



Oxford Cambridge and RSA

Tuesday 20 May 2025 – Afternoon

Level 1/Level 2 Cambridge National in Child Development

R057/01 Health and well-being for child development

Time allowed: 1 hour 15 minutes



No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

First name(s)

--

Last name

--

INSTRUCTIONS

- Use black ink.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.
- Answer **all** the questions.

INFORMATION

- The total mark for this paper is **70**.
- The marks for each question are shown in brackets [].
- This document has **16** pages.

ADVICE

- Read each question carefully before you start your answer.

Section A

1 You are working in a nursery and are helping to write an information leaflet for the parents and carers of the babies and children that attend the nursery.

(a) The leaflet has information about measles.

(i) In the table below identify with a tick (✓) **four** key signs and symptoms of measles that parents and carers should look out for.

Key signs and symptoms of measles	Tick (✓) four only
Blotchy red rash on face and body	
High fever	
Itchy rash	
Red, sore and watery eyes	
Sore throat	
Spots that become blisters	
White spots inside mouth	

[4]

The leaflet tells parents and carers to keep their child at home if they have measles.

(ii) Describe the treatment parents and carers could give a child with measles.

.....

.....

.....

..... [3]

(iii) Describe **one** way that parents and carers can meet a child's **social** needs when they are ill at home with measles.

.....

..... [1]

- (iv) Describe **two** ways that parents and carers can meet a child's **emotional** needs when they are ill at home with measles.

1

.....

2

.....

[2]

- (b) The leaflet also has information about reducing the risk of Sudden Infant Death Syndrome (SIDS).

- (i) Choosing the correct cot mattress is important to reduce the risk of SIDS.

State **two** qualities parents and carers should look for when choosing a cot mattress.

1

2

[2]

- (ii) State **two** other ways parents and carers can reduce the risk of SIDS when babies are sleeping.

1

.....

2

.....

[2]

2 Umi gives birth to her first child by emergency caesarean section.

(a) State **four** reasons why an emergency caesarean section may be necessary.

- 1
-
- 2
-
- 3
-
- 4
-

[4]

(b) Immediately after the birth the midwife weighs Umi's baby.

(i) State **two** reasons why Umi's baby is weighed immediately after birth.

- 1
-
- 2
-

[2]

(ii) Identify **two** other checks the midwife does on Umi's baby immediately after birth.

- 1
- 2

[2]

(c) When Umi leaves hospital she will need support from her partner, friends or family.

(i) State **two** ways they can provide Umi with emotional support.

1

.....

2

.....

[2]

(ii) State **two** ways they can provide Umi with physical support.

1

.....

2

.....

[2]

Turn over for the next question

3 Heidi is pregnant with her second child.

(a) At her first antenatal appointment the midwife takes Heidi's blood pressure.

Explain **one** reason Heidi's blood pressure is taken at this appointment.

.....

.....

.....

..... [2]

(b) Heidi wants to give birth to her second child at home.

(i) State **two** advantages of Heidi giving birth at home.

1

.....

2

..... [2]

(ii) State **two disadvantages** of Heidi giving birth at home.

1

.....

2

..... [2]

- (c) Heidi's first child is two years old. She asks her health visitor for advice on establishing a feeding and bath time routine for her first child.

Discuss the benefits to Heidi and her first child of good feeding and bath time routines.

[8]

Section B

- 4** Two topics that antenatal (parenting) classes give advice on to help parents prepare for a healthy pregnancy, labour and parenthood are:

- healthy lifestyle and diet during pregnancy
- foods to avoid during pregnancy.

- (a)** State **four** other topics the antenatal (parenting) classes will provide advice on.

- 1
- 2
- 3
- 4

[4]

- (b)** Explain why following advice on keeping a healthy lifestyle and diet during pregnancy is important for a pregnant woman.

-
-
-
-
- **[3]**

- (c)** Identify **four** foods a pregnant woman should avoid during pregnancy.

- 1
- 2
- 3
- 4

[4]

5

- (a)** Natural family planning is a method of preventing pregnancy.

- (i) Describe how natural family planning prevents pregnancy.

[6]

(ii) State **one** advantage of natural family planning.

.....
..... [1]

(iii) State **one disadvantage** of natural family planning.

.....
..... [1]

(b) The emergency contraceptive pill prevents pregnancy after unprotected sex.

(i) State **one** other time when the emergency contraceptive pill may be taken to prevent pregnancy.

..... [1]

(ii) How many days after unprotected sex can the emergency contraceptive pill be taken?

..... [1]

(c) Identify **one** barrier method of contraception.

..... [1]

6

(a) Below are the names of parts of the female reproductive system.

Cervix
Fallopian tube
Ovary
Uterus/womb
Vagina

Complete the table below to match the correct definition with the correct part of the female reproductive system.

Use the name of parts of the female reproductive system in the box above.

Use each name once or not at all.

Definition	Name of part of the female reproductive system
Controls the production of the hormones, oestrogen and progesterone	
It keeps the baby securely in place while the woman is pregnant	
Where the baby develops until it is born	
Where the man's penis enters the body during sexual intercourse	

[4]

Question 6(b) starts on page 12

(b) Describe what happens during **Stage 3** of labour.

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

END OF QUESTION PAPER

[illegible]

Oxford Cambridge and RSA

Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series. If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of Cambridge University Press & Assessment, which is itself a department of the University of Cambridge.