



**Child Development
Crucial Knowledge
Unit R018
Learning Outcome 3**



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>In this learning outcome you will learn about postnatal checks, provision and conditions for development. This allows understanding and support to be offered to both parents and the baby in the early days and weeks after birth.</p> <p>In your exam you may be asked to explain the checks carried out after birth, and the reasons why. You'll need to identify the needs of premature babies, and explain postnatal provision to new parents. Finally you will need to identify the conditions needed for a child to thrive.</p>	<p>Midwife, Family Support Worker, GP, Nurse.</p>



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Postnatal checks on a newborn baby

- **Apgar score** – Carried out 1 minute and then 5 minutes after birth. It assesses the newborn’s physical condition using five vital signs:

- Heartbeat
- Breathing
- Muscle tone
- Reflex response (foot and nostril)
- Colour



- **Skin** – The skin is checked for birthmarks, vernix (white waxy substance) and lanugo (fine hair).
- **Physical checks** – A thorough check will take place within 72 hours of birth and continued checks monitor growth and development enabling problems to be identified early.

Physical Checks		
Weight	Length	Head circumference
Fontanelle	Eyes	Mouth
Feet	Fingers	Hips

- **Reflexes**

Sucking reflex	When the roof of the mouth is touched they make sucking motions
Rooting reflex	When the lips or cheek is touch they move their head searching for mother’s nipple/bottle teat to feed
Grasp reflex	If the palm is touched they will grasp your finger
Standing and walking reflex	When held upright with feet on a firm surface, newborns make stepping movements
Startle reflex	If they wake suddenly or hear a loud noise, they will make a fist and move stiff arms away from body



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The specific needs of pre-term (premature) babies

A pre-term baby is born before week 37 of pregnancy and are not developed enough to survive outside of the womb without medical help.

- Vitamin and mineral supplements are needed for growth
- Special formula milks are available
- If too weak to feed normally they will be fed through a tube into a vein, or a tube into the stomach.

Specific needs

- **Treatment for infection** - acquired during or after birth.
 - Bacterial infection – antibiotics
 - Fungal infections – anti fungal medications
 - Viral infections – Supportive measures like good nutrition or specific treatments for some viruses
- **Breathing problems** - as the lungs are often not mature enough to adjust after birth.
- **Feeding problems**
 - Cleft palate
 - Tongue tie





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Postnatal provision available for the mother and baby and the postnatal needs of the family

- **The role of the father/partner** – Needs time to bond with the baby and can help and support the mother to take care of herself and the new baby.
- **Support from other family and friends** – Practical help and advice such as shopping and childcare tips.
- **Information, advice and support from the GP, midwife and health visitor** – Health visitors support until children are five, all ensure the child is healthy and developing normally, and the GP is first point of contact when the child is unwell.
- **Postnatal check 6 weeks after birth** – This ensures the mother feels well and is recovering from the birth.
- **6 – 8 week review by a health visitor or doctor** – the physical examination of the newborn is repeated and the mother will be asked questions about how she is feeling, and checks on any stitches (if required)





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