



REVISED GCSE
Work Sheets
Child Development

This is a resource pack which
supports the teaching and learning of the
Child Development specification

scheme
of work

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1. Parenthood Cards

			
Make-up	Nappies	Baby milk	Computer
			
Food	Toys	Family	Car seat
			
Money	Love	Pram	Family
			
Clothes	Phone	Sleep	Baby food
			
Cot			

What to do...

1. Cut out the cards;
2. Place them in order of importance in YOUR LIFE... (1=most important...12= least important);
3. Write the order in the box below;

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	

4. Now put the cards in, what you think, is the best order for a BABY'S NEEDS;
5. Write the order in the box below;

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	

6. Discuss the differences.

2. Transcript of Interview with a new mum

Transcript from Interview with new mum Colleen

(a) Read what Colleen said...

Chris and I are really tired all the time – baby Sam only sleeps for three hours at a time and then one of us gets up to feed and change him – this happens throughout the night so we are exhausted! I'm not breastfeeding so we do share the getting up which helps. We don't have a social life at the minute because we just spend all our time looking after Sam – even if we had the money to go out, which we don't, we wouldn't have the energy and we would need a babysitter – too expensive at the minute. When we get better organised, we will probably have our friends round here but as none of them have babies yet they might find it a bit noisy! Chris still goes to football training on a Thursday evening to see his mates but I haven't been out with my friends yet. Money has been an issue as prams and cots etc are so expensive – we were shocked at the prices! Luckily my sister was able to lend us some things and that has helped – even nappies and baby food are more expensive than we thought but we love Sam so much and he is definitely worth it. I am hoping to return to work in the future but until then we do miss my wages. Chris is getting some overtime in work which is great but I don't want him to miss out on being with Sam so he doesn't work every weekend – anyway I'd miss him too. Having said all that we are so happy to have a gorgeous, healthy baby boy and we love him to bits – it's great being a family.

(b) Now list some of the changes Colleen and Chris have experienced since the birth of baby Sam

(c) Below are some possible ways a new baby can impact on a couple. Talk about each point and write an explanation of why/how this may happen...

Parents stressed:

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.....

.....

Parents argue more often than before :

.....

.....

.....

.....

Parents happier than before:

.....

.....

.....

.....

Social life changes:

.....

.....

.....

.....

3. Role Cards

1. In the cards below are some family roles, talk about each role and then write six more.
2. Now cut out the role cards and match them with the family members you think are best suited to meet the family's needs.

Prepare meals for the family	Bath the baby
Take the baby to the Health Visitor	Babysit
Making up bottle feeds	Discipline children
Clean the house	Cuddle the baby

4. Parenthood and Responsibilities:

Explain the impact of a child with special needs on family lifestyle

Extract from interview notes from the Hamill family who have a 5 year old son Josh and a 3 year old daughter Erin (who has a disability which means she will be in a wheelchair).

Mum ' We have all had to adapt to Erin's needs. She is a lovely, happy, affectionate little girl but she has special requirements. Firstly our home has had to be adapted as she has no idea about her own safety! We had already made the house quite safe for Josh with socket covers and stair gates but we also needed to make sure she has no access to any cupboards or drawers as she is very inquisitive and will put everything into her mouth! Josh is great with her and he loves pushing her in her pram and talking to her. He had to move rooms because we needed his room for Erin as it's a quite a large room on the ground floor and has plenty of storage. Erin has physiotherapy every day and has lots of equipment which the physiotherapists use so we needed plenty of space. We were also able to build on a shower room onto Erin's room. We had the doorways widened and switches at low level so that when Erin is older she can have some independence. When Erin gets a bigger wheelchair we will need a bigger car with wheelchair access - at the minute it's ok because she is still light enough to lift easily from her special chair or pram into our car. Josh has had to get used to us spending a lot of time with Erin as she does need constant watching. He is very good and we do try to make sure that one of us spends time with just Josh every day - usually after school so that he doesn't feel left out. Sometimes we do need both of us to cope with Erin and Josh must feel a bit jealous but he is very good and never takes it out on Erin. We do have a different lifestyle to most other families but we all love having Erin in our lives.'

Now you have read the extract, talk about:

- the changes the family made to the house;
- how Josh might have felt about having to move rooms / how his parents could have made this move a good experience for Josh;
- why Josh may feel jealous of Erin sometimes;
- how Josh's parents can make sure he does not feel left out; and
- suggestions for the family to make sure they have time together.

