



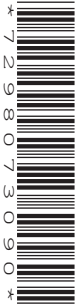
Oxford Cambridge and RSA

Level 1/2 Cambridge National in Child Development

R018/01 Health and well-being for child development

Monday 8 January 2018 – Afternoon

Time allowed: 1 hour 15 minutes



No additional materials required for this Question Paper



First name

Last name

Centre
number

Candidate
number

INSTRUCTIONS

- Use black ink. You may use an HB pencil for graphs and diagrams only.
- Complete the boxes above with your name, centre number and candidate number.
- Answer **all** the questions.
- Write your answer to each question in the space provided. If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the barcodes.

INFORMATION

- The total mark for this paper is **80**.
- The marks for each question are shown in brackets [].
- The quality of extended responses will be assessed in questions marked with an asterisk (*).
- This document consists of **16** pages.

2

Section A

Answer **all** the questions.

- 1 Seema is 6 months pregnant. She is attending an antenatal appointment with her midwife to discuss arrangements for the birth of her baby. Seema wants to know what happens during the first stage of labour.

(a) Give the meaning of the term 'antenatal'.

..... [1]

(b) Identify **four** features of the first stage of labour so that Seema knows what to expect.

1

.....

2

.....

3

.....

4

.....

[4]

3

- (c) Seema also needs advice about the use of pethidine or gas and air (Entonox) for pain relief during her labour.

Complete the tables below by giving **two** different advantages and **two** different disadvantages for pethidine and Entonox.

Do not use an advantage in one type of pain relief as a disadvantage in the other type.

Pethidine	
Advantages	Disadvantages
1	1
2	2

[4]

Gas and air (Entonox)	
Advantages	Disadvantages
1	1
2	2

[4]

- (d) Seema's baby is delivered with the assistance of forceps.

Describe **how** and **why** a forceps delivery may be used.

.....

.....

.....

..... [2]

- 2 Tracey's baby has just been born. The midwife tells Tracey and her partner Ash that she is going to check the baby's APGAR score.

The table below shows APGAR scores.

Score	0	1	2
Appearance	blue / pale	body pink toes and fingers blue	completely pink
Pulse	absent	slow – below 100 per minute	fast – above 100 per minute
Grimace	no response	grimace	crying / cough / sneeze
Activity	limp	some limb movement	active movement
Respiration	absent	slow - irregular	strong cry

- (a) Explain the purpose of the APGAR score.

.....

.....

.....

..... [2]

- (b) Tracey and Ash's baby has an APGAR score of 9.

State what an APGAR score of 9 means.

.....

.....

..... [1]

- (c) (i) Name the white greasy substance found on the baby's skin at birth.

..... [1]

- (ii) Name **one** reflex action of a newborn baby.

..... [1]

5

- (d) Tracey's health is checked after the birth. This is called the postnatal check.

How soon after the birth is the new mother's postnatal check usually carried out?

Tick the appropriate box in the table below.

Timing of the postnatal check	Tick ✓ one only
6 hours after the birth	
6 days after the birth	
6 weeks after the birth	
6 months after the birth	

[1]

- (e) State **three** checks that would be carried out for Tracey during the postnatal check.

1

2

3

[3]

- (f) From 10 days after the birth a health visitor provides advice and support for **Tracey and Ash**.

Give **two** examples of the type of advice or support a health visitor can provide.

1

2

[2]

- (g) Give **two** ways Ash could support Tracey during the first few weeks after the birth.

1

.....

2

.....

[2]

- 3 Read the following information about internet access for children under five.

KEEPING UNDER FIVES SAFE ONLINE

Children love using technology.

They are learning to navigate websites, play with online games and consoles, and use touch screen technology like tablets and smartphones from a younger and younger age.

It has been found that 40% of all 3-4 year olds are now using the internet in their homes.

Adapted from:

<http://www.childnet.com/ufiles/Keeping-Under-Fives-Safe-Online.pdf>



- (a) Identify **four** different possible dangers for young children when using the internet.

