

Cambridge Nationals –Professionals in Antenatal Care

OCR Child Development



FOLD OVER TO TEST YOURSELF →→→→

Key Vocabulary	Definition
Antenatal Care	The healthcare and support provided to pregnant individuals to ensure the health and well-being of both the mother and baby during pregnancy.
GP – General Practitioner	Primary care physician who provides medical care to patients of all ages, focusing on general health and wellness, often the first point of contact for healthcare needs.
Midwife	A healthcare professional trained to provide skilled, knowledgeable, and compassionate care to women, new-borns, and their families throughout the childbearing process, including pregnancy, labour, birth, and the postpartum period.
Obstetrician	A doctor specializing in women's health, particularly during pregnancy, childbirth, and the postpartum period, including delivering babies and managing complications.
Screening Tests	Screening is a way of identifying apparently healthy people who may have an increased risk of a particular condition.
Premature Baby	A baby born before 37 weeks.
Miscarriage	The sudden loss of a pregnancy before the 20th week.
Postnatal Care	The medical, emotional, and practical support provided to a mother and her new born baby after childbirth, focusing on the mother's recovery and the baby's well-being during the first few weeks after birth.

Exam Question – 2024 paper

When Orla is 30 weeks pregnant, her midwife suggests that Orla and her partner Sasha attend antenatal and parenting classes.

Discuss the important of both Orla and Sasha attending these classes.

Preparing for a safe pregnancy, labour and delivery

- Orla and Sasha will know what to expect during pregnancy/labour/birth
- Sasha will know how to support Orla during labour so will feel useful/ massage/ learning breathing techniques alongside partner to encourage
- they can talk through their options on places to give birth/pain relief and relaxation methods and make informed choices feel more confident together
- they are able to create a personal birth plan together
- may meet professionals who will be involved in the birth therefore giving reassurance/discuss worries
- give confidence and information
- both will know procedures that Orla may have to go through if the birth is not straight forward – interventions-forceps or ventouse delivery/caesarean
- meet/make friends

Preparation for birth to be an emotionally satisfying experience and for parenthood

- they will learn how to care for the baby:
- feeding
- sleeping
- bathing
- changing

Cambridge Nationals –Professionals in Antenatal Care

- Sasha will know how to support Orla– to give her rest/help with household tasks/to reassure her that she is doing a 'good job'
- Sasha will learn about Orla's health after birth and help know if anything is 'not right'/ Post Natal Depression/common problems

Promotion of healthy lifestyle and breastfeeding

- Provide advice on staying fit and healthy- diet and exercise during and after pregnancy
- negative impact of alcohol, recreational drugs and smoking during pregnancy
- benefits of breastfeeding:
 - natural immunity for baby
 - reduce risk of baby having sickness and diarrhoea
 - less chance of baby becoming obese

Task	Link to Resource
Watch the video and take notes	https://www.youtube.com/watch?v=tvzUbYRwcTk
Check your understanding using this quick quiz	https://create.kahoot.it/details/2ba66e89-9a70-4d62-81f4-777d9a1f6310
Practise your exam technique	https://app.senecalearning.com/teacher/resource-hub/preview/quiz/e02a9be0-cfa5-4f95-bc07-5d3c30b56bb7