

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

### Section 3. Learning what is required for meeting.

The following section will show you exactly what to do to ensure your practice is meeting. You **do not** need to complete this section if you have successfully completed 'Section 2'.

#### Why is the element important?

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.

Issues that children might experience and display in relation to Element 2.1.1 (Wellbeing and comfort) and their physical, mental, and spiritual needs can include:

#### Physical Needs:

- Lack of appropriate nutrition: Children may exhibit signs of malnourishment or struggle with physical growth and development.
- Insufficient opportunities for physical activity: Children may display restless behaviour, difficulty concentrating, or poor physical coordination.
- Inadequate rest and sleep: Children may appear tired, irritable, or have difficulty focusing on activities.

#### Mental and Emotional Needs:

- Lack of emotional support: Children may demonstrate signs of anxiety, withdrawal, or difficulty in expressing their emotions.
- Inadequate cognitive stimulation: Children may display boredom, disinterest, or limited engagement in learning activities.
- Stress or trauma: Children may exhibit signs of emotional distress, including mood swings, aggression, or social withdrawal.

#### Spiritual Needs:

- Lack of opportunities for self-reflection or mindfulness: Children may struggle with emotional

regulation, have difficulty connecting with their inner selves, or exhibit a sense of disconnection.

- Inability to explore or express personal beliefs or values: Children may display confusion, disengagement, or a lack of sense of purpose or identity.

To eliminate these children's potential development and behaviours we use what the element is requesting us to do and become meeting.



You must practice

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

#### Physical Needs

##### 1. Lack of appropriate nutrition:

- Ensure we are following the guidelines for food and nutrition and provide a variety of nutritious meals and snacks that meet dietary requirements and consider individual preferences and allergies.
- Collaborate with families to gather information about the child's dietary needs and ensure necessary accommodations are made.
- Educate children and families about healthy eating habits and involve them in meal planning or food-related activities.

##### 2. Insufficient opportunities for physical activity:

- Create a well-designed outdoor play area that encourages active play and gross motor skill development.
- Incorporate regular movement breaks and physical activities into the daily routine.
- Offer a range of age-appropriate equipment and materials that promote active play and exploration.

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

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### 3. Inadequate rest and sleep:

- Establish a quiet and comfortable rest area with cosy mats, blankets, or individual sleep spaces.
- Follow age-appropriate nap or rest time routines and ensure a calm and peaceful environment.
- Communicate with families to understand each child's sleep patterns and preferences and adjust routines accordingly.

## Mental and Emotional Needs

### 1. Lack of emotional support:

- Create a warm and nurturing environment where children feel safe to express their emotions.
- Practice active listening and provide verbal reassurance, empathy, and understanding.
- Implement strategies such as visual aids or emotion cards to help children identify and communicate their feelings.

### 2. Inadequate cognitive stimulation:

- Plan engaging and developmentally appropriate activities that stimulate curiosity, creativity, and critical thinking.
- Offer a variety of materials and resources to promote exploration, problem-solving, and imaginative play.
- Provide individualized challenges or extension activities to meet each child's learning needs.

### 3. Stress or trauma:

- Foster a secure and supportive environment where children feel emotionally supported and can build resilience.
- Implement calming strategies such as deep breathing exercises, mindfulness activities, or relaxation techniques.
- Collaborate with families and consider involving external support professionals, if necessary, to provide additional assistance.

## Spiritual Needs

### 1. Lack of opportunities for self-reflection or mindfulness:

- Create dedicated spaces for quiet reflection, meditation, or mindfulness activities.
- Incorporate storytelling, nature exploration, or art experiences that encourage self-expression and inner exploration.

- Model and teach strategies for emotional regulation and self-awareness.

### 2. Inability to explore or express personal beliefs or values:

- Promote an inclusive and respectful environment that values diversity and encourages open dialogue about beliefs and values.
- Offer opportunities for children to share and discuss their perspectives, traditions, and cultural practices.
- Integrate activities that explore and celebrate different cultures, traditions, and values.

After reading these points, which one(s) do you think you doing well? Describe your practice in detail so it can go directly into you QIP or SAT (NSW only).

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

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