

***CLEETHORPES ACADEMY  
HOME LEARNING  
Summer Term***

***Year 10: CHILD DEVELOPMENT***



We Are **CARING**

We Are **CURIOUS**

We Are **CREATIVE**

## **SELF QUIZZING**

### **OUR EXPECTATIONS**

- The act of self-quizzing supports retrieval. Retrieval is important because the more we revisit knowledge and ideas, the more likely we are to remember it. The more we remember, the greater sense we can make of our learning.
- You should spend a minimum of *30 minutes a night* focusing on a specific subject's retrieval activity.
- You should bring your completed work to form, every Tuesday, where your work will be checked and additional retrieval activities will be completed to support your retention of the information studied at home.
- Failure to complete the activities each week, will result in further sanctions.

### **WHAT YOU SHOULD DO**

- Each night, select a subject to focus on.
- Read the subject's information really trying hard to remember what you have read. You might want to highlight and add your own notes to the information you have been given.
- Once you are confident that you can recall the information without having to recheck, use the following blank page to write down everything you can remember, using a black or blue pen. Don't worry if you can't remember everything
- In form time, your tutor will ask you to check through your work and use a green pen to "gap fill" any information you may have missed.
- Your tutor will also ask further questions in relation to the information you have read each week, to further support your retention of new knowledge.
- You will be rewarded with carrot points for your efforts each week.

## WEEK 1

**Diagnostic tests** = tests performed if a condition such as Down's syndrome has been detected during a routine scan or test

There are two diagnostic tests:

### Amniocentesis

- This procedure takes a **sample of the amniotic fluid** which is then tested
  - It is usually carried out when a mother is **15-20 weeks** pregnant
  - A thin, hollow needle is used and inserted through the **mother's abdominal wall**
  - The needle goes into **the uterus and amniotic sac**, and a small amount of **amniotic fluid is taken out**
  - The procedure takes about **10 minutes**, and then the **fluid and cells it contains are sent off for testing**
    - The test is carried out by an **obstetrician**
  - The test does have a risk of **miscarriage** - approximately **1 out of 100 women**

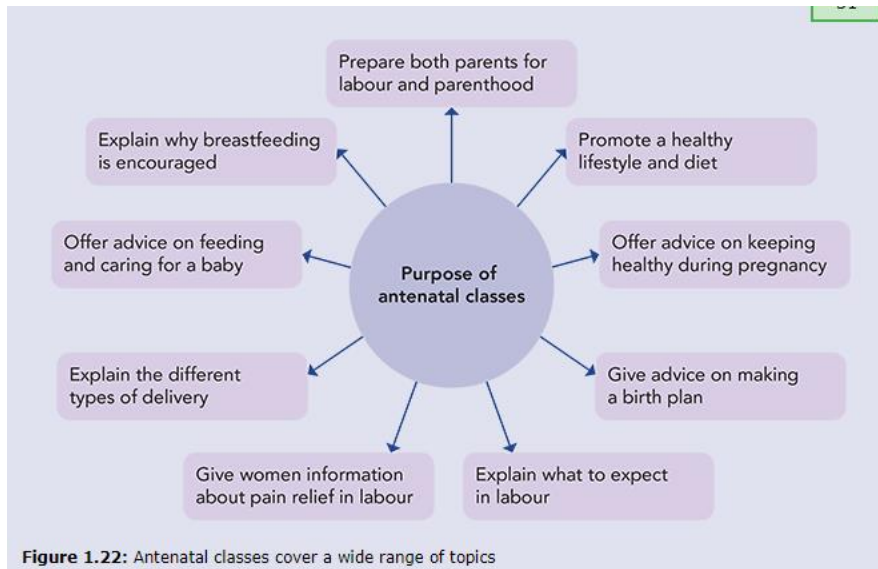
### Chorionic villus sampling (CVS)

