

Source material

Contents

Learner evaluation sheet (For use with all learning sessions)	01
Teacher record sheet (Module 1)	02
Teacher record sheet (Module 2)	03
Teacher record sheet (Module 3)	04
Teacher record sheet (Module 4)	05
'Making an appointment' cards (1:4)	06
Snake height chart (4:4)	07–10
Imperial conversion chart (4:7)	11
Growth and development table (4:11)	12
Baby book (4:12)	13
The caterpillar game (4:13)	14–15

Learner evaluation sheet

Learner's name Teacher's name

Date Session number

Family health module page title

1 How did you feel about this subject **before** the session?

unsure ok confident

2 How did you feel about this subject **after** the session?

still unsure ok confident

3 How did you find the session?

too easy just right too hard

4 Did you learn anything new?

not really some new things yes, lots!

5 What would you like to do next time?

More of the same subject something different

Anything else you would like to add

Date of next session Time

Teacher record sheet

Module 1: Getting in touch			Learner's name		
<p>This module is divided into four main themes. The first looks at communicating with the health services through visiting, telephoning, writing. Accessing information looks at the types of responses required when contacting the NHS Direct, emergency services and where learners can obtain further health information. The third theme of Time deals with keeping appointments and gives opportunity for developing the learners' time reading and keeping skills. The final theme explores some of the common forms learners may encounter.</p>					
Module 1 page titles		1:6 Replying to letters	1:13 Times of the day		
Communicating with the health services		1:7 NHS Direct	1:14 Days of the week		
1:1 Who works at the surgery?		1:8 999 Emergency calls	1:15 Telling time		
1:2 Useful names and numbers		1:9 Is this of interest to me?	1:16 Using a calendar		
1:3 Visiting the doctor		1:10 Chemist opening times	Handling forms		
1:4 Making an appointment		1:11 Finding information	1:17 Doctor registration form		
1:5 Receiving letters		Time: making and keeping appointments		1:18 Prescription form	
Accessing information		1:12 Keeping appointments	1:19 Child benefit		
Session Date	Page No.	Level	Reflection on session	Agreed action by learner	Agreed action by teacher
Where to next?					

Teacher record sheet

Module 2: Healthy eating			Learner's name		
<p>This module is divided into five main themes. The first gives opportunity for discussion and activities about planning and choosing healthy meals. Theme two, preparing meals looks at some cost effective meals and offers scope for talking about weights and measures. Breastfeeding and weaning centres more on the benefits of breastfeeding and simple foods for babies and toddlers. Theme four is about shopping for food, reading labels and methods of payment. The last theme is about hygiene and safety in the kitchen.</p>					
Module 2 page titles		Preparing food		2:17 Weaning – the next stage	
Choosing food		2:9 Meals to make with potatoes		2:18 Tasty tips for toddlers	
2:1 Eat well and feel well	2:10 Eat well and spend less		Food shopping		
2:2 So, what is a helping?	2:11 What's in the cupboard?		2:19 Shopping for value		
2:3 Food quizzes	2:12 Read the label		2:20 Read the label		
2:4 Your daily food planner	Breastfeeding & weaning		2:21 Paying for your food		
2:5 How food affects your health	2:13 It takes two (or 3) to breastfeed		Kitchen safety & hygiene		
2:6 Making healthier choices	2:14 Breastfeeding is something special		2:22 The kitchen can be a dangerous place		
2:7 Making choices about food	2:15 Fill in the missing word		2:23 Handling food safely		
2:8 The health lunchbox	2:16 Weaning – getting started		2:24 Storing food safely		
Session Date	Page No.	Level	Reflection on session	Agreed action by learner	Agreed action by teacher
Where to next?					