Other possible effects on the family:

- social life - may not be able to get babysitter so easily and may go out less;
- jobs - one of them may have had to give up work therefore less money; and
- holidays / outings - will need to be somewhere that has wheelchair access and facilities suitable for Erin's needs.

5. Professional Roles

Pregnancy / The new born baby

List the professionals available to support the mother and baby and their roles.

Use the cards and worksheet to match the professional with the role:

- in groups, students match up the professionals with the correct role;
- as a class, agree on correct pairings; and
- each student copies into classwork files.

Midwife	Gynaecologist	Paediatrician
Obstetrician	Health Visitor	Doctor / GP

<ul style="list-style-type: none"> • may deliver baby in hospital • visits mum and baby in home for first ten days after birth 	<ul style="list-style-type: none"> • visits mum and baby after first 10 days • advises on immunisation, feeding and any concerns 	<ul style="list-style-type: none"> • doctor who specialises in pregnancy and childbirth
<ul style="list-style-type: none"> • doctor who specialises in female reproductive system 	<ul style="list-style-type: none"> • doctor who specialises in babies and children 	<ul style="list-style-type: none"> • GP confirms pregnancy • monitors health throughout pregnancy

6. I'm going to be a daddy!

Discuss how fathers can be involved:

- throughout the pregnancy; and
- during the birth.

I'm going to be a daddy!!

How can I help throughout pregnancy...



7. Nutrition for Pregnancy

Cut out the food cards and nutrients – place the foods with the correct nutrients.

Protein	Calcium
Folic Acid	Carbohydrate

			
Bread	Wraps	Porridge	Cheese
			
Chicken	Green Veg	Pasta	Tuna
			
Milk	Rice	Sardines	Marmite
			
Breakfast Cereals	Smoothie	Eggs	Ham
			
Yoghurt	Wholemeal rolls		

8. Meals for a Pregnant Woman

1. Evaluate these meals for a pregnant woman:

(a) A breakfast

- wholemeal toast
- glass of milk
- fried egg

1) *Wholemeal toast has NSP (fibre) which helps prevent constipation. Pregnant women often suffer from constipation.*

2)

3)

(b) A lunch

- chicken salad
- packet nuts
- wheaten bread
- can of coke

1)

2)

3)

4)

2. (a) Write down two foods which are rich in folic acid:

1)

.....
.....

2)

.....
.....

(b) Explain why a pregnant woman needs folic acid during the first trimester of pregnancy:

.....
.....

(c) Write down one reason why a pregnant woman needs the following nutrients in her diet:

Calcium

.....

Protein

.....

Iron

.....

(d) Write down two foods which a pregnant woman should avoid during pregnancy:

1)

.....

2)

