



Educational Leader

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

Looking at the element in detail - A service reviewed what the NQF Guide said about element 2.1.1 and understood wellbeing and comfort:

- includes children’s physical, mental and spiritual needs
- involves active and restful experiences that support each child’s health, nutrition, sleep, rest and relaxation.

Abraham Maslow (1908-1970) was an American psychologist best known for creating a Hierarchy of Needs which proposed that certain human needs must be met before others can be fulfilled. These needs are:

Basic Needs

- **Physiological:** hunger, thirst, rest and comfort.
- **Safety:** feeling physically safe and secure in an environment.

Psychological Needs

- **Belongingness:** A connection with others and a sense of security from feeling loved.
- **Esteem:** self-respect, sense of accomplishment

Self-fulfillment Needs

- **Self-actualisation:** Achieving your full potential in all areas including creative activities

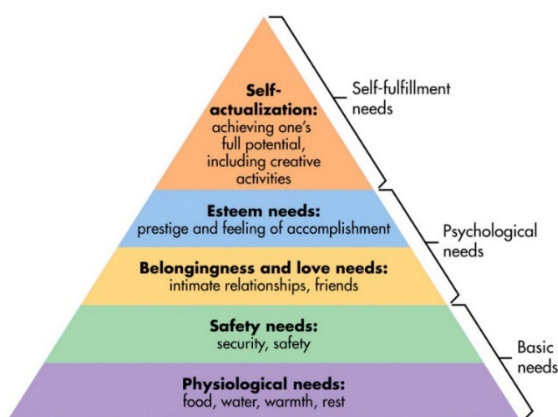
Reflecting on ‘Maslow’s Hierarchy’ from children’s perspective helps us understand they won’t be able to learn if their basic needs aren’t met, and they won’t be able to learn very well if their psychological needs aren’t met.

The Hierarchy can also help us determine how well we’re meeting Element 2.1.1 ie how well are educators meeting children’s wellbeing and comfort.

Are they just meeting children’s basic needs? How will you help them improve?

Are they communicating with families and using their knowledge of each child’s culture, family, strengths, needs, interests etc to implement activities and experiences which support children’s wellbeing and their psychological needs? How could you help them improve?

Does their practice enable children to achieve their absolute best and meet their self-fulfillment needs? How could you help them improve?



Week 25, 16 - 20 August 2021- 2.1.1 Wellbeing and comfort

Sleep, Rest, Relaxation and Clothing Policy

- We will have a safe, quiet and restful environment for sleep and rest that enables educators to always see, hear and closely monitor children
- Educators will follow the safe sleep practices in the policy which are based on recommendations from Red Nose.
- If a child has a medical condition which prevents educators following these practices alternative practices must be authorised by a doctor in writing and form part of a child’s Medical Management Plan
- Educators will consider and meet where possible families’ preferences for their child’s sleep/rest. Educators have a legal obligation to allow children to sleep/rest if they’re showing signs of tiredness. If a resting child falls asleep without help and families have requested the child not have naps, educators may allow the child to sleep for a period they believe is in the best interests of the child’s health and wellbeing
- All cots must meet Australian Standards and be labelled AS/NZS 2172:2010 or AS/NZS 2195:2010 (folding cots)
- Mattress firmness must comply with AS/NZS 8811.1:2013 Methods of testing sleep surfaces
- Babies must never be left to sleep in a bassinet, hammock, pram or stroller
- Sleeping babies will be physically checked every 10 minutes and the check recorded
- If portacots used they must only be used temporarily (no more than a few days) for children up to 15 kg
- Educators will provide quiet, meaningful activities for children who do not need or wish to sleep or rest
- Educators will communicate daily with families about their child’s sleep and rest routines
- Educators will respect and help maintain children’s privacy during toileting, dressing/undressing etc
- Cleaning practices will ensure sleep/rest environments are hygienic. Beds, linen and mattress covers will be cleaned when they look dirty, and every day or at the end of the week if used by the same child
- Children’s clothing must be safe, suitable for the weather, able to get dirty, allow free movement and ease of access for toileting
- **For safety reasons children must not wear amber teething necklaces or bracelets**

Do you have any feedback or comments about this policy? Please include below.

Educator’s Name	Educator’s Signature

Week 25, 16 - 20 August 2021- 2.1.1 Wellbeing and comfort