

OCR Cambridge Nationals – Child Development (J809)

- You will sit 1 x examination paper
- 75 mins in duration
- The paper will consist of a range of question types including short answer, labelling and up to 8 mark extended writing questions.
- You should use the knowledge organisers, along with your exercise books to revise from.
- The topic list is detailed below.

Mock Exam Revision List 2025

Unit R057: Health and well-being for child development	
Topic Area 1: Pre-conception health and reproduction	
Teaching content	Breadth and depth
1.1 Factors affecting pre-conception health for women and men	
☐ Weight ☐ Smoking ☐ Drinking alcohol ☐ Taking recreational drugs ☐ Parental age	To include: • why pre-conception health matters • how each of these factors can affect the chances of conceiving for women and men Does not include: • risks to the mother and baby during pregnancy
1.2 Other factors affecting the pre-conception health for women	
☐ Folic acid ☐ Up to date immunisations	To include: • the reasons for taking folic acid before pregnancy • the importance of the mother being up to date with immunisations
1.3 Types of contraception methods and their advantages and disadvantages	
☐ Barrier methods ▪ Male condoms ▪ Female condoms ▪ Diaphragm or cap ☐ Hormonal methods ▪ Contraceptive pills ○ Combined pill ○ Progesterone only pill (POP) ▪ Contraceptive injection ▪ Contraceptive implant ▪ Intrauterine device ▪ Intrauterine system ▪ Emergency contraceptive pill ☐ Natural family planning ▪ Temperature method ▪ Cervical mucus method ▪ Calendar method	To include: • how each type prevents pregnancy • effectiveness if used correctly • availability • suitability of choices for personal circumstances such as breastfeeding

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1.4 The structure and function of the reproductive systems

1.4.1 The structure and function of the female reproductive system

- ☐ Ovaries
- ☐ Fallopian tubes
- ☐ Uterus/womb
- ☐ Cervix
- ☐ Vagina
- ☐ The menstrual cycle

1.4.2 The structure and function of the male reproductive system

- ☐ Testes
- ☐ Sperm duct/epididymis
- ☐ Urethra
- ☐ Penis
 - Vas deferens
 - Seminal vesicle

To include:

- know parts of the male and female reproductive systems on a diagram
- how each part of the male and female reproductive system works
- what happens during the menstrual cycle from the first day of woman's menstruation (a period) to the day before her next period
 - interpret a menstrual cycle diagram

Does not include:

- drawing the systems

1.5 How reproduction takes place

- ☐ Ovulation
- ☐ Conception/fertilisation
- ☐ Implantation
- ☐ Development of the embryo and foetus:
 - Amniotic fluid
 - Umbilical cord
 - Placenta
- ☐ Multiple pregnancies
 - Identical
 - Non identical/fraternal

To include:

- know what happens during reproduction
- when the embryo becomes a foetus
- how multiple pregnancies occur

Does not include:

- detailed week by week development of the embryo/foetus

1.6 The signs and symptoms of pregnancy

- ☐ Breast changes
- ☐ Missed period
- ☐ Nausea
- ☐ Passing urine frequently
- ☐ Tiredness

To include:

- know the common signs and symptoms

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Topic Area 2: Antenatal care and preparation for birth

Teaching content

Breadth and depth

2.1 The purpose and importance of antenatal clinics

- The meaning of the term antenatal
- The timing of first antenatal clinic appointment
- The roles of different health professionals:
 - GP (General Practitioner)
 - Midwife
 - Obstetrician
- The reasons for routine tests/checks and what conditions they can identify:
 - Baby's heartbeat
 - Blood pressure
 - Blood tests
 - Examination of the uterus
 - Urine test
 - Weight check

To include:

- how antenatal clinics prepare the mother for a safe pregnancy and delivery
- how each health professional supports the pregnant mother and unborn baby