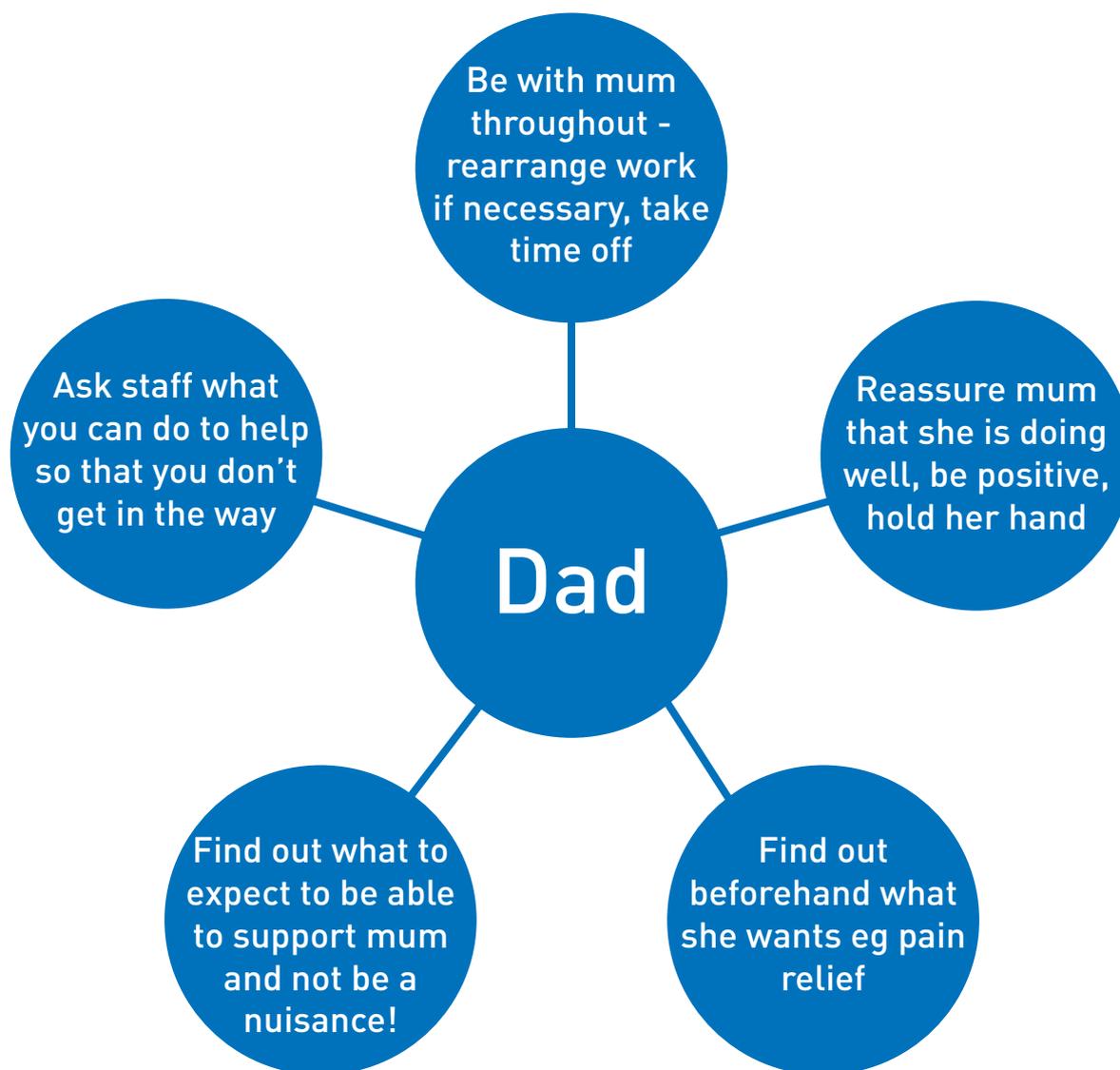
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9. Types of Birth

Match the type of birth with the correct description.

Induction	When baby is presenting with head at the cervix and is delivered without assistance
Normal birth	An operation to remove the baby from the womb when the birth canal is too narrow, umbilical cord is round the neck, baby is very late or if health of mum or baby means that immediate delivery is necessary. Performed by a doctor with epidural given by anaesthetist. Incision made in abdominal wall and uterus so that baby can be removed.
Breech birth	A rubber suction cap is attached to the baby's head and gently pulled to ease baby out of birth canal when contractions are not strong enough or baby is in an awkward position.
Forceps delivery	The artificial starting of labour when baby is very late or health of mum or baby is at risk. Done by breaking waters, drip of oxytocin or gel on cervix.
Caesarian section	Special tong-like forceps are used to ease baby out of birth canal when contractions are not strong enough or baby is in an awkward position.
Ventouse Extraction	Babies are usually born head first. Occasionally they are born bottom first. Delivery is more difficult and may need to be assisted by forceps or a vacuum extractor.

10. During the birth... how can I get involved?



11. Sale and Supply of Goods Act

Goods (equipment) a mother buys must be:

- of satisfactory quality;
- as described on the label, package, in catalogue, by seller; and
- fit for purpose.

If these conditions are not met the mother can ask for a refund.

Possible examination question:

Ruby is buying a cot for her newborn baby. Explain how the Sale of Goods Act will protect Ruby as a consumer.

.....

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.....

.....

12. Play Cards

Use to re-enforce topic / good basis for practice GCSE questions.

In small groups:

- read each card and write 5 points relevant to the question;
- rotate cards around groups; and
- put large cards on the board – a pupil from each group writes their sentences on the board – class discussion.



Tom spends a lot of time playing computer games. How could this affect Tom?



Sam and Joe like to play together. What are the benefits of this?



Adam likes to play with coloured blocks. What could he learn from this activity?



Paul loves to play dressing-up. What type of play is this? Why is it a good idea?



Susie and her friends like to play outside, skipping and running around. Why are these good activities for the girls?



Mikey loves playing football with his friends. What social skills could he learn from this activity?

