



Competency Based Learning Material (CBLM)

Caregiving for Infant, Toddler and Children

Level-3

Module: Providing Care and Support to Infants and Toddlers

Code: CBLM-IS-CITC-01-L3-EN-V1



**National Skills Development Authority
Prime Minister's Office
Government of the People's Republic of Bangladesh**

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The CBLM on “Provide care and support to infants & toddlers” is developed based on NSDA approved Competency Standards and Competency Based Curriculum under Caregiving for infant, toddler and children Level-3 Occupation. It contains the information required to implement the Caregiving for infant, toddler and children Level-3 standard.

This document has been prepared by NSDA with the help of relevant experts, trainers/professionals.

All Government-Private-NGO training institutes in the country accredited by NSDA can use this CBLM to implement skill-based training of Caregiving for infant, toddler and children Level-3 course.

Approved by
---th Authority Meeting of NSDA
Held on -----

How to use this Competency Based Learning Material (CBLM)

The module, Maintaining and enhancing professional & technical competency contains training materials and activities for you to complete. These activities may be completed as part of structured classroom activities or you may be required you to work at your own pace. These activities will ask you to complete associated learning and practice activities in order to gain knowledge and skills you need to achieve the learning outcomes.

1. Review the **Learning Activity** page to understand the sequence of learning activities you will undergo. This page will serve as your road map towards the achievement of competence.
2. Read the **Information Sheets**. This will give you an understanding of the jobs or tasks you are going to learn how to do. Once you have finished reading the **Information Sheets** complete the questions in the **Self-Check**.
3. **Self-Checks** are found after each **Information Sheet**. **Self-Checks** are designed to help you know how you are progressing. If you are unable to answer the questions in the **Self-Check** you will need to re-read the relevant **Information Sheet**. Once you have completed all the questions check your answers by reading the relevant **Answer Keys** found at the end of this module.
4. Next move on to the **Job Sheets**. **Job Sheets** provide detailed information about *how to do the job* you are being trained in. Some **Job Sheets** will also have a series of **Activity Sheets**. These sheets have been designed to introduce you to the job step by step. This is where you will apply the new knowledge you gained by reading the Information Sheets. This is your opportunity to practise the job. You may need to practise the job or activity several times before you become competent.
5. Specification **sheets**, specifying the details of the job to be performed will be provided where appropriate.
6. A review of competency is provided on the last page to help remind if all the required assessment criteria have been met. This record is for your own information and guidance and is not an official record of competency

When working through this Module always be aware of your safety and the safety of others in the training room. Should you require assistance or clarification please consult your trainer or facilitator.

When you have satisfactorily completed all the Jobs and/or Activities outlined in this module, an assessment event will be scheduled to assess if you have achieved competency in the specified learning outcomes. You will then be ready to move onto the next Unit of Competency or Module

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Module Content

Unit Title: Provide care and support to infants and toddlers

Unit Code: OU- INF-CITC-01-L3-V1

Module Title: Providing care and support to infants and toddlers

Module Description: This module covers the knowledge, skills and attitudes required to provide care and support to infants and toddlers. It includes making comfort the infants and toddlers, bathing and dressing infants and toddlers, feeding infants and toddler, and putting infants and toddlers to sleep.

Nominal Duration: 30 Hours

Learning Outcomes:

Upon completion of this module the trainees must be able to:

1. Make comfort the infants and toddlers
2. Bath and dress infants and toddlers
3. Feed infants and toddlers
4. Put infants and toddlers to sleep

Assessment Criteria:

1. Tools and equipment are prepared according to the need of the infant/toddler
2. Distressed infants and toddlers are responded with appropriate methods, activity and non-verbal cues
3. Infants and toddlers are picked up and cuddled according to standard procedure
4. Infants and toddlers are trained to use toilet facility according to standard procedure
5. Vital signs of infant and toddlers are measured following standard procedure.
6. Infants and toddlers are provided medication following doctor's prescription
7. Bathing instruments are prepared as per job requirement
8. Water quantity and temperature are checked as per requirement
9. Infants and toddlers are bathed according to standard procedure
10. Comforters are made available to infant and toddler when needed.
11. Infants and toddlers' feeding tools are cleaned and sterilized following standard procedure
12. Food is prepared as prescribed
13. Infants and toddlers are positioned for feeding
14. Infants and toddlers are fed following feeding schedule and standard procedure
15. Infants and toddlers are cleaned
16. Feeding tools are cleaned and stored as per standard procedure
17. Sleeping schedule is maintained
18. Infants and toddlers' crib are prepared as per procedure
19. Infants and toddlers are prepared for sleeping following standard procedure
20. Infants and toddlers are put to sleep as per baby's preference

Learning Outcome 1: Make Comfort the Infants and Toddlers

| | |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Assessment Criteria | <ol style="list-style-type: none"> 1. Tools and equipment are prepared according to the need of the infant/toddler 2. Distressed infants and toddlers are responded with appropriate methods, activity and non-verbal cues 3. Infants and toddlers are picked up and cuddled according to standard procedure 4. Infants and toddlers are trained to use toilet facility according to standard procedure 5. Vital signs of infant and toddlers are measured following standard procedure. 6. Infants and toddlers are provided medication following doctor's prescription. |
| Conditions and Resources | <ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker |
| Contents | <ol style="list-style-type: none"> 1 Tools and equipment 2 Infants and toddlers 3 Check vital sign for infant and toddler 4 Care of low-birth-weight baby 5 The comfort method and activities of infants and toddlers 6 Nonverbal cues 7 Care of infant and toddlers |
| Training Methods | <ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming |
| Assessment Methods | <ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning |

Learning Experience 1: Make Comfort the Infants and Toddlers

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

| Learning Steps | Resources specific instructions |
|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Student will ask the instructor about caregiving for infant, toddler and children | 1. Instructor will provide the learning materials providing care and support to infants and toddlers |
| 2. Read the Information sheet/s | 2. Information Sheet No:1-Make comfort the infants and toddlers |
| 3. Complete the Self-Checks & Answer key sheets. | 3. Self-Check No: 1- Make comfort the infants and toddlers 4. Answer key No. 1- Make comfort the infants and toddlers |
| 4. Read the Job/ Task sheet and Specification Sheet | 5. Job/ task sheet and specification sheet Job Sheet No:1-1: -Count Respiratory rate in Infant- Specification Sheet: 1-1 Count Respiratory rate in infant |



Information Sheet 1: Make Comfort the Infants and Toddlers

Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 1.1 Tools and equipment
- 1.2 Infants and toddlers
- 1.3 Check vital sign for infant and toddler
- 1.4 Care of low-birth-weight baby
- 1.5 The comfort method and activities of infants and toddlers
- 1.6 Nonverbal cues
- 1.7 Care of infant and toddlers

1.1 Tools and equipment

| Tools Equipment Name | Picture |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Infant crib/Bed</p> <p>An infant crib, also commonly referred to as a baby crib or baby bed, is a specialized piece of furniture designed to provide a safe and comfortable sleeping environment for infants and young babies. It is typically a small, enclosed bed with high sides or railings to prevent the baby from rolling out or getting trapped.</p> |  A photograph of a baby lying on its back in a white metal crib. The baby is wearing a white onesie. The crib is positioned in a room with a window in the background. |
| <p>Breast milk collection shells</p> <p>Breast milk collection shells, also known as breast shells or milk savers, are breastfeeding accessories designed to collect leaking breast milk from the non-nursing breast during breastfeeding or pumping sessions. They are typically worn inside a bra and fit over the nipple, forming a protective barrier between the nipple and clothing.</p> |  Two clear, circular breast milk collection shells are shown. They are made of a transparent material and have a slightly raised rim. The brand name 'Mela' is visible on one of the shells. |

Breast pump

A breast pump is a device used by lactating mothers to express breast milk from their breasts. It is designed to replicate the natural sucking action of a baby, allowing mothers to collect and store their breast milk for various purposes.

**Infant carrier**

An infant carrier, also known as a baby carrier or baby sling, is a type of portable baby-carrying device designed to hold and transport young infants while leaving the caregiver's hands free. It is worn by the caregiver, typically either on the front or back, allowing them to carry the baby close to their body.




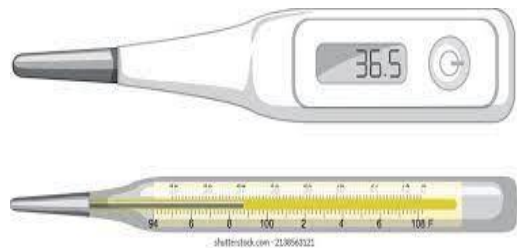
**Stroller**



A stroller, also known as a baby stroller or a pram, is a wheeled device designed to transport infants and young children in a seated or semi-reclined position. Strollers provide a convenient and comfortable means of transporting babies while allowing parents or caregivers to move freely and easily in various environments.

