



**Child Development
Crucial Knowledge
Unit R018
Learning Outcome 1**



Unit R018: Health and well-being for child development

Learning Outcome	Topic
LO1	Understand reproduction and the roles and responsibilities of parenthood
LO2	Understand antenatal care and preparation for birth
LO3	Understand postnatal checks, postnatal provision and conditions for development
LO4	Understand how to recognise, manage and prevent childhood illnesses
LO5	Know about child safety

Why am I learning this?	Careers Links
<p>Responsibility for the well-being of a child starts before conception. In this learning outcome you will learn about reproduction and the roles and responsibilities involved in parenthood.</p> <p>In your exam you may be asked to explain the factors around deciding to have a child, identify the reproductive systems or explain their function., discuss why pre-conception health is important, explain the advantages and disadvantages of contraception methods, explain how reproduction takes place and identify the symptoms of pregnancy</p>	<p>Midwife, Family Support Worker, GP, Nurse.</p>



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The factors affecting the decision to have children

- **The relationship between partners** – A happy, stable, caring and secure relationship.
- **Finance** – Raising a child is very expensive.
- **Parental age** – The mothers ability to conceive (have a child) declines with age.
- **Peer pressure/social expectations** – Friends may be having babies, and there may be an expectation from family and friends to start a family..
- **Genetic Counselling (tests)** – Genetic disorders are inherited (passed on from parents to children). Parents at risk of having a child with a genetic disorder will be offered genetic counselling (tests) to help inform their decision.



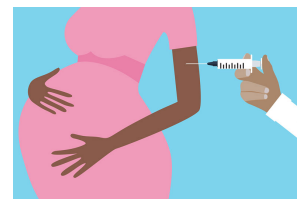
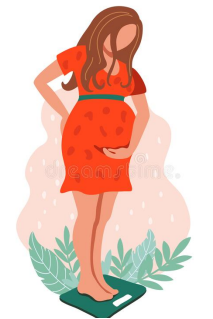
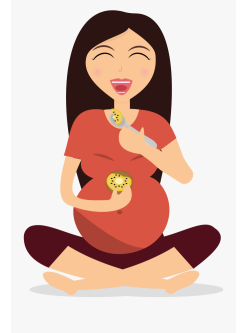


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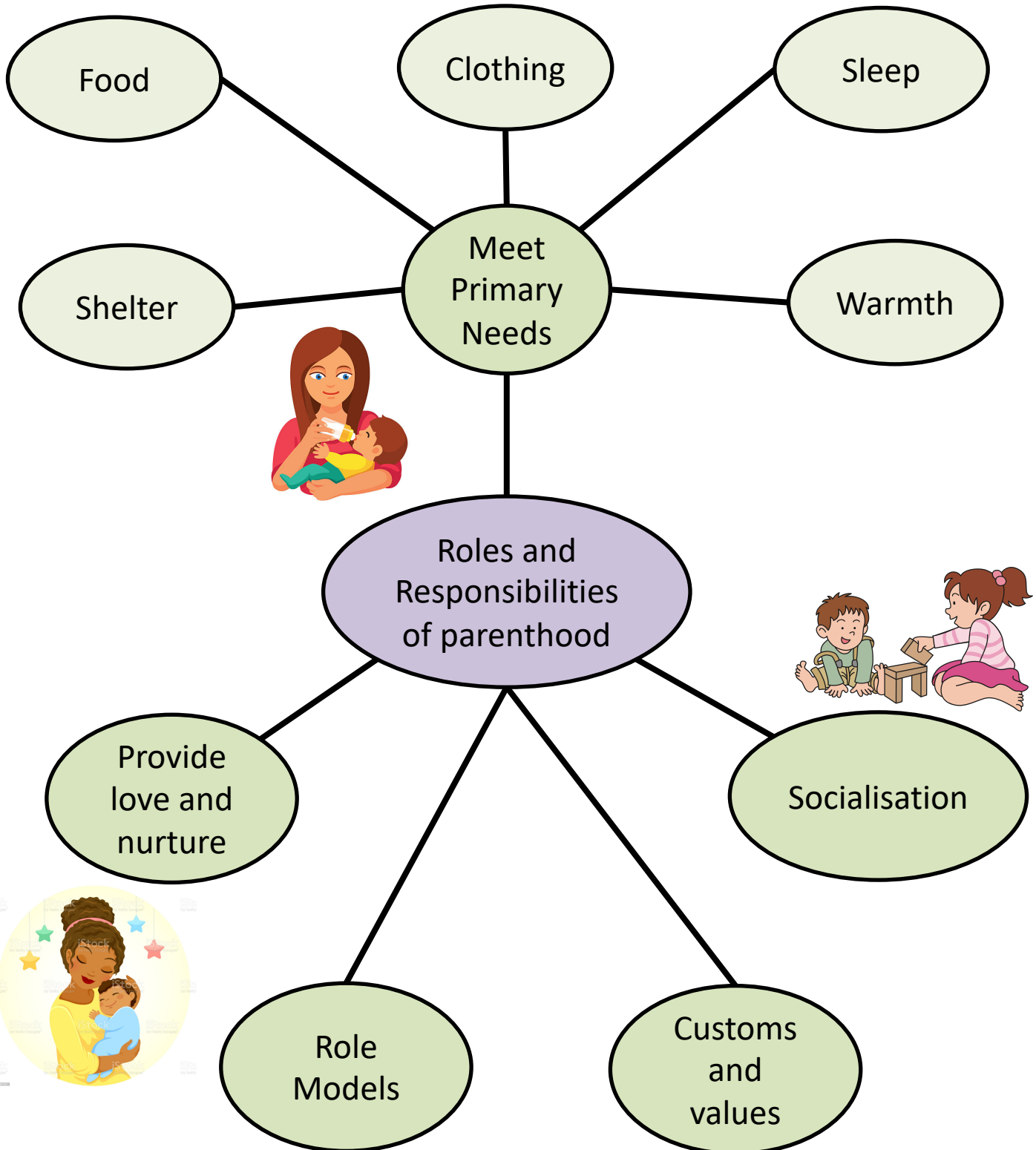
Pre-conception health