- In **CVS**, a small **sample of cells** is taken from the **placenta** for testing
- It is usually carried out at **11-14 weeks** of pregnancy, although it can be performed later if necessary
- With CVS, the risk of **miscarriage is 1 in 100 women**
- As the test can be carried out earlier in the pregnancy, the mother will have more time to consider the results

## Week 2

**Antenatal class: A class given by a midwife to help prepare the parents for all aspects of pregnancy, birth and parenthood**

*The purpose of antenatal classes during pregnancy:*



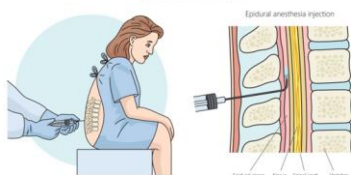
**Birth partner: A person who is chosen by the mother to support her throughout pregnancy and be at her side when she is in labour**



## Week 3

### Pain relief options for labour

Epidural Anesthesia



#### **Epidural anaesthetic**

- A tube is inserted into the lower back of the mother by an anaesthetist
- The anaesthetic is administered through the tube and can be topped up when needed

#### **Gas & air/Entonox**



- Entonox is breathed in through a mouthpiece which the mother can hold
- It can take away some of the pain but not all over it

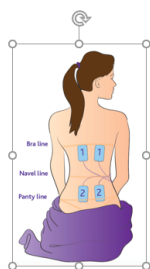


#### **Pethidine**

- This is a drug which is injected into the mother during the early stages of labour
- It is a strong painkiller which can last up to four hours
- It can help the mother relax



#### **TENS machine**



- Transcutaneous Electrical Nerve Stimulation is a small device with electrodes which are taped to the mother's back
- The mother can control the level of impulses depending on her pain levels
- Only really effective in early labour

## Week 4

### The signs that labour has started



#### A 'show'

This is discharge of blood-stained mucus  
The mother may experience back ache or pain as well as nausea, vomiting and diarrhoea



#### Waters breaking

This is the rupture of membranes where amniotic fluid escapes via the vagina  
The cervix starts to soften so it can dilate  
The baby's head moves down into the pelvis



#### Contractions start

Regular muscular contractions begin  
This is where the muscles tighten then relax  
These start slowly but become stronger  
Contractions open up the cervix

### The stages of labour

#### Stage 1

- This is the **longest** stage of labour which can last 15-18 hours
- The **contractions** become stronger and more intense, meaning that more pain relief may be needed
- The **cervix** gradually **dilates** to reach a width of **10cm**

#### Stage 3

- This stage is **after** the baby is born
- It is the **shortest** stage of labour
- The contractions start again to push out the **placenta**
  - The **placenta is delivered**
- An injection on **syntocinon** may be given to speed up the process by stimulating contractions. This helps to reduce blood loss and helps a tired mother
- Any tear or cut in the perineum will be **sewn up under local anaesthetic**

#### Stage 2

- The cervix is **fully dilated at 10cm**, which means it is safe for the mother to push the baby out
- The vagina and open cervix for one passage called the '**birth canal**'
- The baby's head **moves into the birth canal** & the mother pushes with each contraction
- The baby's head **moves down the birth canal**
  - The head **crowns**
- The baby's head is **born first**, followed by the rest of the body
  - A **cut/episiotomy** may be needed if the **perineum** does not stretch enough
- The **umbilical cord** is clamped and cut

## Week 5

### Methods of assisted birth

#### Forceps

What?	Why?
<ul style="list-style-type: none"> <li>• Large <b>metal tongs</b> that are placed around the <b>baby's head</b></li> <li>• Some forceps can <b>turn the baby</b> into the right position to be born</li> <li>• An <b>obstetrician</b> will use them to <b>gently ease</b> the head out, to help deliver the baby</li> </ul>	<ul style="list-style-type: none"> <li>• If there are concerns over the baby's <b>heart rate</b> or if the baby is <b>distressed</b></li> <li>• The baby is in an <b>awkward position</b></li> <li>• The mother is too <b>exhausted</b> to push</li> <li>• Contractions are not <b>strong enough</b></li> <li>• Labour is <b>progressing slowly</b></li> <li>• The mother has had an <b>epidural</b> and can't feel to push</li> <li>• There are <b>difficulties</b> getting the baby out</li> </ul>