**Bassinet**

A bassinet is a small, portable, and cozy sleeping bed or basket designed specifically for newborns and very young infants. It is often used during the first few months of a baby's life as a safe and comfortable sleeping space. Bassinets are commonly used by parents, caregivers, and caretakers as an alternative to cribs for newborns



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| <p>to keep them close at night or during naps.</p> | |
| <p>Feeding bottles with cap, Ring and nipple</p> <p>Feeding bottles with cap, ring, and nipple are specially designed containers used to feed infants with formula milk, breast milk, or other liquids. These bottles consist of several components that work together to provide a safe and convenient feeding solution for babies.</p> | <p style="text-align: center;">For Avent Bottles Sealing Cap</p>  <p>The image shows a white plastic sealing cap with a yellow ring attached. Below it are several Avent brand baby bottles of various sizes and colors (white, blue, yellow). A small text label above the bottles reads "With Sealing Ring" and "Prevents Breast Leakage".</p> |
| <p>Diaper</p> <p>A diaper is a type of absorbent undergarment worn by infants and young children to contain and manage their waste, primarily urine and feces. Diapers are an essential item for babies who are not yet toilet-trained, providing a hygienic and convenient solution for maintaining cleanliness and preventing leaks and messes.</p> |  <p>The image shows a single baby diaper with a light blue and white patterned surface and a black waistband with the brand name "Avent" visible.</p> |
| <p>Small Tea Spoon</p> <p>A small teaspoon, often simply called a teaspoon, is a common household utensil used for stirring and serving beverages, particularly tea and coffee. It is a smaller version of the standard teaspoon and is specifically designed for accurately measuring and adding small amounts of ingredients, such as sugar or cream, to hot drinks.</p> |  <p>The image shows four small tea spoons of different sizes and designs, arranged in a row. They are all made of a shiny, reflective metal.</p> |
| <p>Thermometer</p> <p>A thermometer is a device used to measure temperature accurately. It is a common tool used in various fields, including medicine, meteorology, cooking, and science. Thermometers</p> |  <p>The image shows two types of thermometers. The top one is a digital thermometer with a white body and a black display showing the number "36.5". The bottom one is a traditional analog thermometer with a yellow liquid column and a scale in degrees Fahrenheit, ranging from 94 to 108.</p> |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>work on the principle that substances, such as mercury or alcohol, expand or contract in response to temperature changes.</p> | |
| <p>Sterilizer Kits</p> <p>Sterilizer kits, also known as sterilization kits or sterilization sets, are collections of tools and equipment used to sterilize various items, particularly in medical and laboratory settings. The primary purpose of sterilizer kits is to ensure that instruments and equipment are free from microorganisms, including bacteria, viruses, and fungi, to prevent the spread of infections and maintain a sterile environment.</p> |  |
| <p>Hot water bottles</p> <p>A hot water bottle is a container, typically made of rubber or other heat-resistant materials, designed to hold hot water for the purpose of providing warmth and comfort. It is a simple and practical device used to alleviate pain, provide warmth, and promote relaxation in various situations.</p> |  |

1.2 Infants and toddlers

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Infant:</p> <p>Infant is defined as the first year of life and is the Period of most rapid growth after birth.</p> <p>Infant is commonly used as a Slightly more formal world for baby. (The youngest category of the baby).</p> <p>It is an exciting period of firsts – First smile, first successful graph, first evidence Separation anxiety, first world, first step, first sentence.</p> |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|

Toddler:

A young child usually between one and three years old.

A Toddler is a young child who has only just learn to walk or who still walks unsteadily with small, quite Steps.



1.2.1 Basic Needs for an infant and Toddlers

Infant:

Infant have certain basic needs in common that must be provided to ensure their optimal development and wellbeing, Warmth and affection, a sense of accomplishment, encouragement, a sense of responsibility, and a chance to learn and explore their environment.

Toddler:

Toddler's basic needs are-

- Maintain Food and Nutrition
- Sleep
- Clothing
- Shelter
- Health
- Protection from any Harm.

1.3 Check vital sign for infant and toddler

- Heart Rate
- Respiratory rate
- Temperature
- Blood pressure
- Oxygen Level by Pulse Oximeter

Before measuring the vital sign makes sure that the baby has been seated and resting for at least 5 minutes prior to obtaining vital signs to accurately determine the baseline.

1.3.1 Newborn Vital Signs

- Heart Rate:100-160 b/min
- Respiratory Rate: Spontaneous, Regular, and rate is Between 30-60 breaths per minutes.
- Temperature:97.5-99. F (Axillary)

1.3.2 Infant's vital Sign

- Heart Rate:80-120 b/min (up to 1 year)
- Respiratory Rate: Spontaneous, Regular, and rate is Between 30-60 breaths per minutes
- (Up to 2 Months of Age, 59 days)
- (3 months to 11 months)-30 to 50 breath /min
- Temperature: :97.5-99. F (Axillary)
- Blood pressure:80 -110 mm of hg

1.3.3 Toddlers Vital Sign:

- Heart Rate:90 -120 b/min
- Respiratory Rate:20 -40 b/min up to 5 years
- Temperature:97.5-99. F
- Blood pressure:110/70 mm Of hg

1.3.4 Danger sign of infant's and toddlers:

Infant:

According to

Who (World health Organization)-

- Not able to feed or stopped feeding well/ Unable to Breast feed
- Convulsion or fitted since Birth
- Fast breathing
- Chest indrawing
- Hypothermia or Hyperthermia

1.3.5 Toddler:

- Not able to feed or stopped feeding well/ Unable to Breast feed
- Vomits Everything
- Lethargic or Unconscious
- convulsion

1.3.6 Hypothermia:

Hypothermia is defined as a core body temperature below 35°C (95°F). The stage of hypothermia, as defined by core temperature, is important in both recognition and treatment.

1.3.7 Hyperthermia:

Hyperthermia is an abnormally high body temperature — or overheating. Hyperthermia occurs when your body absorbs or generates more heat than it can release.

A human's normal body temperature is about 98.6 degrees Fahrenheit.

1.4 Care of low-birth-weight baby

Treatment for very low birth weight babies includes care in the NICU, temperature-controlled beds, and special feedings. In general, the lower the baby's birth weight, the greater the risks for complications. Prenatal care is a key factor in preventing preterm births and very low birth weight.

Here are some things to keep in mind

- Breastfeed your low birth weight (LBW) baby on schedule.
- Give your low-birth-weight baby plenty of skin-to-skin contact.
- Ensure your low-birth-weight baby sleeps safely.
- Keep your LBW baby warm.
- Help your LBW baby gain weight steadily.
- Monitor your low-birth-weight baby's growth closely.

1.5 The comfort Method and activities of infants and toddlers:

- Imitating babies' vocalization
- Talking
- Laughing
- Rhymes
- Finger games
- Providing a familiar blanket or Lovey.
- Holding
- Dancing
- Gentle bouncing
- Substituting activities
- Playing pat –a- cake
- Distraction to an activity
- Cuddles, Comfort
- Listening, Talking with the infant or toddler quietly
- Use of Transition object
- Playing music or movie
- Rocking rapidly
- Singing
- Holding up a mirror

1.6 Non-Verbal Cues

1.6.1 Body Language

Body language is a range of nonverbal signals that you can use to communicate your feelings and intentions. These include your posture, facial expressions, and hand gestures. Or

Body language is a type of communication in which physical behaviors, as opposed to words, are used to express or convey information. Such behavior includes facial expressions, body posture, gestures, eye movement, touch and the use of space.

1.6.2 Smiling

To make a happy or friendly expression in which the corners of your mouth curve up: He smiled and shook my hand. When he smiled at me, I knew everything was all right.

1.6.3 Response to an interesting Activity of interaction

A situation where two or more people or things communicate with each other or react to each another: interaction between sb and sb There's not enough interaction between the management and the workers.

1.6.4 Eye Contact

Eye contact is what happens when two people look at each other's eyes at the same time. This is a form of nonverbal communication that humans use to communicate many forms of emotions.

Unlike other primates, we can easily see where humans are looking because of the amount of white surrounding our irises

1.7 Care of infant and toddlers

Caring for infants and toddlers requires special attention, as they are in a critical stage of development. Providing a safe, nurturing, and supportive environment is essential for their physical, emotional, and cognitive growth.

Here are some important aspects of caring for infants and toddlers:

- **Feeding:** Infants need breast milk or formula for their nutrition. For toddlers, a balanced diet including fruits, vegetables, grains, protein, and dairy is crucial. Avoid giving them foods that are choking hazards and monitor for any food allergies.
- **Sleep:** Infants and toddlers require sufficient sleep for their growth and development. Establish a consistent sleep routine and create a safe sleeping environment, laying them on their back to sleep.
- **Hygiene:** Regularly change diapers for infants and encourage toddlers to use the potty when they are ready. Practice good handwashing habits to prevent the spread of germs.

