



Competency Based Learning Materials (CBLMs)

Caregiving for Infant, Toddler and Children

Level-3

Module: Providing Care and Supporting to Children

Code: CBLM-IS-CITC-02-L3-EN-V1



National Skills Development Authority
Prime Minister's Office
Government of the People's Republic of Bangladesh

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The CBLM on “Provide care and support to Children” is developed based on NSDA approved Competency Standards and Competency Based Curriculum under Caregiving for infant, toddler and children Level-3 Occupation. It contains the information required to implement the Caregiving for infant, toddler and children Level-3 standard.

This document has been prepared by NSDA with the help of relevant experts, trainers/professionals.

All Government-Private-NGO training institutes in the country accredited by NSDA can use this CBLM to implement skill-based training of Caregiving for infant, toddler and children Level-3 course.

How to use this Competency Based Learning Materials (CBLMs)

The module, Maintaining and enhancing professional & technical competency contains training materials and activities for you to complete. These activities may be completed as part of structured classroom activities or you may be required you to work at your own pace. These activities will ask you to complete associated learning and practice activities in order to gain knowledge and skills you need to achieve the learning outcomes.

1. Review the **Learning Activity** page to understand the sequence of learning activities you will undergo. This page will serve as your road map towards the achievement of competence.
2. Read the **Information Sheets**. This will give you an understanding of the jobs or tasks you are going to learn how to do. Once you have finished reading the **Information Sheets** complete the questions in the **Self-Check**.
3. **Self-Checks** are found after each **Information Sheet**. **Self-Checks** are designed to help you know how you are progressing. If you are unable to answer the questions in the **Self-Check** you will need to re-read the relevant **Information Sheet**. Once you have completed all the questions check your answers by reading the relevant **Answer Keys** found at the end of this module.
4. Next move on to the **Job Sheets**. **Job Sheets** provide detailed information about how to do the job you are being trained in. Some **Job Sheets** will also have a series of **Activity Sheets**. These sheets have been designed to introduce you to the job step by step. This is where you will apply the new knowledge you gained by reading the Information Sheets. This is your opportunity to practise the job. You may need to practise the job or activity several times before you become competent.
5. Specification **sheets**, specifying the details of the job to be performed will be provided where appropriate.
6. A review of competency is provided on the last page to help remind if all the required assessment criteria have been met. This record is for your own information and guidance and is not an official record of competency

When working through this Module always be aware of your safety and the safety of others in the training room. Should you require assistance or clarification please consult your trainer or facilitator.

When you have satisfactorily completed all the Jobs and/or Activities outlined in this module, an assessment event will be scheduled to assess if you have achieved competency in the specified learning outcomes. You will then be ready to move onto the next Unit of Competency or Module

Approved by
---th Authority Meeting of NSDA
Held on -----

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Module Contents

Unit Title: Provide care and support to children

Unit Code: OU- IS-CITC-02-L3-V1

Module Title: Providing care and support to children

Module Descriptor: This module covers the knowledge, skills and attitudes required to provide care and support to children. It includes instilling personal hygiene practices to children, bathing, dressing, feeding children, feeding the child and administering drug to children.

Nominal Hours: 40 Hours

Learning Outcomes:

Upon completion of this module the trainees must be able to:

1. Instill personal hygiene practices to children
2. Bath and dress the children
3. Feed the child
4. Administer drug to children

Assessment Criteria:

1. Hygiene practices are explained clearly to children based on established procedures.
2. Personal hygiene procedure is demonstrated to children based on health and safety procedures.
3. Children paraphernalia are maintained based on healthy procedures.
4. Children were assisted to maintain personal hygiene while playing.
5. Bathing paraphernalia are prepared as per procedure.
6. Bath water quantity and temperature are checked based on health requirements of the child.
7. Children are bathed according to standard procedure.
8. Children are assisted in dressing up according to prevailing weather condition.
9. Children's preferences and decisions are acknowledged, respected and followed whenever appropriate and possible.
10. Children with difficult behavior in bathing are deal with appropriately as per procedure.
11. Feeding utensils are sterilized as per job requirement.
12. Desired foods are prepared according to child age.
13. Babies are prepared for the feeding.
14. Food is provided/served to the baby according to feeding schedule.
15. Utensils are stored according to workplace standard.
16. Vital signs are measured and recorded.
17. Sickness of children is identified, recorded and informed to proper authority.
18. First aid is provided according to identified needs following standard procedure.
19. Drug is provided following doctor's prescription.

Learning Outcome: 1– Instill personal hygiene practices to children

Assessment Criteria	<ol style="list-style-type: none"> 1. Hygiene practices are explained clearly to children based on established procedures. 2. Personal hygiene procedure is demonstrated to children based on health and safety procedures. 3. Children paraphernalia are maintained based on healthy procedures. 4. Children were assisted to maintain personal hygiene while playing.
Conditions and Resources	<ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker 9. Audio Video Device
Contents	<ol style="list-style-type: none"> 1 Hygiene practices are explained clearly to children 2 Personal hygiene procedure is demonstrated to children 3 Maintained children’s paraphernalia 4 Children maintain personal hygiene while playing
Training Methods	<ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming
Assessment Methods	<ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning

Learning Experience: 1- Instill personal hygiene practices to children

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about instill personal hygiene practices to children	1. Instructor will provide the learning materials of instill personal hygiene practices to children
2. Read the Information sheet/s	2. Information Sheet No: 1 Instill personal hygiene practices to children
3. Complete the Self-Checks & Answer key sheets.	3. Self-Check No: 1- Instill personal hygiene practices to children Answer key No. 1- Instill personal hygiene practices to children
4. Read the Job/ Task sheet and Specification Sheet	4. Job/ task sheet and specification sheet Job Sheet No:1.1: Toilet/Potty training of 2-year-old children Specification Sheet:1.1: Toilet/Potty training of 2-year-old children

Information Sheet 1: Instill personal hygiene practices to children

Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 1.1 Hygiene practices
- 1.2 Personal hygiene procedure
- 1.3 Children's paraphernalia
- 1.4 Children maintain personal hygiene while playing

1.1 Hygiene practices

When teaching hygiene practices to children, it is important to explain them clearly using established procedures. Here is a step-by-step guide on how to do so:

- 1.1.1 **Keep it age-appropriate:** Tailor your explanations to the child's age and level of understanding. Younger children may need simpler language and visual aids, while older children can grasp more complex concepts.
- 1.1.2 **Start with the basics:** Begin by explaining the importance of hygiene and how it helps prevent the spread of germs and illnesses. Emphasize that practicing good hygiene keeps them and others healthy.
- 1.1.3 **Hand washing:** Teach children proper hand washing techniques. Use a visual demonstration to show them how to wet their hands, apply soap, lather thoroughly (including between fingers and under nails), rinse off the soap, and dry their hands with a clean towel or air dry.
- 1.1.4 **Brushing teeth:** Explain the importance of brushing teeth to maintain oral hygiene. Show them the correct way to hold the toothbrush, apply toothpaste, and brush in circular motions on all sides of the teeth and along the gum line. Encourage them to brush for at least two minutes, twice a day.
- 1.1.5 **Covering mouth and nose:** Teach children to cover their mouth and nose with a tissue or their elbow when coughing or sneezing. Explain that this prevents the spread of germs and encourages consideration for others. Remind them to dispose of used tissues properly.
- 1.1.6 **Using tissues and handkerchiefs:** Explain the purpose of tissues and handkerchiefs and how they help maintain cleanliness. Teach children to use a tissue or handkerchief when wiping their faces, blowing their nose, or dealing with any bodily fluids. Emphasize the importance of disposing of used tissues or washing handkerchiefs properly.
- 1.1.7 **Personal hygiene routines:** Discuss the importance of regular bathing or showering, changing clothes, and washing undergarments regularly. Explain that cleanliness helps remove dirt, sweat, and bacteria from their bodies.
- 1.1.8 **Other hygiene practices:** Depending on the child's age, you can introduce additional hygiene practices such as nail trimming, hair care, and the importance of keeping personal items clean.

- 1.1.9 **Reinforce and practice:** Encourage children to practice these hygiene habits consistently. Remind them gently, and provide positive reinforcement when they remember to follow the established procedures.
- 1.1.10 **Lead by example:** Children learn best by observing and imitating adults. Make sure you practice good hygiene yourself and demonstrate the procedures you explain.
- 1.1.11 **Personal hygiene:** Personal hygiene refers to the actions we take to keep ourselves clean and healthy. It includes things like washing our bodies, brushing our teeth, and wearing clean clothes. By practicing good personal hygiene, we can prevent the spread of germs and maintain our overall well-



being.

[Personal hygiene]

1.1.12 **Why is personal hygiene important?**

Personal hygiene is important for children because:

- **Health:** Practicing good personal hygiene helps keep children healthy by preventing the spread of germs and reducing the risk of illnesses.
- **Confidence:** Being clean and well-groomed boosts a child's confidence and self-esteem, allowing them to feel comfortable and accepted in social situations.
- **Social acceptance:** Maintaining good personal hygiene is important for fitting in with peers and avoiding social stigma or isolation.
- **Developing habits:** Teaching children about personal hygiene establishes lifelong habits that contribute to their overall health and well-being.
- **Dental health:** Encouraging proper oral hygiene habits prevents dental problems such as cavities, gum disease, and bad breath.
- **Comfort:** Good personal hygiene practices ensure cleanliness, freshness, and comfort for children.

Overall, teaching children about personal hygiene helps them stay healthy, feel confident, and develop habits that will benefit them throughout their lives.

Handwashing: Handwashing is incredibly important for preventing the spread of germs and diseases. By washing our hands with soap and water or using hand sanitizer, we can remove harmful pathogens that can make us sick. Regular handwashing helps break the chain of germ transmission, protects ourselves and others from respiratory and gastrointestinal illnesses, ensures food safety, and promotes overall personal and community health.



[Handwashing procedure]

1.1.13 Reasons you would need good hygiene:

- a) Disease Prevention.
- b) Social and Professional Acceptance.
- c) Higher Confidence and Self-Esteem.

