# Remote Home Learning Activities for Child Development.

Below are some activities for the Cambridge National in Child Development which can be done by Year 10 students whilst they work at home.

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| **Activity 1**  3 hours approximately | Becoming a parent | Factors that affect the decision to have children | <https://www.harpersbazaar.com/uk/celebrities/news/g21965029/11-celebrities-on-not-having-children/?slide=1> Harper’s Bazaar is a fashion magazine. Here there are 11 celebrity women who give reasons why they are **not** having children. Create a table with their name, age, relationship status (married, single etc.) the reasons they give and a final column to include the factors listed in the specification that their reasons relate to (e.g. finance, age, social expectations).  Extension: Write an evaluation of the reasons that were given and whether you think these reasons are the same for women who are not celebrities. |
| **Activity 2**  3 – 4 hours approximately | Hereditary diseases | Down’s Syndrome | The Down’s Syndrome Association has written guidance for parents-to-be who know that their baby has Down’s Syndrome that can be downloaded or read online at <https://www.downs-syndrome.org.uk/download-package/looking-forward-to-your-baby/> There is a lot of information.  Imagine you have a teenage friend who has just found out that she is having a baby with Down’s. She is feeling overwhelmed by the news and can’t focus on the information and has asked you to summarise it for her and tell her the really important things that she needs to know. From the document summarise the important things that she needs to know into an easy to read leaflet that she can keep with her. |
| **Activity 3**  4 hours approximately | Pre-conception health | Diet and exercise | Create a healthy diet and exercise plan to support a pregnant woman. The plan should be for a week and one that can be carried out without the need to go to a gym or buy fancy equipment.  Good sources of information:  <https://www.healthline.com/nutrition/13-foods-to-eat-when-pregnant>  <https://www.nhs.uk/conditions/pregnancy-and-baby/healthy-pregnancy-diet/>  <https://www.babycentre.co.uk/a3561/diet-for-a-healthy-pregnancy>  <https://www.bupa.co.uk/health-information/pregnancy/exercising-during-and-after-pregnancy>  <https://www.tommys.org/pregnancy-information/im-pregnant/exercise-pregnancy/what-kind-exercises-can-i-do-during-pregnancy>  <https://www.nct.org.uk/pregnancy/exercise-and-fitness/exercise-during-pregnancy-what-know>  You choose how you would like to present the information |
| **Activity 4**  2 – 4 hours approximately | Baby equipment | Which baby equipment do I buy and why? | <https://www.t3.com/features/best-baby-tech> have written about the latest gadgets for parents. Everything from sterilisers and baby monitors to car seats and white noise speakers! Scan through the list of items and choose one. Read about it and if you can research a bit more into it and make a table of product name, price where you can buy it from and details about how it works or what it does. Then compare it to two of the same type of product that are on the market, research a bit into them, where you can buy it from and the price. Based on what you find out make a decision about which one you would choose and why. |
| **Activity 5**  2 – 4 hours approximately | Nutrition | Nutrient guidelines | First Discovers: <https://www.firstdiscoverers.co.uk/healthy-eating-activities-preschool/> have 8 ideas for activities that can be carried out with pre-school children to encourage healthy eating. Take the ideas from this website and create an activity/game that can be done at home to help young children learn about healthy eating. |
| **Activity 6**  4 hours approximately | Nutrition | Breast or bottle feed? | In this activity you are to research the benefits of breast and bottle feeding and write an article for a magazine presenting both sides of the debate. You should make sure that you give equal weight to both sides and that you don’t give your opinion. If you don’t want to write an article you could create a poster or presentation instead. |
| **Activity 7**  2 hours approximately | Development norms | Fine motor skills | Your cousin is about to have their first birthday. Your aunt knows you are studying Child Development and have asked you to choose a toy that they can buy them for their birthday that will help to develop their baby’s fine motor skills. What would you choose and why? To help you decide you could use these websites: [www.argos.co.uk](http://www.argos.co.uk)  [www.elc.co.uk](http://www.elc.co.uk) |
| **Activity 8** | Types of play |  | The imagination tree has a list of 40 activities for children.  <https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/> These help to develop fine motor skills and are perfect for doing at home with things you might be able to find around you.  Choose one that you want to do and keep a photo diary of the process. When you have finished write down what you enjoyed about this activity the most. Tell us if you think this activity will help a child’s development and why. |

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