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SELF-ASSESSMENT GUIDE

Qualification	CAREGIVING (Newborn to Pre-schooler) NC II		
Units of Competency Covered	<ul style="list-style-type: none"> • Participate in the implementation and monitoring newborn’s care plan • Develop the ability to recognize newborn’s growth and development • Perform caring skills for newborn • Participate in the implementation and monitoring of infant’s care plan • Provide physical needs, care and support to infant • Foster social, intellectual and emotional development of infant • Participate in the implementation and monitoring of toddler’s care plan • Develop the ability to recognize toddler’s growth and development • Perform caring skills for toddler • Participate in the implementation and monitoring of pre-schooler’s care plan • Develop the ability to recognize pre-schooler’s growth and development • Perform caring skills for pre-schooler 		
Instruction: Read each question and check the appropriate column to indicate your answer.			
Can I?	YES	NO	
PARTICIPATE IN THE IMPLEMENTATION AND MONITORING OF NEWBORN’S CARE PLAN			
• Explain details of care plan, including parents’/support team member’s/authorized persons’ participation in the plan			
• Interpret and clarify caregiver’s own roles and responsibilities in newborn care according to confirmed care plan *			
• Provide, monitor and/or seek assistance in support/care activities based on care plan *			
• Assist in maintaining a clean, safe and healthy environment			
• Identify potential or actual risks present, and what proper response is needed			
• Communicate with parents’/support team member’s/authorized persons’ on concerns regarding provision of care and support *			
• Document/record relevant information on care and support			
DEVELOP THE ABILITY TO RECOGNIZE NEWBORN’S GROWTH AND DEVELOPMENT			
• Respond to distressed behavior (ex. crying, uncomfortable) with appropriate methods, activities and/or non-verbal cues *			
• Stimulate newborn’s interaction (with family members/relatives) and communication skills, including introduction of nursery rhymes *			

<ul style="list-style-type: none"> Nurture feeling of security and trust by cuddling/carrying and giving attention to personal needs * 		
<ul style="list-style-type: none"> Document/record daily the social, intellectual and emotional development of newborn, following established procedure* 		
PERFORM CARING SKILLS FOR NEWBORN		
<ul style="list-style-type: none"> Practice safe, hygienic care and proper carrying/cuddling techniques of newborn* 		
<ul style="list-style-type: none"> Assess environment and condition of newborn, including his/her umbilical cord, side effects of immunization, vaccination needed * 		
<ul style="list-style-type: none"> Feed newborn according to prescribed procedure, including correct quantity and frequency monitoring, burping techniques * 		
<ul style="list-style-type: none"> Encourage mother to breastfeed following established guidelines (WHO and Philippine Law), ex. proper positioning, infection control 		
<ul style="list-style-type: none"> Prepare milk formula according to prescribed procedure, including cleaning, sterilization of bottles and other utensils * 		
<ul style="list-style-type: none"> Identify and prepare bathing paraphernalia and the room environment, in accordance with established procedure * 		
<ul style="list-style-type: none"> Prepares newborn for bathing, including taking vital signs based on established procedure 		
<ul style="list-style-type: none"> Bath and undress/dress newborn according to established procedure * 		
<ul style="list-style-type: none"> Change diaper following established procedure, including safety practice and use of appropriate supplies and practice of proper disposal of used diaper * 		
<ul style="list-style-type: none"> Demonstrate how to put newborn to sleep based on established procedure, ex. appropriate sleeping position * 		
<ul style="list-style-type: none"> Demonstrate ability to assess newborn's needs (ex. condition of skin, urine and stool) when changing of diaper * 		
<ul style="list-style-type: none"> Maintain cleanliness of newborn and his/her environment (room & crib), ex. regularly changing diaper, clothes, linens, pillow cases * 		
<ul style="list-style-type: none"> Document/record assessment and/or relevant information on newborn's development, ex. umbilical cord condition, feed intake, vital signs, urine and stool * 		
<ul style="list-style-type: none"> Complete tasks as scheduled * 		
<ul style="list-style-type: none"> Identify first-aid measures for newborn (common competency) * 		
PARTICIPATE IN THE IMPLEMENTATION AND MONITORING OF INFANT'S CARE PLAN		
<ul style="list-style-type: none"> Explain details of care plan, including parents'/support team member's/authorized persons' participation in in the plan 		
<ul style="list-style-type: none"> Interpret and clarify caregiver's own roles and responsibilities in infant care according to confirmed care plan * 		
<ul style="list-style-type: none"> Provide, monitor and/or seek assistance in support/care activities based on care plan * 		
<ul style="list-style-type: none"> Assist in maintaining a clean, safe and healthy environment 		
<ul style="list-style-type: none"> Identify potential or actual risks present, and what proper response is needed 		

