



Centre Support

Phone: 1800 440 102
www.centresupport.com.au

Talk, sing, play
games when
changing a nappy

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.

Children need plenty of warning before you change their nappy



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Ensure toileting
is a positive
experience for
children



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Tell the child
they can come
back here and
continue
playing after
nappy change

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Children's clothing needs to be safe, comfortable and appropriate for the weather.



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Rest
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need to
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for the
child, not
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Rest practices need to be flexible for the child, not your routine



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Rest practices need to be flexible i.e. you must provide meaningful activities for children who don't want to sleep

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