

## NQS Area 2: Children’s Health & Safety Checklist

(Aligned to National Quality Standard – Quality Area 2: Children’s Health and Safety)

Use this checklist to reflect on and strengthen practice within your service. These prompts support continuous improvement, critical reflection, and Assessment and Rating preparation. Educators can complete it individually or as a team.

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<b>Evidence ideas:</b>	Policies, observations, educator reflections, family feedback, environment photos, planning documentation, meeting notes.
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## 2.1 Health

Key Element	Reflection Prompts
2.1.1 Wellbeing and comfort	Do children’s emotional and physical wellbeing needs guide daily routines and interactions?

Notes/Actions:

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Key Element	Reflection Prompts
2.1.2 Health practices and procedures	Are hygiene, illness, medication, and health procedures consistently followed?

Notes/Actions:

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<b>Key Element</b>	<b>Reflection Prompts/Evidence</b>
2.1.3 Healthy lifestyle	Are healthy eating, physical activity, and rest promoted throughout the day.

Notes/Actions:

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## 2.2 Safety

Key Element	Reflection Prompts/Evidence
2.2.1 Intentional teaching	Are children actively supervised across all indoor and outdoor environments?

Notes/Actions:

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Key Element	Reflection Prompts/Evidence
2.2.2 Incident and emergency management	Are emergency procedures understood, practiced, and documented?

Notes/Actions:

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<b>Key Element</b>	<b>Reflection Prompts/Evidence</b>
2.2.3 Child protection	Do educators understand reporting obligations and child safe practices?

Notes/Actions:

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### Team Reflection Summary

Summarise key strengths, challenges, and goals identified from the checklist. Use this to inform your Quality Improvement Plan (QIP).

**Strengths:**

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**Challenges:**

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**Next Steps/Actions:**

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