

CLEETHORPES ACADEMY HOME LEARNING

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
CHILD DEVELOPMENT
PHYSICAL DEVELOPMENT

*Read through the information below. Cover this up then write it down
in your book.*

Physical development covers a wide range of gross and fine motor skills (outputs) that are made in response to sensory input.

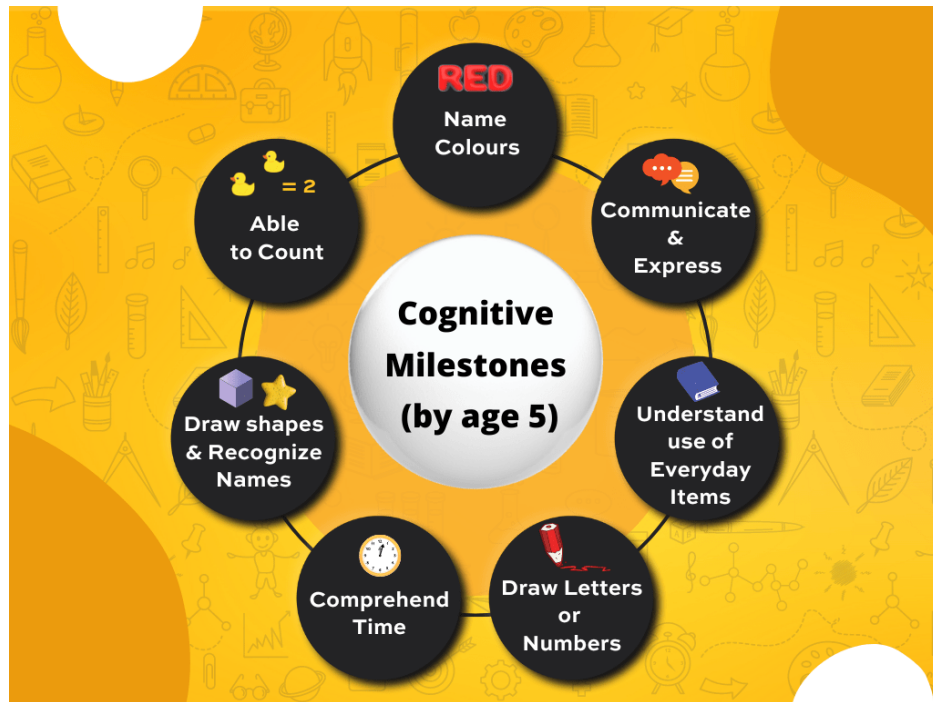
Gross motor skills refer to the controlling of large body movements that involve large muscle groups, including core stability and posture e.g., pushing, pulling, rolling, crawling, walking and sitting still.

Fine motor skills refer to physical skills that involve small muscles and hand-eye coordination. Movements are more controlled and precise and often a well-developed pincer grip is needed.

Hand-eye coordination in children is the ability to process visual information and use it to guide hand movements. This skill is crucial for many everyday tasks, from eating and dressing to writing and playing sports. It develops from infancy, with early milestones like batting at objects and reaching for toys, progressing to more complex actions like catching balls and using tools.

Week 2
CHILD DEVELOPMENT
INTELLECTUAL DEVELOPMENT

Read the mind map below which shows the cognitive milestones of children 0-5 years . Cover then write out the mind map in your book.



Week 3
CHILD DEVELOPMENT
SOCIAL DEVELOPMENT

Read through the information below. Cover the image first, then list the 7 points in your book. Then cover the paragraph and write this out in your book.



Social development refers to how individuals interact with others and their environment, including learning social skills, building relationships, and understanding social norms. Examples of social development include learning to share, cooperate in play, develop friendships, understand and manage emotions, and adapt to different social situations.

Holistic development is all **three areas** of development working alongside each other. It means the child is developing as a **whole person** and it is important to remember that a 2–3-year-old is developing their physical, intellectual and social skills all at the same time.

Week 4
CHILD DEVELOPMENT
OBSERVATION AND RECORDING METHODS

Read through the two tables below. Then draw two tables in your book, cover the information and write out what you can remember.