- **Safety:** Ensure that the home is childproofed, removing any potential hazards like sharp objects, choking hazards, and toxic substances. Use safety gates, outlet covers, and secure heavy furniture to prevent accidents.
- **Play and Stimulation:** Provide age-appropriate toys and activities that stimulate their curiosity and learning. Engage in playtime to support their cognitive and social development.
- **Social Interaction:** Interact and communicate with infants and toddlers regularly. They need positive social interactions to develop emotional and language skills.
- **Healthcare:** Schedule regular check-ups with a pediatrician to monitor their growth and development. Keep up with vaccinations and seek medical attention promptly when needed.

Self-Check Sheet - 1: Make Comfort the Infants and Toddlers

Questionnaire

1. Who Is a Child?

Answer:

2. Stages of a child?

Answer:

3. Define Infant, Infancy and toddler?

Answer:

4. What are the characteristics of Infan and toddler?

Answer:

5. Name some Tools and Equipment's for infants and toddlers?

Answer:

Answer Key - 1: Make comfort the infants and toddlers

1. Who Is a Child?

Answer: The United Nations Convention on the Rights of the child defines

A Child means every Human being below the age of eighteen year sunless under the law applicable to the child, majority is attained earlier.

According to Child Act 2010 Government of Bangladesh –
“Any person under age 18 is to be regarded as a child.”

2. Stages of a child?

Answer: Stages of a Child’s life:

Intrauterine Period:

Embryo: Fertilization to 8 weeks

Fetus: 9 weeks to birth

Perinatal Period:

- 28th weeks of gestation to the 7 the day after birth
- Neonates: Birth to 4 weeks of age
- Infancy: Birth to 1 year of age.
 - Early Infancy—Birth to 6 months of Age
 - Late infancy ----6 months to 12 Months
- Toddlers: 1 to 3 years of age
- Child Hood: 3 to 10 Years of age
- Adolescence: 10 years to 19 years of age

3. Define Infant, Infancy and toddler?

Answer:

- **Infant:**

Infant is defined as the first year of life and is the Period of most rapid growth after birth. Infant is commonly used as a Slightly more formal world for baby. (The youngest category of the baby)

- **Infancy:**

Infancy is defined as the first year of the life after birth.

- **Toddler:**

A young child usually between one and three years old.

A Toddlers is a young child who has only just learn to walk or who still walks unsteadily with small, quite Steps.

4. What are the characteristics of Infant and toddler?

Answer:

Characteristic of an Infant:

- During this first year the baby will form Special bonds with caring adults, explore the world around them by touching, looking and engaging with in safe Spaces with caregivers.
- They will also learn more about emotions by watching everyone, sharing a smile and calming with your help.
- Infants are learning to anticipate events, make sense of their worlds and communicate their needs in these early months of life.
- Physical such as Fine Motor Skill (Holding a spoon, pen, pincer graps) and Gross motor Skill (Head control, Sitting, and walking).
- They learn through Sight, sound, Smell and taste in exploration of their everyday environment.

5. Name some Tools and Equipment's for infants and toddlers?

Answer:

Tools and Equipment's for infants and toddlers:

- Infant crib/Bed
- Blanket/Comforter's
- Breast milk collection shells
- Breast pump
- Infant carrier
- Stroller
- Bassinet
- Bathing Paraphernalia
- Feeding bottles with cap, Ring and nipple
- Dropper
- Small Tea Spoon
- Baby's layettes
- Thermometer
- Sterilizer Kits
- Cleaning Solution
- Infant Towel
- Infant's and toddler's Formula
- Bibs
- Hot water bottle
- Nursery rhymes and story books
- Toys for the crib (Mobile)
- Baby Dummy
- Wet Wipes
- Tissue

Task Sheet-1.1 Count Respiratory Rate of an infant

Working Procedure:

- Full view of infant
- Close-up view of chest and abdomen
- Sit down or lay down and try to relax.
- It's best to take your respiratory rate while sitting up in a chair or in bed.
- Measure your breathing rate by counting the number of times your chest or abdomen rises over the course of one minute.
- Record this number in one minute.

Learning Outcome 2: Bath and Dress Infants and Toddlers

| | |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Assessment Criteria | <ol style="list-style-type: none"> 1. Bathing instruments are prepared as per job requirement 2. Water quantity and temperature are checked as per requirement 3. Infants and toddlers are bathed according to standard procedure 4. Comforters are made available to infant and toddler when needed. |
| Conditions and Resources | <ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker |
| Contents | <ol style="list-style-type: none"> 1 Tools and Equipment's for infant and toddlers for their bathing and dressing. 2 Temperature of Shower Water and Measurement of water. 3 Bathing Paraphernalia and Toiletries. 4 Shower of toddler and infant 5 Comforter 6 Special toys 7 Blanket 8 Baby Dummy |
| Training Methods | <ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming |
| Assessment Methods | <ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning |

Learning Experience 2: Bath and Dress Infants and Toddlers

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

| Learning Steps | Resources specific instructions |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Student will ask the instructor about caregiving for infant, toddler and children | 1. Instructor will provide the learning materials bathing and dress infants and toddlers |
| 2. Read the Information sheet/s | 2. Information Sheet No:2-Bath and dress infants and toddlers |
| 3. Complete the Self-Checks & Answer key sheets. | 3. Self-Check No: 2- Bath and dress infants and toddlers 4. Answer key No. 2- Bath and dress infants and toddlers |
| 4. Read the Job/ Task sheet and Specification Sheet | 5. Job/ task sheet and specification sheet Job Sheet No:2-1: Bathing of a new born baby Specification Sheet: 2-1 Bathing of a newborn baby |



Information Sheet 2: Bath and Dress Infants and Toddlers



Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 2.1 Tools and Equipment's for infant and toddlers for their bathing and dressing.
- 2.2 Temperature of Shower Water and Measurement of water.
- 2.3 Bathing Paraphernalia and Toiletries.
- 2.4 Shower of toddler and infant
- 2.5 Comforter
- 2.6 Special toys
- 2.7 Blanket
- 2.8 Baby Dummy

2.1 Tools and Equipment's for infant and toddlers for their bathing and dressing

| Tools and Equipment's name | Picture |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Thick towels or a sponge-type bath cushion:</p> <p>Thick towels or a sponge-type bath cushion are items used in bathing to provide additional comfort and support for the person being bathed. These items are designed to enhance the bathing experience and make it more enjoyable and relaxing.</p> |  |
| <p>Soft washcloths:</p> <p>Soft washcloths are small, lightweight pieces of fabric, typically made of soft and gentle materials like cotton, bamboo, or microfiber. They are designed for use in personal hygiene and bathing routines, specifically for cleaning and washing the face, body, and sensitive areas.</p> |  |


| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <p>Hooded baby towel:</p> <p>A hooded baby towel is a specialized type of baby towel designed to wrap around a baby's body after bathing, with an added hood at one end. The hood is typically located at the top edge of the towel and is designed to cover and dry the baby's head after a bath.</p> |  |
| <p>Clean diaper and clothing:</p> <p>A clean diaper and clothing refer to the absence of dirt, urine, feces, or any other contaminants on the diaper and the garments worn by an infant or young child.</p> |  |

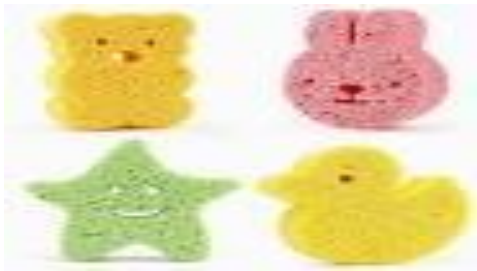



2.2 Temperature of Shower Water and Measurement of water

It is important to follow these Safety rules when bathing your baby:

- Keep the room warm so your baby does not get cold.
- Bath your baby quickly to avoid chilling.
- Keep water around 100.F (F)or 37.8-38 Celsius (C). Test the water with a bath thermometer, your elbow, or your Wrist. The water should feel warm, not hot.
- Never leave your baby alone in any amount of water.