1.1.14 Personal hygiene important in a childcare setting:

Personal hygiene is vital in childcare settings to maintain health, prevent disease transmission, and create a safe environment. Regular handwashing, cleanliness, and teaching good habits help children stay healthy and develop independence.

GOOD HYGIENE HABITS

You Should Teach Your Kids Early



Oral
Hygiene



Coughing and
Sneezing Hygiene



Hand
Hygiene



Bathing
Ritual



Home
Hygiene



Toileting
Hygiene

[Good hygiene habit]

1.2 Personal hygiene procedure

When demonstrating personal hygiene procedures to children based on health and safety protocols, it is important to follow these steps:

- 1.2.1 **Prepare a safe environment:** Ensure that the area where you will be demonstrating personal hygiene procedures is clean and free from any hazards. This includes removing any sharp objects or potential dangers.
- 1.2.2 **Gather the necessary materials:** Collect all the materials needed for the demonstration, such as soap, water, towels, tissues, toothbrushes, and any other items specific to the hygiene practice you are demonstrating.
- 1.2.3 **Explain the purpose:** Begin by explaining why personal hygiene is important for health and safety. Discuss how it helps prevent the spread of germs, maintain cleanliness, and keep everyone safe and healthy.
- 1.2.4 **Hand washing demonstration:** Demonstrate proper hand washing techniques step by step. Show the children how to wet their hands, apply soap, rub their hands together for at least 20 seconds (covering all surfaces including between fingers and under nails), rinse off the soap thoroughly, and dry their hands properly. Emphasize the importance of washing hands before meals, after using the bathroom, and whenever hands are visibly dirty.
- 1.2.5 **Tooth brushing demonstration:** Show children the correct way to brush their teeth. Explain the proper tooth brushing technique including using

gentle circular motions to clean all tooth surfaces and the gum line. Demonstrate the appropriate amount of toothpaste to use and the importance of brushing for at least two minutes, twice a day.

- 1.2.6 **Coughing and sneezing etiquette:** Teach children how to cover their mouth and nose properly when coughing or sneezing. Show them how to use a tissue or their elbow to cover their mouth and nose, emphasizing that this helps prevent the spread of germs. Remind them to dispose of used tissues properly and wash their hands afterward.
- 1.2.7 **Other hygiene practices:** If applicable, demonstrate other personal hygiene practices such as hair care, nail trimming, bathing or showering, and changing clothes. Show the children the proper techniques and explain the importance of each practice for health and cleanliness.
- 1.2.8 **Answer questions and provide guidance:** Encourage children to ask questions throughout the demonstration. Address any concerns they may have and provide additional guidance and clarification as needed.
- 1.2.9 **Practice and repetition:** Allow children to practice the demonstrated procedures themselves. Offer guidance and correction if necessary, ensuring that they understand and can perform the hygiene practices correctly.
- 1.2.10 **Reinforce and encourage:** Provide positive reinforcement and praise when children demonstrate good personal hygiene practices. Encourage them to continue practicing these procedures regularly for their health and safety.

Remember to make the demonstration engaging and interactive, using age-appropriate language and visual aids as needed. By demonstrating personal hygiene procedures based on health and safety protocols, you are helping children develop lifelong habits that contribute to their well-being and the well-being of those around them.

1.2.11 **Personal hygiene practices to children:**

- Brushing teeth twice a day
- Washing hands before and after eating
- Changing into clean clothes after getting dirty
- Thoroughly cleansing the entire body during a bath
- Properly wiping with toilet tissue after going potty
- Covering the mouth and nose with a tissue while sneezing/coughing
- Washing hands after handling a pet or touching something that isn't "clean"

1.2.12 **Grooming:**

Grooming is the process of maintaining personal appearance and hygiene. It includes activities like bathing, hair care, nail care, and skincare. It helps present oneself in a clean and well-groomed manner, contributing to confidence and overall well-being.



1.3 Children paraphernalia

Maintaining children's paraphernalia based on healthy procedures is crucial to ensure their safety and well-being. Here are some guidelines to follow:

- 1.3.1 **Cleaning toys:** Regularly clean toys to prevent the buildup of germs and dirt. Follow the manufacturer's instructions for cleaning or use mild soap and water for most toys. For toys that cannot be submerged, wipe them down with a damp cloth. Pay extra attention to toys that children frequently put in their mouths.
- 1.3.2 **Disinfecting surfaces:** Clean and disinfect surfaces where children's paraphernalia, such as high chairs, play mats, and changing tables, are used. Use disinfectant wipes or a mild disinfectant solution to wipe down these surfaces regularly.
- 1.3.3 **Washing bedding:** Launder bedding, including crib sheets, blankets, and pillowcases, regularly. Use a gentle, fragrance-free detergent and wash at an appropriate temperature to remove any dirt, stains, or allergens. Make sure the bedding is completely dry before using it again.
- 1.3.4 **Sterilizing feeding equipment:** If you are using bottles, nipples, or pacifiers, sterilize them regularly to eliminate bacteria. Follow the manufacturer's instructions for sterilization, either by boiling the items in water or using a sterilizing machine.
- 1.3.5 **Storing items properly:** Teach children to put their belongings away in designated areas when they are done playing or using them. This helps maintain cleanliness and prevents items from getting damaged or lost.
- 1.3.6 **Checking for safety hazards:** Regularly inspect children's paraphernalia, such as cribs, high chairs, and strollers, for any signs of wear, tear, or damage. Repair or replace items as necessary to ensure they are safe for use.
- 1.3.7 **Proper disposal of diapers:** If you are using disposable diapers, dispose of them in a sealed bag or diaper pail. Empty the diaper pail regularly to prevent unpleasant odors and maintain cleanliness. For cloth diapers, follow the

appropriate washing and drying procedures to ensure they are thoroughly clean and ready for reuse.



1.3.8 **Regular maintenance of equipment:** If you have any equipment, such as swings, bouncers, or car seats, follow the manufacturer's instructions for cleaning and maintenance. Keep them clean, free from debris, and in good working condition to ensure their safety.





1.3.9 **Hand hygiene:** Encourage children to wash their hands before and after playing with their paraphernalia. Teach them proper hand washing techniques, as mentioned earlier, to maintain cleanliness and reduce the spread of germs.

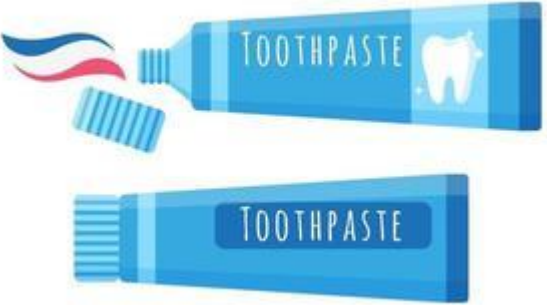



1.3.10 **Establish a routine:** Develop a regular cleaning and maintenance routine for children's paraphernalia. Create a schedule to ensure that cleaning, disinfecting, and maintenance tasks are consistently carried out.

By following these healthy procedures for maintaining children's paraphernalia, you can create a clean and safe environment that promotes their well-being and reduces the risk of illness or injury.

Children's paraphernalia

Paraphernalia name	Picture
<p>Thick towels or a sponge-type bath cushion:</p> <p>Thick towels or a sponge-type bath cushion are items used in bathing to provide additional comfort and support for the person being bathed. These items are designed to enhance the bathing experience and make it more enjoyable and relaxing.</p>	
<p>Diaper:</p> <p>A baby diaper is a specialized type of diaper designed specifically for infants and young babies. Baby diapers serve the same primary purpose as diapers for older children and adults: to absorb and contain urine and feces, keeping the baby dry and comfortable</p>	

<p>Fresh clothes:</p> <p>Fresh clothes refer to garments that are clean, free from dirt, stains, and odors, and have a pleasant and recently laundered appearance and smell. They are clothes that have been washed and dried, providing a feeling of cleanliness and freshness when worn.</p>	
<p>Comb and hair brush:</p> <p>A comb and hairbrush are grooming tools used to detangle, style, and manage hair. They are essential items in hair care routines and are designed to help keep hair neat, smooth, and well-groomed.</p>	
<p>Nail Scissors:</p> <p>Nail scissors are small, sharp-edged cutting tools designed for trimming and shaping fingernails and toenails. They are commonly used for personal grooming and nail care. Nail scissors typically have curved blades that allow for precise cutting of nails, ensuring a clean and even result.</p>	
<p>Toothbrush:</p> <p>A toothbrush is an essential dental hygiene tool used for cleaning teeth, gums, and the tongue to maintain oral health. It consists of a handle and bristles, and its primary purpose is to remove plaque, food particles, and bacteria from the mouth, preventing dental issues such as cavities, gum disease, and bad breath.</p>	

<p>Toothpaste:</p> <p>Toothpaste is a dental care product used to clean teeth and maintain oral hygiene. It is a key component of the daily oral care routine for most people and serves several important functions.</p>	
<p>Feeding utensils:</p> <p>Feeding utensils are tools and implements used for the process of feeding oneself or others. These utensils are designed to facilitate the consumption of food and beverages in a clean, efficient, and safe manner. The specific utensils used can vary depending on cultural practices, personal preferences, and the type of food being consumed.</p>	
<p>Potty:</p> <p>"Potty" is a colloquial term often used to refer to a small portable toilet or a chamber pot. It's typically used for young children who are in the process of potty training or for individuals who may have difficulty accessing a regular toilet due to mobility issues.</p>	
<p>Baby bath Sponge /soft and clean washcloth:</p> <p>A baby bath sponge or a soft and clean washcloth are items used during bathing to clean and wash a baby's delicate skin. They are designed to be gentle and non-abrasive, suitable for use on a baby's sensitive skin.</p>	

<p>Baby bathtub that fits the baby:</p> <p>A baby bathtub that fits the baby is a specialized bathing accessory designed to provide a safe and comfortable bathing environment for infants and young babies. It is specifically designed to accommodate the size and needs of a baby during bath time.</p>	
<p>Baby Blanket:</p> <p>A baby blanket is a soft and cozy piece of fabric designed specifically for infants and young children to provide warmth, comfort, and security. Baby blankets come in various sizes, shapes, and materials, and they are a staple item in nurseries and baby care.</p>	
<p>Cotton balls:</p> <p>Cotton balls are small, soft, and fluffy spheres made of cotton fibers. They are commonly used for various purposes in personal care, hygiene, and household tasks.</p>	
<p>Baby shampoo and baby soap</p> <p>Baby shampoo and baby soap are specially formulated personal care products designed for the gentle cleansing and care of infants and young children. They are milder and more suitable for delicate baby skin and hair compared to regular adult shampoos and soaps.</p>	
<p>Scent and alcohol- free soap:</p> <p>Scent-free and alcohol-free soap refers to a type of soap that does not contain any added fragrances or alcohol in its formulation. These soaps are specifically designed for</p>	

<p>individuals with sensitive skin or those who may have allergies or sensitivities to certain ingredients commonly found in scented or alcohol-based soaps.</p>	
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1.4 Children were assisted to maintain personal hygiene while playing

Assisting children in maintaining personal hygiene while playing is important to ensure their cleanliness and well-being, here are some ways to help children maintain personal hygiene during playtime:

1.4.1 **Handwashing:** Encourage children to wash their hands with soap and water before and after playing. Show them how to rub their hands together and rinse properly.

