Child Development

Exam Board & course code			
OCR Cambridge National J809			
Topics that will be taught			
Year Group	Autumn Term	Spring Term	Summer Term
Year 10	Unit R058 – Creating a Safe Environment 1.1 Plan to create a safe environment in a childcare setting ○ Reasons why accidents happen in a childcare setting: ○ Types of childhood accidents: ○ Plan to prevent accidents in a childcare setting 2.1 Essential equipment and factors for choice ○ Types of Essential Equipment ○ Factors affecting suitability and choice 3.1 Current Government dietary recommendations for healthy eating for children from birth to five years ○ Eatwell guide ○ 5 a day ○ British Nutritional Foundation recommendations ○ Updated recommendations as published in the future 3.2 Essential nutrients and their functions for children from birth to five years ○ Proteins ○ Carbohydrates ○ Fats ○ Vitamins A, B, C, D, E and K ○ Minerals: calcium, iron, zinc ○ Fibre	Unit R058 Continued Unit R059: Understand the development of a child from one to five years 1.1 The expected development norms from one to five years for the following developmental areas ○ Physical development ○ Intellectual development ○ Social development 2.1 The stages of play ○ Solitary ○ Parallel ○ Associate ○ Co-operative 2.2 The types of play ○ Manipulative play ○ Co-operative play ○ Imaginative play ○ Physical play ○ Creative play 2.3 How play benefits development ○ Physical development ○ Intellectual development ○ Social skills ○ Creative skills 3.1 Observation and recording ○ Methods of observation ○ Methods of recording	Unit R059 Continued Improving coursework marks

	○ Water Food Sources to meet nutritional needs for: ○ Birth to 6 months ○ The three stages of weaning between 6 – 12 months ○ 1 to 5 years 3.3 Plan for preparing a feed/meal ○ Equipment ○ Ingredients and quantities ○ Safety ○ Hygiene ○ Personal ○ Environment 3.4 How to evaluate planning and preparation of a feed/meal ○ Strengths/weaknesses ○ Improvements/changes	4.1 Plan and evaluate play activities ○ Plan play activities for a chosen area of development ○ How to evaluate plans for play activities	
Year 11	Unit R057: Health and well-being for child development 1.1 Factors affecting pre-conception health for women and men ○ Weight ○ Smoking ○ Drinking alcohol ○ Taking recreational drugs ○ Parental age 1.2 Other factors affecting the pre-conception health for women ○ Folic acid ○ Up to date immunisations 1.3 Types of contraception methods and their advantages and disadvantages ○ Barrier methods ○ Hormonal methods	2.1 The purpose and importance of antenatal clinics ○ The meaning of the term antenatal ○ The timing of first antenatal clinic appointment ○ The roles of different health professionals ○ The reasons for routine tests/checks and what conditions they can identify 2.2 Screening and diagnostic tests ○ The reasons for screening tests and what conditions they can identify ○ The reasons for diagnostic tests and what conditions they can identify 2.3 The purpose and importance of antenatal (parenting) classes	3.1 Postnatal checks ○ The postnatal checks that are carried out on the baby immediately after birth and the reasons why ○ The checks that are carried out on the baby within one to five days of birth and the reasons why 3.2 Postnatal care of the mother and baby ○ The role of the Health Visitor in supporting the new family including ○ How partner, family and friends can provide physical and emotional support ○ The purpose of the mother's '6 week postnatal check' with the GP 3.3 The developmental needs of children from birth to five years ○ Warmth

	○ Natural family planning 1.4 The structure and function of the reproductive systems ○ The structure and function of the female reproductive system ○ The structure and function of the male reproductive system 1.5 How reproduction takes place ○ Ovulation ○ Conception/fertilisation ○ Implantation ○ Development of the embryo and foetus ○ Multiple pregnancies 1.6 The signs and symptoms of pregnancy ○ Breast changes ○ Missed period ○ Nausea ○ Passing urine frequently ○ Tiredness	○ Prepares both parents for labour and parenthood ○ Promotes healthy lifestyle and diet ○ Provide advice on feeding and caring for the baby 2.4 The choices available for delivery ○ Hospital birth ○ Home birth 2.5 The role of the birth partner in supporting the mother through pregnancy and birth ○ Physical support ○ Emotional support 2.6 The methods of pain relief when in labour ○ Epidural anaesthetic ○ Gas and air (Entonox) ○ Pethidine ○ TENS 2.7 The signs that labour has started ○ A show ○ Waters breaking ○ Contractions start 2.8 The three stages of labour and their physiological changes 2.9 The methods of assisted birth ○ Forceps ○ Ventouse ○ Episiotomy ○ Elective/ emergency caesarean section	○ Feeding ○ Love and emotional security ○ Rest/sleep ○ Fresh air ○ Exercise ○ Cleanliness/hygiene ○ Stimulation ○ Routine ○ Shelter/home ○ Socialisation/play ○ Opportunities for listening and talking ○ Acceptable patterns of behaviour 4.1 Recognise general signs and symptoms of illness in children ○ Key signs and symptoms and treatment ○ Key signs and symptoms of when to seek emergency medical help 4.2 How to meet the needs of an ill child ○ Physical needs ○ Social needs ○ Emotional needs ○ Intellectual needs 4.3 How to ensure a child-friendly safe environment ○ What a hazard is ○ Recognise common hazards and how these can be prevented ○ The importance of safety labelling

What parents can do to support learning	Useful links and reference materials
○ Encourage regular short revision sessions rather than last-minute cramming. ○ Use flashcards, quizzes or mind maps to test key terms. ○ Watch short videos or documentaries about pregnancy, childcare, and child health (e.g. BBC Bitesize or NHS videos). ○ Discuss real-life examples e.g., family experiences, visits to health clinics or younger siblings ○ Talk through assignment requirements and help your child plan their time. ○ Encourage them to keep all notes, drafts and evidence organised. ○ Offer to be their audience — they can explain their play activity plans or nutrition choices to you (explaining helps reinforce learning). ○ Help them find resources (e.g., websites or leaflets about child safety, healthy eating or play ideas).	○ Level 1/Level 2 Cambridge National in Child Development (J809): Second Edition Textbook ○ Cambridge National in Child Development Digital Student Book (2 Years) ○ My Revision Notes: Level 1/Level 2 Cambridge National in Child Development ○ Talking Child Development podcast ○ Circle Time – The Early Years Podcast ○ Parenting Hell podcast ○ Child of Our Time TV show ○ Becoming You documentary ○ Babies: A Netflix docu-series ○ One Born Every Minute