2.3 Bathing Paraphernalia and Toiletries

| Paraphernalia name | Picture |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Thick towels or a sponge-type bath cushion:</p> <p>Thick towels or a sponge-type bath cushion are items used in bathing to provide additional comfort and support for the person being bathed. These items are designed to enhance the bathing experience and make it more enjoyable and relaxing.</p> |  |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Baby bath Sponge /soft and clean washcloth:</p> <p>A baby bath sponge or a soft and clean washcloth are items used during bathing to clean and wash a baby's delicate skin. They are designed to be gentle and non-abrasive, suitable for use on a baby's sensitive skin.</p> |  |
| <p>Baby bathtub that fits the baby:</p> <p>A baby bathtub that fits the baby is a specialized bathing accessory designed to provide a safe and comfortable bathing environment for infants and young babies. It is specifically designed to accommodate the size and needs of a baby during bath time.</p> |  |
| <p>Fresh clothes:</p> <p>Fresh clothes refer to garments that are clean, free from dirt, stains, and odors, and have a pleasant and recently laundered appearance and smell. They are clothes that have been washed and dried, providing a feeling of cleanliness and freshness when worn.</p> |  |
| <p>Comb and hair brush:</p> <p>A comb and hairbrush are grooming tools used to detangle, style, and manage hair. They are essential items in hair care routines and are designed to help keep hair neat, smooth, and well-groomed.</p> |  |

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Baby Blanket:</p> <p>A baby blanket is a soft and cozy piece of fabric designed specifically for infants and young children to provide warmth, comfort, and security. Baby blankets come in various sizes, shapes, and materials, and they are a staple item in nurseries and baby care.</p> |  |
| <p>Cotton balls:</p> <p>Cotton balls are small, soft, and fluffy spheres made of cotton fibers. They are commonly used for various purposes in personal care, hygiene, and household tasks.</p> |  |
| <p>Baby shampoo and baby soap</p> <p>Baby shampoo and baby soap are specially formulated personal care products designed for the gentle cleansing and care of infants and young children. They are milder and more suitable for delicate baby skin and hair compared to regular adult shampoos and soaps.</p> |  |
| <p>Scent and alcohol- free soap:</p> <p>Scent-free and alcohol-free soap refers to a type of soap that does not contain any added fragrances or alcohol in its formulation. These soaps are specifically designed for individuals with sensitive skin or those who may have allergies or sensitivities to certain ingredients commonly found in scented or alcohol-based soaps.</p> |  |

2.4 Shower of toddler and infant

Procedure of shower of Infant and Toddler:

Full Bath:

- a) Fill the sink or baby tub with no more than 3 inches of warm water. Test the temperature of water.
- b) Undress the baby, place them on the pad, if giving a sponge or in a basin of water.
- c) Before putting Soap on a washcloth, gently clean the baby's eyelids. using a clean spot on the cloth, start the inner corner of the eye and wash towards the ears.
- d) Then, wash your baby's face with only water. Do not soap on their face.
- e) Use clean water to wash the outer part of the ear. Do not use cotton swabs, like Q-tips, inside your baby, s ear.
- f) Wet the baby's head with water. Put mild soap or shampoo on the washcloths. Gently rub the washcloth over their head from front to back. keep soap out of their eyes. Rinse their head with clean water and gently pat with the towel.
- g) While the baby is lying on the pad or in the basin, reach under them to, lift their back and head up with your arm.
- h) Make a soapy lather on the washcloth or with your hands. Start at the neck and lather the baby's entire body. Be sure to clean between fingers, toes, and skin folds.
- i) Use the soapy washcloth or your hands to clean the diaper area.
 - Start at the front and move back to the buttocks.
 - If the baby is not circumcised, do not pull back the foreskin to clean the Genetalia.
- j) Rinse the soap off your baby with a clean, Wet washcloth.



Sponge Bath:

- a) A sponge bath is when you bathe your baby without putting him or her in a tub.
- b) During a sponge bath, you lay your baby on a towel and clean him or her with a wet washcloth.
- c) You should sponge bathe your baby no more than 2 to 3 times each week. A sponge bath should take about 5 to 10 minutes to complete.



After the Bath:

- a) Pat your baby dries with a clean towel.
- b) If you want, use lotion. Do not put lotion on baby's face.
- c) Brush and comb your baby's hair.
- d) Clean their fingernail and toenails. Carefully clip the nails with Babys Scissures or clippers when needed. Do this by making short, little clips above the white nail line. This will avoid cutting the nail too close. Or you may file the nail with a nail file. Keep your baby's finger nails Short so they do not Scratch their face.

Note: Your Baby may be bathed on a Towel, Blanket, or Changing table until his umbilical cord falls off or until he is old enough to sit up.

2.5 Comforter

Comforters are generally laid over a top bed sheet (and sometimes also blankets) and used to cover the body during sleep.

OR

A comforter is a fluffy, thick, decorative blanket used as the top covering on your bed.

2.5.1 Special toys

A sensory toy is one that is specially designed to stimulate one or more of the senses.

Sensory toys may be more appealing to children on the spectrum because they can help the child remain calm and provide the sensory experience they want.



2.5.2 Blanket

A large piece of thick cloth for use as a bed covering, animal covering, etc, enabling a person or animal to retain natural body heat. a concealing cover or layer, as of smoke, leaves, or snow.



2.5.3 Baby Dummy

Device used for an infant to suck or bite on.



The exact origin of the name “pacifier” is unclear, but it may have come from the first baby comforters.

Self-Check Sheet - 2: Bath and Dress Infants and Toddlers

Questionnaire:

1. What is Bathing?

Answer:

2. Name some are Bathing Paraphernalia's?

Answer:

3. Write down Temperature and measurement of Shower Water?

Answer:

4. Write down the Steps of dressing of a baby?

Answer:

5. Procedure of shower of Infant and Toddler?

Answer:

Answer Key - 2: Bath and Dress Infants and Toddlers

1. What is Bathing?

Answer: The act of washing yourself or washing whole body by water.

2. Name some are Bathing Paraphernalia's?

Answer: Bathing Paraphernalia

- Thick towels or a sponge-type bath cushion.
- Baby bath Sponge /soft and clean washcloth
- Baby bathtub that fits the baby.
- Warm Water
- Fresh clothes.
- Comb and hair brush.
- Damp, Wash Clothes.
- Baby shampoo and baby soap (make sure they are gentle and non-irritating)
- Clean diaper and clothing.

3. Write down Temperature and measurement of Shower Water?

Answer: It is important to follow these Safety rules when bathing your baby:

- Keep the room warm so your baby does not get cold.
- Bath your baby quickly to avoid chilling.
- Keep water around 100.F (F)or 37.8-38 Celsius (C). Test the water with a bath thermometer, your elbow, or your Wrist. The water should feel warm, not hot.
- Never leave your baby alone in any amount of water.

4. Write down the Steps of dressing of a baby?

Answer: Handle your baby carefully and gently. Work slowly and tell him what you're doing.

- Remove clothes with care.
- Choose the correct size clothes.
- Make sure your baby's clothes are safe.
- Choose layers when dressing your little one.
- Place your baby on a safe, flat surface.

5. Procedure of shower of Infant and Toddler?

Answer:

1. Fill the sink or baby tub with no more than 3 inches of warm water. Test the temperature of water.
2. Undress the baby, place them on the pad, if giving a sponge or in a basin of water.
3. Before putting Soap on a washcloth, gently clean the baby's eyelids. using a clean spot on the cloth, start the inner corner of the eye and wash towards the ears.
4. Then, wash your baby's face with only water. Do not soap on their face.
5. Use clean water to wash the outer part of the ear. Do not use cotton swabs, like Q- tips, inside your baby, s ear.
6. Wet the baby's head with water. Put mild soap or shampoo on the washcloths. Gently rub the washcloth over their head from front to back. keep soup out of their eyes. Rinse their head with clean water and gently pat with the towel.
7. While the baby is lying on the pad or in the basin, reach under them to, lift their back and head up with your arm.
8. Make a soapy lather on the washcloth or with your hands. Start at the neck and lather the baby's entire body. Be sure to clean between fingers, toes, and skin folds.
9. Use the soapy washcloth or your hands to clean the diaper area.
10. Start at the front and move back to the buttocks.
11. If the baby is not circumcised, do not pull back the foreskin to clean the Genetalia.
12. Rinse the soap off your baby with a clean, Wet washcloth.

Job Sheet-2.1: Bathing of Newborn Baby

Working Procedure:

1. Fill the sink or baby tub with no more than 3 inches of warm water. Test the temperature of water.
2. Undress the baby, place them on the pad, if giving a sponge or in a basin of water.
3. Before putting Soap on a washcloth, gently clean the baby's eyelids. using a clean spot on the cloth, start the inner corner of the eye and wash towards the ears.
4. Then, wash your baby's face with only water. Do not soap on their face.
5. Use clean water to wash the outer part of the ear. Do not use cotton swabs, like Q- tips, inside your baby, s ear.
6. Wet the baby's head with water. Put mild soap or shampoo on the washcloths. Gently rub the washcloth over their head from front to back. keep soap out of their eyes. Rinse their head with clean water and gently pat with the towel.
7. While the baby is lying on the pad or in the basin, reach under them to, lift their back and head up with your arm.
8. Make a soapy lather on the washcloth or with your hands. Start at the neck and lather the baby's entire body. Be sure to clean between fingers, toes, and skin folds.
9. Use the soapy washcloth or your hands to clean the diaper area.
10. Start at the front and move back to the buttocks.
11. If the baby is not circumcised, do not pull back the foreskin to clean the Genetalia.
12. Rinse the soap off your baby with a clean, Wet washcloth.

