

Name \_\_\_\_\_

Target Grade \_\_\_\_\_

## Child development Personal learning checklist

<b>Topic</b>	<b>Date</b> <b>RAG</b>	<b>Date</b> <b>RAG</b>
<b>Family and Child</b>		
Describe what the 6 different types of family are and advantages and disadvantages of each to the child.		
The 8 rights of a child and the responsibilities of the family to the child.		
The difference between traditional and modern families. The 4 different parenting styles.		
How child rearing differs in other countries/ cultures with examples. Features of multi-culturism and how this impacts on child rearing.		
The four different types of relationships.		
Pressures and their effect on the family with examples.		
Disabilities and how to support a child with special needs. Effects of special needs on the family.		
Support available to families and the child.		
Immunisations. Which ones do children have and at what age?		
Child care- 10 different options with advantages and disadvantages.		
Voluntary organisations and how do they support the family and child.		
Legal framework- the 5 acts which relate to child protection and what they cover.		
<b>Food and health</b>		
5 main nutrient groups- foods they are found in and their role in the body. Dietary fibre is a type of carbohydrate, what its role is and foods it is found in.		
Different vitamins and mineral- the role of each in the body and food they are found in.		
How parents, teachers and government promote healthy eating to children.		
Food to avoid during pregnancy and why.		
Breast feeding- advantages and disadvantages. Bottle feeding- advantages and disadvantages.		
What is weaning and the 3 stages. What foods to avoid during weaning.		
9 ways to encourage children to develop good eating habits.		
Special dietary needs- the difference between a food allergy and intolerance. Moral and religious diets with examples of each and what they don't eat.		
What is food poisoning and how to prevent it. Including personal hygiene, kitchen hygiene and storing/ preparing foods.		

<b>Pregnancy</b>		
Factors to consider before conception.		
Contraceptives- barrier, hormone and permanent. Advantages and disadvantages of each.		
Pre-conceptual care- 10 examples and what they involve.		
Male and female reproductive systems. Should be able to label each and explain the role of each part.		
Multiple pregnancies. What is the difference between identical and fraternal twins/ triplets etc.		
Causes of infertility.		
Possible signs of pregnancy. What a pregnancy test involves and how EDD is worked out.		
Foetal development- what is the difference between zygote, embryo and foetus. When each trimester is and the features/ size and shape of the foetus during each.		
The babies support system (label a diagram of baby in the womb) and what each part does.		
Factors affecting foetal development- 5 factors with detail.		
Antenatal care- 6 types of tests all woman have during monitoring. What an ultrasound is and what it looks for.		
Screening tests- 3 different tests, what does each look for.		
Diagnostic tests- 3 different types. Label a diagram of each, what are they testing for? What parents may do after these tests.		
4 different delivery options- advantages and disadvantages for each.		
Pain relief- 3 drug based options and 7 options without drugs.		
Birth plan and the role of the birthing partner.		
Position of the baby; normal, breech and transverse.		
Signs of labour approaching.		
3 stages of labour. What happens in each .		
Assisted delivery; forceps and ventouse. Why might they be used? What does each involve.		
Caesarean section; elective and emergency and reasons for each. What does it involve?		
Induced birth; reasons why and how it is started.		
Premature babies; definition and their needs.		
SCBU; what does it stand for? What special equipment do they have? Effects on the parents of a baby in SCBU.		
Postnatal care; Examination of the baby, blood spot screening, vitamin K		
Role of the health visitor.		
Examination of the mother and postnatal exercises.		
The role of the father.		
Bonding with the baby.		

<b>Physical development</b>		
How a child's body grows and gains weight. How it is measured and 3 factors which affect it.		
How a child's body grows and increases in height. How it is measured and 4 factors which affect it.		
How a child's teeth develop and best way to look after it.		
How a baby's sight develops and possible visual problems.		
How a baby's hearing develops and the problems of deafness.		
What are gross motor skills are and how a baby develops them. Examples. Development milestones.		
What are fine motor skills are and how a baby develops them. Examples. Development milestones.		
How a child's hand grasp improves through learning to draw. Difference between palmer grasp, pincer grip and tripod grasp. What drawing should look like at 15 months, 2 years old, 3 years old, 4 years old and 5 years old.		
Physical disabilities and illnesses.		
How exercise, new opportunities and sense of freedom can affect physical development.		
How different types of clothing are needed for various physical activities of young children. Learning to dress.		
Different types of footwear needed to protect children's feet.		
How to protect young children from injury in the home. Possible hazards and how to prevent them. How to make a safe and clean home. Safety equipment.		
How to protect young children in the garden, play areas, on the road and in the car. Possible hazards and how to prevent them.		
How toys can help physical development. Give examples of appropriate toys for each age. 3 safety marks on toys.		
Dealing with accidents- major and minor. Contents of a first aid kit. First aid.		
Infectious and contagious illnesses. How to prevent each.		
<b>Intellectual development</b>		
What intellectual development is and how children learn.		
The concepts children need to understand		
The intellectual development milestones		
How parents can support intellectual development		
Factures which affect learning		
The 6 different types of play and what they involve		
How play relates to PIES		
Considerations when choosing toys and the 3 safety symbols		
How children learn to read and the role of the parent		
Factors to consider when choosing books		
How children develop drawing and writing skills and how the parent can encourage them		
How children learn about numbers and how parents can help them to understand		

## Social and emotional development

Primary socialisation and secondary socialisation		
Social development milestones		
The 5 stages of social play and what each involves		
Why some children might be lonely and how parents can provide opportunities to socialise		
How toddlers learn manners and self control		
How toddlers learn to follow rules and become independent including personal hygiene		
How a child's personality and family structure affect social development		
How home location and family lifestyle can affect social development		
Understand how the different types of play facilities can help social development		
How nursery schools can help young children's social development and prepare them for school		
The two types of emotions and examples		
Factors affecting a child's emotional development		
Understand the importance of bonding and parents can create a close bond		
Understand the importance of giving love to children and how to show it.		
Understand how toddlers and young children express emotions and importance of happiness and security.		
Understand negative emotions a toddler may show and how parents can deal with them effectively		
Understand the difference between self esteem and self image		
Understand the importance of discipline and the 4 ways to discipline children		
Understand examples of stressful situations and how to support a young child during one		