

5 ways to support children's wellbeing

One of the most important roles of early childhood services is to support children's wellbeing, as without this learning is less likely to happen.



Reflect on what your children need

As with anything inside the service, your decisions should be based on what your children actually need, not what you think they need. It is the same with wellbeing, your children might need energy releasing activities to help them settle instead of slow and calm activities.



Create meaningful opportunities

Your approach to wellbeing opportunities should be something that you can offer children in their own time and place, instead of a scheduled part of the routine decided by the adults. Supporting wellbeing in scheduled ways may not be meaningful for the children to understand the benefit.



Use the learning environment well

Creating spaces in the learning environment for children to reset are a great way to support wellbeing. In line with the children's needs these might be one 'chill out' zone, or different areas for different needs. Don't forget that wellbeing spaces should be accessible inside and outside,



Teach children techniques to self-manage

Constantly managing children's wellbeing for them does not help children to learn how to do this for themselves. By teaching children ways they can manage their own wellbeing through suggesting options and allowing them to see what works for them, you give them autonomy.



Embed your approach to wellbeing

Your approach to supporting children's wellbeing should not feel like a tacked on aspect of the program, it should feel cohesive with all other aspects of your curriculum. The best way to achieve this is through well thought out and readily available options that serve a valuable purpose instead of ticking boxes.