

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

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
plus your additional time allowance**

No extra materials are needed.

Please write clearly in black ink.

Centre number

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Candidate number

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First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF



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 [].

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. [4]

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	

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]

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]

- Discuss the benefits to Heidi and her first child of good feeding and bath time routines. [8]**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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]**

[illegible]

(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. [4]

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	

(b) Describe what happens during STAGE 3 of labour.

[4]

END OF QUESTION PAPER

EXTRA ANSWER SPACE

If you need extra space use these lined pages. You must write the question numbers clearly in the margin.

[illegible]

[illegible]



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