At Junior Certificate level the student can:

**Describe and demonstrate the practical skills needed to care for a baby**

**Learning Targets** - This has been demonstrated by your ability to:

1. Outline conception, gestation and birth of a baby
2. Describe the different stages of pregnancy
3. List the steps to follow for a healthy pregnancy
4. List the essential equipment needed for a new baby
5. Choose suitable clothing for a baby
6. Explain the advantages and disadvantages of breast and bottle feeding
7. Sterilise and prepare a baby’s bottle
8. Plan a healthy, balanced diet for a baby at different stages of development, e.g. weaning, one year old
9. Suggest the steps to follow to create a safe environment for a baby
10. Demonstrate the safe handling of a baby for example feeding, changing, bathing and dressing
11. Explain the importance of immunisation and name some of the injections needed
12. Identify the emotional and physical needs of a young baby, for example love, security, comfort and stimulation
13. Name some of the people and services which can help parents cope with a young baby

**Refer also to:** English, Maths, Physical Education, Civic Social and Political Education, Science