

Unit 35: Care for the Physical and Nutritional Needs of Babies and Young Children

Level:	3
Unit type:	Optional
Credit value:	5
Guided learning hours:	35

Unit Aim

The unit is designed to assess competence in caring for the physical and nutritional needs of babies and young children. This would normally cover children from birth to their third birthday.

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 outcomes 1-6 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Be able to provide physical care for babies and young children	1.1 Provide physical care for babies and young children in relation to their: • skin • hair • teeth • nappy area
	1.2 Explain the importance of taking into account preferences of carers in the provision of physical care
	1.3 Explain organisational or regulatory procedures that protect babies, young children and practitioners when providing personal care

Learning outcomes The learner will:	Assessment criteria The learner can:
2 Be able to provide routines for babies and young children that support their health and development	2.1 Implement planned daily and weekly routines for babies and young children to meet individual needs
	2.2 Treat babies or young children with respect and sensitivity during everyday care routines
	2.3 Explain the principles of effective toilet training
3 Be able to provide opportunities for exercise and physical activity	3.1 Explain the importance of exercise and physical activity for babies and young children
	3.2 Provide opportunities for babies or young children to engage in exercise and physical activity
4 Be able to provide safe and protective environments for babies and young children	4.1 Explain policies and procedures that cover health, safety and protection of babies and young children
	4.2 Review the environment's safety features and ensure they provide a safe and protective environment for babies and young children
	4.3 Apply a balanced approach to risk management when supervising babies or young children
	4.4 Explain current advice on minimising sudden infant death syndrome in everyday routines for babies
5 Be able to provide for the nutritional needs of babies under 18 months	5.1 Identify, using current government guidance, the nutritional needs of babies until they are fully weaned
	5.2 Plan a programme of weaning using information from carers
	5.3 Prepare formula feeds hygienically following current guidance
	5.4 Evaluate the benefits of different types of formula that are commonly available

Learning outcomes The learner will:	Assessment criteria The learner can:
6 Be able to provide meals to meet the nutritional needs of young children from 18-36 months	6.1 Plan meals for young children that meet their nutritional needs based on current government guidance and information from carers
	6.2 Explain food allergies and intolerances that a young child may experience and the importance of following carers' instructions on the needs of their child

Additional information about the unit
Exemplification of terms used in assessment criteria: Programme of weaning may include supporting mothers to breast feed whilst weaning.