1.4.2 **Hand sanitizers:** Provide child-friendly hand sanitizers and teach children to use them when handwashing facilities are not available. Supervise their usage to ensure they don't misuse or ingest them.

1.4.3 **Clean play areas:** Keep play areas clean by regularly wiping down toys and surfaces with child-safe cleaning wipes or sprays.

1.4.4 **Clothing awareness:** Help children choose comfortable clothing for playtime and remind them not to share personal items like hats or hairbrushes.

1.4.5 **Cough and sneeze etiquette:** Teach children to cover their mouth and nose with their elbow or a tissue when they cough or sneeze.

1.4.6 **Hydration:** Remind children to drink water during playtime to stay hydrated. Provide them with easy access to water bottles.

1.4.7 **Positive reinforcement:** Praise and reward children when they practice good hygiene habits to encourage them to continue doing so.

Remember, the key is to make hygiene practices simple and enjoyable for children. By providing them with guidance and positive reinforcement, you can help them develop good habits that will benefit their health.

Self-Check Sheet - 1: Instill personal hygiene practices to children

Questionnaire:

1. What is personal hygiene?

Answer:

2. Why is personal hygiene important?

Answer:

3. Describe handwashing procedure.

Answer:

4. Why personal hygiene important in a childcare setting?

Answer:

5. How can practices personal hygiene to children?

Answer:

6. What is grooming?

Answer:

Answer Key - 1: Instill personal hygiene practices to children

1. What is personal hygiene?

Answer: Personal hygiene refers to the actions we take to keep ourselves clean and healthy. It includes things like washing our bodies, brushing our teeth, and wearing clean clothes. By practicing good personal hygiene, we can prevent the spread of germs and maintain our overall well-being.

2. Why is personal hygiene important?

Answer: Personal hygiene is important for children because:

- Health:
- Confidence:
- Social acceptance:
- Developing habits:
- Dental health:
- Comfort:

3. Describe handwashing procedure.

Answer: The right way to wash your hands

1. Wet hands under running water
2. Grip fingers on each hand
3. Apply soap and rub palms together
4. Make sure to clean thumbs
5. Spread the soap farther over the backs of hands
6. Press fingertips into palm of each hand
7. Make sure soap gets in between fingers
8. Dry thoroughly with clean towel

4. Why personal hygiene important in a childcare setting?

Answer: Personal hygiene is vital in childcare settings to maintain health, prevent disease transmission, and create a safe environment. Regular handwashing, cleanliness, and teaching good habits help children stay healthy and develop independence.

5. How can practices personal hygiene to children?

Answer: Personal hygiene practices to children:

1. Brushing teeth twice a day
2. Washing hands before and after eating
3. Changing into clean clothes after getting dirty
4. Thoroughly cleansing the entire body during a bath
5. Properly wiping with toilet tissue after going potty
6. Covering the mouth and nose with a tissue while sneezing/coughing
7. Washing hands after handling a pet or touching something that isn't "clean"

6. What is grooming?

Answer: Grooming is the process of maintaining personal appearance and hygiene. It includes activities like bathing, hair care, nail care, and skincare. It helps present oneself in a clean and well-groomed manner, contributing to confidence and overall well-being.

Job Sheet-1.1 Toilet/Potty training of a 2-year-old child

Scenario: Sarah is a 2-year-old girl who has started showing signs of readiness for toilet training. Her parents have decided to begin the process of teaching her to use the toilet independently. They have observed that Sarah often pulls at her diaper when it's wet, shows interest in the bathroom, and can communicate her need to go potty in simple words or gestures. Now, prepare required equipment/ materials and take necessary steps following occupational health and safety standard.

Time: 10 minutes

Working Procedure:

1. Take consent
2. Collect all needed materials
3. Perform hand hygiene
4. Take a potty routine from parents
5. Feed a glass of water to the baby before sitting on the potty
6. The thigh will be at a 90-degree angle to the body and the body will be at a 45degree angle
7. Maintain privacy

Note: During the assessment event prepare and submit the output for the job to the accredited assessor.

Specification Sheet-1.1 Toilet/Potty training of a 2-year-old child

Condition for the job: Work must be carried out in a safe manner and according to Caregiving standards.

Specific Instruction:

1. How many months to start toilet training?

Answer: To be started within 18 months and to be completed within 20 to 30 months.

2. When should children be toilet trained?

Answer: After waking up in the morning. Upon awakening in the middle of the day and 20 minutes after taking the food.

3. Which of the children gets used to bowel control first?

Answer: The boys

Required equipment:

1. Gloves
2. Facemask

Required Equipment:

S/N	Tools & Equipment	Quantity
1.	Toilet seat/ dummy potty	1
2.	Dummy baby	1

Required Materials:

1. Toilet paper
2. Hand wash
3. Dress in case accident

Learning Outcome: 2– Bathe and dress the children

Assessment Criteria	<ol style="list-style-type: none"> 1. Bathing paraphernalia are prepared as per procedure 2. Bath water quantity and temperature are checked based on health requirements of the child 3. Children are bathed according to standard procedure 4. Children are assisted in dressing up according to prevailing weather condition 5. Children’s preferences and decisions are acknowledged, respected and followed whenever appropriate and possible 6. Children with difficult behavior in bathing are dealt with appropriately as per procedure
Conditions and Resources	<ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker 9. Audio Video Device
Contents	<ol style="list-style-type: none"> 1 Prepare bathing paraphernalia 2 Bath water quantity and temperature are checked for child 3 Children are bathed according to standard procedure 4 Children are assisted in dressing 5 Children’s preferences and decisions are acknowledged, respected and followed 6 Children with difficult behavior in bathing
Training Methods	<ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming
Assessment Methods	<ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning

Learning Experience: 2 Bathe and dress the children

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about bathe and dress the children	1. Instructor will provide the learning materials of Bathe and dress the children
2. Read the Information sheet/s	2. Information Sheet No: 2 Bathe and dress the children
3. Complete the Self-Checks & Answer key sheets.	3. Self-Check No: 2- Bathe and dress the children Answer key No. 2- Bathe and dress the children
4. Read the Job/ Task sheet and Specification Sheet	4. Job/ task sheet and specification sheet Job Sheet No:2-1: Bathe and dress the children Specification Sheet: 2-1: Bathe and dress the children

Information Sheet 2: Bathe and dress the children

Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 2.1 Prepare bathing paraphernalia
- 2.2 Check bath water quantity and temperature
- 2.3 Bathed children according to standard procedure
- 2.4 Children are assisted in dressing
- 2.5 Followed children's preferences
- 2.6 Children with difficult behavior in bathing

2.1 Bathing paraphernalia

When bathing children, it's essential to have the right bathing paraphernalia on hand. Here are some common items used during children's bath time:

A baby bathtub or regular bathtub provides a safe and comfortable space for infants and young children. Non-slip mats or bath seats can be placed inside the tub to prevent slipping and ensure stability. Baby soap or gentle body wash is specifically formulated for their delicate skin, while baby shampoo is designed to be gentle on their scalp and hair.



Washcloths or soft sponges are used for lathering soap and gently cleaning their bodies. Hooded towels or regular towels are soft and absorbent, perfect for drying the child after bathing. Soft-bristle brushes or combs help with brushing their hair and keeping it tangle-free.

Diaper cream can be used to protect their skin from diaper rash, if needed, and baby lotion or moisturizer can be applied after bathing to keep their skin soft and

hydrated. Nail clippers or baby nail scissors are useful for trimming their nails, ensuring they are kept short and neat.

Cotton balls or pads are handy for cleaning sensitive areas, such as the face or around the umbilical stump for newborns. Baby wipes or wet wipes are convenient for quick cleanups during bath time. Having a changing mat or changing table ready provides a clean and comfortable surface for diaper changes after bathing. Lastly, ensure you have clean diapers or training pants on hand, as well as fresh clothes such as onesies, pajamas, and socks, suitable for the child's age and the current weather conditions.

Remember, the specific bathing paraphernalia required may vary based on the child's age, individual needs, and personal preferences.

2.1.1 **Bathing paraphernalia and toiletries**

Here is a list of common bathing paraphernalia and toiletries for children:

- Baby bathtub or regular bathtub (with non-slip mat or bath seat)
- Baby soap or gentle body wash
- Baby shampoo
- Washcloths or soft sponges
- Hooded towels or regular towels
- Soft-bristle brush or comb
- Diaper cream (if needed)
- Baby lotion or moisturizer
- Nail clippers or baby nail scissors (for older children)
- Cotton balls or pads (for cleaning sensitive areas)
- Baby wipes or wet wipes (for quick cleanups)
- Changing mat or changing table
- Clean diapers or training pants (if applicable)
- Clean clothes (including onesies, pajamas, socks, etc.)
- Baby toothbrush and toothpaste (for older children)

Remember that every child is unique, so you may need to adjust the list based on your specific needs and preferences.

