

CAMBRIDGE
NATIONAL

LEVEL 1/LEVEL 2

CHILD
DEVELOPMENT

J809

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EXAM
PRACTICE
WORKBOOK

 **HODDER**
Education

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Introduction

This workbook will help you to prepare to tackle exam questions for your Cambridge National in Child Development (J809) exam: Unit R057 Health and well-being for child development.

The exam lasts for 1 hour and 15 minutes and is worth 70 marks. The exam has two sections:

- **Section A** is worth 40 marks and includes scenario-based short, medium and extended response questions. One question will be an extended response question worth 8 marks.
- **Section B** is worth 30 marks and question types may include short and medium answer, multiple-choice questions and extended responses. Questions in this section will not be based on scenarios or situations.

You will be tested on the following topic areas:

- Topic Area 1: Pre-conception health and reproduction
- Topic Area 2: Antenatal care and preparation for birth
- Topic Area 3: Postnatal checks, postnatal care and the conditions for development
- Topic Area 4: Childhood illnesses and a child-safe environment

Questions may focus on one topic area or might require answers that combine information from two or more topic areas.

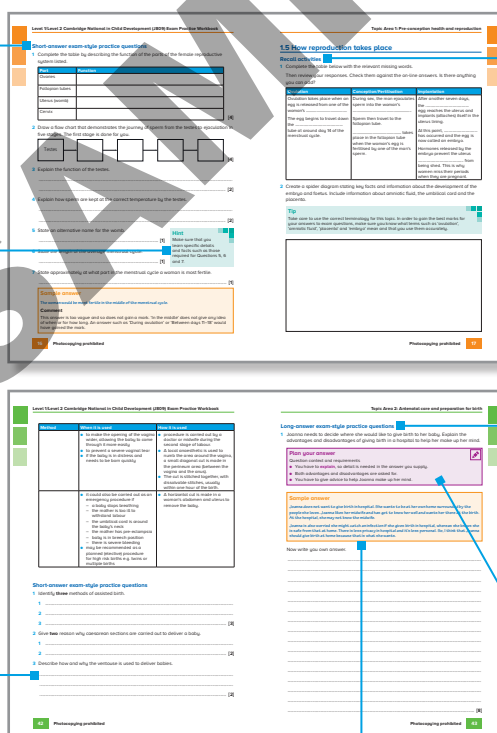
Features to help you succeed

Short-answer exam-style practice questions help you to practice answering multiple-choice and short-answer exam questions that are typically worth 1–4 marks.

Some short-answer and longer-answer questions include **hints and tips** next to them to give you extra advice on how to approach the question. They may suggest key points to consider when answering the question, explain what important words included in the question mean, or give guidance on common mistakes candidates make when answering these types of questions.

All questions will have spaces for you to write or **plan your answers**.

Example student answers or extracts from student answers are provided for some questions. These will help you understand how to gain the most marks and may ask you to think about the strengths and weaknesses of the answer and how it could be improved.



Each topic area starts with **recall activities** that will help you to remember important information you will need when answering exam questions. These activities include crosswords, quizzes, matching exercises and filling in missing words in tables, sentences or diagrams.

Longer-answer exam practice questions will help you to practice answering extended-response questions typically worth 6–9 marks. These questions will usually include a context or scenario.

Some questions will also include a series of stages or activities to support you as you answer the question. They may identify and explain key words for you, have headings, bullet points or mind maps for you to complete to help you to plan and structure your answer or include partially completed answers.

Answers to all the questions are available online at www.hoddereducation.co.uk/cambridgenationals-2022/answers

Topic Area 2: Antenatal care and preparation for birth

Hint

Antenatal care is the care someone will receive from health professionals while pregnant. In the term 'antenatal', 'ante' means 'before' and 'natal' relates to birth.

2.1 The purpose and importance of antenatal clinics

Recall activities

- 1 Complete the missing information using the words provided.

sickle cell disease screening nutrition ten weeks drinking alcohol

Timing of the first antenatal clinic appointment:

