

## LYDIA HOME ASSOCIATION - LOCAL WELLNESS POLICY

### 1. Purpose:

Our local residential home is dedicated to providing a nurturing and secure environment that promotes the well-being and development of the children under our care. This wellness policy outlines our commitment to their physical, emotional, and social wellness.

### 2. Nutrition and Health:

**Balanced Meals:** We ensure that every child receives nutritious and balanced meals, catering to individual dietary needs and preferences.

**Regular Check-ups:** We organize regular health check-ups for all children and provide immediate medical attention when required.

**Active Lifestyle:** We encourage outdoor play and physical activities to promote healthy lifestyles and physical development.

### 3. Emotional Well-being:

**Supportive Atmosphere:** Our staff creates a caring and supportive atmosphere where children feel comfortable expressing their emotions.

**Counseling Services:** Professional counseling is available for children dealing with emotional challenges, aiming to support their mental well-being.

### 4. Education and Skill Enhancement:

**Learning Opportunities:** We provide access to educational resources and support children with their studies and homework.

**Skill Workshops:** Children can engage in workshops that promote skill development and creative expression.

### 5. Safety and Security:

**Child Safety:** We maintain stringent safety measures, including staff background checks, secure premises, and emergency preparedness training.

**Child Protection:** Our child protection policies ensure the safety and security of every child under our care.

### 6. Social Interaction:

**Peer Engagement:** We encourage children to interact positively with peers through group activities, games, and shared responsibilities.

**Communication Skills:** We help children develop effective communication skills and conflict resolution strategies.

### 7. Family Engagement:

**Family Involvement:** We foster family engagement by involving parents or guardians in decisions regarding their child's well-being and progress.

**Visitation:** We facilitate regular visitation between children and their families to maintain strong connections.

#### 8. Personal Hygiene and Self-Care:

Hygiene Practices: We educate children about proper personal hygiene habits to ensure their well-being.

Self-Care Skills: Children are taught age-appropriate self-care skills to encourage independence.

#### 9. Continuous Improvement:

Feedback Welcome: We encourage feedback from children, families, and staff to continuously enhance our programs and services.

Training: Staff members undergo regular training to stay informed about the latest child care and wellness practices.

#### 10. Policy Review:

This local wellness policy is reviewed annually to ensure its relevance and effectiveness in line with local regulations and evolving best practices.

Through the implementation of this local wellness policy, our residential home is dedicated to creating a positive and nurturing environment that supports the growth and well-being of each child in our care.