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## SELF-ASSESSMENT GUIDE

Qualification	<b>CAREGIVING (Newborn to Pre-schooler) NC II</b>		
Certificate of Competency (COC 2)	<b>Provide Care and Support to Infant (1 month to 1 year old)</b>		
Units of Competency Covered	<ul style="list-style-type: none"> <li>• Participate in the implementation and monitoring of infant's care plan</li> <li>• Provide physical needs, care and support to infant</li> <li>• Foster social, intellectual and emotional development of infant</li> </ul>		
<b>Instruction:</b> Read each question and check the appropriate column to indicate your answer.			
<b>Can I?</b>	<b>YES</b>	<b>NO</b>	
<b>PARTICIPATE IN THE IMPLEMENTATION AND MONITORING OF INFANT'S CARE PLAN</b>			
• Explain details of care plan, including parents'/support team member's/authorized persons' participation in in the plan			
• Interpret and clarify caregiver's own roles and responsibilities in infant 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 *			
<b>PROVIDE PHYSICAL NEEDS, CARE AND SUPPORT TO INFANT</b>			
• Practice safe, hygienic care and proper carrying/cuddling techniques of infants*			
• Assess condition of infants, including side effects of immunization and other health concerns			
• Manage common health concerns of the infant, with parents/support team/authorized persons' permission			
• Ensure safe or hazard-free environment of the infant			
• Encourage mother to breastfeed following established guidelines (WHO and Philippine Law), ex. proper positioning, infection control			
• Prepare milk formula according to prescribed procedure, including cleaning, sterilization of bottles and other utensils *			
• Feed infant according to prescribed procedure, including correct quantity and frequency monitoring, burping techniques *			
• Introduce solid food, appropriate to infant's age and needs			

• Identify and prepare bathing paraphernalia in accordance with established procedure *		
• Prepare infant for bathing, including taking vital signs based on established procedure *		
• Bathe and dress infant according to established procedure *		
• Change diaper following established procedure, including safety practice and use of appropriate supplies and practice of proper disposal of used diaper *		
• Demonstrate ability to assess infant's needs, ex. condition of skin, urine and stool during changing of diaper *		
• Maintain cleanliness of infant and his/her environment (room & crib), ex. regularly changing diaper, clothes, linens, pillow cases *		
• Prepare and demonstrate how to put infant to sleep based on established procedure, ex. appropriate sleeping position *		
• Confirm understanding of prescribed medicine administration to infant, to include dosage instructions, reading medication abbreviations, 10 Rights of Medication *		
• Document/record daily the relevant information on stages of growth and development of infant *		
• Complete tasks as scheduled *		
• Applies first aid (from Common Competency) *		
<b>FOSTER PHYSICAL, SOCIAL, EMOTIONAL AND INTELLECTUAL DEVELOPMENT OF INFANT</b>		
• Identify infant reflexes and sensory development, appropriate to stages of growth and development *		
• Nurture gross and fine motor development, appropriate to stages of growth and development *		
• Stimulate infant's interaction (with family members/relatives) and communication skills, including introduction of nursery rhymes, toy & play activities*		
• Respond to distressed behavior (ex. crying, uncomfortable) with appropriate methods, activities and/or non-verbal cues *		
• Nurture feeling of security and trust by cuddling/carrying and giving attention to infant's personal needs *		
• Document/record daily the relevant information on stages of growth and development *		
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.		
<b>Candidate's Name and Signature</b>		<b>Date</b>

**NOTE: \*Critical aspects of competency**