

CAMBRIDGE NATIONAL Level 1/2 Child Development Personal Learning Checklist

Use this checklist to ensure you are properly prepared for your Child Development exam. Your exam will cover 4 topic areas.

Unit	Content	Learning Check			Website links:
		Red	Amber	Green	
Pre-conception health and reproduction	Factors affecting pre-conception health for women and males: • Weight • Smoking • Drinking alcohol • Taking recreational drug • Parental age				NHS website https://www.nhs.uk/pregnancy/trying-for-a-baby/planning-your-pregnancy/ Public health website https://www.publichealth.hscni.net/publications/pregnancy-book-0 The NHS Pregnancy Book – Chapter 5 ‘Your Health in Pregnancy’
	Other factors affecting the pre-conception health: • Folic acid • Up-to-date immunisation				Shine https://www.shinecharity.org.uk/spina-bifida/spina-bifida#advice-for-parents
	Types of contraception methods, advantages and disadvantages: • Barrier and hormonal method • Condoms • Diaphragm or Cap • Combined pill • Progestogen-only pill • Contraceptive injection • Contraceptive implant				Types of contraception website https://www.brook.org.uk/topics/contraception/ Video How dose birth control work https://www.youtube.com/watch?v=T736Dwo3DQ4 Video How the pill works https://youtu.be/pZYY4egKMQI Methods of contraception https://www.nhs.uk/contraception/methods-of-contraception/

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	• Intrauterine device/system IUD • Contraceptive patch • Emergency contraceptive pill • Natural family planning				
	Structure and function of the male and female reproductive system. • Female reproductive system • Menstrual cycle • Male reproductive system				NHS website https://www.nhs.uk/conditions/periods/fertility-in-the-menstrual-cycle/#apply Videos on male and female reproductive system https://www.youtube.com/watch?v=2NjzlvAV1lc https://www.youtube.com/watch?v=Vxwyp3EH4L8
	How reproduction takes place • Ovulation • Conception/ fertilisation • Implantation • Development of the embryo and foetus • Multiple pregnancies				Video of conception https://www.youtube.com/watch?v=65BV5dXXxzM BBC bitesize learning https://www.bbc.co.uk/bitesize/topics/zybbkqt/articles/zwb6xbk
	Signs and Symptoms of pregnancy • Breast changes • Missed period • Nausea • Passing urine more frequently • tiredness				NCT video https://www.youtube.com/watch?v=_ckjsQDkTdE NHS website https://www.nhs.uk/pregnancy/trying-for-a-baby/signs-and-symptoms-of-pregnancy/

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Antenatal care and preparation for birth	The purpose and importance of antenatal clinics • Timing of the first antenatal appointment • Role of different health professionals: - o General practitioner, - o Midwife, - o Obstetrician • Reasons for routine tests/checks and what conditions they can identify				Role of the midwife https://www.healthcareers.nhs.uk/explore-roles/midwifery/roles-midwifery/midwife Antenatal checks https://www.nhs.uk/pregnancy/your-pregnancy-care/antenatal-checks-and-tests/ Antenatal checks video https://www.youtube.com/watch?v=_afr5ollpTM
	Screening and diagnostic tests • Reasons for screening tests and what conditions they can identify; - o Dating scans, - o Anomaly scan, - o Nuchal fold translucency test, - o Triple test,				12 week scan https://www.nhs.uk/pregnancy/your-pregnancy-care/12-week-scan/ 20 week scan https://www.nhs.uk/pregnancy/your-pregnancy-care/20-week-scan/ Anomaly scan video https://www.youtube.com/watch?v=EIIOxFQFICo

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	- o Non-Invasive prenatal testing • Reasons for diagnostic tests and what conditions they can identify - o Chorionic villus sampling - o Risks of CVS - o Amniocentesis				
	Purpose and importance of antenatal (parenting) classes • Prepares both parents for labour and parenthood • Promotes healthy lifestyle and diet • Provides advice on feeding and caring for the baby				Parenting classes NHS https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/antenatal-classes/ Antenatal classes https://www.tommys.org/pregnancy-information/im-pregnant/antenatal-care/antenatal-classes-preparing-you-birth
	Choices available for delivery • Hospital • Home birth • Domino scheme • Private care • Independent midwives				Hospital setting https://www.pregnancybirthbaby.org.au/having-a-baby-in-hospital Advantages and disadvantages https://babycentre.co.uk/a1046223/giving-birth-in-hospital

