



R057 Crucial Knowledge Statements



Pre-conception health is the health of the mother before pregnancy.

Contraception is a method of preventing pregnancy.

Ovulation is when an egg is released from the ovaries around day 14 of the menstrual cycle.

Conception/fertilisation is when the sperm penetrates the egg

Implantation is when the fertilised egg implants itself in the lining of the uterus

Antenatal is the time before the birth of the baby.

Labour is when contractions begin to deliver the baby

Postnatal is the time after the birth of the baby

Developmental needs are what a child needs in order for them to successfully thrive, develop and grow.

A hazard is an item or situation that could cause harm to a child.



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Accidents in the childcare setting can happen because of the environment, lack of supervision, untrained staff and failing to use or check safety equipment

The factor of **age and weight appropriateness** is whether equipment is suitable for a baby's age and weight, and when it will become unsuitable in the future.

The factor of **safety** is whether equipment has the correct safety labelling, its safety features and star ratings.

The factor of **design** is about comfort, accessibility, ease of use, how it looks and if it can be adjusted,

The factor of **durability** is whether equipment is made to last using hard wearing materials

The factor of **cost** is whether equipment is value for money

A **nutrient** is nourishment that comes from the food we eat

Nutritional requirements are the dietary needs of a child to provide them with the nutrients needed for growth and development and different stages

Weaning is the process where babies are introduced to solid foods.

Sterilising is a process to remove bacteria from feeding equipment to prevent illness and disease.



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Physical development is the development of gross motor skills (large movements) and fine motor skills (small, delicate movements)

Intellectual development is the development of how the brain processes information

Social development is the development in the way's children experience and learn to handle their own emotions and relationships with others.

Manipulative play is physical play involving delicate movements made with the fingers

Cooperative play is when a child plays alongside one or more children

Solitary play is when a child plays alone.

Physical play is when children use their large motor skills, develop balance or co-ordination, develop the senses, or exercise the body.

Creative play is when children express themselves creatively when something sparks their imagination.

Imaginative play occurs when a child acts out an experience they have had in their play or pretends to be having an experience.

Associative play is when children communicate and play with the same toy or activity