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## SELF-ASSESSMENT GUIDE

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

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

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

<b>PERFORM CARING SKILLS FOR TODDLER</b>		
• 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 *		
<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, 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 *		
<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 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.		
<b>Candidate's Name and Signature</b>		<b>Date</b>

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