



Title: Pregnancy and looking after a baby

Level: EARLY

Links to Curriculum for Excellence

| Experiences/Outcomes | Benchmarks |
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| I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a I am able to show an awareness of the tasks required to look after a baby. HWB 0-51a | <ul style="list-style-type: none"> • Explains that living things need food, water and care to grow and survive. • Describes the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding, sleeping. |

Learning Intentions

- Children are aware of the needs of a baby.
- Children understand where living things come from.

Success criteria

- I understand that all humans are part of a life cycle with different stages.
- I know, understand and can discuss some of a baby’s basic needs such as feeding, changing, washing, cuddling and sleeping.
- I can demonstrate some basic skills needed to look after a baby.

Connecting with home

Information for parents and carers is provided at each Level on the RSHP site. Some of the suggested activities include links with home. Books suggested for use in the centre/school could also be for lending.

Key words/vocabulary

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| <ul style="list-style-type: none"> • Breastfeeding • Brother • Changing • Cuddles • Feeding • Growing | <ul style="list-style-type: none"> • Helping • Nappy • Pregnant/pregnancy • Sister • Sleep |
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ACTIVITIES

Learning can be planned or take place in what we might call those spontaneous ‘teachable moments’ when children and educators are playing and chatting, or a particular event happens. Of course, we can create those teachable moments too, and so there are suggestions here about how books, play and other activities can support RSHP learning at Early Level.

NOTE: As part of these learning activities remember that not all babies/children live with their birth parent(s). Children, for different reasons, may not have access to photographs and so it is probably advisable not to ask children for photographs as part of any activities.

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| How do babies begin? | The books listed support the teacher/educator to explain how babies begin and pregnancy. In discussion you can talk about how not every person wants to be a mum/dad or to have a baby. You can also acknowledge that some parents get help from doctors to have their baby, children may already know they have been conceived with the support of IVF treatment. |
| Baby at home? | Find out from the children who has a baby at home – ask them what the baby does, what the baby needs. Who looks after the baby? (acknowledging the role of dads/men and other relatives in the family) How do they help as a big sister/brother? What is it like to be a big sister or big brother? Create a gallery of photos of the babies the children have at home now. |
| Visits | Have a pregnant woman come visit– possibly a mum from the group or a colleague? They can talk about being pregnant and what the baby needs. Then they can come back and visit with the baby – maybe several times over the school year as the baby grows to talk about care, feeding, changing, love and development. |
| Photo timeline | Create a timeline of photos from birth to 3 years old. Discuss what things change and what changes about what a baby needs from birth to starting nursery/pre-school. See <i>Baby timeline (Activity Prop)</i> provided, or you can create your own. |
| Baby Box | Have a health visitor colleague visit with a Baby Box to show and talk about the contents – why does a baby and parent need these things? |
| Guess the baby | Collect baby photos from staff across the centre/school, have an exhibition, and see who can guess ‘who is who?’ How much do we change? |
| Play | Create a baby area in the room, with dolls, cots, baby things. Depending on their experience, it may be necessary to support and facilitate boys’ involvement in this play. Bath babies – use anatomically correct dolls and use correct terminology for genitals. Talk about hygiene and the need to keep babies clean. Dolls can be dried and dressed discussing the need to be clean, warm and dry. |

BOOKS FOR READING TOGETHER OR BORROWING

Please check out the full reading list provided at Early Level. The books listed here provide opportunities to talk about the themes of interest, they could be used with a class or group, reading to pairs or individual children to support and back-up key learning. Parents and carers could be encouraged to read them at home too.

How did I Begin?

Author Mick Manning and Brita Granstrom (ISBN 07496 56611)

A warm, friendly introduction to the facts of life for young children that follows the story of a new life from the moment of conception to the birth of a baby. We are guided through each stage with simple illustrations, inviting lots of discussion and providing answers to all those questions.

Before you were born

Author Jennifer Davis (ISBN 0761112006)

This joyous, innovative book about pregnancy tells the parallel story of mother and baby from hearing the thumpity-thump of baby's heartbeat to that unforgettable first meeting.

How are babies made?

Author Alastair Smith (ISBN 0746025025)

Discover how a baby forms inside its mother. Lift the flaps on the pages to see the baby changing as it grows and grows.

Now We Have a Baby

Author Lois Rock (ISBN 07459 48855)

There's a new baby in your family. There are so many important things to think about and so much you will have to learn to do. Preparing a young child for the impact a new baby may have on their life and family.

Lola Reads to Leo

Anna McQuinn and Rosalind Beardshaw (ISBN 1580894038)

Lola has a new baby brother and she can't wait to share her love of reading with him. Even when her mom's tummy gets "bigger and bigger," and even when she's tired, Mom makes sure there is time for Lola and her stories. When the baby is finally here, Lola takes on the role of big sister, she helps around the house and tells Leo stories to cheer him up when he cries.

My brother Charlie

Holly Robinson Peete (ISBN 0545094666)

"Charlie has autism. His brain works in a special way. It's harder for him to make friends. Or show his true feelings. Or stay safe." But as his big sister tells us, for everything that Charlie can't do well, there are plenty more things that he's good at. He knows the names of all the American presidents. He knows stuff about airplanes. And he can even play the piano better than anyone he knows.