**Unit 2 Development and well-being 0-5 years**

**Assignment D5**

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| **Name:** | **CACHE Pin No:** |
| **Start Date:** | **Hand-in Date:** |

**Assignment D6 is worth 5 marks**

Criteria 4.2: Explain how daily routines and activities can meet care needs and support the well-being of children

**For this assignment** you will **make an ‘Information Booklet’** for parents that includes the following:

Page 1: **Title page for the booklet** (include a picture)

(Example Titles: *‘Everyday Routines and Activities to Support Children’* *‘Routines and Activities that Promote the Wellbeing of Children’* ‘Daily Routines for Children’s Health, Safety, Independence and Well-being’)

Page 2: **Describe** in your own words **why daily routines are important for babies and children.**

Then **list every day activities** that can be included in a **daily routine** to support children’s wellbeing *(e.g. rest, sleep, play, mealtimes, physical play and exercise, personal care)* (see pages 122-123 textbook)

For the rest of the booklet **describe the 6 basic needs** **(one per page) and e**xplain why you think each one is important for children’s well-being. **Include a picture for each.**

Page 3: **Sleep and rest** – Describe why daily rest, sleep and naps are important for babies and children; (page 109 textbook)

Page 4: **Food and water** – Describe why it is important that children have a balanced diet. Give examples of healthy food choices and how early years workers can support children to feed themselves during mealtimes; (page 111 textbook)

Page 5: **Stimulation and safety** – Describe why it is important for early years workers to provide children with a fun, happy and safe place to grow, learn and develop; (pages 114-115 and 120 textbook)

Page 6: **Personal hygiene** – Describe why it is important for children to learn how to take care of themselves and how early years workers can help them with understanding about skin care, hand washing, hair and teeth care; (page 119-120 textbook)

Page 7: **Physical activity** – Describe why it is important for children to have opportunities for physical play and exercise. How can early years workers support physical skills- *include examples like yoga, ball games etc.*.. (page 110 textbook)

Page 8: **Suitable clothing** – Describe why it is important to provide suitable clothing for children. Give examples of clothing and footwear for different weather conditions. Explain how early years workers can support children to learn skills to dress and undress themselves and why is this important (page 118 textbook).

**Remember to include a bibliography at the end of your work**

List the range of books, websites and sources that you have read and researched

**D6 Unit 2 - FEEDBACK and GRADE**

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| **Criteria** | **Feedback Comments for Unit 1 - Assignment D6** | **1st Marker Grade** | **Moderator’s Grade** | **Moderator’s Comments** |
| **D6** |  |  |  |  |