

Unit Title: Understanding Your Pregnancy And Preparation For Your Baby
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC682
Ofqual Unit Code: R/506/0724

This unit has 5 learning outcomes.

| LEARNING OUTCOMES | | ASSESSMENT CRITERIA | |
|-------------------|--|---------------------|---|
| The learner will: | | The learner can: | |
| 1. | Know the stages of pregnancy. | 1.1 | State the stages of pregnancy, from embryo to full-term baby. |
| | | 1.2 | Outline the changes in each stage. |
| 2. | Understand the purpose of antenatal care. | 2.1 | Identify where a woman would go to receive antenatal care. |
| | | 2.2 | State the importance of antenatal care. |
| | | 2.3 | Outline the health needs during pregnancy. |
| 3. | Understand the importance of a healthy lifestyle during pregnancy. | 3.1 | Give examples of food for healthy eating during pregnancy. |
| | | 3.2 | Outline why it is important to keep active during pregnancy. |
| | | 3.3 | Outline hazards to health during pregnancy. |
| 4. | Know the essential equipment for a new baby. | 4.1 | List essential equipment requirements for a new baby for: a) sleeping b) transporting c) feeding d) clothing. |
| | | 4.2 | Prepare a shopping list and cost out the equipment identified above. |
| 5. | Understand some of the physical and emotional changes during pregnancy and childbirth. | 5.1 | Outline some of the physical changes that take place during pregnancy and childbirth. |
| | | 5.2 | Outline some of the emotional changes that take place during pregnancy and childbirth. |

Assessment Guidance:

NA

Additional Information:

NA