Teacher record sheet

Module 3: Looking after yourself			Learner's name		
This module has two themes. The first theme centres on how new mothers may be feeling, where to go for help and how to access information about parent clubs and groups. The second theme looks at some of the health issues affecting women.					
Module 3 page titles		3:6 Time to swim		3:12 Taking care – be breast aware 2	
Finding out		3:7 I want to get out and about...		3:13 Taking care – be breast aware 3	
3:1 Nobody told me I'd feel like this!		3:8 I think I could do with some support...		3:14 Premenstrual syndrome (PMS) 1	
3:2 There is something you can do...		Health awareness		3:15 Premenstrual syndrome (PMS) 2	
3:3 Lots of things can help parents 1		3:9 Be aware and help yourself... 1		3:16 Things that really help...	
3:4 Lots of things can help parents 2		3:10 Be aware and help yourself...2		3:17 Who should you listen to?	
3:5 Find time for yourself		3:11 Taking care – be breast aware 1		3:18–20 What's your feel-good factor?	
Session Date	Page No.	Level	Reflection on session	Agreed action by learner	Agreed action by teacher
Where to next?					

Teacher record sheet

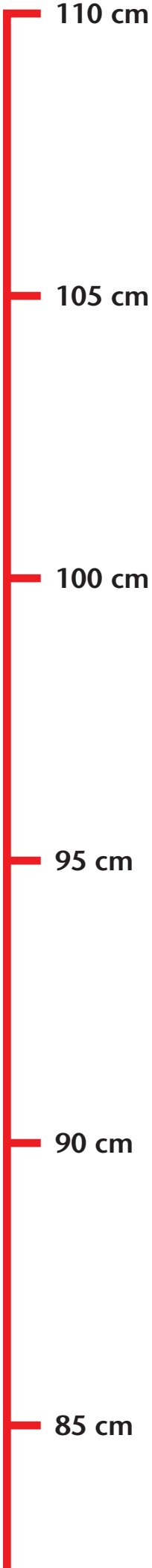
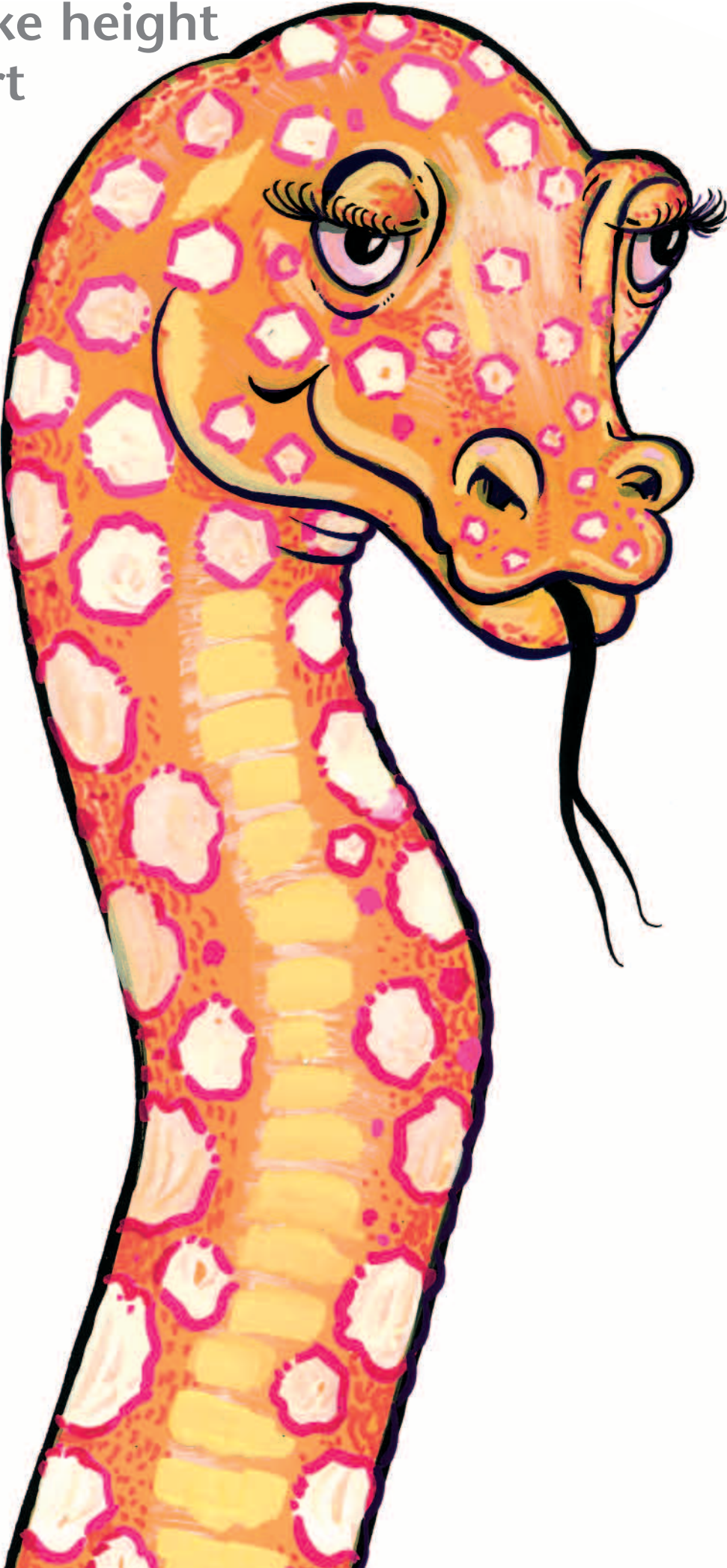
Module 4: Early childcare			Learner's name		
<p>This module centres on four main themes around early childcare. The first looks at the growing and developing child and gives opportunity for discussion on babies' developmental progress and the review system. The second theme focuses on play in a practical and fun way. The third theme is about medication and young children, reading prescription and medicine labels. The last theme gives scope for discussion on safety issues around the home.</p>					
Module 4 page titles		4:9 Teeth and teething		Medication	
Child development and growth		4:10 Looking after your teeth		4:18 Immunisation: be informed	
4:1 6–8 week review		Play		4:19 Medicine safety	
4:2 Development and growth		4:11 Talking with babies		4:20 Medication measurements	
4:3 Standard measurement		4:12 Making a child's book		4:21 Dosage labels	
4:4 Measuring your child		4:13 Making a child's game		4:22 Reading a thermometer	
4:5 Will it all fit?		4:14 Making playdough		Safety	
4:6 Weight charts		4:15 TV times		4:23 Safety labels	
4:7 Reading scales		4:16 Songs and rhymes		4:24 Safety in the home	
4:8 Size by weight		4:17 Number rhymes			
Session Date	Page No.	Level	Reflection on session	Agreed action by learner	Agreed action by teacher
Where to next?					

