Early Years TWellbeing Checklist The Key

Open and meaningful discussions throughout the day monitors staff wellbeing & quickly identifies challenges All staff know what to do and who to go to if they need support with their health and wellbeing All staff have opportunities for professional development and to access training Staff treats and snacks are healthy and sugar is limited to prevent mid afternoon 'slump' Staff are encouraged to take their breaks outside of the building or go for a walk to refresh

A robust induction process ensures staff feel safe,

Staff medication is appropriately recorded and stored.

welcome and part of the team

For My Staff Team The health and wellbeing of all staff is discussed at interview, induction and during regular supervisions External support and guidance is discussed and encouraged where appropriate Health and wellbeing is discussed openly at staff meetings, affirming a culture of support A Health and wellbeing risk assessment is in place and complete appropriately where necesarry

I ensure I take a break away from my desk every day I have a leader I can go to for support and guidance or to offload I have regular supervisions, whereby I can discuss my workload, challenges, health & wellbeing I ensure I have opportunities for professional development, coaching and training. I find time at the weekend to relax, rejuvenate and spend time doing things I enjoy I am kind to myself and remind myself that I am doing a great job Once a month I plan to FAFF - Finish At Four Friday

For Myself

For Us all
There is a process in place to encourage everyone to share their concerns, worries and achievements
There is a wellbeing champion / mental health first aider within the team
Workload is regularly monitored to ensure this is manageable and shared amongst the team
Staffing is effectively managed to ensure everyone takes their breaks
A culture of openness, mutual respect and empathy is embedded
We spend time together outside of work to get to know each other more personally and support one another
Our individuality, quirks and uniqueness are celebrated and respected

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For Myself	For Us all