2.2 **Bath water quantity and temperature**

When checking the bath water quantity and temperature for a child, it's important to consider the child's health requirements and age. Here are some general guidelines:

2.2.1 **Water Quantity:**

- For infants and younger babies, fill the bathtub with enough water to cover their body comfortably. The water level should be shallow enough to prevent them from accidentally submerging their face.

- As babies grow and become more active, you may need to increase the water level slightly, but always ensure it remains safe and comfortable for the child.
- For older children, adjust the water quantity based on their size and preference. They may prefer a slightly deeper bath, but ensure it doesn't go above chest level and they can still sit or stand safely.

2.2.2 Water Temperature:



[Measure water temperature]

- The ideal water temperature for babies and young children is around 37°C (98.6°F). It should feel warm, but not hot, to the touch.
- Use a bath thermometer to accurately measure the water temperature. Alternatively, you can test the water with your elbow or the inside of your wrist to ensure it's not too hot or too cold.
- Be cautious with the water temperature if the child has specific health conditions. For example, if the child has a fever or a condition that affects their sensitivity to temperature, consult with a healthcare professional for guidance on the appropriate water temperature.

Always prioritize the safety and comfort of the child when adjusting the water quantity and temperature. Monitor the child closely during bath time to ensure they are comfortable and not at risk of overheating or accidents.

2.3 Children are bathed according to standard procedure



[Children bath according to procedure]

Here is a step-by-step sequence for bathing children:

- **Prepare the bathing area:** Ensure the bathroom is clean and free from any potential hazards. Gather all the necessary bathing paraphernalia, such as soap, shampoo, towels, and clothes.
- **Undress the child:** Take off the child's clothes, making sure they are kept warm and comfortable. If needed, cover the child with a towel or blanket while undressing.
- **Fill the bathtub with water:** Adjust the water temperature to a safe and comfortable level. Fill the bathtub with enough water to cover the child's body but ensure it's not too deep, especially for younger children.
- **Test the water temperature:** Check the water temperature using your elbow or a bath thermometer to ensure it's not too hot or too cold. The ideal water temperature for children is around 37°C (98.6°F).
- **Place non-slip mat or bath seat:** If using a regular bathtub, place a non-slip mat or a bath seat inside the tub to provide stability and prevent slipping.
- **Lower the child into the bathtub:** Support the child's head and neck with one hand and gently lower them into the water. Ensure a secure grip to prevent accidents or slipping.
- **Wet the child's body:** Use a cup, your hand, or a washcloth to wet the child's body with the bathwater. Make sure to wet their hair as well.
- **Apply soap and shampoo:** Use a small amount of child-friendly soap or shampoo and gently lather the child's body and hair. Avoid getting soap or shampoo into their eyes or mouth.
- **Clean the child's body:** Use a washcloth or your hands to clean the child's body, paying attention to areas that may need extra care, such as the face, neck, underarms, and diaper area. For older children, encourage them to wash themselves under your supervision.
- **Rinse off the soap and shampoo:** Use clean water from a cup, your hand, or a showerhead attachment to rinse off all the soap and shampoo from the child's body and hair. Ensure no residue is left behind.
- **Lift the child out of the bathtub:** With one hand supporting their head and neck and the other supporting their body, carefully lift the child out of the water and onto a soft towel or changing table.
- **Dry the child:** Gently pat the child's body with a towel to dry them off. Pay attention to skin folds and creases to prevent moisture buildup. For older children, allow them to participate in drying themselves with your assistance as needed.
- **Dress the child:** Put clean clothes on the child, including diapers or training pants if required. Ensure the clothes are comfortable and suitable for the current weather conditions.
- **Clean up:** Empty the bathtub and rinse any bathing paraphernalia that needs cleaning. Return the bathroom to its tidy state.

By following these simple steps, you can assist children in dressing appropriately for the weather while ensuring their comfort and protection.

2.5 Children's preferences and decisions

Acknowledging and respecting children's preferences and decisions is an important aspect of promoting their autonomy, self-expression, and overall well-being. When appropriate and feasible, it is crucial to honor and follow their choices. Here are some key points to keep in mind:

- **Listen to children:** Take the time to actively listen to children and show genuine interest in their preferences and decisions.
- **Offer choices:** Provide children with options whenever feasible, allowing them to make decisions within appropriate limits. For example, let them choose between two snack options or pick their favorite color for a toy.
- **Respect boundaries:** Honor children's personal boundaries and comfort levels. If they express discomfort or unwillingness, respect their feelings and find alternative solutions when possible.
- **Encourage autonomy:** Support children in making age-appropriate decisions and taking responsibility for their choices. Gradually increase their independence as they grow and develop.
- **Ensure safety:** While respecting their decisions, prioritize their safety and well-being. Guide them toward choices that align with their best interests and explain any necessary limitations.
- **Be a role model:** Lead by example and demonstrate respect for children's preferences and decisions. Show them that their opinions are valued and that their voices matter.

By following these simple steps, you can create an environment where children feel acknowledged, respected, and empowered to make appropriate decisions based on their preferences and capabilities.

2.6 Children with difficult behavior in bathing

When dealing with children who exhibit difficult behavior during bathing, it's important to have a procedure in place to handle such situations effectively. Here are some simplified steps to follow:

- **Stay calm and patient:** Keep a calm and patient attitude, even if the child's behavior becomes challenging during bathing.
- **Stick to a routine:** Establish a consistent bathing routine with clear expectations. This helps children know what to expect and can minimize resistance.

- **Encourage cooperation:** Use positive reinforcement and praise when the child exhibits good behavior during bathing. Offer rewards or verbal praise to motivate them.
- **Provide choices:** Allow the child to make simple choices during bathing, such as selecting their soap or towel color. This gives them a sense of control and can help reduce resistance.
- **Use distractions:** Provide toys or engaging activities to keep the child occupied and focused during bathing. This can divert their attention from any difficult behavior.
- **Ensure safety:** Prioritize the child's safety by using non-slip mats, securing the bathing area, and keeping a watchful eye on them throughout the process.
- **Seek professional help if needed:** If the child's difficult behavior persists or escalates, consider seeking guidance from a healthcare professional or behavioral specialist.

Remember, each child is unique, and it may take time to find the best approach for managing their difficult behavior during bathing. Stay patient, adapt as needed, and prioritize the child's safety and well-being.

Self-Check Sheet - 2: Bathe and dress the children

Questionnaire:

1. How to prepared bathing paraphernalia as procedure?

Answer:

2. Write down 10 name of bathing paraphernalia and toiletries.

Answer:

3. How can check child bathing water quantity and temperature?

Answer:

4. Explain children bath according to standard procedure.

Answer:

5. What is Baby sponge bath?

Answer:

6. Which precautions following while bathing babies?

Answer:

Answer Key: 2-Bathe and dress the children

1. How to prepared bathing paraphernalia as procedure?

Answer: When bathing children, it's essential to have the right bathing paraphernalia on hand. Here are some common items used during children's bath time:

A baby bathtub or regular bathtub provides a safe and comfortable space for infants and young children. Non-slip mats or bath seats can be placed inside the tub to prevent slipping and ensure stability. Baby soap or gentle body wash is specifically formulated for their delicate skin, while baby shampoo is designed to be gentle on their scalp and hair.

2. Write down 10 name of bathing paraphernalia and toiletries.

Answer: Here is a 10 name list of common bathing paraphernalia and toiletries for children:

1. Baby bathtub or regular bathtub (with non-slip mat or bath seat)
2. Baby soap or gentle body wash
3. Baby shampoo
4. Washcloths or soft sponges
5. Hooded towels or regular towels
6. Soft-bristle brush or comb
7. Diaper cream (if needed)
8. Baby lotion or moisturizer
9. Nail clippers or baby nail scissors (for older children)
10. Cotton balls or pads (for cleaning sensitive areas)

3. How can check child bathing water quantity and temperature?

Answer: When checking the bath water quantity and temperature for a child, it's important to consider the child's health requirements and age. Here are some general guidelines:

- Water Quantity:
- Water Temperature:

4. Explain children bath according to standard procedure.

Answer: Here is a step-by-step sequence for bathing children:

- Prepare the bathing area:
- Undress the child:
- Fill the bathtub with water:
- Test the water temperature:
- Place non-slip mat or bath seat:
- Lower the child into the bathtub:
- Wet the child's body:
- Apply soap and shampoo:
- Clean the child's body:
- Rinse off the soap and shampoo:
- Lift the child out of the bathtub:
- Dry the child:

- Dress the child:
- Clean up:

5. What is Baby sponge bath?

Answer: A baby sponge bath refers to a method of cleaning a newborn or young baby using a damp cloth or sponge, rather than immersing them in water for a full bath. It is a gentle and practical approach to keep the baby clean when a traditional bath may not be suitable or recommended. During a baby sponge bath, certain areas of the baby's body, such as the face, neck, hands, feet, and diaper area, are carefully cleansed using a soft washcloth or sponge dampened with warm water and mild baby soap or cleanser. The process involves wiping and gently cleansing the baby's skin to maintain hygiene and remove dirt or impurities. Baby sponge baths are often conducted in a controlled and warm environment to ensure the baby's comfort and safety.

6. Which precautions following while bathing babies?

Answer: When giving a baby a bath, it's important to follow certain precautions and guidelines to ensure their safety and well-being. Here are some key points to keep in mind:

- Ensure a safe environment:
- Gather all necessary supplies:
- Maintain a comfortable water temperature:
- Support the baby's head and neck:
- Use gentle and appropriate products:
- Be cautious around sensitive areas:
- Clean from top to bottom:
- Rinse thoroughly:
- Practice proper handling during lifting and drying:
- Dress the baby in clean and comfortable clothes:
- Never leave the baby unattended:

Job Sheet-2.1 Bathing & grooming the baby

Scenario: 6-month-old baby girl who is ready for her daily bath and grooming routine. Her mother collects everything she needs in the bathroom before starting the process. Now, prepare required equipment/ materials and take necessary steps following occupational health and safety standard.