Advantages and disadvantages of checklist observation

Advantages

- Can be targeted to a particular child and to specific skills
- Easy to use, no need for writing. Comments can be added later
- An easy way to check a child's progress against expected norms

Disadvantages

- Doesn't give any detail unless extra comments are added
- The child may choose to not show their skill
- Doesn't give information on how confident the child is in using a skill or how often they use it

Advantages and disadvantages of chart recording

Advantages

- suits the method of checklist observation
- can be produced on computer or by hand
- easy and quick to make
- pre-planned statements/skills to look out for
- quick and easy to use making it easier to capture and record what a child is doing

Disadvantages

- may not be a lot of room for additional notes
- may not be useful if using in a live situation when looking for specific milestones or areas of development

Week 5
CHILD DEVELOPMENT
STAGES AND TYPES OF PLAY

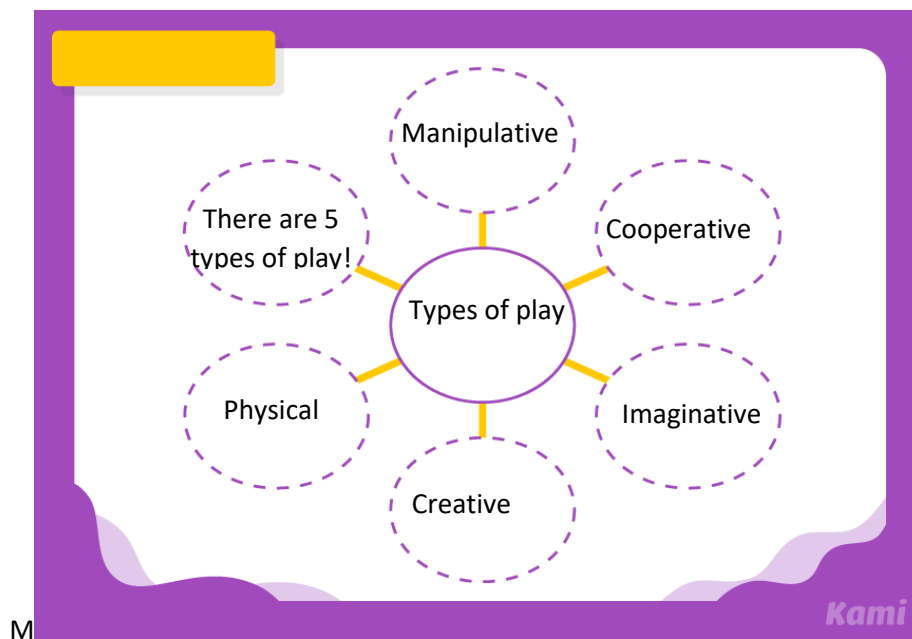
PARALLEL PLAY

From around two to three years of age, children will enjoy playing alongside one another at the same activity – in parallel with each other. They remain engrossed in their own activity, even though they might:

- *Change their activities to match others*
- *Share resources*

They will not actually interact or play directly with another child. Children have companionship, but even in the middle of a group of children, remain independent in their play.

TYPES OF PLAY



Week 6

CHILD DEVELOPMENT

SAFETY CONSIDERATIONS WHEN PLANNING AN ACTIVITY

You are planning an activity to do with a 2–3-year-old child. You need to consider their safety and how you intend to keep them safe at all times. Read through the information below then list these points in your book.

Safety considerations

Think about any possible accidents that could occur during your activity. Think about:

Safety labels!
Supervision!
Safe
equipment!
Age
appropriate!