- **Diet** – The mother should have a healthy diet to provide nutrients needed for growth and development.
- **Exercise** – This helps the body cope with pregnancy and birth.
- **Weight** – being overweight can reduce fertility, interfere with monitoring the baby and lead to health issues in pregnancy. Being underweight can reduce fertility, affect periods and ovulation.
- **Smoking/alcohol/recreational drugs** – can cause very serious damage to an unborn child.
- **Up-to-date immunisations** – can contribute to a woman's health before and during pregnancy as well as benefitting the baby's health.



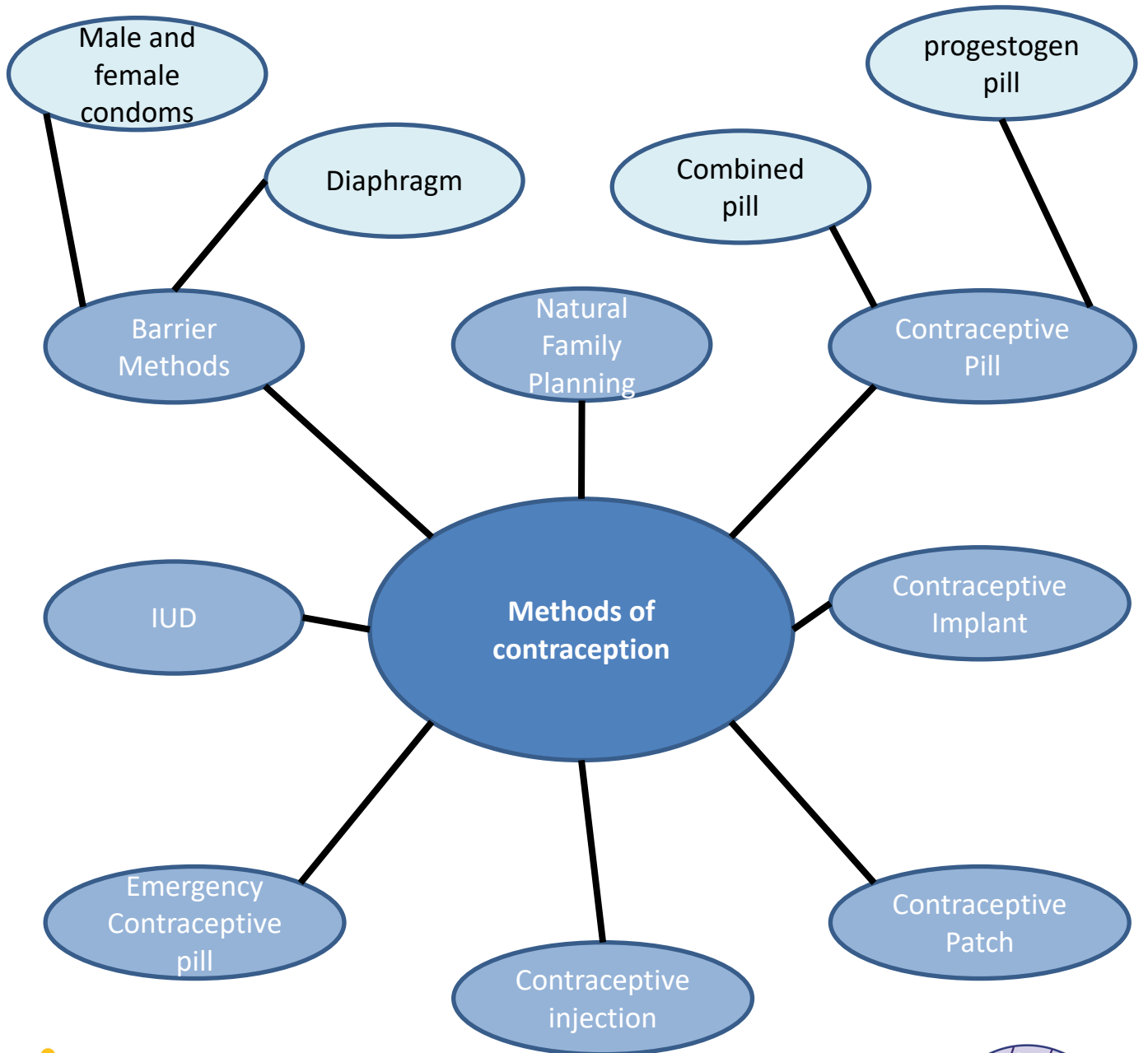


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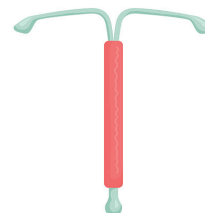
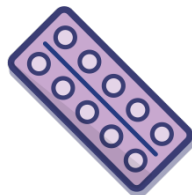




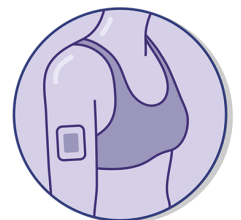
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CONDOM