<ul style="list-style-type: none"> • Communicate with parents'/support team member's/authorized persons' on concerns regarding provision of care and support * 		
<ul style="list-style-type: none"> • Document /record relevant information on care and support * 		
PROVIDE PHYSICAL NEEDS, CARE AND SUPPORT TO INFANT		
<ul style="list-style-type: none"> • Practice safe, hygienic care and proper carrying/cuddling techniques of infants* 		
<ul style="list-style-type: none"> • Assess condition of infants, including side effects of immunization and other health concerns 		
<ul style="list-style-type: none"> • Manage common health concerns of the infant, with parents/support team/authorized persons' permission 		
<ul style="list-style-type: none"> • Ensure safe or hazard-free environment of the infant 		
<ul style="list-style-type: none"> • Encourage mother to breastfeed following established guidelines (WHO and Philippine Law), ex. proper positioning, infection control 		
<ul style="list-style-type: none"> • Prepare milk formula according to prescribed procedure, including cleaning, sterilization of bottles and other utensils * 		
<ul style="list-style-type: none"> • Feed infant according to prescribed procedure, including correct quantity and frequency monitoring, burping techniques * 		
<ul style="list-style-type: none"> • Introduce solid food, appropriate to infant's age and needs 		
<ul style="list-style-type: none"> • Identify and prepare bathing paraphernalia in accordance with established procedure * 		
<ul style="list-style-type: none"> • Prepare infant for bathing, including taking vital signs based on established procedure * 		
<ul style="list-style-type: none"> • Bath and dress infant according to established procedure * 		
<ul style="list-style-type: none"> • Changes diaper following established procedure, including safety practice and use of appropriate supplies and practice of proper disposal of used diaper * 		
<ul style="list-style-type: none"> • Demonstrate ability to assess infant's needs, ex. condition of skin, urine and stool during changing of diaper * 		
<ul style="list-style-type: none"> • Maintain cleanliness of infant and his/her environment (room & crib), ex. regularly changing diaper, clothes, linens, pillow cases * 		
<ul style="list-style-type: none"> • Prepare and demonstrate how to put infant to sleep based on established procedure, ex. appropriate sleeping position * 		
<ul style="list-style-type: none"> • Confirm understanding of prescribed medicine administration to infant, to include dosage instructions, reading medication abbreviations, 10 Rights of Medication * 		
<ul style="list-style-type: none"> • Document/record daily the relevant information on stages of growth and development of infant * 		
<ul style="list-style-type: none"> • Complete tasks as scheduled * 		
<ul style="list-style-type: none"> • Apply first aid (from Common Competency) * 		
FOSTER PHYSICAL, SOCIAL, EMOTIONAL AND INTELLECTUAL DEVELOPMENT OF INFANT		
<ul style="list-style-type: none"> • Identify infant reflexes and sensory development, appropriate to stages of growth and development * 		

<ul style="list-style-type: none"> • Nurture gross and fine motor development, appropriate to stages of growth and development * 		
<ul style="list-style-type: none"> • Stimulate infant's interaction (with family members/relatives) and communication skills, including introduction of nursery rhymes, toy & play activities* 		
<ul style="list-style-type: none"> • Respond to distressed behavior (ex. crying, uncomfortable) with appropriate methods, activities and/or non-verbal cues * 		
<ul style="list-style-type: none"> • Nurture feeling of security and trust by cuddling/carrying and giving attention to infant's personal needs * 		
<ul style="list-style-type: none"> • Document/record daily the relevant information on stages of growth and development * 		
PARTICIPATE IN THE IMPLEMENTATION AND MONITORING OF TODDLER'S CARE PLAN		
<ul style="list-style-type: none"> • Explain details of care plan, including parents'/support team member's/authorized persons' participation in the care plan 		
<ul style="list-style-type: none"> • Prepare support activities for toddler's according to approved plan 		
<ul style="list-style-type: none"> • Interpret and clarify caregiver's own roles and responsibilities in toddler care according to confirmed plan 		
<ul style="list-style-type: none"> • Provide, monitor and/or seek assistance in support/care activities based on care plan * 		
<ul style="list-style-type: none"> • Maintain safe, hygienic and infection controlled environment (room, crib/bed, linens and pillow)* 		
<ul style="list-style-type: none"> • Identify potential or actual risks present, and what proper response is needed 		
<ul style="list-style-type: none"> • Communicate with parents'/support team member's/authorized persons' on concerns regarding provision of care and support * 		
<ul style="list-style-type: none"> • Document/record relevant information on care and support * 		
DEVELOP THE ABILITY TO RECOGNIZE TODDLER'S GROWTH AND DEVELOPMENT		
<ul style="list-style-type: none"> • Nurture gross and fine motor, including dentition (teeth growth) and physical development needs of toddler * 		
<ul style="list-style-type: none"> • Toilet train toddler, based on established guidelines for successful toilet training * 		
<ul style="list-style-type: none"> • Nurture social, emotional and cognitive development of toddler, including provision of appropriate toys, play and language development * 		
<ul style="list-style-type: none"> • Identify and manage temper/tantrum based on stages of growth and development * 		
<ul style="list-style-type: none"> • Identify and minimize anxiety and fears of toddler based on stages of growth and development * 		
<ul style="list-style-type: none"> • Practice safety measures, including avoiding hazards or common accidents and car safety * 		
<ul style="list-style-type: none"> • Nurture feeling of security and trust and allowable autonomy of toddlers* 		
<ul style="list-style-type: none"> • Document/record the social, intellectual and emotional development of toddler, following established procedure* 		