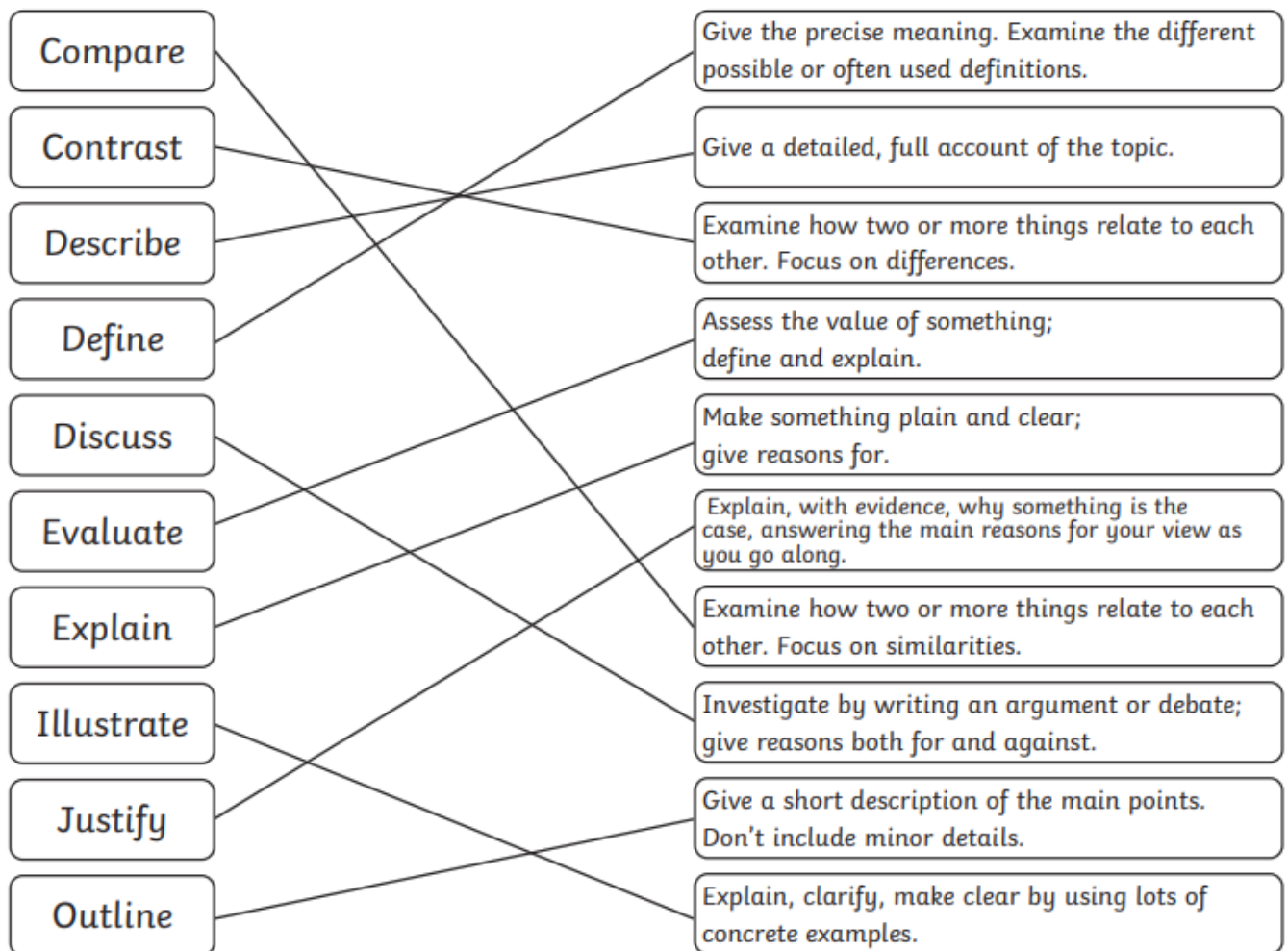
- Amount of space available
- The equipment/materials/toys you may use
- How you will supervise the activity

Indoors	Outdoors
Slippery floors	Gates left open or broken fence
Clutter on floor	Traffic entering the area
Loose flooring	Animal faeces in the garden
Objects falling from shelves	Hazards left around i.e. broken glass
Space is too small	Toxic plants

Week 7
CHILD DEVELOPMENT
COMMAND WORDS

Command words give you an idea of the type of question you are being asked and how you should go about responding the question.

Try to remember which command word match each definition. Then cover the information and write out each command word with the correct definition.