IUD



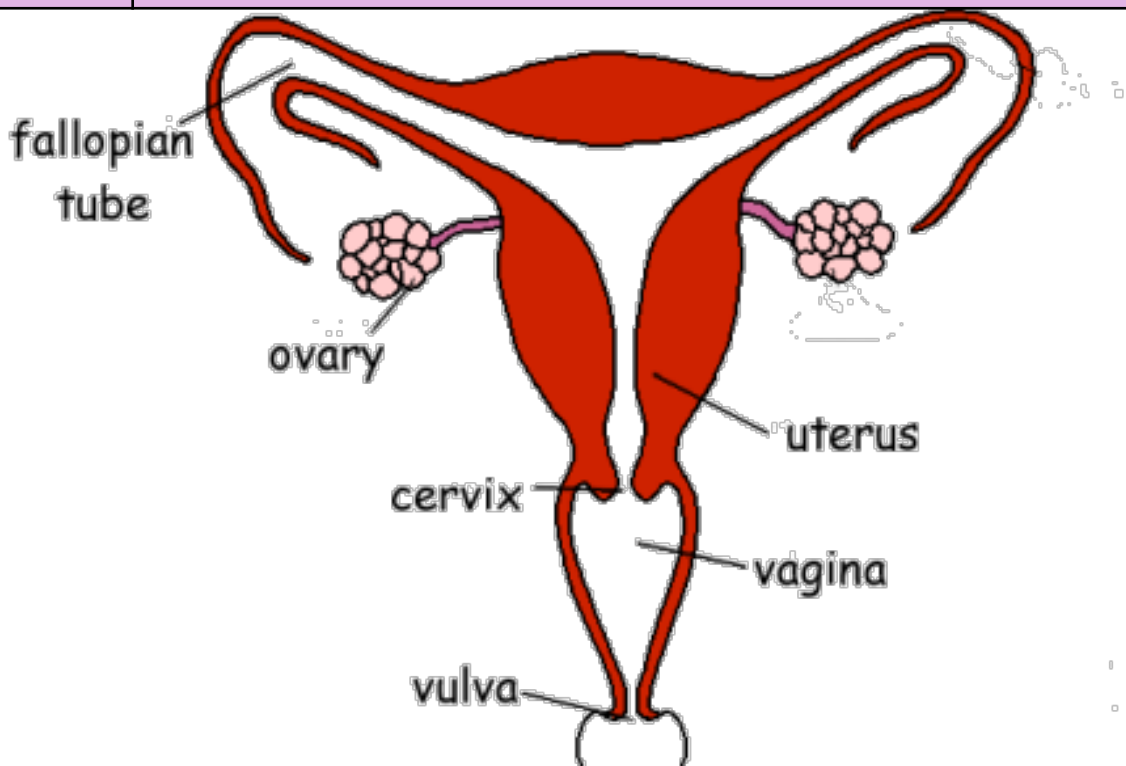


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The structure and function of the female reproductive system

Ovaries	contain undeveloped egg cells and control production of reproductive hormones
Fallopian Tubes	Connect the ovaries to the uterus and transport the egg
Uterus and lining	The egg implants here
Cervix	ring of muscles between uterus and vagina
Vagina	muscular tube that connects the cervix to the outside of the body
Menstrual Cycle	The cycle in which women have their periods