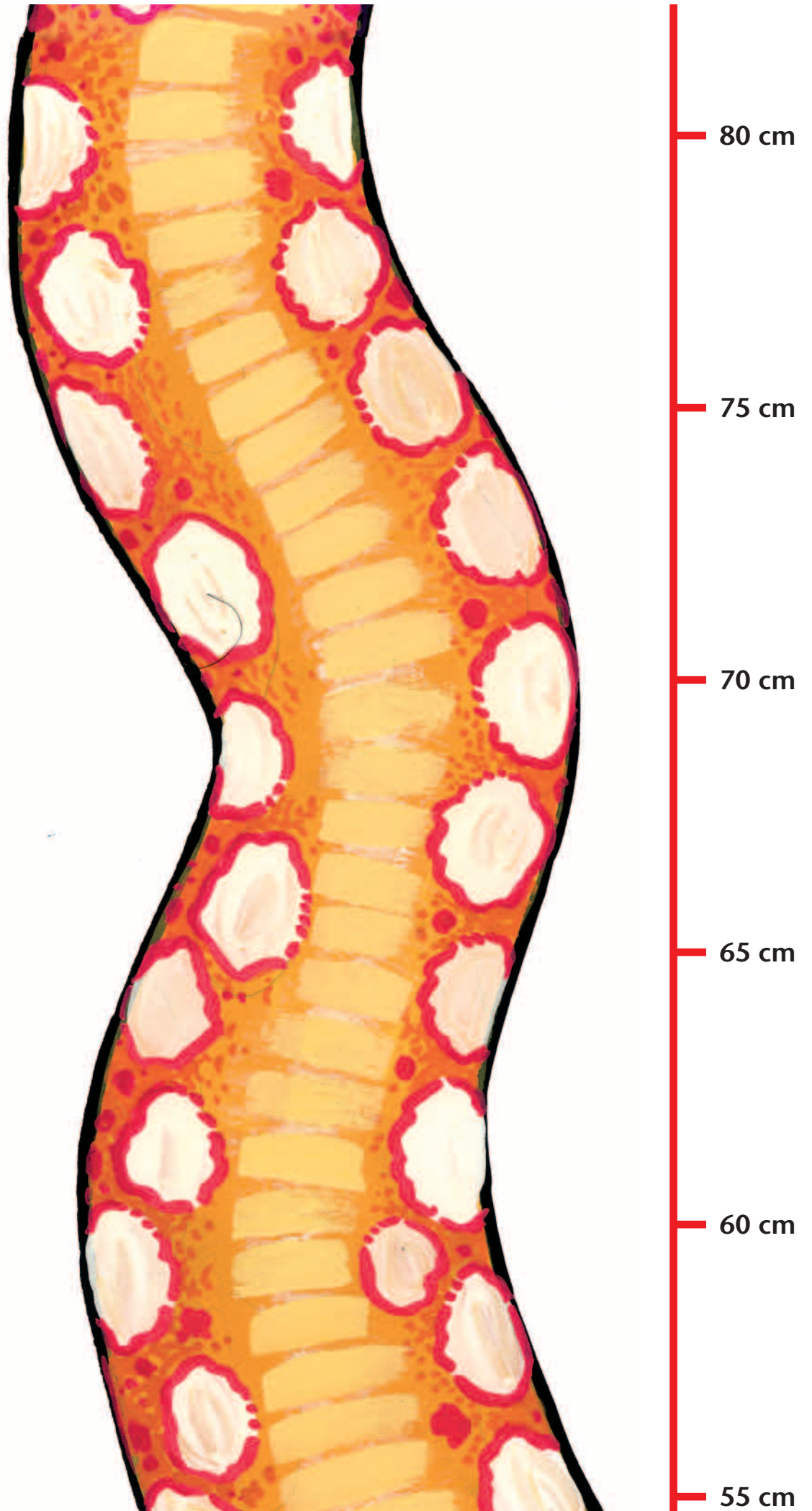
'Making an appointment' cards

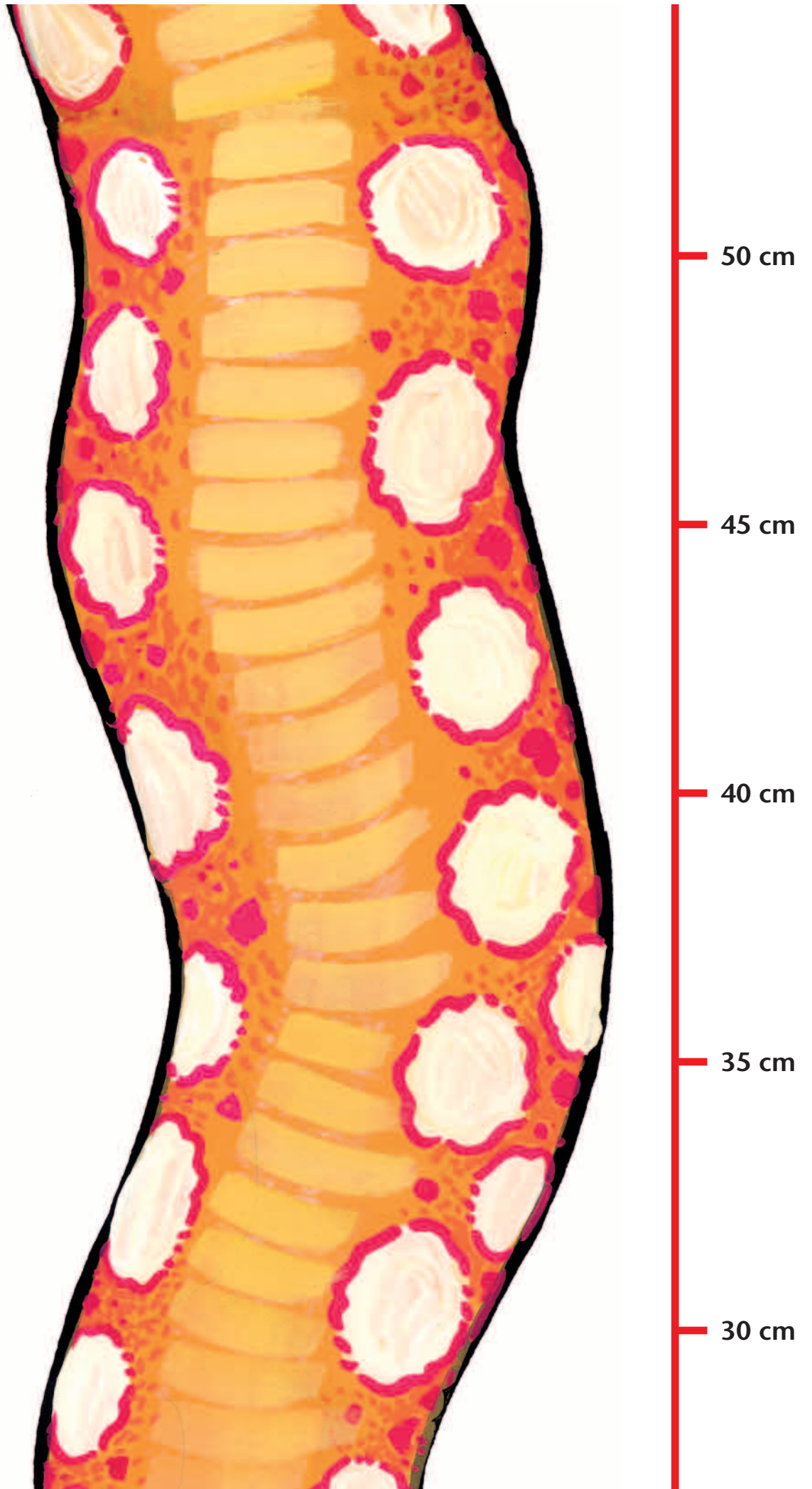
Cut into twelve cards so the learner can select correct time, date and name before filling in the sheet. To help the learner, group the times, dates and names into separate piles.

