

Revision Checklist

Child Development

Topic Area 1: Pre-conception Health and Reproduction

- ☐ Why pre-conception health matters
- ☐ Impact of weight on fertility
- ☐ Impact of smoking on fertility
- ☐ Impact of alcohol and recreational drugs on fertility
- ☐ Impact of parental age on conception
- ☐ Importance of folic acid before pregnancy
- ☐ Importance of up-to-date immunisations
- ☐ Barrier methods (male/female condoms, diaphragm)
- ☐ Hormonal methods (pill, implant, injection, IUD, IUS)
- ☐ Emergency contraception
- ☐ Natural family planning methods
- ☐ Advantages, disadvantages and effectiveness of each method
- ☐ Female reproductive system and functions
- ☐ Male reproductive system and functions
- ☐ Menstrual cycle stages
- ☐ Label reproductive system diagrams
- ☐ Ovulation, fertilisation and implantation
- ☐ Functions of placenta, umbilical cord and amniotic fluid
- ☐ Identical and non-identical twins
- ☐ Signs and symptoms of pregnancy

Topic Area 2: Antenatal Care and Preparation for Birth

- ☐ Meaning of antenatal care
- ☐ Purpose of antenatal clinics
- ☐ Roles of GP, Midwife and Obstetrician
- ☐ Routine tests and checks during pregnancy
- ☐ Ultrasound scans (dating and anomaly)
- ☐ Nuchal translucency scan
- ☐ Triple test and NIPT
- ☐ Amniocentesis and CVS

☐ Difference between screening and diagnostic tests

- ☐ Purpose of antenatal classes
- ☐ Healthy lifestyle and foods to avoid during pregnancy
- ☐ Benefits of breastfeeding
- ☐ Hospital birth vs home birth
- ☐ Advantages and disadvantages of each option
- ☐ Role of the birth partner
- ☐ Pain relief methods (epidural, gas and air, pethidine, TENS)
- ☐ Signs labour has started
- ☐ Three stages of labour
- ☐ Assisted birth methods (forceps, ventouse, episiotomy, caesarean)

Topic Area 3: Postnatal Checks, Postnatal Care and Conditions for Development

- ☐ Apgar score
- ☐ Vernix and lanugo
- ☐ Weight, length and head circumference measurements
- ☐ Newborn physical examination
- ☐ Heel prick (blood spot) test
- ☐ Role of the Health Visitor
- ☐ Safe sleeping and reducing SIDS risk
- ☐ Family support for parents
- ☐ Mother's six-week GP check
- ☐ Warmth and shelter
- ☐ Feeding and hydration
- ☐ Love and emotional security
- ☐ Sleep and rest
- ☐ Fresh air and exercise
- ☐ Hygiene and cleanliness
- ☐ Stimulation and play
- ☐ Routines and boundaries
- ☐ Socialisation and communication opportunities

Topic Area 4: Childhood Illnesses and a Child-Safe Environment



Childhood Illnesses

- ☐ Mumps
- ☐ Measles
- ☐ Meningitis
- ☐ Tonsillitis
- ☐ Chickenpox
- ☐ Common cold
- ☐ Gastroenteritis
- ☐ Signs requiring emergency medical help

- ☐ Physical needs
- ☐ Emotional needs
- ☐ Social needs
- ☐ Intellectual needs

- ☐ Meaning of hazard
- ☐ Home hazards (kitchen, bathroom, stairs, garden)
- ☐ Road safety hazards
- ☐ Methods of accident prevention
- ☐ Safety equipment and safe environments

- ☐ BSI Kite Mark
- ☐ Lion Mark
- ☐ Age advice symbols
- ☐ CE and UKCA marks
- ☐ Children's nightwear labels

Exam Skills Checklist

- ☐ Define key child development terminology
- ☐ Apply knowledge to real-life childcare scenarios
- ☐ Explain advantages and disadvantages
- ☐ Compare options and make recommendations
- ☐ Analyse childcare situations using evidence
- ☐ Evaluate choices and justify decisions
- ☐ Practise 8-mark extended-response questions