The first midwife appointment should happen before

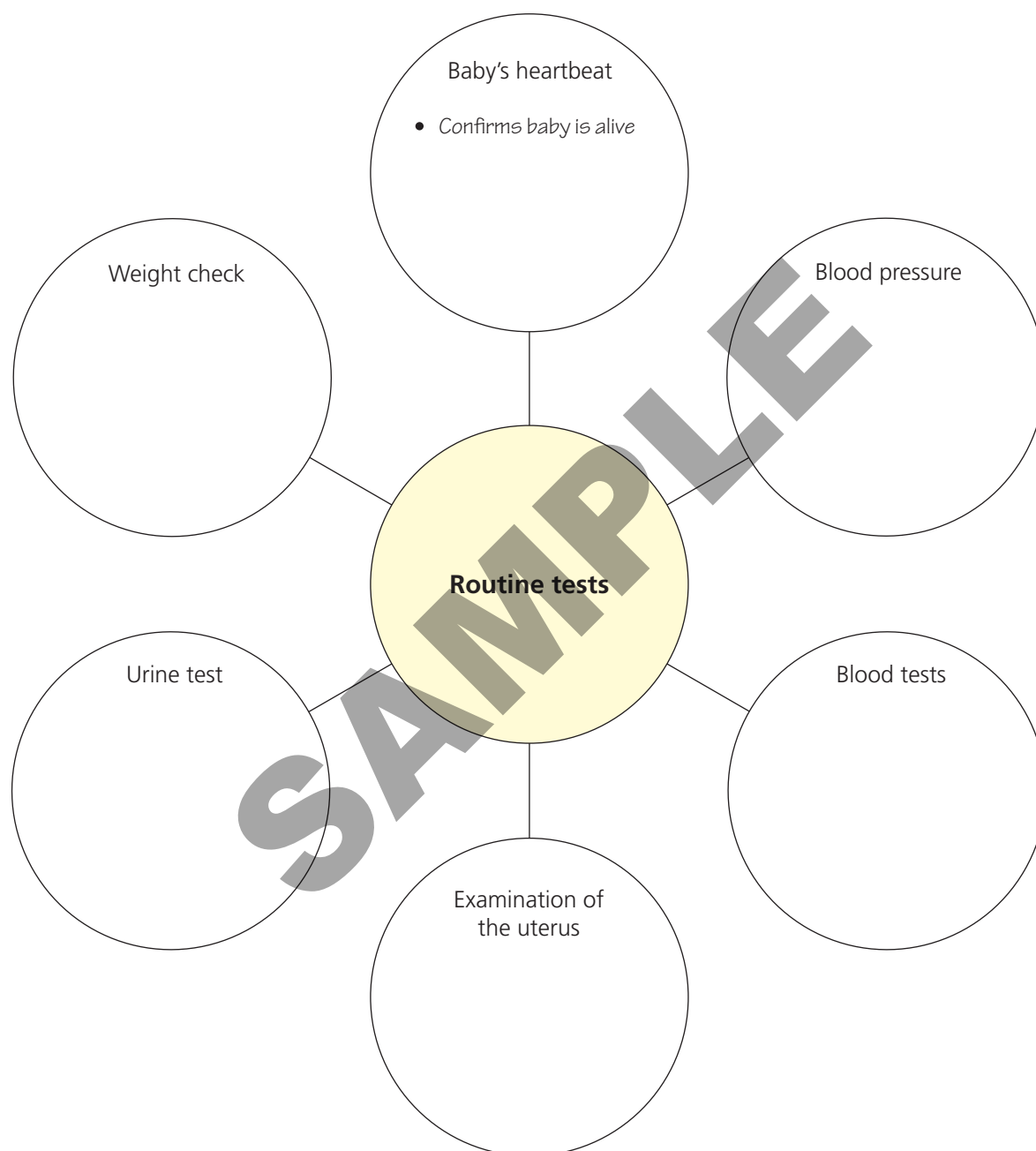
This is because some routine tests should be done by then, such as testing for or thalassaemia.

The mother will be given information about folic acid supplements,, diet and food hygiene and lifestyle factors (such as smoking, and recreational drug use), antenatal and diagnostic tests.

- 2 Fill in the chart with examples of the GP, midwife and obstetrician roles in pregnancy care. Some examples have been done for you to get you started. Try to include **at least three more** for each role.

GP	Midwife	Obstetrician
<ul style="list-style-type: none"> Will answer initial questions and give initial advice on pregnancy to the mother Will discuss any existing medical conditions the mother may have that could affect her pregnancy 	<ul style="list-style-type: none"> Will help create a birth plan Gives advice on healthy eating and exercise for a healthy pregnancy 	<ul style="list-style-type: none"> Has appointments with the pregnant woman if there are complications with the pregnancy Will deliver the baby if there are any complications

- 3 Complete the spider diagram to show further reasons for conducting routine tests during pregnancy



- 4 When preparing for labour and childbirth, a birth plan is desirable. The plan covers arrangements for pain relief, location of the birth and immediate post-birth requirements.

Add options to the birth plan template below to provide the expectant mother with the ability to present her choices to the midwife. The first section has been completed for you.

My Birth Plan

How and where I would like to give birth

☐ Home birth

☐ Hospital birth

☐ Water birth

☐ Natural lighting if possible

☐ Dim lights

☐ Music of my choice playing

☐ Aromatherapy

☐ Minimal interruption/Quiet environment

☐ With my birth partner

☐ No students observing

Pain management

☐

☐

Comfort during labour

☐

☐

☐

☐

Labour and pushing

☐

☐

☐

☐

☐

☐

After birth

☐

☐

Feeding

☐

☐

Short-answer exam-style practice questions

1 What is sickle cell disease?

.....
 [1]

2 State the meaning of thalassaemia.

..... [1]

3 State **one** reason why a baby's heartbeat is checked.

..... [1]

4 Give **two** reasons why an examination of the uterus is carried out.

1

2 [2]

5 Explain **two** reasons why a mother's weight is checked regularly.

1

2 [2]

6 During her pregnancy Sam has been cared for by an obstetrician. Describe the role of an obstetrician.

Use the mark scheme to mark the two student answers.