Learning Outcome 3: Feed Infant and Toddlers

| | |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Assessment Criteria | <ol style="list-style-type: none"> 1. Infants and toddlers' feeding tools are cleaned and sterilized following standard procedure 2. Food is prepared as prescribed 3. Infants and toddlers are positioned for feeding 4. Infants and toddlers are fed following feeding schedule and standard procedure 5. Infants and toddlers are cleaned 6. Feeding tools are cleaned and stored as per standard procedure 7. Work area is cleaned and disposed as per standard procedure |
| Conditions and Resources | <ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker |
| Contents | <ol style="list-style-type: none"> 1 Breast feeding 2 Colostrum 3 Exclusive Breast Feeding 4 Position and attachment of breast feeding 5 Storage of breast feeding. 6 Infancy and toddlers feeding tools and equipment's. 7 Infant Feeding Items 8 Formula feed id preparation 9 Sterilization of feeding items 10 Tips for Preparation of Formular Feeding 11 Infant and toddlers refeeding schedule |
| Training Methods | <ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming |
| Assessment Methods | <ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning |

Learning Experience 3: Feed Infant and Toddler's

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

| Learning Steps | Resources specific instructions |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Student will ask the instructor about caregiving for infant, toddler and children | 1. Instructor will provide the learning materials feeding infant and toddlers |
| 2. Read the Information sheet/s | 2. Information Sheet No:3-Feed infant and toddlers |
| 3. Complete the Self-Checks & Answer key sheets. | 3. Self-Check No: 3- Feed infant and toddlers Answer key No. 3- Feed infant and toddlers |
| 4. Read the Job/ Task sheet and Specification Sheet | 4. Job/ task sheet and specification sheet Job Sheet No:3-1: - Preparation of Bottle Feeding for Children Specification Sheet: 3-1 Preparation of Bottle Feeding for Children |

Information Sheet 3: Feed Infant and Toddlers

Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 3.1 Breast feeding
- 3.2 Colostrum
- 3.3 Exclusive Breast Feeding
- 3.4 Position and attachment of breast feeding
- 3.5 Storage of breast feeding.
- 3.6 Infant and toddlers feeding tools and equipment's.
- 3.7 Infant Feeding Items
- 3.8 Formula feed id preparation
- 3.9 Sterilization of feeding items
- 3.10 Tips for Preparation of Formular Feeding
- 3.11 Infant and toddlers feeding schedule

3.1 Breast feeding

Breastmilk is the ideal food for infants. Breast milk is given directly from the breast. However, it may also be pumped, stored, and offered from a bottle.

IYCF has 3 components:

- Promotion of early initiation of breast feeding (Within first hour of Life)
- Ensuring exclusive breast feeding for first 6 months (180 days of) Of life.
- Proper complementary feeding from 6 months of age (completion of 180 days) with continuation of breast feeding up to 2 years of age.

3.2 Colostrum

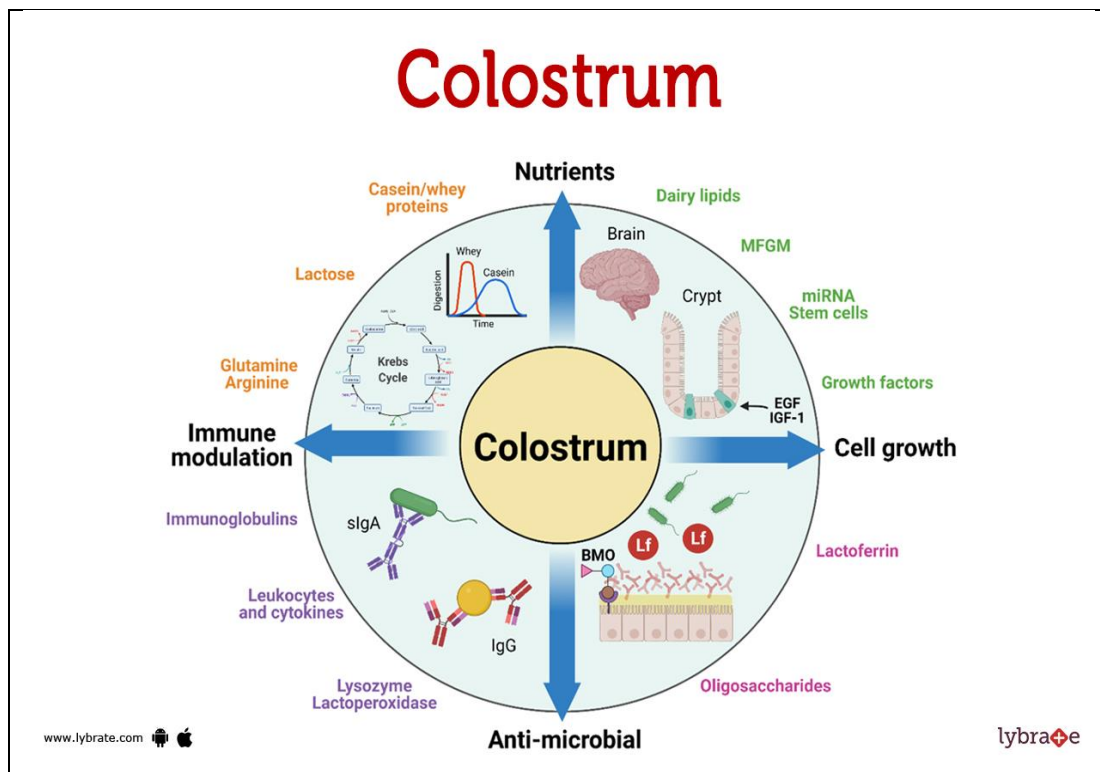
Is the first form of milk produced by the mammary glands of humans and other mammals immediately following delivery of the newborn. It is also called First milk.

Nature of colostrum:

Colostrum is a thick, yellowish-white fluid which can be expressed from the breast by the third trimester.

It contains-

- High levels of immunoglobulins antimicrobial peptides
- Growth factors.
- Colostrum is high in protein and low in fat and sugar.
- It's filled with white blood cells that produce antibodies.
- These antibodies strengthen your baby's immune system, protecting him or her from infection.



3.3 Exclusive Breast Feeding

- Exclusive breastfeeding means feeding your baby only breast milk, not nor a drop of water, except for medications or vitamin and mineral supplements.
- The American Academy of Pediatrics and the World Health Organization also recommend exclusive breastfeeding for about the first 6 months.
- with continued breastfeeding along with introducing appropriate complementary foods for up to 2 years of age or longer.

Component of Breast feeding:

- High in water and lactose
- Fat and Calories
- Carbohydrates
- Protein
- Vitamins
- Minerals
- Amino acid
- Enzymes

Benefit of Breast feeding:

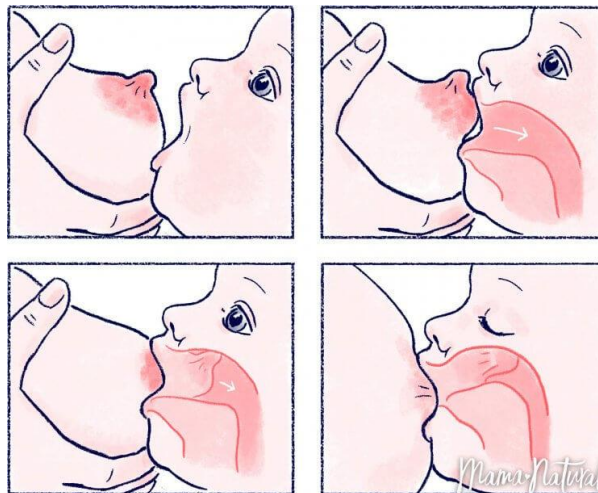
- Perfect nutrition.
- Protection.
- Brain power.
- Ready and portable.

- Size does not matter.
- Good for mothers too.
- Builds a special bond.
- Advantages continue as baby grows.
- Save money
- Promotes family planning.
- Lowers risk of breast and ovarian cancer.

Advantage of Breast feeding:

- Breastmilk is the best milk. The nutrients in breastmilk are unmatched by any other first food your baby can receive.
- It boosts baby's immune system. Breastmilk is a strong illness-inhibiting food.
- It balances baby's belly.
- Breastmilk is easily digestible.
- Breastfeeding benefits mom, too!

3.4 Position and attachment of breast feeding



Position of breast feeding:

- The body is Fully Supported.
- Body Close to the mother.
- Straight head and Body
- Facing breast, nose opposite to the nipple.

Attachment of Breast Feeding:




- The baby's chin is touching the breast
- The baby's mouth is open widely
- The baby's lower lip is turned outwards
- More Areola is seen above than below.





3.5 Storage of breast feeding

- Breast milk normally store at normal temperature for 6 hours
- At refrigerator for 24 hours. After getting from refrigerator must not warm by any type of HEAT.