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	Role of the birth partner in supporting the mother through pregnancy and birth • Benefits of having a birth partner • Physical support • Emotional support				Birth partner video https://www.youtube.com/watch?v=z1hkTr1LOM4 Support in labour https://www.nct.org.uk/information/labour-birth/planning-birth/how-birth-partners-can-support-labour
	Pain relief when in labour • Epidural anaesthetic • Gas and air (Entonox) • Pethidine • TENS				Pain relief Tommy's https://tommys.org/pregnancy-information/giving-birth/pain-relief Pain Relief video https://www.youtube.com/watch?v=mB8viTE4RHM
	Signs that labour has started				4 early signs of labour https://www.youtube.com/watch?v=QLYyT3QFQaU Signs of going into labour https://www.nhs.uk/start-for-life/pregnancy/preparing-for-labour-and-birth/signs-of-going-into-labour/
	Three stages of labour and their physiological changes • Stage 1 – Neck of the uterus opens • Stage 2 – Birth of the baby • Stage 3 – Delivery of placenta				Stages of labour https://www.tommys.org/pregnancy-information/giving-birth/stages-labour Stage of labour physiology video https://www.youtube.com/watch?v=8xz1Jbs972U

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	The methods of assisted birth • Forceps • Ventouse • Episiotomy • Risks of assisted birth • Elective/emergency Caesarean section				Assessed birth video https://www.youtube.com/watch?v=1FfV99XRcko
Postnatal checks and care	Postnatal checks • Postnatal checks that are carried out on the baby immediately after birth and why - o Apgar score - o Skin - o Salmon patches (stork marks) - o Blue-grey spots - o Infantile haemangiomas (strawberry marks) - o Vernix - o Lanugo				Physical checks https://www.tommys.org/pregnancy-information/after-birth/your-babys-check-ups-after-they-are-born First thing that happens when your baby is born video https://www.youtube.com/watch?v=hao7I1iTFNo Baby test and checks https://www.youtube.com/watch?v=5kdQ2F0evJI

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	- o Weight - o Length - o Head circumference • Checks carried out within 1-5 days of birth and why - o Feet - o Fingers - o Hips - o Eyes - o Heart - o Testicles in boys - o Fontanelle - o Heel prick test (blood spot test)				
	Postnatal care of the mother and baby • The role of the health visitor in supporting the new family - o Information, advice and support the health visitor will provide				What health visitors do NHS https://www.youtube.com/watch?v=BZfkMRIBz4o SIDS Video https://www.youtube.com/watch?v=qCFwuqIUQpk 6 weeks post-natal check https://www.nct.org.uk/information/baby-toddler/baby-and-toddler-health/what-happens-your-6-week-check

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	- o Safe sleeping SIDS and how to reduce the risk • How parents and cares provide emotional support • Purpose of the mother's 6 week postnatal check with GP				
	The development needs of children from birth to five years • Warmth • Feeding • Love and emotional security • Rest/Sleep • Fresh Air • Exercise • Cleanliness/hygiene • Stimulation • Routine – bath time, feeding • Shelter/home • Socialisation/play • Opportunities for learning and talking • Acceptable patterns of behaviour - o Need for boundaries - o Promoting positive behaviour				Cambridge National Child development, second edition pages 48-53.

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Childhood illnesses and child-safe environment	Recognise general signs and symptoms of illness in children • Key signs and symptoms of illness • Signs and symptoms of when to seek emergency medical help - o Meningitis - o Breathing difficulties - o High temperatures - o Seizures/fitting				Cambridge National Child development, second edition pages 56-58 <u>Article listing the checks</u> https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/
	2 How to meet the needs of an ill child, make recommendations on how each of following should be met: • Physical needs • Social needs • Emotional needs • Intellectual needs				Cambridge National Child development, second edition pages 59-60
	How to ensure a child-friendly safe environment • What a hazard is				How safe is your home quiz https://www.rospa.com/rospaweb/docs/advice-services/home-safety/uk/homesafety-quiz-english.pdf

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	● Recognise common hazards and how these can be prevented ○ Within the home ○ Roads ● Preventing hazards ● The importance of safety labelling ● BSI kitemark ● Lion mark ● Age advice symbol ● CE symbol and UKCA ● Children's nightwear labelling				Main causes of accident and injury Child Accident Prevention Trust https://capt.org.uk/ Green cross code: https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/ Images and explanation of basics https://www.babycentre.co.uk/a25007161/child-safety-symbols Child safety Labels https://ccea.org.uk/downloads/docs/Support/Factfile/2019/Fact%20File%3A%20Quality%20Marks%20Used%20on%20Products.pdf
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