#### Ventouse

What?	Why?
<ul style="list-style-type: none"> <li>• This is a <b>plastic or metal cap</b> that fits on to the <b>baby's head</b></li> <li>• It is sometimes known as a '<b>suction cup</b>' as it attaches to the baby's head <b>by suction</b></li> <li>• As the mother pushes with each <b>contraction</b>, an <b>obstetrician</b> <b>gently pulls</b> to help deliver the baby</li> <li>• It may bruise the baby's head but this soon <b>returns to normal</b></li> </ul>	<ul style="list-style-type: none"> <li>• When <b>contractions</b> are not strong enough to push the baby out and assistance is needed</li> </ul>

#### Episiotomy

What?	Why?
<ul style="list-style-type: none"> <li>• This is a when the <b>perineum</b> is cut during childbirth</li> <li>• It is performed by a <b>doctor or midwife</b></li> <li>• This usually happens in <b>stage 2</b> of labour</li> <li>• A <b>local anaesthetic</b> is used to numb the area around the vagina</li> <li>• A <b>small, diagonal cut</b> is made</li> <li>• This is then <b>stitched together</b> with dissolvable stitches within one hour after birth</li> </ul>	<ul style="list-style-type: none"> <li>• To make the opening of the <b>vagina wider</b>; allowing the baby to come through it more easily</li> <li>• To prevent a <b>severe tear</b></li> <li>• If the baby is in <b>distress</b> and needs to be born quickly</li> <li>• If it is necessary to widen the vagina so that <b>forceps</b> or <b>ventouse</b> suction can be used</li> </ul>

#### Caesarean section

What?	Why?
<ul style="list-style-type: none"> <li>• An <b>elective caesarean</b> may be recommended as a <b>planned procedure</b> if a vaginal birth is considered too risky</li> <li>• An <b>emergency caesarean</b> is <b>unplanned</b></li> </ul>	<ul style="list-style-type: none"> <li>• For <b>very large babies</b> or <b>multiple births</b></li> <li>• If the baby has <b>stopped breathing</b></li> <li>• The mother is too ill to continue with labour or has <b>pre-eclampsia</b></li> <li>• The baby is in <b>distress</b> or <b>stuck in the birth canal</b></li> <li>• Baby has <b>medical problems</b></li> <li>• Due to <b>placenta previa</b></li> <li>• If <b>induction</b> of labour has failed</li> <li>• If the <b>umbilical cord</b> is around the baby's neck</li> <li>• The baby is in <b>breech</b> position</li> <li>• There is <b>severe bleeding</b></li> </ul>

## Week 6

### What is the APGAR score?

- One of the first checks carried out on a baby a few minutes after birth is the **APGAR score**
  - This score assesses the **physical condition of the baby**

**A**ctivity – is the baby moving and active?

**P**ulse – what is the baby's pulse rate?

**G**rimace – does the baby respond with facial movement when touched?

**A**pppearance – is the skin blue or pink?

**R**espiration – is the baby breathing well?

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### Weight, length and head circumference

There are three measurements taken after a baby is born. Firstly, the baby's weight is checked. The average weight of a newborn baby is between 2.7 – 4.1kg (6 – 9lbs). It is normal for baby's to lose weight in the first few days. Next, the length of the baby is measured. The average length of a newborn baby is 50 – 53cm. Finally, the baby's head circumference is measured. This involves placing a tape measure around the baby's head. The average circumference of a newborn's head is 35cm. A baby's head is soft at birth but returns to its previous shape within a couple of days. It takes approximately 9-18 months for a baby's skull to form fully. These three measurements are important as they are baseline measurements that are recorded on a centile chart in the baby's red book. This helps health professionals monitor and track the baby's growth and identify any possible issues from 0 – 4 years.