- 1
- 2
- 3
- 4

[4]

Your answer must:

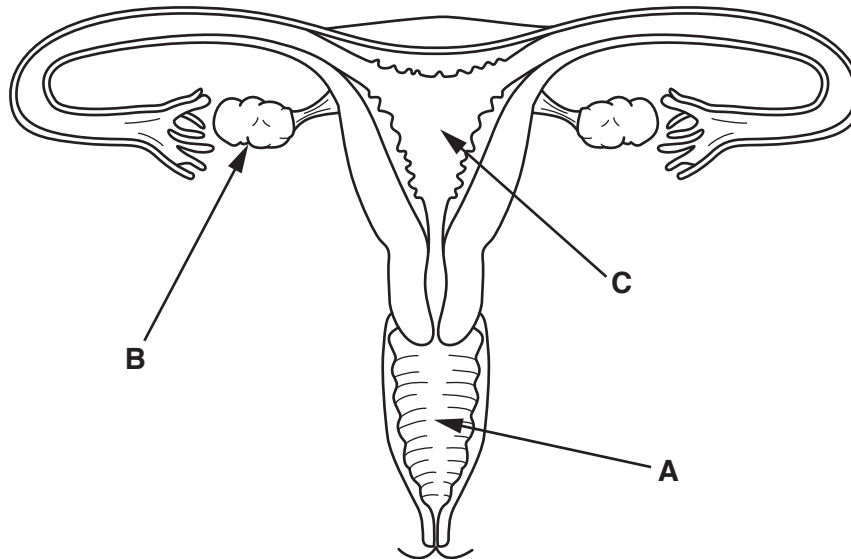
- [8]

8

Section B

Answer **all** the questions.

- 4 Below is a diagram of the female reproductive system.



- (a) Which arrow is pointing at the **uterus**?

Arrow	Tick ✓ one only
A	
B	
C	

[1]

- (b) Give the correct name for the lining of the uterus.

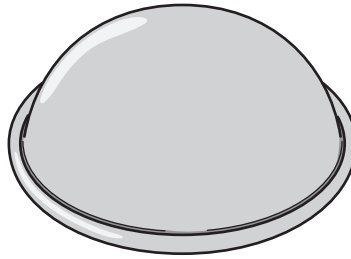
..... [1]

- (c) Describe how the lining of the uterus changes during the menstrual cycle.

.....

 [2]

- (d) (i) The picture shows a diaphragm. It is also known as the cap. It is a barrier method of contraception.



Describe how the diaphragm works.

.....

.....

.....

.....

.....

..... [3]

- (ii) Give **one** advantage and **one** disadvantage of the diaphragm as a method of contraception.

Advantage

.....

Disadvantage

..... [2]

10

- 5 (a) Give **three** reasons why having opportunities for exercise and fresh air is important for a child's health and development.

1

.....

2

.....

3

.....

[3]

- (b) All babies and children have the same basic primary needs. An example is warmth.

Identify **three** basic primary needs of a child, other than **warmth**.

1

2

3

[3]

Discuss what parents/carers should consider when providing **warmth** for babies and young children.

[6]

12

- (d) It is important for babies and children's health and well-being that they are kept clean. State **five** different ways that parents/carers can keep their child clean.

1

2

3

4

5 [5]

- (e) Shown below is the BSI symbol, also known as the Kitemark.



- (i) Labels with the BSI symbol can be found on many products for children. Give **one** example of a product that would have a BSI label.

..... [1]

- (ii) State what the BSI label means.

.....

.....

..... [2]

6 If children do not eat a healthy balanced diet they may develop a deficiency disease.

(a) The **effects** of some dietary deficiencies are shown in the box below.

anaemia	rickets	constipation
scurvy and slow healing wounds	impaired vision	

Complete the table below to match **each** dietary deficiency with its **effects**.

Dietary deficiency	Effects
Lack of vitamin A	
Lack of vitamin C	
Lack of calcium	
Lack of iron	

[4]

(b) Name **one** food that is a good source of calcium.

..... [1]

(c) Give **two** different ways that parents/carers could encourage a child to eat a balanced diet, so that deficiency diseases are avoided.

1

.....

2

.....

[2]

14

(d) Nuts are one of the most common causes of food allergies in children.

(i) Name **one** other common cause of a food allergy in children.

..... [1]

(ii) Give **three** symptoms of an allergic reaction.

1

2

3

[3]

END OF QUESTION PAPER

[illegible]

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