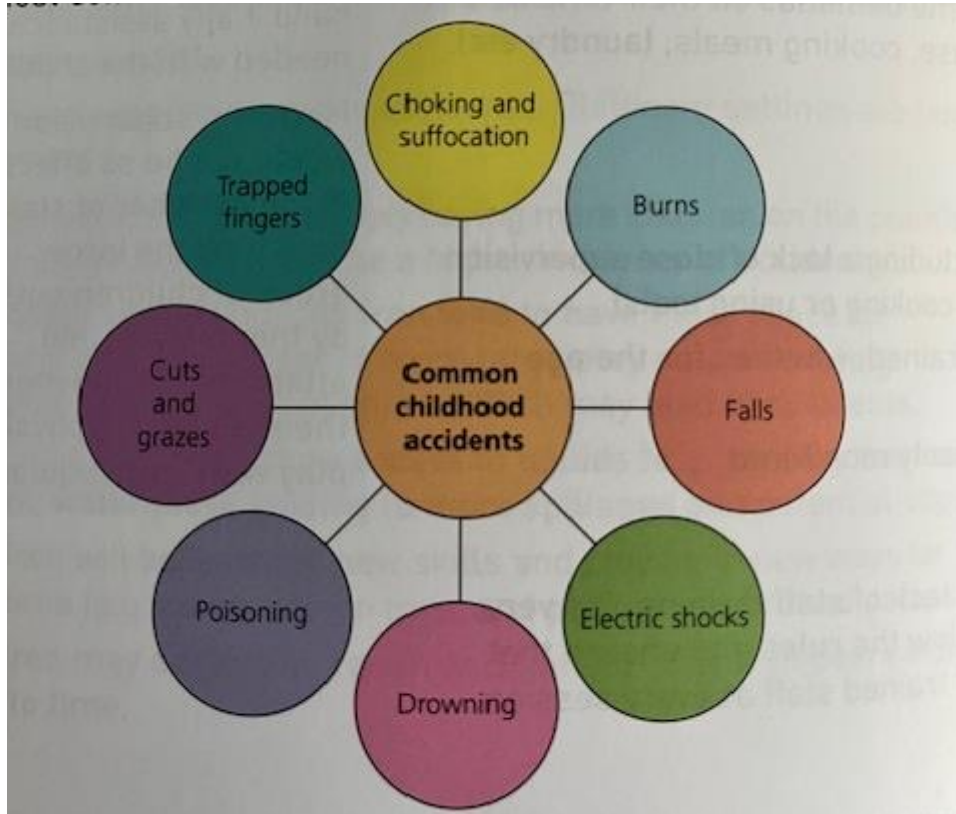


Week 8

CHILD DEVELOPMENT

ACCIDENTS THAT COULD HAPPEN IN A CHILDCARE SETTING

Read, cover and write out the mind map:



Read then write out the list below:

Why these accidents could happen:

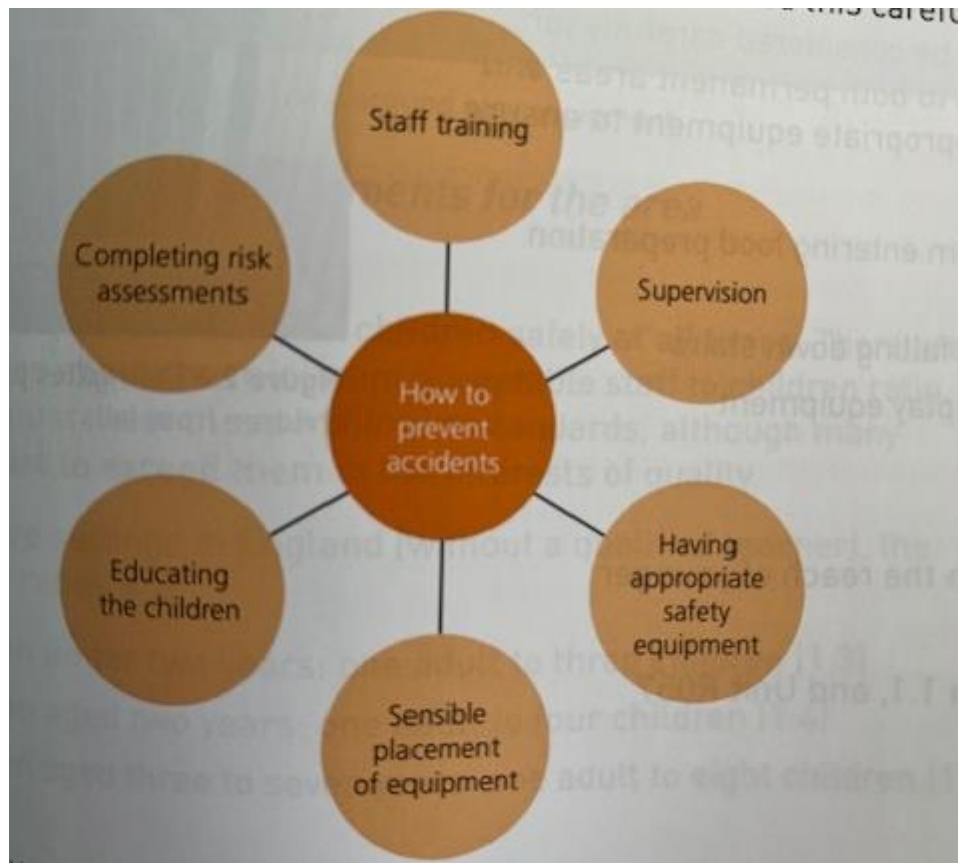
- *Lack of supervision*
- *Untrained staff*
- *The environment*
- *As part of a child's development*
- *Safety equipment*

Week 9

CHILD DEVELOPMENT

HOW TO PREVENT ACCIDENTS IN A CHILDCARE SETTING

Read then write out the mind map below:



Week 10
CHILD DEVELOPMENT
MEETING THE NUTRITIONAL NEEDS OF BABIES

Read through the information about anti-reflux formula milk. Then cover and write out the information.

Anti-reflux (staydown) formula is suitable from birth but only under medical supervision.

This type of formula is thickened with the aim of preventing [reflux in babies](#) (when babies bring up milk during or after a feed).

Although it's available in pharmacies and supermarkets, it's recommended you only use it on the advice of a health professional.

The instructions for making up anti-reflux formulas may be different to standard formula. The usual guidelines for [how to make up baby formula](#) recommend using boiled water that has stood for no more than 30 minutes, so that the temperature is still above 70C.

Read through the information about lactose-free formula milk. Then cover and write out the information.

Lactose-free formula is suitable from birth but only under medical supervision.

This formula is suitable for babies who are [lactose intolerant](#). This means they cannot absorb lactose, which is a sugar that's naturally in milk and dairy products.

Lactose intolerance is rare in babies. Symptoms include diarrhoea, abdominal pain, wind and bloating.

