***Year 11 Revision/homework –Child development***

Try to complete at least 2 a week. Choose the areas you are unsure about. You will have additional homework/revision as well.

Use your exercise books as reference first. If there are clear answers already in your book then you **do not** need to write it again. If your book does not provide the information, then you will need to write thorough notes on any topic that is missing.

**Text books must not leave the building! .Thank you and good luck☺**

**Topic - Pre-conceptual care**

1. Write brief notes on the four factors that couples should consider before having

a baby.

2. Describe the advantages for planning a family.

3. Explain the term “pre-conceptual care”.

4. What do you understand by the term “genetic counselling”?

**Conception**

1. Describe the functions of the following

a. Fallopian tube.

b. Ovaries.

c. Uterus.

d. Seminal vesicle.

e. Testis.

f. Sperm tube.

2. Explain what happens during ovulation.

3. Explain the process of fertilization.

**Below is a reading task**

**Development of the embryo**

The cells develop very rapidly once implantation has occurred, and these become

the embryo. The embryo develops blood, bone and muscles, and the heart starts

beating at around three weeks after conception.

**Development of the foetus**

After eight weeks, the embryo is called the foetus. All the main organs of the body

are developing and the limbs, hands and feet are forming.

At around 20 weeks, the heartbeat can be heard and the foetus weighs around 350-

400g (12-14 oz).

At 28 weeks the foetus is very energetic and kicks freely. The skin is covered in fine,

downy hair called lanugo and a greasy coating called vernix. Vernix protects the skin

whilst the baby is in the uterus and is thought to offer some protection against

infection after the birth.

At around 40 weeks the foetus is ready to be born. The lanugo will usually have

disappeared, but the vernix will remain covering the skin—it is reabsorbed after the

birth. The average weight of a baby at birth is approximately 3-3.5 kg (7-7.5 Ibs).

**Support and nourishment for the foetus**

The fertilized egg not only produces the embryo, it also provides the foetus with the

following structures that will support and nourish it until the birth

1. the placenta

2. the umbilical cord

3. the amniotic sac.

**The placenta**

The placenta is an organ that is made of soft spongy tissue. It is attached to the wall

of the uterus. It is fully formed by the twelfth week and grows steadily to keep pace

with the developing foetus. The main functions of the placenta are to

1. provide the foetus with nutrients

2. provide oxygen to the foetus

3. remove carbon dioxide produced by the foetus

4. excrete waste material.

Harmful substances such as alcohol, nicotine, viruses and medicines can cross the

placenta from the blood of the mother to the blood of the foetus. These may damage

the developing foetus, especially in the first three to four months of pregnancy.

**The umbilical cord**

The placenta is linked to the foetus by the umbilical cord, which will grow to be about

50 cm long. The cord contains blood vessels that carry blood to and from the

placenta to the foetus.

**The amniotic sac**

The foetus develops inside the amniotic sac, which is filled with amniotic fluid. The

fluid protects the foetus from being damaged and cushions it from any shocks.

**Miscarriage**

Sometimes, problems can occur in pregnancy and a woman may experience a

miscarriage—the accidental ending of a pregnancy. Miscarriages most often occur in

the twelfth to the fourteenth week and are often the result of the baby or the placenta

not developing properly. Subsequent miscarriages may be avoided if the reason for

the first can be identified.

**Key points**

1. Lanugo is fine, downy hair on the foetus's skin.

2. Vernix is a greasy coating covering the skin.

3. After eight weeks, the embryo becomes the foetus.

4. Pregnancy lasts approximately 40 weeks.

5. The placenta, umbilical cord and amniotic sac are the support structures for the

foetus.

**Key tasks**

1. Describe briefly how the

embryo and foetus develop up until birth.

2. What are the functions of the placenta?

3. Explain the following terms

a. Vernix.

b. Umbilical cord.

c. Amniotic sac.

