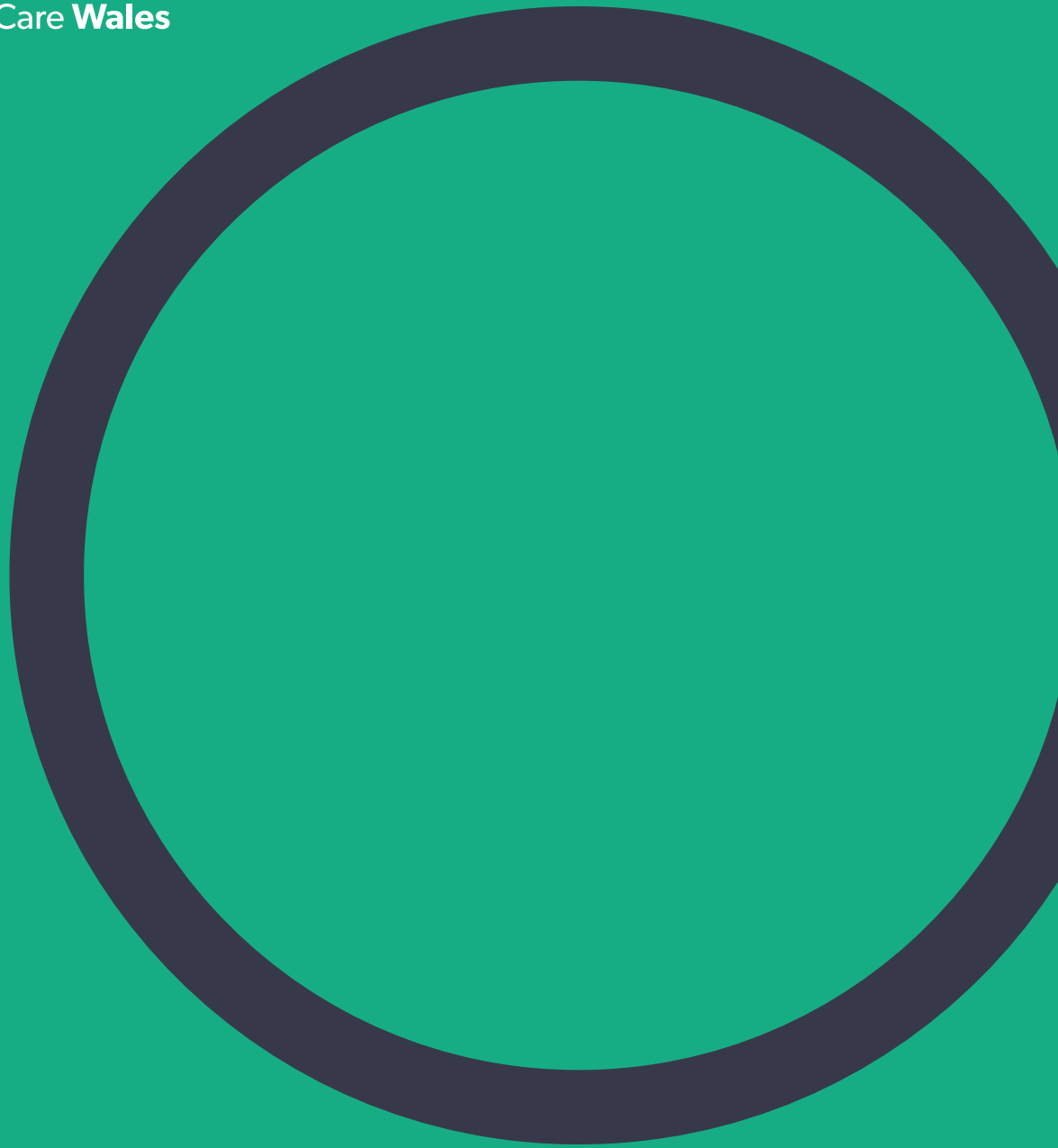




Gofal Cymdeithasol **Cymru**
Social Care **Wales**



All Wales Induction Framework for Early Years and Childcare: **Workbook two**

Health, well-being, learning,
development and play

October 2018



Noddir gan
Lywodraeth Cymru
Sponsored by
Welsh Government

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This document is available in Easy Read, large text or other formats, if required.

