

Unit 002 – Health, Well-being, Learning and Development

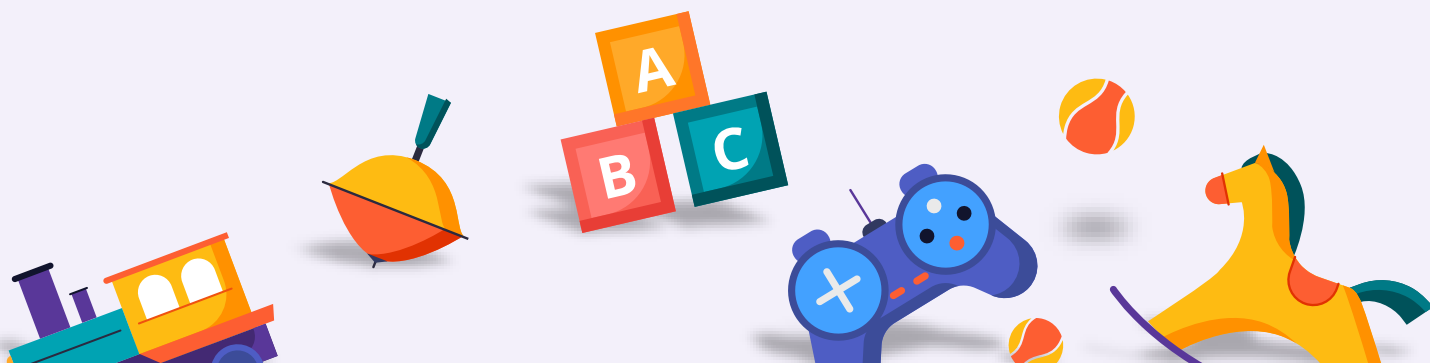
Overview of Unit 002

In Unit 002, we delved into the **stages of child development** from 0-19 years, examining how various factors, including **adverse childhood experiences** and **family dynamics**, impact health and development. We explored **attachment**, **resilience**, **self-esteem**, and the **holistic nature** of development through activities and play.

Additionally, the unit also covered observing and recording developmental progress, the importance of inclusion and practical care aspects like nutrition, and medication administration, all within the context of diverse family structures and partnership working.

LO1: Understand factors that impact upon the health, well-being, play, learning and development of children.

- Can I **identify** the different **stages of child development** from 0-19 years?
- Do I understand the **range of factors** that can affect a child's health, well-being, and development?
- Can I explain how **adverse childhood experiences** might impact a child's health, well-being, and learning?
- Do I know what '**attachment**' means and why **resilience** is important for a child's development?
- Can I describe how **self-identity** and **self-esteem** are vital for a child's well-being, and what are their essential needs for development?
- Do I understand the roles of **different agencies** in **child support** and the connection between **intellectual**, **physical**, and **emotional growth**?
- Can I list how various **curriculum areas** support a child's **holistic development** and the importance of **engagement** in activities?
- Do I know how **everyday routines** and **developmentally appropriate activities** aid a child's development?
- Can I explain the importance of **creative development** and how **learning experiences** contribute to a child's growth?
- Do I understand how **family structures** and **early intervention** affect a child's perspective and well-being?
- Can I recognise the significance of **relationships** and **support networks** in supporting a child's well-being?
- Do I know why **observing**, **monitoring**, and **recording** a child's development is **important**, and what **frameworks** are used for this purpose?



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LO2: Know the value of arranging and using environments to support the health, well-being, play, learning and development of children.

- Can I list the **regulatory requirements** for **environments** in early years settings and describe what makes an environment **positive** for children?
- Do I know how to create an **environment** that **supports holistic development** and aligns with **curriculum frameworks**?
- Can I explain how to make the **environment inclusive** for all children, including those with **additional needs**, and ensure it is **welcoming, nurturing, safe, clean** and **stimulating**?
- Do I understand the significance of **balancing physical activity** with **rest** and **quiet time**, and the importance of **consistent routines** for children's well-being and development?

LO3: Understand the role of play in supporting the health, well-being, learning and development of children.

- Can I explain the '**playwork principles**' and their importance for children's **health, well-being, learning, and development**?
- Do I understand the role of **play** in a child's **self-understanding** and can I **identify** different types of play and their **benefits**?
- How do I use the **environment, equipment, and materials** to support play and facilitate **holistic development**?
- Can I describe how **play** helps children **learn about themselves, others, and their environment**, and how it is used to express **emotions** and **behaviours**?
- Do I know how to **involve children** in creating **play spaces** and determine if these spaces are **stimulating, challenging, restful, or relaxing**?
- Can I balance the **importance of risk** in play with ensuring children's **safety** and **developmental benefits**?



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LO4: Know how to support speech, language and communication development.

- Do I understand the importance of **speech, language, and communication** for children's **well-being, learning, and development**?
- Can I explain the **impact** of **speech, language and communication difficulties** on children's development and the **importance** of **early intervention**?
- Do I know how **multi-agency teams** collaborate to support speech, language, and communication development?
- Can I identify the ways in which adults **promote speech, language, and communication development** of children, particularly through **play and activities**?

LO5: Know how to support the health, well-being, learning and development of children with additional support needs.

- Do I understand the **legal frameworks** regarding **services** for **children with additional needs** and can I identify **different types** of these needs?
- Can I explain how I can **support more able and talented** children, and how I can find out about the **specific additional support needs** of individual children?
- Do I know the principles of **inclusion** for children with **additional needs** and how to **adapt activities** to include **all** children?

LO6: Know how to support children with their physical care.

- Do I understand the **importance** of **supporting physical care routines** for children and how these routines contribute to their well-being?
- Can I explain how to treat children with **dignity and respect** in their physical care routines, considering their **background, culture, and religion**?
- How do I ensure that **physical care routines** are conducted safely, protecting both the child and the adults involved, and where can I **access additional information** on this?

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LO7: Understand the importance of nutrition and hydration for the health and well-being of children.

- Can I define 'nutrition' and 'hydration' and explain their **importance** for children's health?
- Do I understand the **principles** of a **balanced diet** and **good hydration** for children, including **government recommendations**?
- Am I aware of **national** and **local initiatives** that support child **nutrition** and **hydration**?
- Do I know how to **encourage children** to **make healthy food** and **drink choices**, and what **factors** might **influence** their nutrition and hydration?

LO8: Understand the roles and responsibilities related to the administration of medication and storage in early years and childcare settings.

- Do I understand the **legislation** and **guidance** regarding the **administration** and **storage of medication** in childcare settings?
- Can I list the **roles** and **responsibilities** of staff involved in **handling medication** in these settings?
- Do I recognise how **improper medication administration** relates to **safeguarding concerns**?
- Can I explain the **importance** of accurately **recording information** about medication administration?