## Week 7

### Heel prick/blood spot test

- The heel prick/blood spot test is carried out on newborn babies when they are approximately five days old
- This is a screening test which checks for 9 rare but serious conditions
- If any of these conditions is detected, early treatment can improve the health of the baby and may even prevent disability or death

### Health visitor

- A **health visitor** is a specialist community public health nurse who supports families with children from pregnancy up to the age of five. They are nurses or midwives with additional training in public health, focusing on promoting healthy lifestyles and preventing illness.



## Week 8

### Sudden Infant Death Syndrome (SIDS)

- **Sudden infant death syndrome (SIDS)**, previously known as cot death) is the sudden and unexpected death of a baby where no cause is found. Thankfully it is uncommon, but it does still happen.
  - Baby's who were born premature or at a low birth weight are at a higher risk of SIDS
- Breastfeeding is associated with a reduced risk of Sudden Infant Death Syndrome (SIDS). Any breastfeeding, including exclusive and partial breastfeeding, provides some protection, but exclusive breastfeeding offers the greatest benefit. Research suggests that breastfeeding for at least two months can halve the risk of SIDS

### Post-natal depression (PND)

- **Postnatal depression (PND)**, also known as postpartum depression, is a type of depression that can affect parents after having a baby. It's more than just the "baby blues," which are common and usually resolve within a couple of weeks. PND can start anytime within the first year after childbirth and can last for months or even longer in severe cases. It can significantly impact a parent's ability to care for themselves and their baby, according to the NHS.

## Week 9

### Developmental needs of a child: Warmth, food and love

#### Warmth:

- Appropriate clothing
- Correct room temperature (18°C)
- Baby's head uncovered
- Reduce cold and damp environments

#### Food:

- Being aware of portion size
- Reduce foods which are sugary, fatty and salty
- Ensure a healthy balanced diet
- Refer to the Eatwell guide
- No junk food

#### Love and emotional security:

- Child should feel loved, wanted and valued
- Show interest in the child
- They should feel safe and secure
- Promotes confidence and self-esteem

## Week 10

### Developmental needs of a child: Rest & sleep, fresh air, exercise

#### Rest & sleep:

- Allow adequate time for the child to rest and sleep
- Develop routines such as bath and story time
- Babies should be allowed to rest/sleep whenever they need
- Sleep promotes learning, growth and development

#### Fresh air:

- Good for physical and emotional wellbeing
- Helps children to feel energised
- Raises Vitamin D levels which helps the bones absorb calcium
- Reduces screen time

#### Exercise:

- Important for physical health
- Helps to build fitness
- Reduces the risk of obesity
- Could include sports such as football/swimming
- Running around and playing in the park

## Week 11

### Developmental needs of a child: Hygiene, stimulation, shelter

#### Hygiene:

- Good home hygiene – especially in the kitchen
- Prevents illnesses
- Personal hygiene keeps the child clean i.e., baths, showers, cleaning face and nails

#### Stimulation:

- Develops a child's curiosity and interests
- Can be achieved by encouraging children to play with each other
- Allow children to explore new things
- Provide a range of books, toys, activities and games

#### Shelter:

- Poor conditions in the home increase the chance of illness and infection
- A home must be warm, clean and safe
- Damp conditions should be addressed
- Clean and comfortable bed and bedding should be provided

## Week 12

### Socialisation & play:

- Helps children to learn how to interact with children and adults
- Is an opportunity for children to mix with new people
- Helps develop social skills and self-confidence
- Encourages sharing, turn – taking and manners

### Routines:



### Acceptable behaviour:

- Parents and carers should act as role models for their children
- They should demonstrate acceptable behaviour
- This includes manners, listening and conversation skills
- Children will behave more positively if they see their parent or carer acting this way

