

CU1552 Care for the Physical and Nutritional Needs of Babies and Young Children

Aims

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 3rd birthday.

Credit 6

Level 3

Learning outcomes	Assessment criteria
The learner will:	The learner can:
<p>1. Be able to provide respectful physical care for babies and young children</p>	<p>1.1 Demonstrate culturally and ethnically appropriate care for babies and young children for:</p> <ul style="list-style-type: none"> ▪ Skin ▪ Hair ▪ Teeth ▪ Nappy area <p>1.2 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</p> <p>1.3 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</p> <p>1.4 Explain organisational or regulatory procedures that protect babies, young children and practitioners when providing personal care and why these are necessary</p>
<p>2. Be able to provide routines for babies and young children that support their health and development</p>	<p>2.1 Plan daily and weekly routines for babies and young children suitably personalised to meet individual needs</p> <p>2.2 Demonstrate in own practice how to treat babies or young children with respect and sensitivity during everyday care routines</p> <p>2.3 Explain the principles of effective toilet training and how this is incorporated into routines</p>

<p>3. Be able to provide opportunities for exercise and physical activity</p>	<p>3.1 Explain the importance of exercise and physical activity for babies and young children</p> <p>3.2 Demonstrate in own practice how to support babies or young children's exercise and physical activity</p>
<p>4. Be able to provide safe and protective environments for babies and young children</p>	<p>4.1 Explain policies and procedures in own setting that cover health, safety and protection of babies and young children</p> <p>4.2 Demonstrate and evaluate the safety features within the environment for babies and young children</p> <p>4.3 Supervise babies or young children and demonstrate a balanced approach to risk management</p> <p>4.4 Explain current advice on minimising sudden infant death syndrome in everyday routines for babies</p>
<p>5. Be able to provide for the nutritional needs of babies under 18 months</p>	<p>5.1 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</p> <p>5.2 Prepare formula feeds hygienically following current guidance</p> <p>5.3 Evaluate the benefits of different types of formula that are commonly available</p>
<p>6. Understand how to provide for the nutritional needs of young children from 18-36 months</p>	<p>6.1 Plan meals for young children that meet their nutritional needs based on current government guidance and information from carers</p> <p>6.2 Explain food allergies and intolerances that a young child may experience and the importance of following carers instructions on the needs of their child</p>