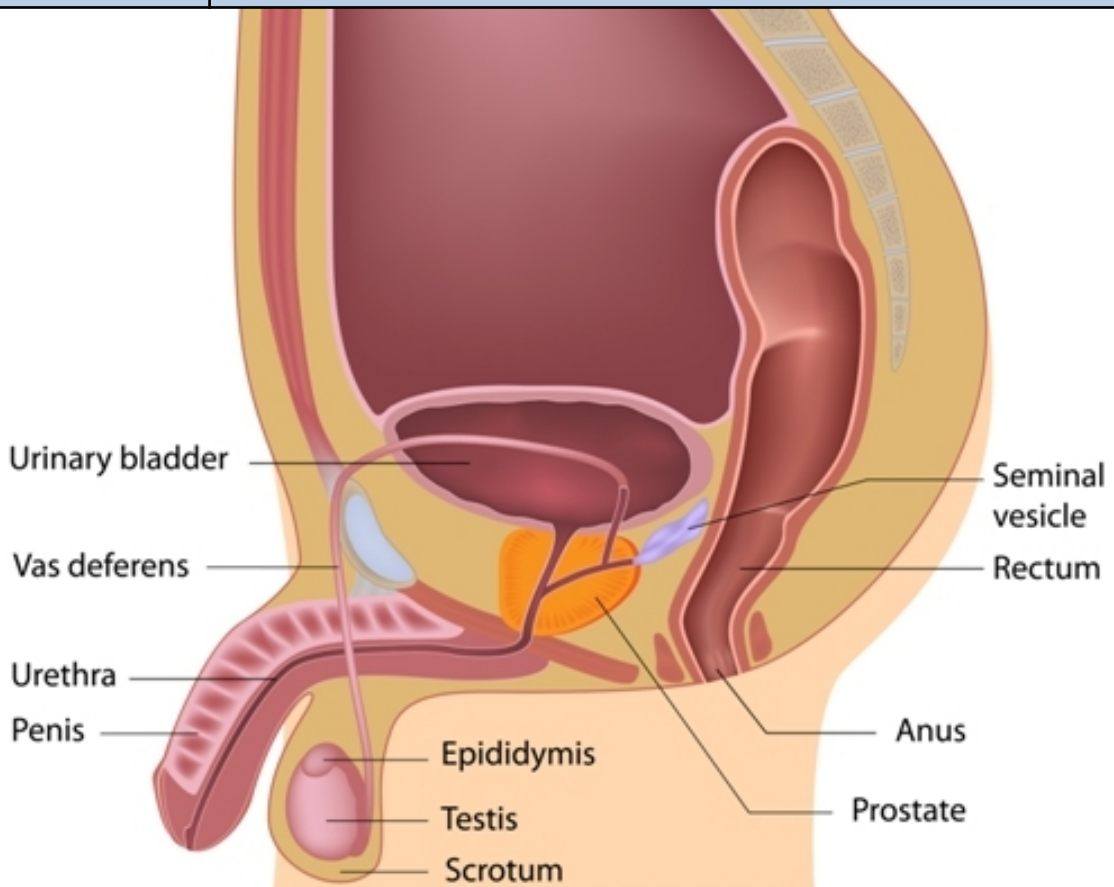


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The structure and function of the male reproductive system

Testes	These make sperm and also produces hormones
Sperm Duct/System	This system consists of the epididymis which contains the sperm, the vas deferens and glands that produce the fluid semen
Urethra	The tube inside the penis which carries both urine and semen
Penis	This consists of the shaft (the main part that goes into the vagina) and the glans (the tip)
Vas Deferens	This muscular tube extends upwards from the testicles and transfers sperm that contains semen to the urethra



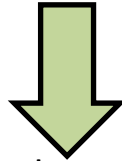


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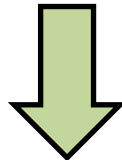


How reproduction takes place

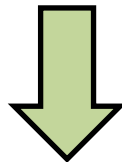
