

WBT ● Trainee Information Guide

Crit No.	Criteria of Competence Evidence to support this skill should include	Key Components of Criteria of Competence Suggested Skills and Knowledge	Suggested Evidence	Suggested Learning Resources
5.2	<p>Identification of the advantages (at least two) and the disadvantages (at least two) of breastfeeding as against bottle feeding for both mother and infant. (For example: Babies that are breast fed can usually fight infections better. Mothers with infected breasts find it difficult to breastfeed.) (Note: List both nutritional and other.)</p>	<p>What are the advantages and disadvantages of breastfeeding?</p> <p>Advantages</p> <ul style="list-style-type: none"> ● Breast milk has all the vitamins and minerals the baby needs ● It is a very bonding experience ● Breast milk is at the right temperature and it is economical. ● The milk is unlikely to be contaminated as it goes straight from mother to baby. <p>Disadvantages</p> <ul style="list-style-type: none"> ● Mothers nipples may become sore and infected ● You may not produce enough milk to satisfy the baby. ● If you go back to work continuing to breast-feed may be difficult. ● If you do express milk from you breast to the bottle the child might refuse the bottle. 	<p>E) Reflective account</p> <p>I) Written Materials</p> <p>L) Supervisors Account.</p>	<p>COURSES: I.P.P.A. FOUNDATION COURSE, Contact your local VEC.</p> <p>FOUNDATION CERTIFICATE IN CHILDCARE AND CRECHE WORK. School of Practical Child Care. Blackrock Campus, Carysfort Avenue Blackrock, Co Dublin (01) 2886994 This course can be offered off-site by arrangement, if numbers are adequate also available in Home Study Course.</p> <p>BOOKS: CHILD CARE & HEALTH, Third Edition, Chapter 6, Jean Brain Molly D. Martin, Stanley Thomes.</p> <p>BOOKLET: FOOD & BABIES, Health Promotion Unit, Department of Health, Hawkins House, Dublin 2, or Contact your local health Clinic.</p>
5.3	<p>Evidence of the ability to prepare a meal for children within the age group 0-6 years, which they might enjoy and which provides some balance in nutrition. (Note: While this meal does not need to include all the dietary requirements of the children, it would need to provide at least two of these.)</p>	<p>Are you able to prepare a meal for children?</p> <p>Advantages</p> <ul style="list-style-type: none"> ● Can prepare a balanced meal?(Meat and vegetables for protein, dairy products for minerals) ● Do you have the different food groups represented? ● Do you know how many children you have to feed? ~ Ability to cook for large and small groups. ● Are you able to prepare special diets due to allergies or religious beliefs? 	<p>A) Direct observation of candidate in work place by the assessor.</p> <p>B) Inspection of the work settings by the assessor</p> <p>E) Reflective account</p> <p>K) Videos tapes, Photographs</p> <p>L) Supervisors account</p>	<p>COURSES: I.P.P.A. FOUNDATION COURSE, Contact your local VEC.</p> <p>FOUNDATION CERTIFICATE IN CHILDCARE AND CRECHE WORK. School of Practical Child Care. Blackrock Campus, Carysfort Avenue Blackrock, Co Dublin (01) 2886994 This course can be offered off-site by arrangement, if numbers are adequate also available in Home Study Course.</p> <p>Any course in COOKING AND NUTRITION.</p> <p>BOOKS: CHILD CARE & HEALTH, Third Edition, Chapter 6, Jean Brain Molly D. Martin, Stanley Thomes.</p> <p>BOOKLET: FOOD & BABIES, Health Promotion Unit, Department of Health, Hawkins House, Dublin 2, or Contact your local health Clinic.</p>