.

**Sleep/Rest Routine Evaluation:** We reflect on children's sleep/rest patterns and discuss with families the child's sleeping/resting routine at home. If a child appears tired during the day, we collaborate with parents to create consistent bedtime routines, enhancing the child's overall health and alertness.

**Dental Hygiene Practices:** Educators periodically reflect on children's dental hygiene practices. We ask families about their child's brushing habits and share tips on effective brushing techniques. Additionally, we might arrange visits from dental professionals to educate children on dental care.

**Cultural Practices Impact:** We reflect on how cultural practices might impact a child's health. By understanding and respecting cultural differences, we can better support children and their families. For example, if certain dietary restrictions are observed, we ensure these are accommodated while still promoting a healthy eating.

**Health Plan Updates:** We regularly review and reflect on the effectiveness of health plans for children with diagnosed medical conditions. By discussing with families and health professionals, we ensure the plans are current and provide the best possible care. For example, we update asthma management plans based on seasonal changes and parents' feedback.

**Connecting with Community Resources:** Educators reflect on how we can help families connect with

community resources. For example, if a child shows signs of a developmental delay, we discuss with families and provide information on support services like early intervention programs, ensuring the child receives comprehensive support.

**Immunisation Awareness:** We reflect on the importance of immunisations and discuss with families the benefits of keeping vaccinations up to date. During flu season, for example, we provide information on flu shots and encourage families to consult their doctors, ensuring children are protected against common illnesses.

**Your example. Select a point from above and break it down into the subsections.**

Please explain how all educators regularly reflect on opportunities to enhance each child's health outcomes (Remember reading these descriptions becomes a part of the reflection).

regularly reflect on opportunities to enhance each child's health outcomes (Describe the changes you made after the reflection).

#### Week 19, 17 to 21 June 2024 – 2.1.2 Health practices and procedures