**Infertility**

**Key tasks**

1. List the main causes of infertility.

2. Describe how artificial insemination may result in an egg being fertilized.

3. Explain the following terms

a. IVF

b. GIFT

c. ICSI

4. Explain how identical twins are formed

**Contraception**

1. Describe the differences between the IUD and the IUS.
2. Explain the following methods of contraception.
3. Vasectomy.
4. Female sterilization.

3. Explain why natural family planning may be an unreliable method of contraception.

**A healthy pregnancy**

**Key tasks**

1. Describe the type of diet an expectant mother should follow.
2. Explain the diseases that should be avoided by an expectant mother.
3. What effects does smoking have on the unborn baby?

**Antenatal Care**

**Key tasks**

1. Describe the following antenatal tests

a. Blood pressure.

b. Weight.

c. Urine.

1. What is the purpose of the first blood test?
2. Why is an ultrasound scan carried out?
3. Describe the amniocentesis test.

**Methods of delivery**

**Key tasks**

1. Suggest six pieces of information that may be provided at an antenatal class.

2. Suggest four reasons why a mother may be advised not to have her baby

delivered at home.

3. Discuss the advantages and disadvantages of a home versus a hospital delivery.

**Key tasks**

1. Describe the following methods of pain relief

a. Relaxation and breathing exercises.

b. Entonox.

c. Pethidine.

d. TENS.

e. Epidural anaesthetic.

1. Explain the alternative methods of pain relief.
2. Why is the role of the father important during labour?

**Postnatal provision**

1Describe the role of the health visitor.

2. Explain the neo-natal screening test.

3. What do you understand by the term “postnatal depression”?

**Physical development – new born baby**

**Key tasks**

1. What is the average weight of a newborn baby?

2. Describe the fontanelle.

3. List the six reflex actions of a newborn baby.

4What are the basic needs of a newborn baby?

5 Why is it advisable that newborn babies sleep on their backs?

6 Explain the problems that a premature baby may experience and how they

can be corrected.

**Development of a child**

1. Why is it important that a new born baby's head is always supported?

2. What is the average age that a baby acquires the following skills?

a. Full head control.

b. Walking alone.

c. Climbing stairs using a handrail for support.

d. Riding a tricycle using the pedals.

**Key tasks**

1. What is the average age that a baby acquires the following skills?

a. Demonstrates the pincer grasp.

b. Builds a tower of three to five bricks.

c. Uses scissors to cut paper.

d. Threads small beads.

2. How many milk teeth does an average three-year-old have?

3. Suggest two signs that a baby may be teething.

4. Why is it important that teeth are cleaned on a regular basis?

**Development**

**Key tasks**

1. What conditions should a parent or carer provide in order for the child to grow and

develop?

2. Why is it important that the child has plenty of rest, exercise and fresh air?

3. Describe briefly how to bath a baby.

4. Explain the importance of toilet training being carefully handled by the parent or

carer.

**Diet**

**Key tasks**

1. Explain why young children should drink whole milk

2. What is the **Balance of Good Health***?* Explain how it can be used to plan

healthy, balanced meals for young children

3. Prepare a checklist to identify the key points to consider when planning meals for

young children

**Key tasks**

1. What is the function of colostrom?

2. Explain why cow's milk is unsuitable for the newborn baby

3. Explain the factors that will influence the mother's choice of feeding method

**Key tasks**

1. Explain the advantages of bottle feeding for a mother who is going back to work

after her baby is born

2. Prepare an instruction sheet to describe how to make up a bottle feed for a two month-

old baby

3. Why is it important to follow the instructions carefully when sterilizing feeding

equipment?

**Key tasks**

1. What signs are there to show a baby is ready to start weaning?

2. Explain the stages of weaning

3. Why should sugar and salt not be added to a baby's food?

**Key tasks**

1. What advice is given to parents and carers by child health centres about dealing

with food refusal?

2. Suggest reasons why children refuse food

3. Explain what information can be found on a food product label