



Child Development R057: Health and well-being for child development1

75 MINUTES

Topic Area 1: Pre-conception health and reproduction

1.1 Factors affecting pre-conception health for women and men

Content

- Weight
- Smoking
- Drinking alcohol
- Taking recreational drugs
- Parental age

1.2 Other factors affecting the pre-conception health for women

Content

- Folic acid
- Up to date immunisations

1.3 Types of contraception methods and their advantages and disadvantages

Content

- Barrier methods of contraception
- Hormonal methods of contraception
- Natural family planning

1.4 The structure and function of the reproductive systems

Content

- Structure and function of the female reproductive system
- Structure and function of the male reproductive system

1.5 How reproduction takes place

Content

- Ovulation
- Conception/fertilisation
- Implantation
- Development of the embryo and foetus
- Multiple pregnancies

1.6 The signs and symptoms of pregnancy

Content

- Breast changes
- Missed period
- Nausea
- Passing urine frequently
- Tiredness



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Topic Area 2: Antenatal care and preparation for birth

2.1 The purpose and importance of antenatal clinics

Content

- Roles and responsibilities of different health professionals
- The reasons for routine tests/checks and what conditions they can identify

Topic Area 4: Childhood illnesses and a child safe environment

4.1 Recognise general signs and symptoms of illness in children

Content

- Key signs and symptoms and treatments of the 7 common childhood illnesses
- Key signs and symptoms of when to seek emergency medical help

4.2 How to meet the needs of an ill child

Content

- Physical needs
- Social needs
- Emotional needs
- Intellectual needs

4.3 How to ensure a child-friendly safe environment

Content

- What is a hazard
- Recognising common hazards and how these can be prevented