

Topic Area 1 and 4 Revision list

Child Development

Use your revision booklets, PowerPoints, revision sheets and any online resources to revise for your mock exam covering all aspects of topic 1. Here is a list of everything you need to cover. Tick the boxes once you feel confident in that area. Highlight any areas you are struggling with and ask for further support/ revision.

Pre-conception health and reproduction

Factors affecting pre-conception health for women and men including

Weight Smoking Drinking alcohol Taking recreational drugs Parental age

Also include:

- why pre-conception health matters
- how each of these factors can affect the chances of conceiving for women and men

Other factors affecting the pre-conception health for women

Folic acid Up to date immunisations

Also include:

- the reasons for taking folic acid before pregnancy the importance of the mother being up to date with immunisations

Types of contraception methods and their advantages and disadvantages

Barrier methods Male condoms Female condoms Diaphragm or cap Hormonal methods Contraceptive pills Combined pill Progesterone only pill (POP) Contraceptive injection Contraceptive implant Intrauterine device Intrauterine system Emergency contraceptive pill Natural family planning Temperature method Cervical mucus method Calendar method

To include:

- how each type prevents pregnancy □ effectiveness if used correctly
- availability □ suitability of choices for personal circumstances such as breastfeeding

The structure and function of the reproductive systems

The structure and function of the female reproductive system □ Ovaries □ Fallopian tubes □ Uterus/womb □ Cervix □ Vagina □ The menstrual cycle

The structure and function of the male reproductive system □ Testes □ Sperm duct/epididymis □ Urethra □ Penis □ Vas deferens □ Seminal vesicle

To include:

- know parts of the male and female reproductive systems on a diagram □ how each part of the male and female reproductive system works □ what happens during the menstrual cycle from the first day of woman's menstruation (a period) to the day before her next period □ interpret a menstrual cycle diagram

How reproduction takes place

- Ovulation □ Conception/fertilisation □ Implantation □ Development of the embryo and foetus: □ Amniotic fluid □ Umbilical cord □ Placenta □ Multiple pregnancies □ Identical □ Non-identical/fraternal

To include:

- know what happens during reproduction □ when the embryo becomes a foetus □ how multiple pregnancies occur

The signs and symptoms of pregnancy

- Breast changes □ Missed period □ Nausea □ Passing urine frequently □ Tiredness

To include:

- know the common signs and symptoms

How to ensure a child-friendly safe environment

What a hazard is □

Recognise common hazards and how these can be prevented

Within the home □ Kitchen □ Toilets/bathroom □ Stairs Play areas/garden □
Roads □

To include:

Know the meaning of the term 'hazard' □

Identify the common hazards that can be found in each area and **what likely injuries could occur** □

Recognise and/or recommend methods for preventing hazards in each area including appropriate safety equipment □

The importance of safety labelling: BSI kite mark □ Lion mark □ Age advice symbol □ CE symbol and UKCA □ Children's nightwear labelling

To include:

The meaning of each label and why it is used on specific products □
examples of products these labels are found on Safety labelling to include any updated labelling due to regulation/legislation changes □