



KS4

Child Development

(Cambridge Nationals)



Exam Details:

Exam Board: OCR

Exam consists of one paper:

Paper 1: R057 – Health and well-being for child development (40%)

(1hr 15mins)

Topic Area 1 – Pre-conception health and reproduction			
Topic	Content		
Factors affecting pre-conception health for women and men	<ul style="list-style-type: none"> • Weight • Smoking • Drinking alcohol • Taking recreational drugs • Parental age 		
Other factors affecting the pre-conception health for women	<ul style="list-style-type: none"> • Folic acid • Up to date immunisations 		
Types of contraception methods and their advantages and disadvantages	<p>Barrier methods:</p> <ul style="list-style-type: none"> • Male condoms • Female condoms • Diaphragm or cap <p>Hormonal methods:</p> <ul style="list-style-type: none"> • Contraceptive pills • Combined pill • Progesterone only pill (POP) • Contraceptive injection • Contraceptive implant • Intrauterine device • Intrauterine system • Emergency contraceptive pill <p>Natural family planning:</p> <ul style="list-style-type: none"> • Temperature method • Cervical mucus method • Calendar method 		
The structure and function of the reproductive systems	<p>The structure and function of the female reproductive system</p> <ul style="list-style-type: none"> • Ovaries • Fallopian tubes • Uterus/womb • Cervix • Vagina • The menstrual cycle <p>1.4.2 The structure and function of the male reproductive system</p> <ul style="list-style-type: none"> • Testes • Sperm duct/epididymis • Urethra • Penis • Vas deferens • Seminal vesicle 		

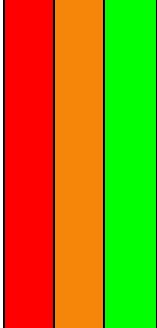
How reproduction takes place	<ul style="list-style-type: none"> • Ovulation • Conception/fertilisation • Implantation <p>Development of the embryo and foetus:</p> <ul style="list-style-type: none"> • Amniotic fluid • Umbilical cord • Placenta <p>Multiple pregnancies:</p> <ul style="list-style-type: none"> • Identical • Non identical/fraternal 			
The signs and symptoms of pregnancy	<ul style="list-style-type: none"> • Breast changes • Missed period • Nausea • Passing urine frequently • Tiredness 			
Factors affecting pre-conception health for women and men	<ul style="list-style-type: none"> • Weight • Smoking • Drinking alcohol • Taking recreational drugs • Parental age 			

Topic Area 2: Antenatal care and preparation for birth				
Topic	Content			
2.1 The purpose and importance of antenatal clinics	<ul style="list-style-type: none"> • The meaning of the term antenatal • The timing of first antenatal clinic appointment <p>The roles of different health professionals:</p> <ul style="list-style-type: none"> • GP (General Practitioner) • Midwife • Obstetrician <p>The reasons for routine tests/checks and what conditions they can identify:</p> <ul style="list-style-type: none"> • Baby's heartbeat • Blood pressure • Blood tests • Examination of the uterus • Urine test • Weight check 			
2.2 Screening and diagnostic tests	The reasons for screening tests and what conditions they can identify <ul style="list-style-type: none"> • Ultrasound scans 			

	<ul style="list-style-type: none"> • Dating • Anomaly • Nuchal fold translucency scan • Triple test • Non-Invasive Prenatal Testing (NIPT) <p>The reasons for diagnostic tests and what conditions they can identify</p> <ul style="list-style-type: none"> • Amniocentesis • Chorionic villus sampling (CVS) 			
2.3 The purpose and importance of antenatal (parenting) classes	<ul style="list-style-type: none"> • Prepares both parents for labour and parenthood • Promotes healthy lifestyle and diet • Food to avoid during pregnancy • Provide advice on feeding and caring for the baby • Why breast feeding is encouraged for at least the first two weeks 			
2.4 The choices available for delivery	<ul style="list-style-type: none"> • Hospital birth • Home birth 			
2.5 The role of the birth partner in supporting the mother through pregnancy and birth	<ul style="list-style-type: none"> • Physical support • Emotional support 			
2.6 The methods of pain relief when in labour	<ul style="list-style-type: none"> • Epidural anaesthetic • Gas and air (Entonox) • Pethidine • TENS 			
2.7 The signs that labour has started	<ul style="list-style-type: none"> • A show • Waters breaking • Contractions start 			
2.8 The three stages of labour and their physiological changes	<ul style="list-style-type: none"> • Stage 1: Neck of the uterus opens • Stage 2: Birth of the baby • Stage 3: Delivery of placenta 			
2.9 The methods of assisted birth	<ul style="list-style-type: none"> • Forceps • Ventouse • Episiotomy • Elective/ emergency caesarean section 			

Topic Area 3: Postnatal checks, postnatal care and the conditions for development			
Topic	Content		
3.1 Postnatal checks	<p>The postnatal checks that are carried out on the baby immediately after birth and the reasons why:</p> <ul style="list-style-type: none"> • Apgar score • Skin & Vernix & Lanugo • Weight • Length • Head circumference 		
	<p>The checks that are carried out on the baby within one to five days of birth and the reasons why:</p> <ul style="list-style-type: none"> • Physical examination: Feet, Fingers, Hips, Eyes, Heart, Testicles in boys & Fontanelle • Heel prick test (blood spot test) 		
3.2 Postnatal care of the mother and baby	<p>The role of the Health Visitor in supporting the new family including:</p> <ul style="list-style-type: none"> • Safe sleeping - Sudden Infant Death Syndrome (SIDS) and how to reduce the risk • 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	<ul style="list-style-type: none"> • Warmth • Feeding • Love and emotional security • Rest/sleep • Fresh air • Exercise • Cleanliness/hygiene • Stimulation • Routine & Bath time & Feeding • Shelter/home • Socialisation/play • Opportunities for listening and talking • Acceptable patterns of behaviour 		

Topic Area 4: Childhood illnesses and a child safe environment			
Topic	Content		
4.1 Recognise general signs and symptoms of illness in children	<p>Key signs and symptoms and treatment of:</p> <ul style="list-style-type: none"> • Mumps • Measles • Meningitis • Tonsillitis • Chickenpox • Common cold • Gastroenteritis <p>Key signs and symptoms of when to seek emergency medical help to include:</p> <ul style="list-style-type: none"> • Breathing difficulties • Unresponsive • Limp • High fever • Seizures/fitting 		
4.2 How to meet the needs of an ill child	<ul style="list-style-type: none"> • Physical needs • Social needs • Emotional needs • Intellectual needs 		
4.3 How to ensure a child-friendly safe environment	<ul style="list-style-type: none"> • What a hazard is • Recognise common hazards and how these can be prevented <ul style="list-style-type: none"> ◦ Within the home: <ul style="list-style-type: none"> • Kitchen • Toilets/bathroom • Stairs • Play areas/gardens • Roads <p>The importance of safety labelling :</p>		

	<ul style="list-style-type: none">○ BSI kite mark○ Lion mark○ Age advice symbol○ CE symbol and UKCA○ Children's nightwear labelling	
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