

## 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 9. Management vs Leadership

(Nominated Supervisor, Educational Leader, Room Leaders).

### Room Leader

Aspect	Room Leader's Management Role	Room Leader's Leadership Role
<b>Promoting Physical Health</b>	Ensuring daily schedules include physical activities like outdoor play and sports.	Inspiring and modelling an active lifestyle, encouraging staff to engage children in physical activities.
<b>Supporting Mental Health</b>	Creating a calm environment with quiet areas for relaxation and emotional support.	Leading discussions and training on mental health practices, fostering a culture of empathy and support.
<b>Catering to Spiritual Needs</b>	Incorporating activities that respect and reflect the diverse cultural backgrounds of children.	Promoting an inclusive atmosphere, encouraging staff to celebrate and integrate cultural diversity in daily activities.
<b>Ensuring Adequate Rest</b>	Setting up quiet zones and rest areas with comfortable seating and soft lighting.	Advocating for and demonstrating the importance of rest and relaxation, ensuring staff understand and implement these practices.
<b>Addressing Individual Needs</b>	Reviewing enrolment forms and medical plans to tailor care routines.	Encouraging a personalised approach to care, leading by example in adapting to each child's unique needs.
<b>Creating a Safe Environment</b>	Implementing safe sleep practices and ensuring compliance with guidelines like Red Nose.	Leading the development of safety protocols, training staff on best practices, and fostering a culture of vigilance and care.
<b>Fostering a Sense of Belonging</b>	Planning activities that reflect children's cultures and family structures.	Leading by example in creating an inclusive environment, mentoring staff on techniques to build strong, trusting relationships with children.
<b>Providing Emotional Support</b>	Responding promptly to children's cues for comfort and assistance.	Promoting a responsive caregiving approach, coaching staff to recognise and address children's emotional needs effectively.

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

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(Nominated Supervisor, Educational Leader, Room Leaders).

### Educational Leader

Aspect	Educational Leader's Management Role	Educational Leader's Leadership Role
<b>Promoting Physical Health</b>	Ensuring the curriculum includes regular physical activities and providing necessary resources.	Advocating for and demonstrating the integration of physical health into the curriculum, inspiring educators to prioritise physical activities.
<b>Supporting Mental Health</b>	Developing and implementing programs that support children's mental health, such as mindfulness sessions.	Leading professional development on mental health practices, fostering a culture of empathy and emotional support among staff.
<b>Catering to Spiritual Needs</b>	Incorporating diverse cultural and spiritual activities into the curriculum.	Promoting cultural competency and inclusion, leading initiatives that celebrate and respect diverse spiritual practices.
<b>Ensuring Adequate Rest</b>	Designing the daily schedule to include time for rest and relaxation, and ensuring quiet areas are available.	Leading by example in valuing rest, mentoring educators on the importance of rest and relaxation in children's development.
<b>Addressing Individual Needs</b>	Reviewing and ensuring that individual health and medical plans are integrated into the curriculum.	Leading the personalisation of learning experiences, guiding educators in adapting to each child's unique needs and preferences.
<b>Creating a Safe Environment</b>	Ensuring all educators are trained in and comply with safe sleep practices and other safety protocols.	Leading the development of a proactive safety culture, advocating for best practices and continuous improvement in safety measures.
<b>Fostering a Sense of Belonging</b>	Designing activities that reflect and respect children's diverse backgrounds and family structures.	Leading the creation of an inclusive environment, mentoring educators on building strong, trusting relationships with children and families.
<b>Providing Emotional Support</b>	Ensuring educators are trained to respond to children's emotional needs and cues effectively.	Promoting a responsive caregiving approach, leading by example and coaching educators to provide consistent emotional support.

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## Nominated Supervisor

Aspect	Nominated Supervisor's Management Role	Nominated Supervisor's Leadership Role
<b>Promoting Physical Health</b>	Overseeing the inclusion of regular physical activities in the daily schedule and ensuring resources are available.	Advocating for a culture that values physical health, encouraging staff to integrate physical activities into their routines.
<b>Supporting Mental Health</b>	Implementing programs and policies that support children's mental health, such as mindfulness sessions.	Leading by example, promoting mental health awareness, and fostering an environment that prioritises emotional wellbeing.
<b>Catering to Spiritual Needs</b>	Ensuring that diverse cultural and spiritual activities are included in the program.	Promoting cultural competence, leading initiatives that celebrate and respect diverse spiritual practices.
<b>Ensuring Adequate Rest</b>	Ensuring schedules include time for rest and relaxation, and quiet areas are well-maintained.	Advocating for the importance of rest, mentoring staff on the role of rest and relaxation in children's development.
<b>Addressing Individual Needs</b>	Reviewing and ensuring that individual health and medical plans are integrated into daily routines.	Leading the personalisation of care practices, guiding staff in adapting routines to meet each child's unique needs and preferences.
<b>Creating a Safe Environment</b>	Ensuring all staff are trained in and comply with safe sleep practices and other safety protocols.	Leading the development of a proactive safety culture, advocating for best practices, and ensuring continuous improvement in safety measures.
<b>Fostering a Sense of Belonging</b>	Designing activities that reflect and respect children's diverse backgrounds and family structures.	Leading by example in creating an inclusive environment, mentoring staff on building strong, trusting relationships with children and families.
<b>Providing Emotional Support</b>	Ensuring staff are trained to respond to children's emotional needs and cues effectively.	Promoting a responsive caregiving approach, leading by example, and coaching staff to provide consistent emotional support.