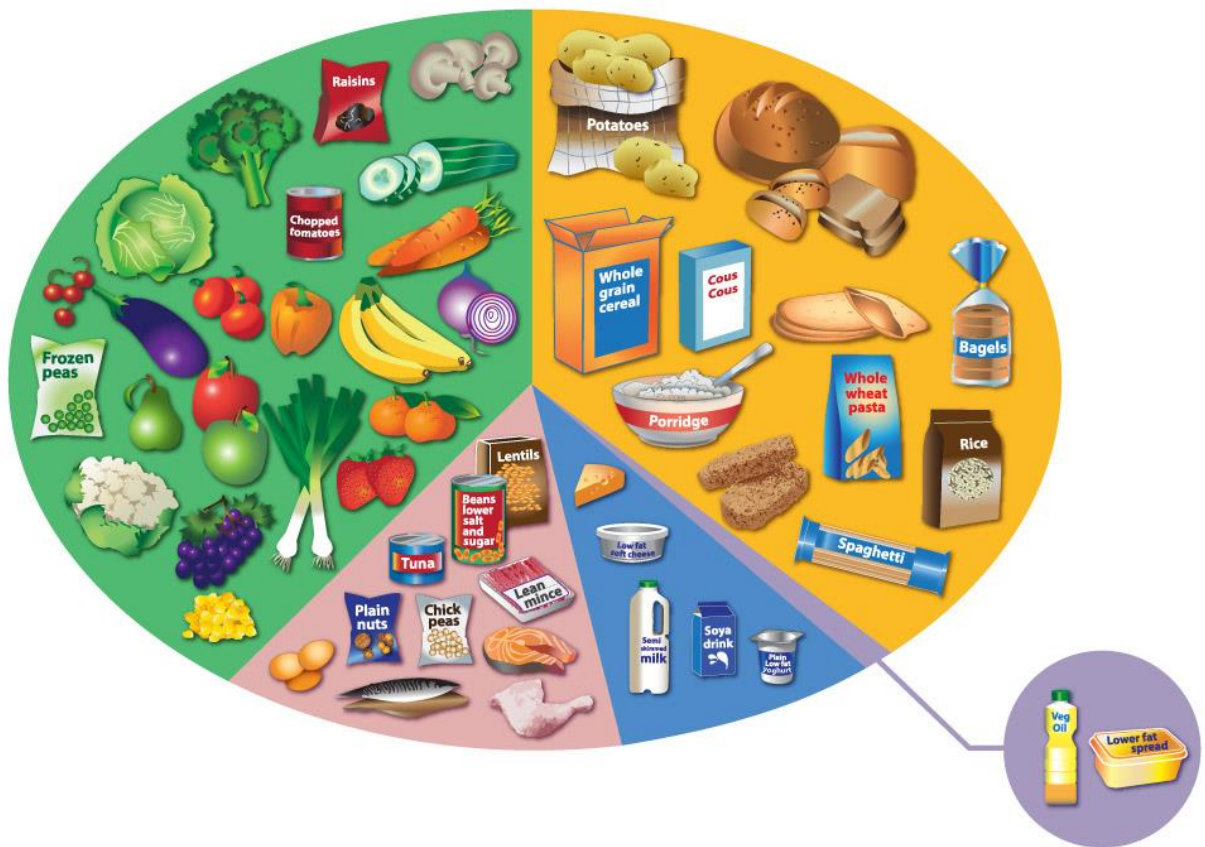
Lactose-free formula is available in pharmacies and shops, but if you think your baby may be lactose intolerant, it's important to speak to a midwife, health visitor or GP.

Week 11

CHILD DEVELOPMENT

MEETING THE NUTRITIONAL NEEDS OF CHILDREN 6+ MONTHS

Look at the image below which shows the Eatwell Guide. In your book, draw a picture of the Eatwell Guide. You can either draw images of foods or write down which foods belong in each section.



Week 12

CHILD DEVELOPMENT

HOW TO PREPARE A BOTTLE OF FORMULA MILK FOR A NEWBORN BABY

This information shows you the steps to follow in order to prepare a bottle feed. Cover these steps then draw/write them out in your book.

How to make baby formula

Step 1



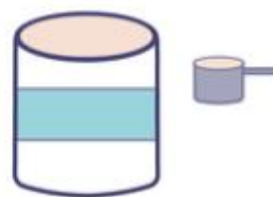
- Boil fresh tap water in a kettle or on the stove.
- Let the water cool to room temperature or until it's lukewarm.

Step 2



- Pour the correct amount of water into sterilised bottles.
- Sealed bottles of water can be stored in the fridge for up to 24 hours.

Step 3



- Add the correct number of formula scoops.
- Only use the scoop that came with the formula's container and follow the manufacturer's instructions.

Step 4



- Fill the scoop so it's loose and level. Don't over or under-fill the scoop.
- Fill each scoop from the centre of the tin and level it off with the lid edge or a clean, sterilised knife.

Step 5



- Tap the bottle on the bench to settle the formula powder in the water.
- Seal the bottle with the teat and screw cap. Shake well until the formula is well dissolved.

Step 6



- Test the temperature of the formula on your wrist before offering it to your baby.