Time: 10 minutes

Working Procedure:

1. Take consent
2. Collect all needed materials
3. Perform hand hygiene
4. Take bathing & grooming routine from parents
5. Take 100 degrees Fahrenheit warm water
6. Maintain privacy

Note: During the assessment event prepare and submit the output for the job to the accredited assessor.

Specification Sheet-2.1 Bathing & grooming the baby

Condition for the job: Work must be carried out in a safe manner and according to Caregiving standards.

Required equipment:

1. Gloves
2. Facemask
3. Apron

Required Equipment:

S/N	Tools & Equipment	Quantity
1.	Wash cloth	2
2.	Towel	4
3.	Diaper	1
4.	Baby body wash and shampoo	1
5.	Lotion	1
6.	Soap	1
7.	A bowl of warm water (around 100 degrees Fahrenheit)	1
8.	Outfit	1
9.	Dummy baby	1

Bathing & Grooming Procedure:

1. At first take consent.
2. Take bathing & grooming routine from parents
3. Fills a baby bathtub with warm water and gathers baby shampoo, soap, a washcloth, a soft brush, a towel, and fresh diaper and clothes.
4. Undresses baby and gently places her in the warm water, supporting her head and body.
5. Washes baby's body and cleans her face with a damp washcloth.
6. After rinsing off the soap, lifts baby out of the water and wraps her in a soft towel.
7. Gently dries baby's skin and brushes her hair.
8. Dresses baby in fresh diaper and clothes, ensuring they are comfortable and weather-appropriate.

Throughout the process, maintains calm and nurturing environment, providing gentle touches and speaking soothingly to baby. Bathing and grooming time allows to bond with baby while promoting hygiene and keeping her comfortable and clean.

Learning Outcome: 3-Feed the child

Assessment Criteria	<ol style="list-style-type: none"> 1. Feeding utensils are sterilized as per job requirement 2. Desired foods are prepared according to child age. 3. Babies are prepared for the feeding 4. Food is provided/served to the baby according to feeding schedule 5. Utensils are stored according to workplace standard.
Conditions and Resources	<ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker 9. Audio Video Device
Contents	<ol style="list-style-type: none"> 1 Sterilized feeding utensils. 2 Prepared desired foods according to child age. 3 Babies are prepared for the feeding 4 Food is provided/served to the baby.
Training Methods	<ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming
Assessment Methods	<ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning

Learning Experience: 3-Feed the child

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about feed the child	1. Instructor will provide the learning materials of feed the child
2. Read the Information sheet/s	2. Information Sheet No:3 Feed the child
3. Complete the Self-Checks & Answer key sheets.	3. Self-Check No: 3- Feed the child Answer key No. 3- Feed the child
4. Read the Job/ Task sheet and Specification Sheet	4. Job/ task sheet and specification sheet Job Sheet No:3.1: Seven-month-old baby's bottle feeding Specification Sheet No:3.1- Seven-month-old baby's bottle feeding

Information Sheet: 3- Feed the child

Learning Objective:



After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:




- 3.1 Sterilized feeding utensils.
- 3.2 Prepared desired foods according to child age.
- 3.3 Babies are prepared for the feeding
- 3.4 Food is provided/served to the baby




3.1 Feeding utensils

Child feeding utensils are specially designed tools and equipment used to feed infants and young children during mealtime. These utensils are tailored to the needs and developmental stages of children, providing them with a safe and appropriate means to consume food and liquids.

Feeding utensils list

<ul style="list-style-type: none"> ▪ Plate: <p>A plate, in the context of feeding utensils, is a flat, usually circular, dish made from various materials such as porcelain, ceramic, glass, plastic, or metal. Plates are typically used for serving and consuming food. They provide a stable and clean surface on which food can be placed, making it easier to eat and prevent spills.</p>	
<ul style="list-style-type: none"> ▪ Glass: <p>A water glass is a type of glassware that is primarily used for holding and serving water at the dining table or in various settings. It's a practical and essential component of tableware for everyday meals, formal occasions, and various events.</p>	

<ul style="list-style-type: none"> ▪ Bowl: <p>A bowl, in the context of feeding utensils, is a rounded or curved container typically used for holding and serving food. Bowls come in various sizes, materials, and designs to accommodate a wide range of culinary purposes, from serving soups and salads to holding snacks, desserts, and more. They are an essential component of tableware and kitchen utensils.</p>	
<ul style="list-style-type: none"> ▪ Spoon: <p>A spoon, in the context of feeding utensils, is a tool with a shallow bowl-shaped end that is used for scooping, stirring, and conveying food from a container to the mouth. Spoons are essential tools in cooking, serving, and eating, and they come in various sizes, shapes, and materials to suit different culinary needs and occasions.</p>	
<ul style="list-style-type: none"> ▪ Water pot: <p>A "water pot" in the context of feeding utensils typically refers to a container or vessel specifically designed for holding and storing water. Water pots are used to provide a convenient and accessible source of water for drinking or other culinary purposes. They come in various shapes, sizes, and materials to suit different preferences and needs.</p>	

<p>F Flask:</p> <p>e</p> <p>d A "flask" is a small, portable</p> <p>i container designed to hold and carry</p> <p>n liquids, typically beverages, and</p> <p>g keep them at a desired temperature.</p> <p>u Flasks are often used for transporting</p> <p>t drinks such as water, tea, coffee,</p> <p>e alcoholic beverages, or other liquids</p> <p>n while maintaining their temperature,</p> <p>s whether hot or cold.</p>	
<p>i Towel:</p> <p>l</p> <p>s A "towel" is a piece of absorbent</p> <p>a fabric used for drying or wiping</p> <p>r various surfaces, particularly the</p> <p>e body after bathing or the hands after</p> <p>s washing. Towels are essential items</p> <p>t in households, hotels, gyms, and</p> <p>e other settings where personal</p> <p>r hygiene and cleanliness are</p> <p>i important. They come in different</p> <p>l sizes, materials, and types to serve</p> <p>i different purposes.</p>	
<p>z Napkin:</p> <p>e</p> <p>d A "napkin" is a piece of cloth or</p> <p>a paper used primarily for wiping one's</p> <p>s hands, mouth, and face while eating.</p> <p>p Napkins play a practical role in</p> <p>e maintaining personal hygiene during</p> <p>r meals by preventing food and drink</p> <p>T residues from coming into contact</p> <p>o with the skin or clothing. They are</p> <p>commonly found in households,</p> <p>restaurants, and other dining settings.</p>	

Sterilize baby feeding utensils as per job requirements, follow these simplified steps:

- **Clean the utensils:** Wash the feeding utensils with warm water and mild soap to remove any food residue or debris. Rinse them thoroughly to ensure they are free from soap.

- **Boiling method:** Fill a pot with water and bring it to a rolling boil. Place the cleaned utensils in the boiling water and let them boil for at least five minutes. Ensure all parts of the utensils are fully submerged.
- **Steam sterilization:** If you have a steam sterilizer, follow the manufacturer's instructions to set it up. Place the cleaned utensils inside the sterilizer and run the sterilization cycle for the recommended time.
- **Chemical sterilization:** Use a sterilizing solution or tablets designed for baby utensils. Prepare the solution as directed and soak the utensils for the recommended duration. Rinse them thoroughly with clean water afterward.
- **Dishwasher sterilization:** If the utensils are dishwasher-safe, place them in the dishwasher and run a high-temperature sterilization cycle. Follow the dishwasher manufacturer's instructions and guidelines.
- **Air drying and storage:** After sterilization, allow the utensils to air dry completely in a clean and dry area. Once dry, store them in a covered container or a clean bag until they are ready for use.

Remember to always follow the specific guidelines and procedures provided by your job requirements and adhere to the necessary health and safety regulations for the proper sterilization of baby feeding utensils.

3.2 Desired foods

When preparing foods for children, it's important to consider their age. For infants, start with pureed fruits and vegetables. As they grow, introduce thicker textures and soft finger foods. Toddlers can have bite-sized pieces of various foods to encourage self-feeding. Offer a balanced diet with fruits, vegetables, whole grains, proteins, and healthy fats. Gradually introduce age-appropriate foods that are safe and nutritious.



[Foods according to child age]

Desired Foods

- Breakfast
- Morning snakes
- Lunch
- Evening snakes
- Dinner

Nutritious food action for baby

Nutrients	Primary Function.
Carbohydrate	Provide energy.
Protein	Builds new tissue, antibodies, enzymes hormones and other compounds.
Fat	Provides long term energy insulation and protection.
Water	Dissolves and carry nutrients, removes waste and regulates body temperature
Vitamins	Facilitate use of other nutrients involves in regulating growth and manufacturing hormones.
Minerals	Help in growth of bones and teeth, aid in muscle function and nervous system activity.



[Nutritious food for baby]

Nutritious food is crucial for the healthy growth and development of babies. Here are some examples of nutritious foods for babies:

- **Breast Milk or Formula:** Breast milk or formula provides essential nutrients, antibodies, and hydration for infants up to around 6 months of age.
- **Pureed Fruits and Vegetables:** Introduce a variety of pureed fruits and vegetables such as apples, bananas, avocados, sweet potatoes, carrots, and peas. These provide vitamins, minerals, and fiber.

- **Iron-Rich Foods:** Include iron-rich foods like pureed meats (chicken, beef), lentils, beans, and fortified infant cereals to support healthy blood cell production.
- **Whole Grains:** Introduce infant cereals, oatmeal, rice, and whole grain bread or pasta for added fiber and energy.
- **Dairy Products:** Yogurt and cheese (if tolerated) can be introduced after 6 months for calcium and protein.
- **Healthy Fats:** Offer healthy fats from sources like mashed avocado, nut butters (if no allergies), and pureed cooked fish for brain development.
- **Soft Cooked Vegetables and Fruits:** As the baby progresses, offer soft cooked and mashed versions of vegetables and fruits to encourage self-feeding and exploration of different textures.
- **Finger Foods:** Introduce safe finger foods like small pieces of soft cooked vegetables, ripe fruits, small tofu cubes, or well-cooked pasta to promote self-feeding skills.

Remember to introduce foods one at a time, allowing a few days between new foods to watch for any potential allergies or intolerances. Consult with a pediatrician for specific guidance on introducing solid foods and individual dietary needs.