3.6 Infant and toddlers feeding tools and equipment's

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Feeder</p> <p>A feeder bottle, also known as a baby bottle or feeding bottle, is a specialized container designed to hold formula, breast milk, or other liquids to feed infants who are not breastfeeding directly from the breast. Feeder bottles are commonly used to provide nourishment to babies who are unable to nurse or when breastfeeding is not possible.</p> |  |
| <p>Feeding Bottle and the nipples</p> <p>A feeding bottle, also known as a baby bottle or nursing bottle, is a specialized container designed to hold formula, expressed breast milk, or other liquids for feeding infants and young children. Feeding bottles are used when direct breastfeeding from the mother's breast is not possible or practical.</p> |  |
| <p>Syringe</p> |  |


| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <p>A syringe is a medical device used for injecting fluids, administering medication, or withdrawing fluids from the body. It consists of a hollow cylindrical barrel with a plunger that fits tightly inside it. The plunger can be pushed or pulled to draw fluids into the barrel or expel them through a needle or nozzle at the tip of the syringe.</p> |  |
| <p>Measuring Spoon</p> <p>A measuring spoon is a kitchen utensil used to accurately measure and dispense small amounts of dry or liquid ingredients for cooking and baking. Measuring spoons come in various sizes, typically ranging from 1/4 teaspoon to 1 tablespoon, each marked with specific measurements</p> |  |

3.7 Infant Feeding Items

বয়স অনুযায়ী শিশুর দৈনিক মোট শক্তি চাহিদা পূরণে ঘরে তৈরি পরিপূরক (বাড়তি) খাবার কি ধরণের ও কতবার দেওয়া উচিত



বাংলাদেশ স্বাস্থ্য ও পরিবার কল্যাণ দপ্তর



| শিশুর বয়স (মাস) | আদর্শ ওজন (কেজি) | | মায়ের দুধের পাশাপাশি দৈনিক ঘরের তৈরি কোন কোন খাবার দেওয়া উচিত | মায়ের দুধের পাশাপাশি দৈনিক কতবার ঘরের তৈরি খাবার দেওয়া উচিত | কোন খাবার দেওয়া উচিত নয় |
|------------------|------------------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| | ছেলে | মেয়ে | | | |
| পূর্ণ ৬ মাস | ৮ | ৭.৩ | ডিম সূজি, মাছ/মাংস/ডিম, শাক সবজি দিয়ে তৈরি বিচুড়ি, পুষ্টিগুড়া ইত্যাদি | ২-৩ | যে কোন গুঁড়াদুধ, গুঁড়াদুধ দিয়ে তৈরি খাবার, সিরিয়াল জাতীয় প্যাকেটজাত খাবার, মধু, চিনির পানি, পানি, সরিষার তেল, গরু/ছাগল/মহিষের দুধ |
| ৭-৮ | ৮.৫ | ৭.৮ | ডিম সূজি, মাছ/মাংস/ডিম, শাক সবজি দিয়ে তৈরি বিচুড়ি, সবজি/ফল দিয়ে সূজির হালুয়া, পুষ্টিগুড়া ইত্যাদি ও মৌসুমি ফল | ২-৩ | গুঁড়াদুধ বা গুঁড়াদুধ দিয়ে তৈরি খাবার, সিরিয়াল জাতীয় প্যাকেটজাত খাবার, চিপস, জুস ইত্যাদি যে কোন প্যাকেটজাত খাবার ও পানীয় |
| ৯-১১ | ৮.৯-৯.৪ | ৮.২-৮.৭ | ডিম সূজি, মাছ/মাংস/ডিম, শাক সবজি দিয়ে তৈরি বিচুড়ি, ছোট মাহের চপ, কাটলেট, সবজি/ফল দিয়ে সূজির হালুয়া, মিষ্টি কুমড়ার পায়েস ইত্যাদি ও মৌসুমি ফল | ৩-৪ | গুঁড়াদুধ বা গুঁড়াদুধ দিয়ে তৈরি খাবার, সিরিয়াল জাতীয় প্যাকেটজাত খাবার, চিপস, জুস ইত্যাদি যে কোন প্যাকেটজাত খাবার ও পানীয়, ফাস্ট ফুড ইত্যাদি |
| ১২-২৩ | ৯.৫-১২ | ৯-১১.৩ | ডিম সূজি, মাছ/মাংস/ডিম/কদিজা, শাক সবজি দিয়ে তৈরি বিচুড়ি, ছোট মাহের চপ, কাটলেট, সবজি/ফল দিয়ে সূজির হালুয়া; মিষ্টি কুমড়া/ফলের পায়েস, কলিজা/সয়া/সব-জি/মাসের চপ, পেস্টো/বুট/মিষ্টি আলু/গাজর মিষ্টিকুমড়া ও নারিকেলের হালুয়া/সুপ ইত্যাদি ও মৌসুমি ফল | ৪-৫ | গুঁড়াদুধ বা গুঁড়াদুধ দিয়ে তৈরি খাবার, সিরিয়াল জাতীয় প্যাকেটজাত খাবার, চিপস, জুস ইত্যাদি যে কোন প্যাকেটজাত খাবার ও পানীয়, ফাস্ট ফুড ইত্যাদি |

3.8 Formula feed id preparation

Milk formula is prepared as prescribed:

- Rinse: Rinse the feeding tools in warm water to remove any remaining food particles.
- Wash: Use a mild dishwashing soap and warm water to wash the feeding tools thoroughly.
- Rinse again: Rinse the feeding tools again in warm water to remove any soap residue.
- Sterilize: You can sterilize feeding tools using one of the following methods:
 - Boiling: Place the feeding tools in a pot of boiling water and boil for at least 5 minutes. Make sure that all parts of the feeding tools are fully submerged in the water.
 - Steam sterilization.
 - Chemical sterilization.
- Dry: After sterilizing, let the feeding tools air dry on a clean, dry surface. Avoid using a dish towel or paper towel, as these can introduce bacteria.

3.9 Sterilization of feeding items



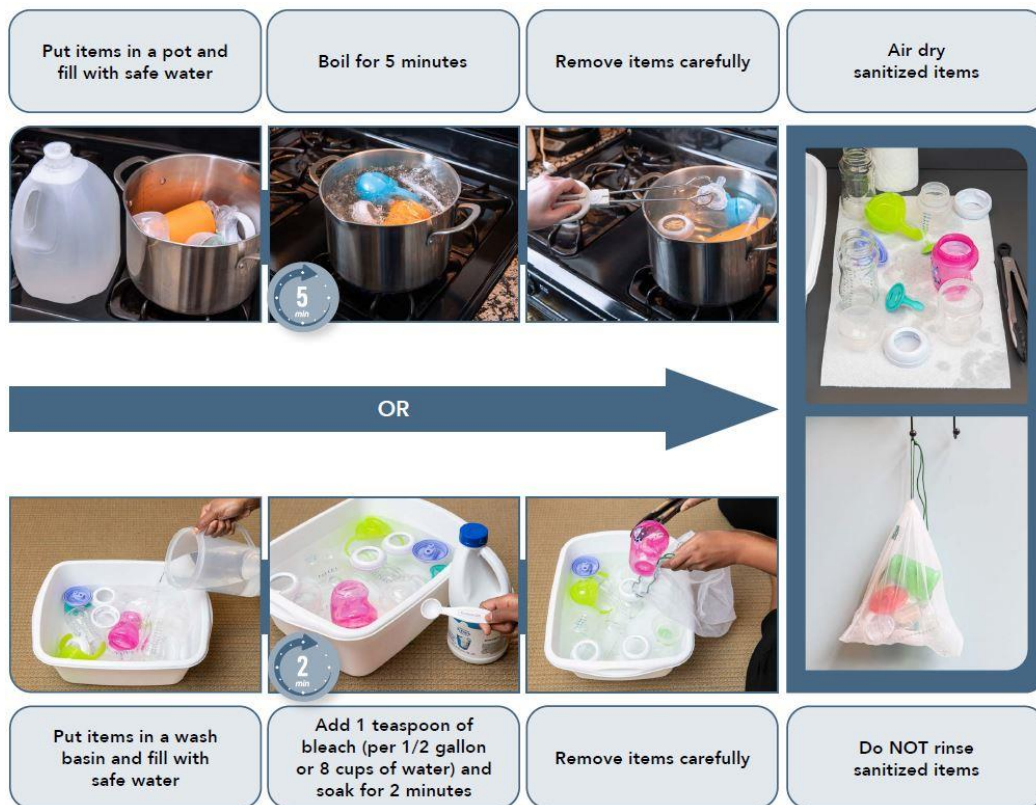
- Wash hands. Wash your hands well with soap and water for 20 seconds.
- Take apart. Separate all bottle parts (for example, bottles, nipples, caps, rings, valves).
- Rinse. Rinse bottle parts and any other feeding items by holding them under running water. Do not set them in the sink. The water can be warm or cold, whatever you prefer.

Wash feeding items.

- Place all items in a clean basin or container used only to clean infant feeding items. Do not wash directly in the sink because it may contain germs that could contaminate these items.
- Fill wash basin with hot water and add soap.
- Scrub items using a clean brush that is used only to clean infant feeding items.
- Squeeze water through nipple holes to be sure they get clean.
- Rinse again. Rinse by holding items under running water, or by holding completely under fresh water, in a separate basin that is used only for cleaning infant feeding items.
- Allow to air-dry. Place bottle parts, wash basin, and bottle brush on a clean, unused

dish towel or paper towel in an area protected from dirt and dust. Allow to air dry thoroughly.

- Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.
- Clean wash basin and bottle brush. Rinse the wash basins and brush well and allow them to air-dry after each use. Wash them every few days, either in a dishwasher with hot water and a heated drying cycle (if they are dishwasher-safe), or by hand with soap and warm water. If your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness (such as HIV) or medical treatment (Such as chemotherapy for cancer), wash basin and bottle brush after every use



3.10 Tips for Preparation of Formula Feeding

- Always follow manufacturers' instructions carefully as they vary on how much water and powder to use.
- Never add extra formula powder because this can make your baby constipated or dehydrated. Too little powder may mean your baby doesn't get the nourishment they need.
- You shouldn't add anything else to the bottle like sugar or cereals either.
- Never warm up formula in a microwave, as it may heat the feed unevenly and scald your baby's mouth.
- You should make up each feed as your baby needs it because bacteria multiply very quickly at room temperature. You might be surprised that even sealed formula packets can sometimes contain bacteria.

- Very young babies and babies with poorer immune systems, like premature babies, are more vulnerable to bacteria. It's particularly important to follow these guidelines or consider using sterile ready-made liquid feeds if your baby was born prematurely.



3.11 Infant and toddlers feeding schedule



- Most newborns eat every 2 to 3 hours, or 8 to 12 times every 24 hours.
- Babies might only take in half ounce per feeding for the first day or two of life, but after that will usually drink 1 to 2 ounces at each feeding. This amount increases to 2 to 3 ounces by 2 weeks of age.
- At about 2 months of age, babies usually take 4 to 5 ounces per feeding every 3 to 4 hours.

- At 4 months, babies usually take 4 to 6 ounces per feeding.
- At 6 months, babies may be taking up to 8 ounces every 4 to 5 hours.
- Most babies will increase the amount of formula they drink by an average of 1 ounce each month before leveling off at about 7 to 8 ounces per feeding. Solid foods should be started at about 6 months old.

Self-Check Sheet - 3: Feed Infant and Toddlers

Questionnaire:

1. What is Colostrum?

Answer:

2. Content of Colostrum?

Answer:

3. What is Exclusive Breast Feeding?

Answer:

4. Content of Breast feeding?

Answer:

5. Position of Breast Feeding?

Answer:

Answer Key - 3: Feed Infant and Toddlers

1. What is Colostrum?

Answer: Is the first form of milk produced by the mammary glands of humans and other mammals immediately following delivery of the newborn.

It is also called First milk

2. Content of Colostrum?

Answer: It contains----

- High levels of immunoglobulins antimicrobial peptides
- Growth factors.
- Colostrum is high in protein and low in fat and sugar.
- It's filled with white blood cells that produce antibodies.
- These antibodies strengthen your baby's immune system, protecting him or her from infection.

3. What is Exclusive Breast Feeding?

Answer: Exclusive breastfeeding means feeding your baby only breast milk, not nor a drop of water, except for medications or vitamin and mineral supplements. The American Academy of Pediatrics and the World Health Organization also recommend exclusive breastfeeding for about the first 6 months.

4. Content of Breast feeding?

Answer:

- High in water and lactose
- Fat and Calories
- Carbohydrates
- Protein
- Vitamins
- Minerals
- Amino acid
- Enzymes

5. Position of Breast Feeding?

Answer:

- The body is Fully Supported.
- Body Close to the mother.
- Straight head and Body
- Facing breast, nose opposite to the nipple.

Job Sheet-3.1: Preparation of Bottle Feeding for Children

Working Procedure:

Step 1: Fill up the kettle with fresh water: Use at least 1 liter of fresh tap water. Don't boil and use water that has already been boiled, or use artificially-softened water. Bottled water is also not recommended for making up a feed as it's not sterile and may contain too much salt (sodium) or sulphate.

Step 2: Boil the water: Then leave it to cool for up to 30 minutes, so that it has cooled but is still at least 70°C.

Step 3: Clean area and wash your hands: It's important to disinfect the surface you are going to use and wash your hands thoroughly.

Step 4: Rinse and shake excess water: If you're using a cold-water sterilizer, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle (not tap water). Then put your sterilized baby bottle on the cleaned, disinfected surface.

Step 5: Pour the water in: Use the amount of water you need and double check the water level is correct. Always put water in the bottle first, while it's still hot, before adding any powdered formula.

Step 6: Loosely fill the scoop with formula powder Do this according to the manufacturer's instructions. Level it off using either the flat edge of a clean, dry knife or the leveler provided. Different tins of formula come with different scoops. Make sure you only use the scoop that comes with the formula.

Step 7: Put the teat back on the bottle: Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle. Cover the teat with the cap and shake the bottle until all of the formula powder dissolves.

Step 8: Cool the bottle for your baby: It's important to cool the formula so it's not too hot to drink. You can do this by holding the bottle (with the lid on) under cold running water.

Step 9: Test the temperature: Always test the temperature of the formula on the inside of your wrist before feeding it to your baby. It should be body temperature, which means it feels warm or cool, but not hot.

Step 10: Throw away un-used feed: If there is any made-up formula left after your baby has finished feeding, always throw it away.

Learning Outcome 4: Put Infants and Toddlers to Sleep

| | |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Assessment Criteria | <ol style="list-style-type: none"> 1. Sleeping schedule is maintained 2. Infants and toddlers' crib are prepared as per procedure 3. Infants and toddlers are prepared for sleeping following standard procedure 4. Infants and toddlers are put to sleep as per baby's preference |
| Conditions and Resources | <ol style="list-style-type: none"> 1. Real or simulated workplace 2. CBLM 3. Handouts 4. Laptop 5. Multimedia Projector 6. Paper, Pen, Pencil, Eraser 7. Internet facilities 8. White board and marker |
| Contents | <ol style="list-style-type: none"> 1 Sleeping schedule 2 Infants and toddlers' crib 3 Sleeping procedure 4 Baby preference |
| Training Methods | <ol style="list-style-type: none"> 1. Discussion 2. Presentation 3. Demonstration 4. Guided Practice 5. Individual Practice 6. Project Work 7. Problem Solving 8. Brainstorming |
| Assessment Methods | <ol style="list-style-type: none"> 1. Written Test 2. Demonstration 3. Oral Questioning |

Learning Experience 4: Put Infants and Toddlers to Sleep

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

| Learning Steps | Resources specific instructions |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Student will ask the instructor about caregiving for infant, toddler and children | 1. Instructor will provide the learning materials putting infants and toddlers to sleep |
| 2. Read the Information sheet/s | 2. Information Sheet No:4-Put infant and toddlers to sleep |
| 3. Complete the Self-Checks & Answer key sheets. | 3. Self-Check No: 4- Put infant and toddlers to sleep Answer key No. 4- Put infant and toddlers to sleep |
| 4. Read the Job/ Task sheet and Specification Sheet | 4. Job/ task sheet and specification sheet Job Sheet No:4-1: Preparation of infant and toddler's crib Specification Sheet: 4-1: Preparation of infant and toddler's crib |

Information Sheet 4: Put Infants and Toddlers to Sleep

Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 4.1 Sleeping schedule
- 4.2 Infants and toddlers' crib preparation
- 4.3 Preparing infants and toddlers for sleeping
- 4.4 Baby preference

4.1 Sleeping schedule

Maintaining a regular sleeping schedule for infants and toddlers is important for their overall health and well-being. Here are some general guidelines for maintaining a sleeping schedule:

- Establish a routine.
- Stick to a schedule.
- Create a comfortable sleeping environment.
- Limit screen time.
- Be flexible.

| AGE | NUMBER OF NAPS | NAP LENGTH | DAY TIME SLEEP | NIGHT TIME SLEEP | NIGHT TIME SLEEP LENGTH | TOTAL DAILY SLEEP |
|---------------|----------------|-------------------|----------------|------------------|-------------------------|-------------------|
| Birth-6 weeks | Multiple | 30mins - 4 hours | Varies | Varies | Varies | 14-17 hours |
| 2 months | 3-5 | 30 mins - 4 hours | 7-9 hours | 8-10 hours | Up to 6 hours | 14-17 hours |
| 3 months | 4 | 30 mins - 3 hours | 4-8 hours | 8-10 hours | 6-8 hours | 14-16 hours |
| 4 months | 3 | 1-3 hours | 3-6 hours | 9-10 hours | 6-8 hours | 13-16 hours |
| 5 months | 2-3 | 1-3 hours | 3-6 hours | 10-12 hours | 8-11 hours | 12-16 hours |
| 6-9 months | 2-3 | 1-2 hours | 3-4 hours | 10-12 hours | 10-12 hours | 12-16 hours |
| 10-12 months | 2 | 1-2 hours | 3-4 hours | 10-12 hours | 10-12 hours | 12-15 hours |

4.2 Infants and toddlers' crib preparation

Choose a firm and flat mattress that fits snugly inside the crib. The mattress should not be too soft or too thick, as this can increase the risk of suffocation or sudden infant death syndrome (SIDS).

Cover the mattress with a fitted sheet that is specifically designed for cribs. The sheet should fit tightly around the mattress and not have any loose or dangling parts that could pose a suffocation hazard.