2.2 Screening and diagnostic tests

2.2.1 The reasons for screening tests and what conditions they can identify

- Ultrasound scans
 - Dating
 - Anomaly
- Nuchal fold translucency scan
- Triple test
- Non-Invasive Prenatal Testing (NIPT)

2.2.2 The reasons for diagnostic tests and what conditions they can identify

- Amniocentesis
- Chorionic villus sampling (CVS)

To include:

- know at what point of the pregnancy each test is carried out
- difference between screening and diagnostic tests

Does not include:

- 'how' each test is carried out

2.3 The purpose and importance of antenatal (parenting) classes

- Prepares both parents for labour and parenthood
- Promotes healthy lifestyle and diet
 - Food to avoid during pregnancy
- Provide advice on feeding and caring for the baby
 - Why breast feeding is encouraged for at least the first two weeks

Does not include:

- specific examples of nutrients and foods for a healthy diet
- implying breast feeding is best

2.4 The choices available for delivery

- Hospital birth
- Home birth

To include:

- reasons for choosing a hospital or home birth
- the advantages and disadvantages of each

Does not include:

- different types of hospital birth

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2.5 The role of the birth partner in supporting the mother through pregnancy and birth

☐ Physical support ☐ Emotional support	To include: • how the birth partner can offer physical and emotional support • the benefits of having a birth partner
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2.6 The methods of pain relief when in labour

☐ Epidural anaesthetic ☐ Gas and air (Entonox) ☐ Pethidine ☐ TENS	To include: • advantages and disadvantages of each method
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2.7 The signs that labour has started

☐ A show ☐ Waters breaking ☐ Contractions start	To include: • know the signs that could indicate that labour has started
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2.8 The three stages of labour and their physiological changes

☐ Stage 1: ▪ Neck of the uterus opens ☐ Stage 2: ▪ Birth of the baby ☐ Stage 3: ▪ Delivery of placenta	To include: • know what happens at each stage
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2.9 The methods of assisted birth

☐ Forceps ☐ Ventouse ☐ Episiotomy ☐ Elective/ emergency caesarean section	To include: • how each method is carried out • why assisted delivery may be necessary
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Topic Area 3: Postnatal checks, postnatal care and the conditions for development

Teaching content

Breadth and depth

3.1 Postnatal checks

3.1.1 The postnatal checks that are carried out on the baby immediately after birth and the reasons why: ☐ Apgar score ☐ Skin ▪ Vernix ▪ Lanugo ☐ Weight ☐ Length ☐ Head circumference	To include: • the purpose of vernix and lanugo
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3.1.2 The checks that are carried out on the baby within one to five days of birth and the reasons why:

- ☐ Physical examination:
 - Feet
 - Fingers
 - Hips
 - Eyes
 - Heart
 - Testicles in boys
 - Fontanelle
- ☐ Heel prick test (blood spot test)

3.2 Postnatal care of the mother and baby

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| <ul style="list-style-type: none">☐ The role of the Health Visitor in supporting the new family including:<ul style="list-style-type: none">▪ Safe sleeping - Sudden Infant Death Syndrome (SIDS) and how to reduce the risk☐ How partner, family and friends can provide physical and emotional support☐ The purpose of the mother's '6 week postnatal check' with the GP | <p>To include:</p> <ul style="list-style-type: none">• information, advice and support the health visitor will provide• what the mother's 6 week postnatal check includes |
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3.3 The developmental needs of children from birth to five years

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| <ul style="list-style-type: none">☐ Warmth☐ Feeding☐ Love and emotional security☐ Rest/sleep☐ Fresh air☐ Exercise☐ Cleanliness/hygiene☐ Stimulation☐ Routine<ul style="list-style-type: none">▪ Bath time▪ Feeding☐ Shelter/home☐ Socialisation/play☐ Opportunities for listening and talking☐ Acceptable patterns of behaviour | <p>To include:</p> <ul style="list-style-type: none">• the importance of each developmental need• how these needs can be met |
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