3.2.1 Food should eat 0-6 month's baby

For babies between 0 to 6 months of age, their primary source of nutrition is breast milk or formula. Solid foods are typically not introduced until around 4 to 6 months of age. Here's a general guideline for the amount of breast milk or formula a baby may consume during this period:

- **Breast Milk:** Breastfed babies tend to nurse on demand, meaning they feed whenever they show signs of hunger. In the first few weeks, newborns may breastfeed around 8 to 12 times in a 24-hour period, with each feeding lasting about 10 to 30 minutes. The volume of breast milk consumed can vary, but typically ranges from 2 to 3 ounces (60 to 90 milliliters) per feeding in the early weeks and gradually increases as the baby grows.
- **Formula Feeding:** For formula-fed babies, the amount of formula consumed at each feeding can vary. In the first month, babies may consume about 2 to 3 ounces (60 to 90 milliliters) of formula per feeding, gradually increasing to around 4 to 6 ounces (120 to 180 milliliters) by the end of the third month.

It's important to note that these are general guidelines, and individual babies' needs may vary. It's best to follow the baby's cues of hunger and fullness, as they are the best indicators of how much they need to eat. It's also important to consult with a pediatrician for personalized guidance on feeding, as they can provide specific recommendations based on the baby's growth, health, and individual needs.

3.2.2 Bottle feeding

Bottle feeding is a common method of providing nutrition to babies who are not breastfeeding or as a supplement to breastfeeding. Here's a general explanation of bottle feeding:

➤ **Preparation:**

- Start by washing your hands thoroughly with soap and water.
- Clean the bottle, nipple, and any additional utensils by sterilizing them in boiling water or using a sterilizing solution.
- Measure the appropriate amount of formula powder according to the instructions on the packaging.
- Fill the bottle with the desired amount of clean, boiled water that has been cooled to the recommended temperature.

➤ **Positioning:**

- Hold the baby in a semi-upright or slightly reclined position, supporting their head and neck with one hand.
- Ensure that the baby's head is slightly elevated to prevent choking or excessive air intake.

➤ **Nipple Selection:**

- Choose a nipple appropriate for the baby's age and stage of feeding. Nipples come in different flow rates (slow, medium, fast) to match the baby's feeding ability.

➤ **Feeding:**

- Place the nipple against the baby's lips and gently stroke their lower lip with it to encourage them to open their mouth.
- Allow the baby to take the nipple into their mouth, making sure they are latched properly.
- Tilt the bottle slightly to keep the nipple filled with milk and minimizes the intake of air bubbles.
- Let the baby control the pace of feeding, pausing for breaks if needed. Burp the baby gently when they show signs of needing to release air.

➤ **Monitoring:**

- Watch for signs of hunger and fullness cues from the baby, such as sucking eagerly, slowing down, turning away, or closing their mouth.
- Observe the baby's overall feeding pattern and adjust the amount of formula or feeding frequency if necessary.

➤ **Comfort and Interaction:**

- Maintain eye contact and speak softly to the baby during feeding, fostering a positive and bonding experience.
- Support the baby's head and body, ensuring they are comfortable throughout the feeding session.

➤ **Cleaning:**

- After feeding, carefully disassemble the bottle and clean all parts with warm, soapy water.

- Rinse thoroughly to remove any soap residue and allow the items to air dry or use a clean, sterilized drying rack.

Remember to follow the specific instructions provided by your healthcare professional and consult with them for personalized guidance on bottle feeding, including the appropriate formula type, feeding amounts, and any additional considerations for your baby's specific needs.

3.3 Prepare Babies for the feeding

Preparing babies for feeding is an essential aspect of infant care, whether you're breastfeeding or formula feeding. Here are some steps and tips to help prepare babies for feeding:

- **Wash Your Hands:** Always start by washing your hands thoroughly with soap and water before handling the baby or any feeding equipment.
- **Gather Supplies:** Depending on whether you're breastfeeding or using formula, gather the necessary supplies. For breastfeeding, you'll primarily need a comfortable place to sit. For formula feeding, you'll need bottles, formula, and clean nipples.
- **Choose a Comfortable Feeding Position:** Hold your baby in a comfortable feeding position. For breastfeeding, this might involve cradling the baby in your arms with their head supported. For bottle feeding, hold the baby in a semi-upright position to prevent choking.
- **Breastfeeding:** If breastfeeding, gently bring the baby to the breast, ensuring that their mouth latches onto the areola (the darker area around the nipple). This ensures a proper latch, which is crucial for effective breastfeeding. Make sure the baby's lips are flanged outward.
- **Bottle Feeding:** If using a bottle, ensure that the formula is prepared according to the instructions on the formula container. Test the temperature of the formula on your wrist to make sure it's not too hot. Offer the bottle to the baby with the nipple filled with formula, allowing them to suck and swallow at their own pace.
- **Feeding Cue:** Watch for hunger cues from the baby. These may include rooting (turning their head toward the breast or bottle), putting their hands to their mouth, or making sucking motions.
- **Feed on Demand:** In the early months, babies have irregular feeding patterns. It's essential to feed them when they show hunger cues rather than sticking to a strict schedule. Newborns often need to eat every 2-3 hours.
- **Burping:** Burp your baby during and after feeding to help release any air trapped in their stomach, which can cause discomfort. Patting or rubbing their back gently can help with burping.
- **Hold and Cuddle:** After feeding, hold your baby upright for a few minutes to help with digestion. This can also be a bonding time, as you can cuddle and interact with your baby.
- **Proper Hygiene:** Always clean and sterilize feeding equipment regularly, whether it's breast pump parts, bottles, or nipples. This helps maintain a clean and safe feeding environment.

- **Be Patient:** Feeding can take time, especially in the early days. Be patient and allow your baby to feed at their own pace.
- **Seek Professional Help:** If you encounter difficulties with feeding, such as latching problems or concerns about your baby's weight gain, don't hesitate to consult a healthcare professional or a lactation consultant for guidance and support.

3.4 Food is provided/served to baby according to feeding schedule

When providing food for a baby, it's important to follow a feeding schedule that suits their age and needs. Here are some simple steps:

- **Start with breast milk or formula:** In the early months, babies rely on breast milk or formula as their main source of nutrition.
- **Introduce solid foods gradually:** Around 4 to 6 months of age, you can begin introducing small amounts of pureed fruits or vegetables. Start with one feeding per day and gradually increase.
- **Increase meal frequency:** As the baby grows, you can increase the number of solid food meals per day. By 9 to 12 months, they may have three meals and a couple of healthy snacks.
- **Offer a variety of foods:** Include a mix of fruits, vegetables, grains, and proteins in their meals. This helps expose them to different flavors and nutrients.
- **Pay attention to hunger and fullness cues:** Let the baby guide their intake. Offer food when they are hungry and stop when they show signs of being full or uninterested.
- **Establish a routine:** Offer meals and snacks at consistent times each day. This helps create a sense of stability and predictability for the baby.
- **Continue with breast milk or formula:** Remember to continue offering breast milk or formula as recommended by the pediatrician, as they still provide important nutrients.

Always consult with a pediatrician for specific guidance on feeding schedules and appropriate foods for your baby's age and development.

3.5 Infants and toddlers are cleaned

Cleaning infants and toddlers is an essential part of their daily care routine to maintain their hygiene and well-being.

- Bathing
- Diaper change
- Hand and face cleaning
- Oral hygiene
- Nose cleaning
- Ear cleaning
- Nail care
- Clothing changes

3.6 Feeding tools are cleaned and stored as per standard procedure

Storing baby utensils according to workplace standards ensures cleanliness and hygiene. Here's a brief explanation of how baby utensils can be stored:

- **Clean and Dry:** Before storing baby utensils, make sure they are thoroughly cleaned and dried. Wash them with warm water and mild soap, rinse well, and allow them to air dry completely.
- **Separate Storage:** Use separate designated storage areas for baby utensils to prevent cross-contamination. This can be a drawer, cabinet, or shelf specifically dedicated to baby items.
- **Organized Placement:** Arrange the utensils in an organized manner to ensure easy access and maintain cleanliness. Place spoons, bowls, plates, and cups separately and consider using dividers or containers to keep them neatly arranged.
- **Covered Storage:** If possible, store baby utensils in covered containers or sealed plastic bags to protect them from dust, insects, and other contaminants. This helps maintain their cleanliness between uses.
- **Clean Storage Area:** Regularly clean and sanitize the storage area for baby utensils. Wipe down the surfaces with a mild disinfectant or sanitizing solution to ensure a hygienic environment.
- **Regular Inspections:** Periodically inspect the stored baby utensils for any signs of damage or wear. Discard or replace any items that are cracked, broken, or no longer safe for use.

By following workplace standards for storing baby utensils, you can help maintain cleanliness, prevent contamination, and ensure that the utensils are ready for use when needed. It's important to consult and adhere to any specific guidelines or regulations provided by the workplace or relevant health authorities to promote safe and hygienic practices.

3.7 Work area is cleaned and disposed as per standard procedure

Cleaning and disposing of materials in a work area according to standard procedures is essential for maintaining a safe and sanitary environment.

