

Reference No.																		
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## SELF-ASSESSMENT GUIDE

Qualification	<b>CAREGIVING (Newborn to Pre-schooler) NC II</b>		
Certificate of Competency (COC 4)	<b>Provide care and support to pre-schooler (3 to 5 years old)</b>		
Units of Competency Covered	<ul style="list-style-type: none"> <li>• Participate in the implementation and monitoring pre-schooler's care plan</li> <li>• Develop the ability to recognize growth and development of pre-schooler</li> <li>• Perform caring skills for pre-schooler</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 PRE-SCHOOLER'S CARE PLAN</b>			
• 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, monitor and/or seek 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 *			
<b>DEVELOP THE ABILITY TO RECOGNIZE GROWTH AND DEVELOPMENT OF PRE-SCHOOLER</b>			
• 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 *		
<b>PERFORM CARING SKILLS FOR PRE-SCHOOLER</b>		
• 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 encourage pre-schooler of healthy sleeping patterns*		
• Identify common sleep problems of pre-schooler		
• Confirm understanding of medicine administration to a pre-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.		
<b>Candidate's Name and Signature</b>		<b>Date</b>

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