

Wellbeing and Comfort Nominated Supervisor

NQS 2.1.1 Wellbeing and comfort

Sleep and Rest		
yes	no	Do you regularly check the sleep/rest area to ensure it's comfortable and inviting eg children are not crowded too closely together?
yes	no	Do you regularly check educators respect children's choice not to sleep/rest (unless this required in their professional judgement) and support them to participate in quiet, meaningful activities?
yes	no	Are you confident educators always follow the safe sleep practices in your service policy and could explain these to an assessor?
yes	no	Are you confident educators physically check sleeping babies every 10 minutes (not using baby monitor or peering through window) and record this?
Clothing		
yes	no	Do you have sufficient supplies of clean spare clothes for children?
Toileting		
yes	no	While walking around the rooms/groups do you regularly listen to the ways educators are communicating and interacting with children while changing nappies or helping with toileting routines to ensure it's positive and respectful?
yes	no	Are you confident educators respect and help maintain children's privacy during toileting, dressing/undressing etc?
Families		
yes	no	Can you explain service practices which encourage communication between educators and families around children's clothing, sleep/rest and personal care routines?
yes	no	Are you confident educators always provide families with information about their child's nappy change/toileting routines and sleep/rest patterns?

Sleep and rest areas that need addressing:

Actions required	
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Date actions to be completed	.../.../..	Date actions completed	.../.../