Ovulation – occurs when the egg is released from one of the ovaries and travels along the fallopian tube



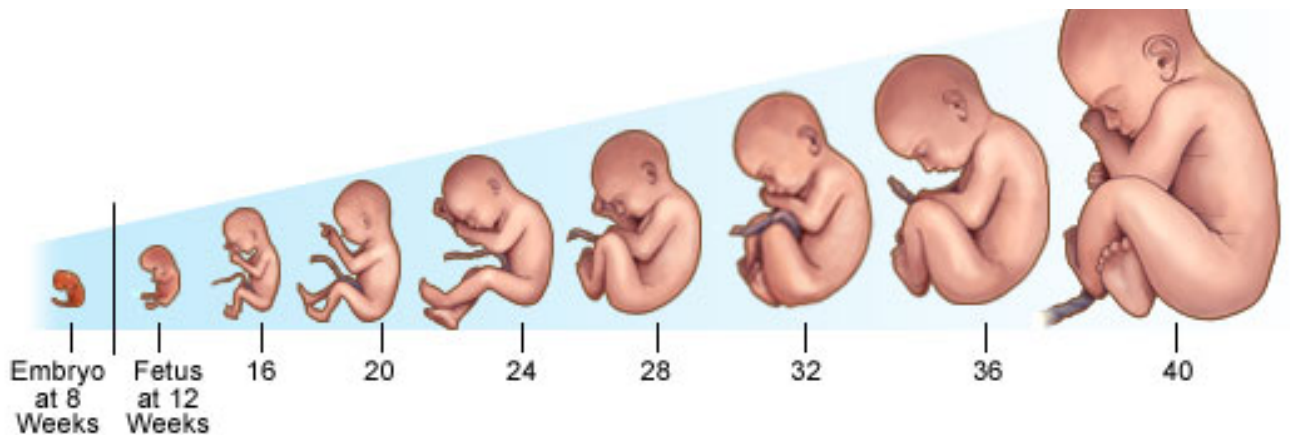
Conception/fertilisation – when the sperm penetrates an egg



Implantation – the fertilised egg reaches the uterus, and implants itself in the lining.



Development of the embryo and foetus



Multiple pregnancies – this is when more than one baby grows in the uterus. Identical twins are the result of one fertilised egg dividing into two cells. Non identical twins are the result of two separate eggs being released and fertilised by two different sperm.



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The signs and symptoms of pregnancy

EARLY

SIGNS OF PREGNANCY

THAT YOU MUST BE AWARE OF



Dizziness



Tender
Breasts



Fatigue and
Tiredness



Increased
Sensitivity
to Smell



Nausea



Mood
Swings



Frequent
Urination



A Missed
Period