Sample answer 1

It is a medical worker who gives advice for high-risk pregnancies. Helps you decide where to give birth.

Sample answer 2

An obstetrician specialises in dealing with complicated pregnancies, such as a multiple birth. They will also perform caesarean sections or use intervention methods such as forceps deliveries.

Review the two answers

- Use the mark scheme to mark the sample answers.
- Put ticks next to up to three correct points and a cross for any errors.
- How many marks did you give?
- Why is one answer better than the other – what makes it a good answer?

Write a review to compare the sample answers here.

.....

Mark scheme

Answer	Guidance
<p>Three marks for a description.</p> <p>The role of an obstetrician:</p> <ul style="list-style-type: none"> • A doctor specialising in: <ul style="list-style-type: none"> – complicated deliveries – high-risk births – providing medical care to mothers during pregnancy • Will see pregnant women if there are complications with the pregnancy • Deals with multiple births • Performs caesarean sections • Uses intervention methods such as forceps and ventouse 	<p>For description:</p> <p>3 marks:</p> <ul style="list-style-type: none"> • Answer includes detail that clearly shows understanding of the role of an obstetrician • Three valid points provided <p>2 marks:</p> <ul style="list-style-type: none"> • Answer includes detail that shows some understanding of the role of an obstetrician • Two valid points included <p>1 mark:</p> <ul style="list-style-type: none"> • A basic statement or identification with no elaboration • One valid point included

Now write your own answer.

.....

.....

.....

..... [3]

- 7 Layla attends an appointment at the antenatal clinic where the midwife carries out routine checks and tests. Fill in the right-hand column of the table to provide the name of each check described.

Use the mark scheme below to mark the two sample answers.

Sample answer 1

Description of a routine check	Name of the check
A check that indicates the size of the baby.	Uterus examination
A check that could be used to detect if the mother has anaemia.	Blood test
A check that could be used to detect if pre-eclampsia is a risk.	Urine test
A check that could show the baby has stopped growing.	Weight check

Sample answer 2

Description of a routine check	Name of the check
A check that indicates the size of the baby.	Weight check
A check that could be used to detect if the mother has anaemia.	Uterus examination
A check that could be used to detect if pre-eclampsia is a risk.	Blood test/urine test
A check that could show the baby has stopped growing.	Baby's heartbeat check

Review the two answers

- Use the mark scheme to mark the sample answers – if two answers are given for the same check, only the first one is marked.
- Put ticks by correct answers and a cross for any errors.
- How many marks did you give?

Write a review to compare the sample answers here.

.....

.....

.....

Mark scheme

Answer		Guidance
Four marks for correct choices.		The number of ticks will match the number of marks awarded. For an incorrect answer, use a cross . If more than one answer is written in the box , only the first one is marked.
Description of a routine check	Name of the check	
A check that indicates the size of the baby.	Examination of the uterus	
A check that could indicate if the mother has anaemia.	Blood test	
A check that could indicate if pre-eclampsia is a risk.	Urine test	
A check that could show if the baby has stopped growing.	Weight check	

2.2 Screening and diagnostic tests

Screening and diagnostic tests are done to check the current health of the mother and baby, so that appropriate treatment, if needed, can be provided as early as possible.

Recall activities

- 1 There are two definitions below. One is for **diagnostic tests** and the other is for **screening tests**. Insert the name of the correct type of test in the boxes below.

Type of test	Definition
	These tests are carried out to diagnose and confirm whether or not an individual has a disease.
	These tests are carried out to estimate the level of risk of the baby being born with a particular disease or condition.

- 2 Complete the second column of the table with all you know about each type of ultrasound scan.

Use your textbook or the NHS website if you need to find more details.

Ultrasound scans	
Dating scan – 12 weeks	
Anomaly scan – 20 weeks	
Nuchal fold translucency scan	
Triple test	
Non-invasive pre-natal testing (NIPT)	

- 3 Complete the second column of the table with all you know about each type of diagnostic test.

Use the textbook or the NHS website if you need to find more details.

Diagnostic tests	
Amniocentesis	
Chorionic villus sampling (CVS)	

Tip

- Don't mix up 'screening' and 'diagnostic' tests. It is important to know the difference as they test for different things.
- Make sure you can give examples of conditions that each type of test is used to diagnose.

Short-answer exam-style practice questions

1 Explain the difference between diagnostic and screening tests.

.....

.....

.....

.....

..... [4]

2 Name **two** diagnostic tests.

1

2 [2]

3 Name **two** screening tests.

1

2 [2]

4 State **one** reason for having an amniocentesis test.

..... [1]

5 Identify **two** reasons for having a CVS (chorionic villus sampling) test.

1

.....

2

..... [2]

6 Ultrasound anomaly scans usually happen when the mother is between 18 and 21 weeks pregnant. Tick ✓ the name of the person who carries out this scan.

Person carrying out an anomaly scan	Tick ✓ the correct answer
Obstetrician	
Sonographer	
Anaesthetist	

[1]