- Gather necessary supplies
- Wear personal protective equipment (PPE)
- Identify hazardous materials
- Remove clutter
- Dust and sweep
- Clean surface
- Dispose of waste
- Handle hazardous materials safety
- Clean equipment

Self-Check Sheet - 3: Feed the child

Questionnaire:

1. Which utensils are used while baby feeding?

Answer:

2. Write down some feeding utensils name.

Answer:

3. How can sterilize feeding utensils?

Answer:

4. How can prepare food according to child age?

Answer:

5. What is the Nutritious food action for baby?

Answer:

6. Explain importance of nutritious food for baby's health growth and development.

Answer:

7. Which food should eat 0-6 month's baby?

Answer:

8. Write down the procedure of bottle feeding.

Answer:

Answer Key - 3: Feed the child

1. Which utensils are used while baby feeding?

Answer: Child feeding utensils are specially designed tools and equipment used to feed infants and young children during mealtime. These utensils are tailored to the needs and developmental stages of children, providing them with a safe and appropriate means to consume food and liquids. Child feeding utensils typically include the following:

- Baby Bottles:
- Sippy Cups:
- Baby Spoons:
- Baby Forks:
- Feeding Plates and Bowls:
- Silicone Bibs:
- Food Grinders/Mashers:

2. Write down some feeding utensils name.

Answer: Some feeding utensils are:

- Plate
- Glass
- Bowl
- Spoon
- Water pot
- Flask
- Towel
- Napkin

3. How can sterilize feeding utensils?

Answer: To sterilize baby feeding utensils as per job requirements, follow these simplified steps:

- Clean the utensils:
- Boiling method:
- Steam sterilization:
- Chemical sterilization:
- Dishwasher sterilization:
- Air drying and storage:

4. How can prepare food according to child age?

Answer: When preparing foods for children, it's important to consider their age. For infants, start with pureed fruits and vegetables. As they grow, introduce thicker textures and soft finger foods. Toddlers can have bite-sized pieces of various foods to encourage self-feeding. Offer a balanced diet with fruits, vegetables, whole grains, proteins, and healthy fats. Gradually introduce age-appropriate foods that are safe and nutritious.

5. What is the Nutritious food action for baby?

Answer: Nutritious food action for baby's is given bellow

Nutrients	Primary Function.
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Carbohydrate	Provide energy.
Protein	Builds new tissue, antibodies, enzymes hormones and other compounds.
Fat	Provides long term energy insulation and protection.
Water	Dissolves and carry nutrients, removes waste and regulates body temperature
Vitamins	Facilitate use of other nutrients involves in regulating growth and manufacturing hormones.
Minerals	Help in growth of bones and teeth, aid in muscle function and nervous system activity.

6. Explain importance of nutritious food for baby's health growth and development.

Answer: Nutritious food is crucial for the healthy growth and development of babies. Here are some examples of nutritious foods for babies:

- Breast Milk or Formula:
- Pureed Fruits and Vegetables:
- Iron-Rich Foods:
- Whole Grains:
- Dairy Products:
- Healthy Fats:
- Soft Cooked Vegetables and Fruits:
- Finger Foods:

7. Which food should eat 0-6 month's baby?

Answer: For babies between 0 to 6 months of age, their primary source of nutrition is breast milk or formula. Solid foods are typically not introduced until around 4 to 6 months of age. Here's a general guideline for the amount of breast milk or formula a baby may consume during this period:

- Breast Milk:
- Formula Feeding:

8. Write down the procedure of bottle feeding?

Answer: Bottle feeding is a common method of providing nutrition to babies who are not breastfeeding or as a supplement to breastfeeding. Here's a general explanation of bottle feeding:

- Preparation:
- Positioning:
- Nipple Selection:
- Feeding:
- Monitoring:
- Comfort and Interaction:
- Cleaning:

Job Sheet-3.1 Seven-month-old baby's bottle feeding

Scenario: A seven-month-old child newly introduced to bottle feeding. His mother is a working mother. She left a chart of feeding routine. Now, prepare required equipment/materials and take necessary steps following occupational health and safety standard.

Time: 10 minutes

Condition for the job: Work must be carried out in a safe manner and according to Caregiving standards.

Working procedure:

1. Take consent
2. Collect all needed materials
3. Perform hand hygiene
4. Wear appropriate PPE for the job
5. Read feeding routine chart
6. Sterilize the bottle with boiled water.
7. Read the direction of formula milk and ask the parent about their particular requirement.
8. Check the temperature of the formula milk.
9. 180-360 ml formula milk is provided according to the baby's need.
10. Wash their utensils with liquid dish washer.
11. Burping
12. Maintain the chart (tick & keep record)

Note: During the assessment event prepare and submit the output for the job to the accredited assessor.

Specification Sheet-3.1 Seven-month-old baby's bottle feeding

Condition for the job: Work must be carried out in a safe manner and according to Caregiving standards.

Required Personal Protective Equipment (PPE): bottle feeding

1. Gloves
2. Mask

Required Equipment:

SL NO	Tools and equipment	Quantity
1.	Feeding bottle	1
2.	Water boiling utensil	1
3.	Sterilization utensil	1
4.	Stove/microwave oven	1
5.	Dummy baby	1

Required Materials:

1. Formula milk
2. Warm water
3. Dish washing liquid/soap

Learning Outcome: 4-Administer drug to children

Assessment Criteria	<ol style="list-style-type: none"> 1. Vital signs are measured and recorded. 2. Sickness of children is identified, recorded and informed to proper authority. 3. First aid is provided according to identified needs following standard procedure. 4. Drug is provided following doctor's prescription.
Conditions and Resources	<ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker 9. Audio Video Device
Contents	<ol style="list-style-type: none"> 1 Recorded vital signs. 2 Identified, recorded and informed sickness of children. 3 First aid is provided according to standard procedure. 4 Provide drug following doctor's prescription.
Training Methods	<ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming
Assessment Methods	<ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning

Learning Experience: 4 Adminster Drug to children

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about administer drug to children	1. Instructor will provide the learning materials of administer drug to children
2. Read the Information sheet/s	2. Information Sheet No: 4.1- Administer drug to children
3. Complete the Self-Checks & Answer key sheets.	3. Self-Check No: 4.1- Administer drug to children Answer key No. 4.1- Administer drug to children
4. Read the Job/ Task sheet and Specification Sheet	4. Job/ task sheet and specification sheet Job Sheet No:4-1: Administer drug to children Specification Sheet: 4-1: Administer drug to children

Information Sheet 4: Administer drug to children

Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 4.1 Recorded vital signs.
- 4.2 Identified, recorded and informed sickness of children.
- 4.3 First aid is provided according to standard procedure.
- 4.4 Provide drug following doctor's prescription.

4.1 Vital signs

When monitoring a baby's vital signs, several key parameters are recorded to assess their overall health and well-being. These vital signs provide important information about the baby's body functions and help healthcare professionals evaluate their physiological status. The following are the commonly recorded vital signs for a baby:

- **The four most important vital signs to take in a Pediatric emergency:**

Vital signs include heart rate, respiration (breathing rate), blood pressure, and temperature. Knowing the ranges for vital signs for your child can help you notice problems early or relieve concerns you may have about how your child is doing. The table below includes information that can help.

- **Vital signs are checked based on procedure:**

Procedure: Make sure the child has been seated and resting for at least 5 minutes prior to obtaining vital signs (VS) to accurately determine the baseline. The radial artery is the most common site used to assess the pulse. Explain to the child that you are going to start by checking their pulse.

- **Preschool vital signs:**

When a child is 3 to 6 years old, their average vital signs are:

- Heart rate: 80 to 120 beats per minute
- Respiratory rate: 20 to 28 breaths per minutes
- Blood pressure: systolic 89 to 112, diastolic 46 to 72
- Temperature: 98.6 degrees Fahrenheit

- **School-age (6 to 11 years old)**

The average vital signs of a child who is 6 to 11 years old are:

- Heart rate: 75 to 118 beats per minute
- Respiratory rate: 18 to 25 breaths per minute
- Blood pressure: systolic 97 to 120, diastolic 57 to 80
- Temperature: 98.6 degrees Fahrenheit

Adolescents (12 years old and up)

Adolescent vital signs are essentially the same as those of an adult. By this time, heart and breathing muscles have developed to near-adult levels:

- Heart rate: 60 to 100 beats per minute
- Respiratory rate: 12 to 20 breaths per minutes
- Blood pressure: systolic 110 to 131, diastolic 64 to 83
- Temperature: 98.6 degrees Fahrenheit

4.2 Sickness of children

When children fall sick, it is important to identify, record, and inform the proper authorities to ensure appropriate care and necessary actions are taken. Here is a general outline of the process:



Identification:

- **Observation:** Parents, caregivers, teachers, or healthcare professionals observe symptoms such as fever, cough, rash, vomiting, diarrhea, or general discomfort in the child.
- **Assessment:** The child's symptoms are assessed to determine the severity and potential cause of illness. This may involve conducting a physical examination or consulting a healthcare professional.

Recording:

- **Documentation:** Details of the child's symptoms, medical history, and any other relevant information are recorded. This can be done in a written format or using electronic health records (EHR) systems.

- **Vital signs:** The child's vital signs, including temperature, heart rate, respiratory rate, and blood pressure, are recorded to provide a comprehensive view of their health status.

Informing proper authorities:

- **Parents/guardians:** The child's parents or legal guardians are informed about their illness, symptoms, and recommended course of action. They are provided with information on managing the illness, seeking medical care, or any precautions to be taken.
- **Healthcare professionals:** If the child is under the care of a healthcare professional, they are notified about the illness. This can be done by sharing the recorded information or directly contacting the healthcare provider.
- **Educational institutions:** If the child attends a school or daycare center, the appropriate authorities at the institution are informed about the child's illness. This helps in monitoring and taking necessary precautions to prevent the spread of contagious diseases among other children and staff.
- **Public health authorities:** In certain cases, particularly if the illness is contagious or part of an outbreak, the local public health authorities may need to be informed. This enables them to take necessary measures, such as contact tracing or implementing public health interventions.

It is important to follow any specific guidelines or protocols provided by healthcare professionals, educational institutions, or public health authorities regarding the identification, recording, and reporting of illnesses in children. This helps in ensuring the well-being of the child, preventing further spread of the illness, and receiving appropriate medical attention and support.

4.3 First aid is provided according to identified needs following standard procedure

Providing first aid to a baby requires specific knowledge and skills to ensure their safety and well-being. Here is a general outline of the steps to follow when providing first aid to a baby, following standard procedures:

- **Assess the situation:** Ensure the area is safe for both you and the baby. If there are any immediate dangers, such as fire or hazardous materials, remove the baby from harm's way.
- **Check responsiveness:** Gently tap the baby's foot or shoulder and speak softly to check for a response. If there is no response, shout for help and immediately activate emergency medical services (EMS).
- **Open the airway:** If the baby is unresponsive, place them on their back on a firm surface. Tilt their head slightly back and lift their chin to open the airway. Avoid tilting the head too far back to prevent closing the airway.
- **Check for breathing:** Look, listen, and feel for breathing for no more than 10 seconds. If the baby is not breathing or only gasping, begin CPR (Cardiopulmonary Resuscitation).

