

Unit Title: Understanding your Pregnancy and Preparation for your Baby	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HJ2/1/LQ/012
Ofqual Unit Reference Number:	D/505/8667

*This unit has 5 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Know the stages of pregnancy.	1.1. State the stages of pregnancy, from embryo to full foetus. 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. Comment on 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. Suggest 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 requirements for a new baby for: <ul style="list-style-type: none"> <li>• sleeping</li> <li>• transporting</li> <li>• feeding</li> <li>• clothing.</li> </ul> 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

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

**P = Prescribed** This assessment method *must* be used to assess all or part of the unit.

**O = Optional** This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	O
Report		Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	P	Production of artefact	