

SUBJECT: Child Development Level 1/Level 2	EXAM BOARD AND CODE: OCR J809
NUMBER OF PAPERS: 1 NUMBER OF NEAs (Non-examined Assessment): 2	LENGTH OF PAPERS: R057 unit is assessed by an exam. It is 1 hour and 15 minutes. It has two Sections – Section A and Section B. <ul style="list-style-type: none"> • Section A has 40 marks • Section B has 30 marks • The exam has 70 marks in total R058 and R059 are both assessed by NEA (Non-Examined Assessment)
EQUIPMENT REQUIRED Black pen (and spare)	WEBSITE LINK: https://www.ocr.org.uk/Images/264237-centre-handbook.pdf

Topics to be revised

Unit R057: Health and well-being for child development

Topic Area 1: Pre-conception health and reproduction

- 1.1 Factors affecting pre-conception health for women and men
- 1.2 Other factors affecting the pre-conception health for women
- 1.3 Types of contraception methods and their advantages and disadvantages
- 1.4 The structure and function of the reproductive systems
- 1.5 How reproduction takes place
- 1.6 The signs and symptoms of pregnancy

Topic Area 2: Antenatal care and preparation for birth

- 2.1 The purpose and importance of antenatal clinics
- 2.2 Screening and diagnostic tests
- 2.3 The purpose and importance of antenatal (parenting) classes
- 2.4 The choices available for delivery
- 2.5 The role of the birth partner in supporting the mother through pregnancy and birth
- 2.6 The methods of pain relief when in labour
- 2.7 The signs that labour has started
- 2.8 The three stages of labour and their physiological changes
- 2.9 The methods of assisted birth

Topic Area 3: Postnatal checks, postnatal care and the conditions for development

- 3.1 Postnatal checks
- 3.2 Postnatal care of the mother and baby
- 3.3 The developmental needs of children from birth to five years

Topic Area 4: Childhood illnesses and a child safe environment

- 4.1 Recognise general signs and symptoms of illness in children
- 4.2 How to meet the needs of an ill child
- 4.3 How to ensure a child-friendly safe environment

NEA Units

Unit R058: Create a safe environment and understand the nutritional needs of children from birth to five years

Topic Area 1: Creating a safe environment in a childcare setting

1.1 Plan to create a safe environment in a childcare setting

Topic Area 2: Choosing suitable equipment for a childcare setting

2.1 Essential equipment and factors for choice

Topic Area 3: Nutritional needs of children from birth to five years

3.1 Current Government dietary recommendations for healthy eating for children from birth to five years

3.2 Essential nutrients and their functions for children from birth to five years

3.3 Plan for preparing a feed/meal

3.4 How to evaluate planning and preparation of a feed/meal

Unit R059: Understand the development of a child from one to five years

Topic Area 1: Physical, intellectual and social developmental norms from one to five years

1.1 The expected development norms from one to five years for the following developmental areas

Topic Area 2: Stages and types of play and how play benefits development

2.1 The stages of play

2.2 The types of play

2.3 How play benefits development

Topic Area 3: Observe the development of a child aged one to five years

3.1 Observation and recording

Topic Area 4: Plan and evaluate play activities for a child aged one to five years for a chosen area of development

4.1 Plan and evaluate play activities

Revision Tips

Revision Guides:

Cambridge National in Child Development Revision Guide and Workbook with Digital Access (2 Years): Level 1/Level 2 (Cambridge Nationals) Paperback – 18 Aug. 2022 by [Renata Paradowska](#)

Level 1/Level 2 Cambridge National in Child Development (J809) Exam Practice

Workbook Paperback – 29 Sept. 2023 by [Judith Adams](#) (Author)

Text Books:

Cambridge National in Child Development Student Book with Digital Access (2 Years): Level 1/Level 2 (Cambridge Nationals) Paperback – Student Edition, 23 Jun. 2022

by [Brenda Baker](#) (Author), [Louise Burnham](#) (Author), [Katherine Stapleton](#) (Author)

OCR level 1/level 2 Cambridge National in child development (Second edition) by [Walker, Miranda](#)

Exam and NEA Hints

- Researching and reading around your topic area will help you with NEA work
- Meeting deadlines is essential
- There is a lot of NEA (coursework) with this course
- The work must be your own words (no copy and pasting)
- Attend catch up and revision sessions
- Have a go at answering all of the questions on the exam paper.