

Unit 33: Provide Advice and Information to Enable Parents to Promote the Health and Wellbeing of Their Newborn Babies

Level:	3
Unit type:	Optional
Credit value:	3
Guided learning hours:	22

Unit Aim

This unit is about providing advice and information to parents to enable them to promote the health and wellbeing of their newborn babies, adopting a suitable lifestyle to optimise the health and wellbeing of the babies, themselves and the whole family.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcome 3 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand current legislation, national guidelines, policies, protocols and good practice guidelines related to providing advice and information to parents/carers on the health and wellbeing of newborn babies	1.1 Summarise current legislation, national guidelines, policies, protocols and good practice guidelines related to providing advice and information to parents/carers on the health and wellbeing of newborn babies
	1.2 Describe local policies for child safety and protection
	1.3 Explain how to report any concerns about the parent/carer or child's health, safety or wellbeing in line with local policy and protocol
	1.4 Explain how to work in partnership with parents/carers and significant others

Learning outcomes The learner will:	Assessment criteria The learner can:
	1.5 Explain the rights and responsibilities of parents/carers for their child and own role in relation to this
	1.6 Explain how to obtain advice and information on supporting parents to promote the health and wellbeing of their newborns to support own practice
	1.7 Explain how to access records and information on the needs and preferences of babies, parents and carers, in line with local policy and protocol
	1.8 Explain the importance of confidentiality when storing or accessing records and information
2 Understand the requirements for the health and wellbeing of newborn babies and their parents/carers	2.1 Explain the needs of babies at different stages of their development including the following • physical • social • emotional • cognitive
	2.2 Describe the main trends and changes relating to the care of newborn babies
	2.3 Explain how adopting a healthy lifestyle can enable parents/carers to promote their own health and wellbeing and that of their babies
	2.4 Explain the benefits of empowering parents/carers to manage the care of their babies
	2.5 Describe the principles and practice of infant feeding during the first year
	2.6 Explain how the needs of newborn babies may affect those who care for them
	2.7 Explain the impact the following can have on the health and wellbeing of babies • family • parenting capacity • environment

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.8 Identify the contributing factors that increase the risk of significant harm to newborn babies
	2.9 Explain the importance of confirming the parents'/carers' understanding of how to promote and protect the health and wellbeing of their baby
3 Be able to provide advice and information that enables parents/carers to meet the health and wellbeing needs of their newborn babies	3.1 Explain the purpose of own role and role of organisation to parents/carers
	3.2 Involve parents/carers in identifying their requirements for promoting and protecting the health and wellbeing of their baby, including the advice and information needed
	3.3 Provide information in a way that enables parents/carers to make informed choices about the care of their baby
	3.4 Discuss with parents/carers potential lifestyle changes that will increase their capacity to manage their parenting responsibilities and optimise their own health and wellbeing, encouraging them to set achievable targets
	3.5 Assist parents/carers in developing realistic and achievable plans for promoting and protecting the health and wellbeing of their baby
	3.6 Provide parents/carers with information on immunisations for their baby
	3.7 Provide information on how to access services, information and other resources available locally or nationally for parents/carers
	3.8 Update records and share information in line with local policy and protocol

Additional information about the unit

Exemplification of terms used in assessment criteria:

Significant others may include

- Family members
- Related/non-related carers
- Close friends or colleagues
- Others with a responsibility for the individual such as those acting in loco parentis or power of attorney

Healthy lifestyle may include:

- Diet
- Nutrition
- Physical exercise
- Rest.

Lifestyle changes may include reference to:

- Smoking
- Alcohol intake
- Recreational drugs.