13. Sample GCSE Questions

Social and Emotional Development

1. List four social skills a young child could learn when at playgroup:

1)

2)

3)

4)

2. Four year old Carly is starting nursery school.

(a) Explain two ways this could help Carly's social skills:

1)

2)

(b) Explain how Carly's parents can help develop her self esteem:

1)

2)

3. Food refusal is a common problem in young children.

(a) Write down three ways parents could help deal with this problem:

1)

2)

3)

(b) Explain three ways parents can encourage good behaviour in young children:

1)

2)

3)

(c) Susie is three years old. Write down three ways her parents can help develop Susie's independence:

1)

2)

3)

14. Practice / Sample GCSE Questions

Moving house, divorce, sibling rivalry, temper tantrums

1. Five year old Molly is moving house. Explain three possible effects this may have on Molly's emotional development:

- 1) Molly might be worried about moving to a new school where she doesn't know anyone and she might be worried that the other children may know more than her
- 2) Molly might be happy about moving house because she might be getting her own room or a bigger room and this is exciting for her. She might have had to share a room in her old house
- 3) She might become withdrawn and feel lonely without her friends to play with. She will be leaving her friends to go to a new school and new neighbourhood, she will miss her old friends.

2. (a) Write down four possible ways divorce may affect a young child:

- 1)
- 2)
- 3)
- 4)

(b) Explain three ways parents can help a young child deal with divorce:

- 1)
- 2)
- 3)

3. Two year old Ciara has a new baby brother.

(a) Write down three possible effects this may have on Ciara:

- 1)
- 2)
- 3)

(b) Explain three ways her parents can ensure Ciara does not become jealous of her new baby brother:

1)

.....

2)

.....

3)

.....

4. Suggest three ways a parent could deal with a young child who often has a temper tantrum in a supermarket:

1)

.....

2)

.....

3)

.....

(In a longer question you will be asked to explain each point in detail – remember this when you are revising this topic)

15. PIES

<p>Physical</p> <p>growing using hands (manipulative) co-ordination crawling /walking running playing exercising using muscles vision /hearing</p>	<p>Intellectual</p> <p>learning writing reading drawing speech / talking listening asking questions</p>
<p>Emotional</p> <p>sad lonely withdrawn worried frightened happy excited jealous shy loved / cared for confident angry / temper tantrums</p>	<p>Social</p> <p>sharing taking turns following rules making friends talking to others co-operating working in group good manners behaviour / discipline</p>

16. Immunisation Sheet

'Understand the importance of immunisation, why children are vaccinated, what diseases they are vaccinated against.'

Importance of immunisation/why children are vaccinated:

- immunity is the ability of the body to resist infection;
- vaccines(injections, drops) make the body produce antibodies to fight certain diseases;
- vaccinating children will mean...
 - children don't suffer from the disease;
 - children get long-lasting protection from these diseases;
 - the more children who are immunised the rarer the diseases become.

Diseases vaccinated against:

- five diseases – diphtheria, tetanus, whooping cough(pertussis), polio, Hib (as young baby);
- MMR- measles, mumps, rubella (at about 13 months).

17. Infectious Diseases

Mix and match the diseases with the correct symptoms:

Mumps



© Science Photo Library

Small red spots, turning to blisters then scabs.

Chicken Pox



© DR P. Marazzi
Science Photo Library

Red rash around neck
swollen glands.

Rubella



© James Stevenson
Science Photo Library

Fever high pitched moaning cry, stiff neck,
rash which doesn't disappear under a
glass.

Meningitis



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Long bouts coughing, ending in 'whoop'.

Whooping cough



© Francoise Sauze
Science Photo Library

Painful swellings near jaw.

18. Food Cards

Match the correct NUTRIENT with its FUNCTION and each FUNCTION with THREE FOODS which contain that nutrient:

protein	carbohydrates	fats	calcium
growth & repair	energy	formation of teeth and bones	cheese
energy, warmth, protects organs	bread	ham	chips
yoghurt	fried bacon	pasta/potoatoes	fish
butter	milk	chicken	breakfast cereal

19. Meals for a Young Child

1. This is four year old Rosie's typical packed lunch. Explain why this is a good lunch for Rosie:
- ham sandwich
 - drink of milk
 - a piece of fruit
 - a piece of cheese

1)

.....

2)

.....

3)

.....

4)

.....

2. Write down three ways a parent can encourage healthy eating for the development of a young child:

1)

.....

2)

.....

3)

.....

3. Jack is five years old. Justify this dinner for Jack:

- roast chicken
- drink of milk
- boiled potatoes
- carrots

1)

.....

2)

.....

3)

.....

4)

.....

4. Evaluate these snacks for a three year old child:

- crisps
- fruit
- yoghurt
- chocolate biscuits

1)

.....

2)

.....

3)

.....

4)

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