PERFORM CARING SKILLS FOR TODDLER		
• Encourage mother to continue breastfeeding as needed, following established guidelines, ex. proper positioning, infection control		
• Prepare milk formula according to prescribed procedure, including cleaning, sterilization of bottles and other utensils *		
• Feed toddler as scheduled and according to prescribed procedure, quantity, frequency and nutritional requirements *		
• Identify and prepare bathing paraphernalia in accordance with established procedure		
• Prepare toddler for bathing, including taking vital signs and practice of oral hygiene, based on established procedure *		
• Bathe and dress/undress toddler according to established procedure*		
• Change diaper following established procedure, including safety practice and use of appropriate supplies according to practice of proper disposal of used diaper *		
• Prepare and demonstrate how to put toddler to sleep based on established procedure, including conditioning of healthy sleeping patterns *		
• Confirm understanding of medicine administration to toddlers, to include dosage instructions, reading medication abbreviations, 10 Rights of Medication		
• Demonstrate ability to assess toddler's reactions to medications *		
• Document/record toddler's growth and development*		
• Complete tasks as scheduled *		
PARTICIPATE IN THE IMPLEMENTATION AND MONITORING OF PRE-SCHOOLER'S CARE PLAN		
• Confirm understanding the details of care plan, including parents'/support team member's/authorized persons' participation in the plan *		
• Interpret and clarify caregiver's own roles and responsibilities in pre-schooler's care according to confirmed plan		
• Prepare support activities for pre-schooler's according to approved plan		
• Provide, monitors and/or seeks assistance in support/care activities based on care plan *		
• Identify potential or actual risks and what proper response is needed		
• Communicate with parents'/support team member's/authorized persons' on concerns regarding provision of care and support *		
• Document/record relevant information on care and support *		
DEVELOP THE ABILITY TO RECOGNIZE GROWTH AND DEVELOPMENT OF PRE-SCHOOLER		
• Nurture gross and fine motor, including dentition (teeth growth) and physical development needs of pre-schooler *		
• Nurture social, emotional, cognitive and moral development of pre-schooler, including provision of appropriate toys, play and language development *		

• Cultivate sense of initiative, such as independence, self-exploration in pre-schoolers *		
• Identify and manage behavior patterns, including fears of pre-schooler according to stages of growth and development, and guidelines *		
• Nurture feeling of security, trust and allowable autonomy of pre-schooler*		
• Document/record daily the relevant information on stages of growth and development *		
PERFORM CARING SKILLS FOR PRE-SCHOOLER		
• Practice safe, proper hygiene and infection control of pre-schooler's environment*		
• Maintain cleanliness of pre-schooler's room, bed, linens and pillow, according to parents' instruction		
• Ensure safe or hazard-free environment of pre-schooler		
• Serve meal to pre-schooler's based on standard guidelines, including appropriate nutritional requirements *		
• Identify and prepare bathing paraphernalia in accordance with established procedure *		
• Prepare pre-schooler for bathing, including taking vital signs based on established procedure *		
• Assist pre-schooler in bathing and changing clothes, sensitive to child's preference, ease of putting on/off or other developmental considerations*		
• Prepare bed and encourages pre-schooler of healthy sleeping patterns*		
• Identify common sleep problems of pre-schooler		
• Confirm understanding of medicine administration to apre-schooler, to include dosage instructions, reading medication abbreviations, 10 Rights of Medication *		
• Identify pre-schooler's possible adverse reactions to medication*		
• Document/record daily the relevant information on stages of growth and development *		
• Complete tasks as scheduled *		
• Apply basic first aid (common competency)*		
I agree to undertake assessment with the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.		
Candidate's Name and Signature		Date

NOTE: *Critical aspects of competency