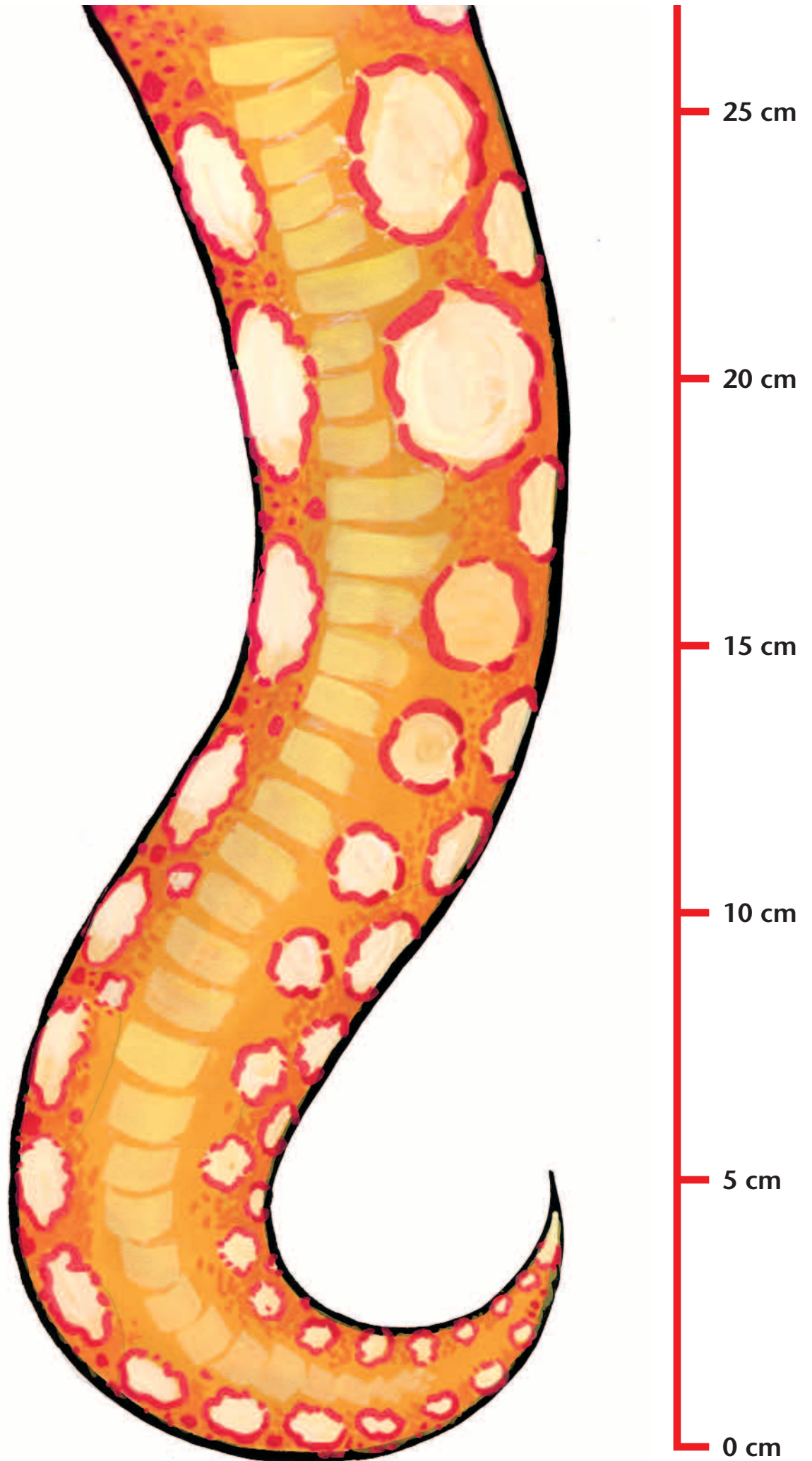
11:00 am	Dr Summers	Today
10:15 am	Dr Singh	Friday 24th July
4:30 pm	Nurse	Wednesday 12th July
11:30 am	9:00 am	2:30 pm

Snake height chart









Metric–imperial conversion chart

Imperial	Metric		Metric	Imperial
1 ounce	28 grams		100g	$3\frac{1}{2}$ oz
4 ounces	113 grams		500g/0.5 kg	1 lb $1\frac{5}{8}$ oz
8 oz / $\frac{1}{2}$ pound	227 grams		1 kg	2lb $3\frac{1}{4}$ oz
1 pound	454 grams		1.5 kg	3lb $4\frac{7}{8}$ oz

Growth and development table

YEARS	MONTHS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	24	36	48	60
A Guide to Development <i>This guide gives an idea of the age range within which most children gain certain skills. The ages given are averages. Lots of perfectly normal children gain one skill earlier, another later than average. You can tick off each thing as your child achieves a new skill and keep it as a record for development reviews.</i>																							
	MOVEMENT	Lift their heads, while lying on their fronts.																					
HANDLING THINGS																							
HEARING AND TALKING																							
SEEING																							

Baby book

1	cover
2	7
3	9
4	5

Child's game

The caterpillar game