- **Perform CPR:** For babies under one year old, use two fingers to perform chest compressions. Place two fingers on the center of the baby's chest just below the nipple line and give 30 chest compressions at a depth of about 1.5 inches (3.5 cm). After 30 compressions, provide two gentle breaths by covering the baby's nose and mouth with your mouth and blowing for one second each.
- **Call for help:** If you haven't already, ask someone to call emergency services or do so yourself. Clearly communicate the nature of the emergency and provide the exact location.
- **Continue CPR:** Alternate between 30 chest compressions and two breaths until medical help arrives or the baby starts breathing on their own.
- **Control bleeding:** If the baby is bleeding, apply gentle pressure using a clean cloth or sterile dressing. Avoid removing any embedded objects and seek medical attention promptly.
- **Stabilize fractures:** If you suspect a fracture, such as a broken bone, minimize movement of the affected limb and support it in a comfortable position using soft padding. Avoid attempting to realign or straighten the bone.
- **Provide comfort and reassurance:** Throughout the process, speak calmly and softly to the baby to provide comfort and reassurance. Maintain a gentle touch while administering first aid.

Remember, it is crucial to receive proper first aid training and certification specific to infants and children to ensure you are well-prepared to handle emergency situations. This outline serves as a general guide, but it's always advisable to consult with healthcare professionals and follow any local guidelines or protocols in your area.

4.4 Drug is provided following doctor's prescription

When providing medication to a baby, it is important to follow the doctor's prescription and instructions carefully to ensure the safe and appropriate administration of the drug. Here is a general guideline to follow:



- **Understand the prescription:** Read and understand the doctor's prescription thoroughly. Note the name of the medication, dosage instructions, frequency, and any specific administration guidelines.

- **Gather the necessary supplies:** Collect all the supplies needed to administer the medication, such as the prescribed drug, a measuring device (e.g., oral syringe or dropper), and any other required equipment.
- **Wash hands and prepare the medication:** Prior to handling the medication, wash your hands thoroughly with soap and water. Prepare the medication according to the prescribed dosage. If the medication needs to be mixed or diluted, follow the instructions provided.
- **Administer the medication:** Depending on the prescribed route of administration, administer the medication accordingly:
 - **Oral medication:** Place the prescribed dosage of the medication in the baby's mouth using a dropper or oral syringe. Administer the medication slowly, allowing the baby to swallow between small doses if needed. Ensure the baby swallows the medication before giving more.
 - **Topical medication:** If the medication is in the form of a cream, ointment, or lotion, apply it to the specific area as instructed by the doctor. Gently massage or spread the medication using clean hands or a cotton swab.
 - **Eye or ear drops:** For medications to be administered in the eyes or ears, carefully position the baby to ensure a comfortable and safe administration. Follow the instructions provided by the doctor for the specific medication.
 - **Injectable medication:** If the doctor has prescribed an injectable medication, it should be administered by a trained healthcare professional following the appropriate procedures. Do not attempt to administer injectable medications unless trained and authorized to do so.
- **Ensure accurate dosage:** Measure the medication accurately using the provided measuring device or as instructed by the doctor. Avoid guessing or estimating the dosage.
- **Observe and monitor:** After administering the medication, closely observe the baby for any adverse reactions or side effects. If any unexpected symptoms occur, contact the doctor immediately.
- **Store medication properly:** Ensure that any remaining medication is stored according to the instructions on the label. Some medications may require refrigeration, while others need to be kept in a cool, dry place. Always keep medications out of reach of children.

Remember, it is important to consult with the baby's healthcare provider for any specific instructions or precautions related to the medication. They can provide detailed guidance based on the baby's condition and individual needs.

Self-Check Sheet - 4: Administer drug to children

Questionnaire:

1. Mention children's age limit according to checking vital signs.

Answer:

2. Explain children's vital signs are checking procedure.

Answer:

3. Mention children's age limit according to checking vital signs.

Answer:

4. How can identified, recorded and informed children's sickness to proper authority?

Answer:

5. Which standard procedure following to identify provided first aid?

Answer:

6. Which methods following doctor's prescription to provide drug?

Answer:

Answer Key - 4: Administer drug to children

1. Mention children's age limit according to checking vital signs.

Answer: The four most important vital signs to take in a Pediatric emergency:

Vital signs include heart rate, respiration (breathing rate), blood pressure, and temperature. Knowing the ranges for vital signs for your child can help you notice problems early or relieve concerns you may have about how your child is doing. The table below includes information that can help.

2. Explain children's vital signs are checking procedure.

Answer: Vital signs are checked based on procedure:

Procedure: Make sure the child has been seated and resting for at least 5 minutes prior to obtaining vital signs (VS) to accurately determine the baseline. The radial artery is the most common site used to assess the pulse. Explain to the child that you are going to start by checking their pulse.

3. Mention children's age limit according to checking vital signs.

Answer: Preschool vital signs:

When a child is 3 to 6 years old, their average vital signs are:

- Heart rate: 80 to 120 beats per minute
- Respiratory rate: 20 to 28 breaths per minutes
- Blood pressure: systolic 89 to 112, diastolic 46 to 72
- Temperature: 98.6 degrees Fahrenheit

School-age (6 to 11 years old)

The average vital signs of a child who is 6 to 11 years old are:

- Heart rate: 75 to 118 beats per minute
- Respiratory rate: 18 to 25 breaths per minute
- Blood pressure: systolic 97 to 120, diastolic 57 to 80
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Adolescents (12 years old and up)

Adolescent vital signs are essentially the same as those of an adult. By this time, heart and breathing muscles have developed to near-adult levels:

- Heart rate: 60 to 100 beats per minute
- Respiratory rate: 12 to 20 breaths per minutes
- Blood pressure: systolic 110 to 131, diastolic 64 to 83
- Temperature: 98.6 degrees Fahrenheit

4. How can identified, recorded and informed children's sickness to proper authority?

Answer: When children fall sick, it is important to identify, record, and inform the proper authorities to ensure appropriate care and necessary actions are taken. Here is a general outline of the process:

- Identification:
- Recording:
- Informing proper authorities:

5. Which standard procedure following to identify provided first aid?

Answer: Providing first aid to a baby requires specific knowledge and skills to ensure their safety and well-being. Here is a general outline of the steps to follow when providing first aid to a baby following standard procedures:

- Assess the situation:
- Check responsiveness:
- Open the airway:
- Check for breathing:
- Perform CPR:
- Call for help:
- Continue CPR:
- Control bleeding:
- Stabilize fractures:
- Provide comfort and reassurance:

6. Which methods following doctor's prescription to provide drug?

Answer: When providing medication to a baby, it is important to follow the doctor's prescription and instructions carefully to ensure the safe and appropriate administration of the drug. Here is a general guideline to follow:

- Understand the prescription:
- Gather the necessary supplies:
- Wash hands and prepare the medication:
- Administer the medication:
- Ensure accurate dosage:
- Observe and monitor:
- Store medication properly:

Job Sheet-4.1 Administer drug to children (ORS)

Scenario: A four-year-old baby boy required to administer ORS 100 ml after each loose stool and syrup zinc 5 ml twice daily prescribe by child physician. How do you manage it?

Time: 10 minutes

Condition for the job: Work must be carried out in a safe manner and according to Caregiving standards.

Working procedure:

1. Take consent
2. Collect all needed materials
3. Perform hand hygiene
4. Wear appropriate PPE for the job
5. Take 500 ml water on the measuring cup
6. Mix full packet of ORSalain in the water
7. Continue to feed as needed until the diarrhea improves
8. The baby should be fed immediately after each bowel movement
9. If children are to be given ORSaline and syrup together, zinc syrup should be given first and then saline should be given
10. Maintain the chart (tick & keep record)

Note: During the assessment event prepare and submit the output for the job to the accredited assessor.

Specification Sheet-4.1 Administer drug to children (ORS)

Condition for the job: Work must be carried out in a safe manner and according to Caregiving standards.

Required Personal Protective Equipment (PPE): Administer drug to children (ORS)

1. Gloves
2. Mask

Required Equipment:

SL NO	Tools and equipment	Quantity
1.	Feeding cup	1
2.	Measurement cup	1
3.	Dummy baby	1

Required Materials:

1. ORS (Saline)
2. Zinc Syrup
3. Water- 500 ml

Review of Competency

Below is yourself assessment rating for module “**Provide Care and Support to Children**”

Assessment of performance Criteria	Yes	No
Hygiene practices are explained clearly to children based on established procedures		
Personal hygiene procedure is demonstrated to children based on health and safety procedures		
Children are maintained based on healthy procedures		
Children were assisted to maintain personal hygiene while playing		
Bathing paraphernalia are prepared as per procedure		
Bath water quantity and temperature are checked based on health requirements of the child		
Children are bathed according to standard procedure		
Children are assisted in dressing up according to prevailing weather condition		
Children’s preferences and decisions are acknowledged, respected and followed whenever appropriate and possible		
Children with difficult behavior in bathing are dealt with appropriately as per procedure		
Feeding utensils are Sterilized as per job requirement		
Desired foods are prepared according to child age.		
Babies are prepared for the feeding		
Food is provided/served to the baby according to feeding schedule		
Utensils are stored according to workplace standard.		
Vital signs are measured and recorded.		
Sickness of children is identified, recorded and informed to proper authority.		
First aid is provided according to identified needs following standard procedure.		
Drug is provided following doctor’s prescription.		

I now feel ready to undertake my formal competency assessment.

Signed:

Date:

Development of CBLM:

The Competency Based Learning Material (CBLM) of ‘**Provide care and support to Children**’ (Occupation: Caregiving for Infant, Toddler and Children, Level-3) for National Skills Certificate is developed by NSDA with the assistance of SIMEC System, ECF consultancy & SIMEC Institute JV (Joint Venture Firm) in the month of June 2023 under the contract number of package SD-9A dated 07th May 2023.

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