Copies also available in Welsh.

Introduction

To help workers and employers put the Induction Framework into practice and to help workers generate the evidence they need to achieve the “core” qualification, we have developed workbooks for each section of the framework.

The Induction Framework has five sections that have been organised into **main areas**. The main areas are then broken down to show what you need to know, understand and be able to demonstrate.

- Section 1 – Principles and values
- Section 2 – Health, well-being, learning and development
- Section 3 – Professional practice as an early years and childcare worker
- Section 4 – Safeguarding children
- Section 5 – Health and safety in children’s care, learning, development and play

Each section:

- identifies the knowledge, understanding and skills that you as a new worker need to gain during your induction period – including the core knowledge, skills and understanding that applies across all early years and childcare settings, as well as that which is specific to your role and workplace
- identifies the early years and childcare principles and values that you need to demonstrate.

The workbook has space for you to record your learning as you go and for your **manager** to record their feedback. Your manager or employer may wish to use other learning activities or case studies in addition to those in this workbook. Remember to record any extra learning so that it can be used towards your qualification.

There is a glossary that covers all the workbooks and provides some definitions of the terms used. Anything marked in **bold** will be included here. As you are working your way through the learning activities in the workbook, your manager will meet with you to see how you are doing and discuss any extra support that you need. They will complete the progress log with you and help if there are any gaps.

Health, well-being, learning, development and play

This workbook will help you explore the role that you as an early years and childcare worker have in promoting children's health and well-being.

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2.1 Factors that affect health, well-being, learning, development and play

Outcomes

You are able to work in ways that:

- promote ways of working with children that support them to participate in a range of activities and experiences, and make developmental progress at a level appropriate to their age, needs and abilities
- support children in ways that promote their self-esteem, sense of security and belonging
- support children to recognise and celebrate their abilities, talents and achievements.

In this section you will show your understanding of the factors that affect the health, well-being and development of children. It is important you know about child development because it will help you understand the needs of children at different stages in their lives. You will also need to be aware of the factors that can have a positive or negative impact on development and how this links to a child's health and well-being.

You will need to learn about child development before doing this part of the workbook. This may be through training or through guided reading and research.

Learning activity

Workbook notes

1. Why is it important to make sure that children can participate in a wide range of activities and experiences?

2. How does your setting make sure that children can participate in a wide range of activities and experiences?

Learning activity

It is important that you understand the link between emotional resilience and self-esteem, and how as an early years and childcare practitioner you can promote this.

Workbook notes

- 1. Why is it important to recognise and celebrate the abilities, talents and achievements of the children in your care?**
- 2. How does your setting recognise and celebrate the abilities, talents and achievements of the children in your care?**
- 3. Give an example of how you have supported children to recognise and celebrate their abilities, talents and achievements**

2.2 Positive environments for the health, well-being, learning, development and play of children

Outcomes

You are able to work in ways that:

- support a positive and safe environment that meets the health, well-being, development and individual needs of children
- contribute to the planning and organisation of a positive and safe environment that supports children's development
- provide a safe, caring, nurturing and responsive environment that values children and their families.

Providing positive and nurturing environments that support children's emotional, physical and mental well-being is important to support their growth and development. A positive environment includes providing good quality and nurturing care within a safe and comfortable physical environment.

Thinking about the children you support in your setting, please complete the workbook notes below.

Workbook notes

- 1. What contributes to a positive environment? List at least five features**

- 2. How does your setting's environment support the holistic development and inclusion of all children?**

- 3. Give an example of how you have adapted the environment to support the holistic development and inclusion of a child in your setting**

2.3 Play

Outcomes

You are able to work in ways that:

- provide a range of opportunities for different types of play
- adapt the environment and activities to ensure that every child is able to participate
- meet the individual needs and preferences of children.

