Unit 4222-351 Care for the physical and nutritional needs of babies and young children (CYPOP 2)

Level: **3**
Credit value: **6**
UAN: **D/601/0130**

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.

Learning outcomes

There are **six** learning outcomes to this unit. The learner will:

1. Be able to provide respectful physical care for babies and young children
2. Be able to provide routines for babies and young children that support their health and development
3. Be able to provide opportunities for exercise and physical activity
4. Be able to provide safe and protective environments for babies and young children
5. Be able to provide for the nutritional needs of babies under 18 months
6. Understand how to provide for the nutritional needs of young children from 18-36 months.

Guided learning hours

It is recommended that **45** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to:

- CCLD 303 Promote children's development, 314 Provide physical care that promotes the health and development of babies and children under 3 years
- HSC 37 Care for and protect babies

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

All learning outcomes must be assessed in a real work environment Simulation is not permitted except for assessment criterion 5.2.

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Assessment Criteria

Outcome 1 Be able to provide respectful physical care for babies and young children

The learner can:

1. demonstrate culturally and ethnically appropriate care for babies and young children for
   - skin
   - hair
   - teeth
   - nappy area
2. demonstrate in own practice how to take into account the preferences of carers in the provision of physical care and explain why this is important
3. demonstrate in own practice how you engage with babies or young children in a respectful manner and provide personalised physical care tailored to their needs
4. explain organisational or regulatory procedures that protect babies, young children and practitioners when providing personal care and why these are necessary.

Outcome 2 Be able to provide routines for babies and young children that support their health and development

The learner can:

1. plan daily and weekly routines for babies and young children suitably personalised to meet individual needs
2. demonstrate in own practice how to treat babies or young children with respect and sensitivity during everyday care routines
3. explain the principles of effective toilet training and how this is incorporated into routines.

Outcome 3 Be able to provide opportunities for exercise and physical activity

The learner can:

1. explain the importance of exercise and physical activity for babies and young children
2. demonstrate in own practice how to support babies or young children's exercise and physical activity.

Outcome 4 Be able to provide safe and protective environments for babies and young children

The learner can:

1. explain policies and procedures in own setting that cover health, safety and protection of babies and young children
2. demonstrate and evaluate the safety features within the environment for babies and young children
3. supervise babies or young children and demonstrate a balanced approach to risk management
4. explain current advice on minimising sudden infant death syndrome in everyday routines for babies.

Outcome 5 Be able to provide for the nutritional needs of babies under 18 months

The learner can:

1. identify, using current government guidance, the nutritional needs of babies until they are fully weaned and using information from carers plan a programme of weaning
2. prepare formula feeds hygienically following current guidance
3. evaluate the benefits of different types of formula that are commonly available.

Outcome 6 Understand how to provide for the nutritional needs of young children from 18-36 months.

The learner can:

1. plan meals for young children that meet their nutritional needs based on current government guidance and information from carers
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.