

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

Section 1. Early career educator



You must know

When first starting out as an educator, it's important to know why each child's wellbeing and comfort is important for children's development and behaviour. For example:

Physical Needs:

- Not getting enough healthy food can make kids feel weak and not grow properly. They may have trouble with their body development and might look thin or unhealthy.
- When kids don't have enough chances to move and play, they may feel restless, have a hard time concentrating, or find it difficult to coordinate their movements.
- If kids don't get enough rest or sleep, they might feel tired, grumpy, or have trouble paying attention and focusing on activities.

Mental and Emotional Needs:

- When kids don't have enough emotional support, they may feel anxious, withdrawn, or have a tough time expressing their feelings.
- If kids don't have enough interesting and engaging activities to keep their minds active, they may feel bored, uninterested, or not fully involved in learning.
- Stress or trauma can make kids feel really upset and emotional. They may have mood swings, become aggressive, or withdraw from social situations.

Spiritual Needs:

- When kids don't have opportunities to reflect on their feelings or practice mindfulness, they may find it hard to control their emotions, struggle to connect with themselves, or feel a sense of being disconnected.
- If kids can't explore or express their own beliefs or values, they may feel confused, not

engaged, or unsure about their purpose or identity.



You must practice

It's important to acknowledge and address these developmental and behaviour issues. Here is a step-by-step guide on how to do so:

Physical Needs:

1. Not eating the right kinds of food can make you feel weak and not grow properly. We need make sure we provide meals and snacks that are healthy and follow the guidelines. If children have any special dietary needs, we talk to families to make sure they get the right food.
2. It's important to move and play to stay active and healthy. We will create a fun outdoor area where you can play and develop your coordination and skills. We'll also have regular breaks and activities to keep children moving and having fun.
3. Getting enough rest and sleep is important for children's energy and focus. We will make sure there's a quiet and comfortable area for children to rest. We'll follow a routine so that you have a peaceful environment to sleep or rest. If you have any specific needs or preferences, we'll talk to families to make sure we adjust things to make it work.

Scripts

"Let's make sure you have a quiet and cosy place to rest. If you have any special needs or preferences, we'll talk to your families to make things comfortable for you. If you can't fall asleep, you can take deep breaths and relax. During rest time, let's use quiet voices so everyone can have a peaceful environment. If you need anything, just whisper to me or another educator. Rest time helps us recharge for more fun."

Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort

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Mental and Emotional Needs:

1. It's important to feel supported when you're going through different emotions. We will create a safe and caring environment where children can express their feelings. We'll listen to children and give them reassurance and understanding. We may use tools like pictures or cards to help children express how they feel.
2. We want to keep children's minds active and interested in learning. We will plan fun and exciting activities that make them curious and creative. We'll provide materials and resources for them to explore, solve problems, and use their imagination. If they need more challenge or extra activities, we'll make sure to provide them.
3. Sometimes children might feel stressed or upset, and that's okay. We will create a supportive space where they can feel safe and build resilience, which means they can be supported to keep trying. We do relaxation exercises, deep breathing, or mindfulness activities to help them feel calm. If children need extra support, we can also involve other professionals to help.

After reading these points, which one(s) do you think you doing well? Describe your practice in detail.

After reading these points, which one(s) do you think you need to work on? Describe how you could improve your practice.

Spiritual Needs:

1. It's important to take time for yourself and reflect on your feelings and thoughts. We create quiet spaces where children can relax, meditate, or do mindfulness activities. We also include storytelling, nature exploration, and art experiences to help them express themselves and understand their emotions better.
2. We respect and value everyone's beliefs and values. We create an inclusive environment where children can talk about their beliefs and traditions. We'll have activities that explore different cultures and traditions so that we can all learn and appreciate each other's perspectives.

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