Place the crib in a safe and secure location, away from any hazards such as cords, blinds, or other objects that could pose a strangulation risk.

Ensure that the crib is sturdy and that all its components, such as the rails, are in good condition and secure.

Avoid placing any toys, pillows, or blankets inside the crib, as these items can increase the risk of suffocation or SIDS. Instead, dress the baby in appropriate sleepwear and use a wearable blanket or sleep sack for warmth.

Position the baby on their back to sleep, as this is the safest sleeping position and reduces the risk of SIDS.



4.3 Preparing infants and toddlers for sleeping

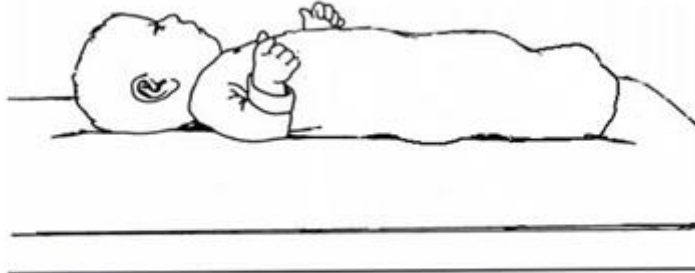
Sleep is important at all ages. Newborns do not know day from night, so they sleep and wake up at all times. Toddler sleep may vary too. This can be hard for parents.

How Much Sleep Your Child Needs Depends on Their Age

| Age | How much sleep | Other |
|-----------------------------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Birth to 2 months | 16 to 20 hours a day | <ul style="list-style-type: none">Your child will be awake 1 to 2 hours between sleep times. |
| Infants: 2 months to 1 year | 13 to 15 hours a day | <ul style="list-style-type: none">Sleep time includes nighttime sleep, and morning and afternoon naps. |
| Toddlers: 1 to 2 years | 12 hours a day | <ul style="list-style-type: none">Sleep time includes afternoon naps.Naps should be less than 3 hours.Have your child wake up by 4 p.m. so they sleep at night. |

Help Your Child Sleep Better

- Feed your baby right before bedtime so they are not hungry when you put them in their crib.
- Put your child in their crib when they are sleepy but not yet asleep. This lets them learn to fall asleep on their



Picture 1 Always put your baby in a crib on their back.

- Always put your baby in their crib on their back. Do this until they are 1 year old (**Picture 1**).
- Have a regular sleep schedule and a nighttime routine.
 - Your child should go to sleep at the same time each night.
 - Nighttime routines can include feeding, bathing, stories, soft music, etc.
- You can give your baby a pacifier while they sleep.
 - A pacifier may lower the risk of sudden unexplained infant death syndrome (SUIDS).
 - If your baby is breastfeeding, be sure they can put their mouth around the nipple and latch on before starting a pacifier. This is usually around 3 to 4 weeks of age.
- Do not put your child in their crib with a bottle or cup. Sleeping with milk or juice in their mouth can lead to tooth decay (cavities).

Prevent Bad Habits

- Put your baby in their crib on their back for safety and so they learn to sleep alone.
- Safe sleep for infants up to 1 year of age also includes:
 - Sharing a room but NOT a bed
 - Nothing in the crib but your baby; no blankets, stuffed animals, or bumpers
- Night feedings
 - When babies are 2 times their birth weight they may not need to be fed at night.
 - Ask your baby's health care provider when to start cutting down night feedings.
- When your baby is about 6 months old, try this if they wake up and fuss at night.
 - Check on them, but don't let them see you. If you do, they will expect you to keep coming back when they fuss.
 - At first, fussing lasts about 10 minutes. The next night, let fussing last a bit longer.

- For this to work, you must keep doing it over and over again the same way.
- Remember, you are helping your child learn to go back to sleep on their own.
- If this does not work after a few weeks, you can stop. Try again in 4 to 6 weeks.

Establish a consistent bedtime routine.

- TV/Devices are switched off at least before 1 hour
- Brushing tooth (Toddlers)
- Use a safe and comfortable sleep surface
- Night dress the baby appropriately for the temperature.
- Maintain room lighting and noise
- Monitor the baby while they are sleep

4.4 Baby preference

Babies have different preferences, and what one baby enjoys, another might not. However, many babies do tend to enjoy the following activities:

- **Singing:** Babies often find comfort and entertainment in listening to soothing lullabies or even just the sound of their caregiver's voice. Singing to a baby can also help with bonding.
- **Storytelling:** While very young babies might not understand the words, they can still be captivated by the rhythm and tone of storytelling. As they get older, reading books with colorful pictures can become a fun and educational activity.
- **Walking or Rocking on Lap:** Many babies find the gentle rocking or swaying motion of being walked or rocked on a caregiver's lap to be calming. This can help them relax and even fall asleep more easily.

Self-Check Sheet - 4: Put Infants and Toddlers to Sleep

Questionnaire:

1. Describe sleeping schedule?

Answer:

2. Describe about infant and toddlers' crib?

Answer:

3. What are the sleeping procedures?

Answer:

Answer Key - 4: Put Infants and Toddlers to Sleep

1. Describe sleeping schedule?

Answer: Maintaining a regular sleeping schedule for infants and toddlers is important for their overall health and well-being. Here are some general guidelines for maintaining a sleeping schedule:

- Establish a routine.
- Stick to a schedule.
- Create a comfortable sleeping environment.
- Limit screen time.
- Be flexible.

2. Describe about infant and toddlers' crib?

Answer: Infant and toddler cribs are specially designed beds or sleeping spaces for young children. They provide a safe and comfortable environment for infants and toddlers to sleep, rest, and play. Cribs are an essential piece of furniture in nurseries and are carefully designed to meet the specific needs of babies and young children.

3. What are the sleeping procedures?

Answer: Establish a consistent bedtime routine.

- TV/Devices are switched off at least before 1 hour
- Brushing tooth (Toddlers)
- Use a safe and comfortable sleep surface
- Night dress the baby appropriately for the temperature.
- Maintain room lighting and noise
- Monitor the baby while they are sleep

Job Sheet-4.1: Prepare of Infant and Toddler's Crib

Working Procedure:

Maintain all personal protection against the work

1. Choose a firm and flat mattress that fits snugly inside the crib. The mattress should not be too soft or too thick, as this can increase the risk of suffocation or sudden infant death syndrome (SIDS).
2. Cover the mattress with a fitted sheet that is specifically designed for cribs. The sheet should fit tightly around the mattress and not have any loose or dangling parts that could pose a suffocation hazard.
3. Place the crib in a safe and secure location, away from any hazards such as cords, blinds, or other objects that could pose a strangulation risk.
4. Ensure that the crib is sturdy and that all its components, such as the rails, are in good condition and secure.
5. Avoid placing any toys, pillows, or blankets inside the crib, as these items can increase the risk of suffocation or SIDS. Instead, dress the baby in appropriate sleepwear and use a wearable blanket or sleep sack for warmth.
6. Position the baby on their back to sleep, as this is the safest sleeping position and reduces the risk of SIDS.

Review of Competency

Below is yourself assessment rating for module **Provide Care and Support to Infants and Toddlers**

| Assessment of performance Criteria | Yes | No |
|------------------------------------------------------------------------------------------------------|-----|----|
| Tools and equipment are prepared according to the need of the infant/toddler | | |
| Distressed infants and toddlers are responded with appropriate methods, activity and non-verbal cues | | |
| Infants and toddlers are picked up and cuddled according to standard procedure | | |
| Infants and toddlers are trained to use toilet facility according to standard procedure | | |
| Vital signs of infant and toddlers are measured following standard procedure. | | |
| Infants and toddlers are provided medication following doctor's prescription | | |
| Bathing instruments are prepared as per job requirement | | |
| Water quantity and temperature are checked as per requirement | | |
| Infants and toddlers are bathed according to standard procedure | | |
| Comforters are made available to infant and toddler when needed. | | |
| Infants and toddlers' feeding tools are cleaned and sterilized following standard procedure | | |
| Food is prepared as prescribed | | |
| Infants and toddlers are positioned for feeding | | |
| Infants and toddlers are fed following feeding schedule and standard procedure | | |
| Infants and toddlers are cleaned | | |
| Feeding tools are cleaned and stored as per standard procedure | | |
| Sleeping schedule is maintained | | |
| Infants and toddlers' crib are prepared as per procedure | | |
| Infants and toddlers are prepared for sleeping following standard procedure | | |
| Infants and toddlers are put to sleep as per baby's preference | | |

I now feel ready to undertake my formal competency assessment.

Signed:

Date:

Development of CBLM:

The Competency Based Learning Material (CBLM) of ‘**Provide care and support to infants and toddlers**’ (Occupation: Caregiving for Infant, Toddler and Children, Level-3) for National Skills Certificate is developed by NSDA with the assistance of SIMEC System, ECF consultancy & SIMEC Institute JV (Joint Venture Firm) in the month of June 2023 under the contract number of package SD-9A dated 07th May 2023.

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