Play is important for children's health, well-being, learning and development. The Welsh Government's *Statutory Guidance – Wales a Play Friendly Country* (2014) states that:

“The Welsh Government places great value on play and its importance in the lives of children in our society. We believe that children have a fundamental right to be able to play, and that play is central to their enjoyment of life and contributes to their well-being. We also believe that play is essential for the growth in children's cognitive; physical; social and emotional development. There is much evidence to support this belief and an increasing understanding of play's contribution not only to children's lives, but also to the well-being of their families and the wider community.”

Learning activity

Workbook notes

Carry out an observation of children playing in your setting. Using your observation:

1. Identify the different types of play you observed

2. Describe how the play was freely chosen, personally directed and intrinsically motivated

3. Identify any barriers to participation

4. Identify the individual needs and preferences of the children

5. Reflect on how adults supported the play

2.4 Personal care of children

Outcomes

You are able to work in ways that:

- support personal care routines that meet the individual needs of children
- support the personal care routines of children in a way that treats them with dignity and respect, and protects both the child and yourself from harm or allegations of harm.

Supporting children's personal care in a way that demonstrates dignity and respect is an important aspect of good quality care and support. Some children will need support or guidance to learn to take increasing responsibility for their personal care, while others will require more direct support, depending on their age and support needs.

Learning activity

Workbook notes

1. Why is it important to support personal care routines that meet the children's individual needs?

3. What policies and procedures does your organisation or setting have to ensure infection prevention and control when supporting children with personal care routines?

4. Give an example of how you have supported the personal care routine of a child and how you made sure you protected the child and yourself from allegations of harm

2.5 Administering medicine

Outcomes

You are able to work in ways that:

- follow your organisation's policies and procedures in supporting the administration and use of medication.

In settings where practitioners are responsible for administering medication and carrying out basic health procedures it is important that practitioners understand how to carry out these tasks properly and the importance of ensuring correct recording. You need to be aware of your setting's policies and procedures, and should be clear about what you are required and allowed to do.

Learning activity

Answer the following questions to show that you understand your organisation's policies and procedures in supporting the administration and use of medication.

Workbook notes

1. What policies and procedures does your organisation or setting have in relation to the administration and use of medication?

2. Give an example of a situation where you may need to administer medication. What do you need to consider?

3. When would you need to seek further advice, guidance or support around the administration and use of medication?

Progress log

Section 2: Health, well-being, learning, development and play

Name:

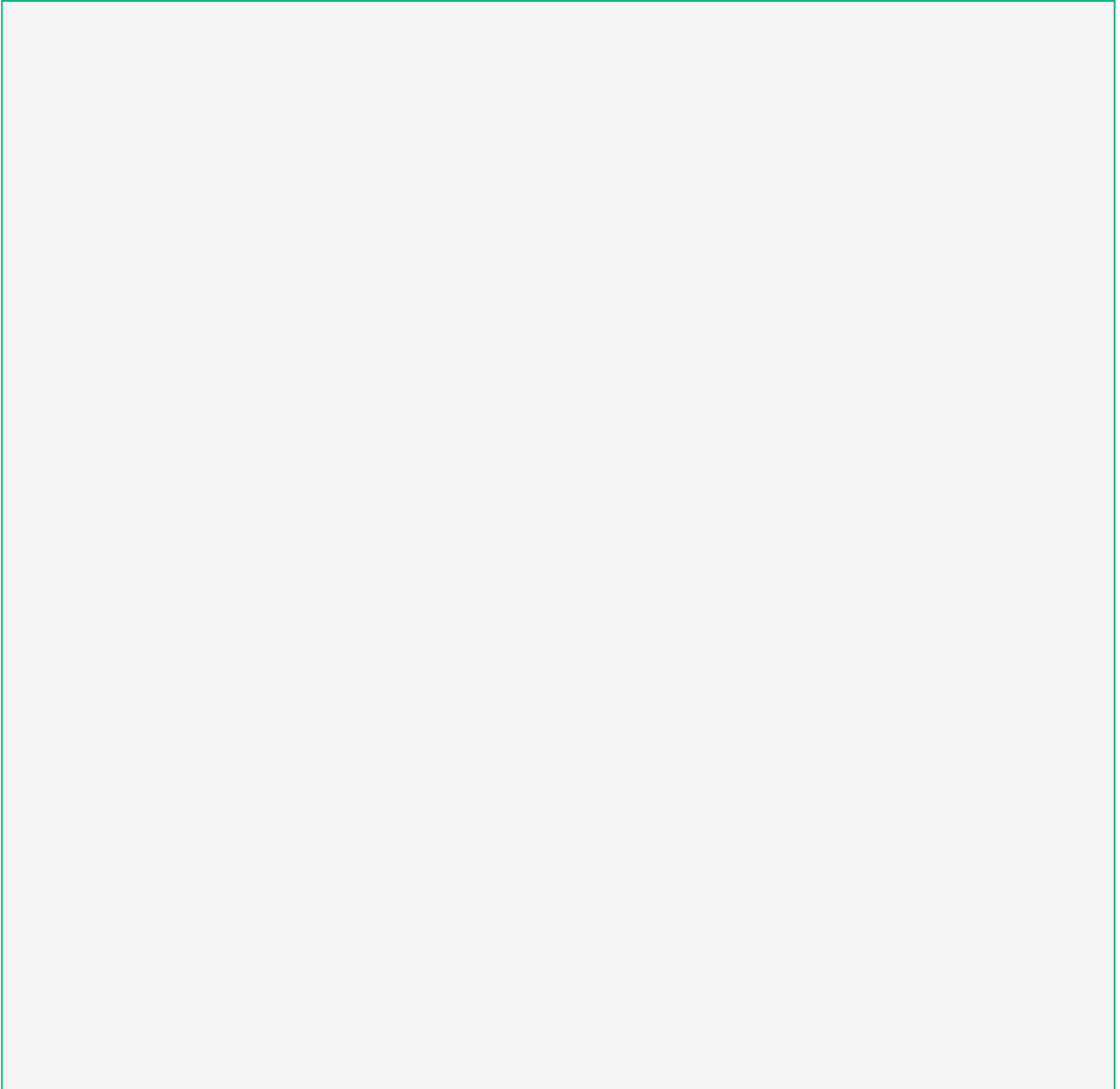
Name of workplace:

Induction start date:

Main area	Outcome	Evidence used	Assessed by whom and when	Manager's signature and date
2.1 Factors that affect health, well-being, learning, development and play	<p>You are able to work in ways that:</p> <ul style="list-style-type: none"> • promote ways of working with children that supports them to participate in a range of activities and experiences, and make developmental progress at a level appropriate to their age, needs and abilities • support children in ways that promote their self-esteem, sense of security and belonging • support children to recognise and celebrate their abilities, talents and achievements. 			
2.2 Positive environments for the health, well-being, learning, development and play of children	<p>You are able to work in ways that:</p> <ul style="list-style-type: none"> • support a positive and safe environment that meets the health, well-being, development and individual needs of children • contribute to the planning and organisation of a positive and safe environment that supports children's development • provide a safe, caring, nurturing and responsive environment that values children and their families. 			

Main area	Outcome	Evidence used	Assessed by whom and when	Manager's signature and date
2.3 Play	<p>You are able to work in ways that:</p> <ul style="list-style-type: none"> • provide a range of opportunities for different types of play • adapt the environment and activities to make sure that every child is able to participate • meet the individual needs and preferences of children. 			
2.4 Personal care of children	<p>You are able to work in ways that:</p> <ul style="list-style-type: none"> • support personal care routines that meet the individual needs of children • support the personal care routines of children in a way that treats them with dignity and respect, and protects the child and yourself from harm or allegations of harm. 			
2.5 Administering medicine	<p>You are able to work in ways that:</p> <ul style="list-style-type: none"> • follow your organisation's policies and procedures in supporting the administration and use of medication. 			

Learning needs and opportunities:



Manager's signature:

Worker's signature: