

## Overview

This standard sets out the requirements for promoting the care and development of babies and young children. It covers meeting their physical, nutritional, and hygiene needs while ensuring a safe, secure, and engaging environment that supports their emotional wellbeing and development. It also includes the importance of recognising and responding to illness, safeguarding children from harm, and working in partnership with others.

## Performance criteria

### *You must be able to:*

1. establish consent, access and share information on the preferences and needs of babies or young children with others
2. observe the engagement of babies or young children with people, objects, and environments to identify and support their preferences, interests, and needs
3. respond to the verbal and non-speaking communication of babies or young children to understand their preferences and needs
4. support others to identify and respond to the verbal and non-speaking communication of babies or young children
5. provide multi-sensory environments and experiences that supports babies or young children to explore, experiment, and express themselves
6. prepare, store, and provide food for babies or young children in line with workplace policy and individual requirements
7. ensure that choices and individual preferences and needs of babies and young children are met during feeding and weaning
8. promote participation in feeding, weaning, and self-care routines, ensuring these are paced and developmentally appropriate for babies or young children
9. provide respectful and responsive emotional and physical care in ways that ensures comfort and dignity
10. support the emotional and physical development of babies or young children by encouraging mobility, exploration, and body awareness
11. recognise and respond to the physical cues of babies or young children, ensuring they have freedom to move and make choices
12. work in partnership with others to ensure safe, secure, and engaging environments
13. manage risks and support the positive risk taking of babies or young children
14. establish routines that create a sense of security and support the development of relationships
15. respond to emotional distress, ensuring babies or young children feel seen, heard, and comforted in ways that respect their individual coping mechanisms
16. encourage babies or young children to express their emotions
17. use positive interactions and encouragement to support self-esteem and confidence in babies or young children
18. set clear, respectful, and consistent boundaries that promote wellbeing while

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allowing for self-expression

19. work in partnership with babies or young children and others to share observations and support development and rights in all areas of their lives
20. monitor the growth and development of babies or young children and recognise variations in progress
21. recognise, respond to and report signs of illness, distress, or changes in behaviour
22. complete records and reports required for the care of babies or young children
23. reflect on how you carried out your roles and responsibilities when promoting the care of babies or young children

## Knowledge and understanding

### *You need to know and understand:*

1. factors that can influence child development including neurodivergence and additional needs
2. how transitions impact babies and young children and ways to support them
3. the rights of babies and young children to express preferences and participate in decisions affecting them
4. how to support emotional regulation in babies and young children
5. the importance of sensory-rich environments and opportunities for free movement, exploration, and self-expression
6. how environmental factors influence the ability of babies and young children to move freely and develop physical coordination
7. the importance of play, interaction, and stimulation in promoting learning and development
8. how babies and young children develop mobility skills and how to support safe movement and exploration
9. how to interpret and support communication of babies and young children, including verbal, non-speaking and expressive forms of participation
10. the influence of culture, background, spirituality and home environment on the development and interactions of babies and young children
11. the importance of dignity, kindness, and compassion in caring for babies and young children
12. how to observe and assess the development of babies and young children
13. strategies for ensuring babies and young children have meaningful opportunities to express their views, participate in decision-making, and influence their care
14. your role in weaning and self-feeding practices of babies and young children
15. the role of balanced nutrition and hydration in the growth, development, and long-term health of babies and young children
16. the signs of malnutrition and dehydration in babies and young children
17. safe hygiene practices, including infection prevention and control, food safety, and maintaining clean environments
18. how to identify and respond to common childhood illnesses
19. how to apply trauma informed principles to promote the care of babies and young children

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20. the importance of safeguarding and recognising signs of harm, abuse or neglect and taking appropriate action
21. the records and reports required for promoting the care of babies and young children
22. theories relevant to the care of babies and young children
23. the relevant legal requirements, standards of practice, framework and guidance for promoting the care of babies and young children
24. the workplace requirements on equality, diversity, inclusion, and rights when promoting the care of babies and young children
25. how to work in partnership with others to promote the care of babies and young children
26. how your personal experiences and unconscious bias may impact when promoting the care of babies and young children, and how to address this
27. the role of supervision, reflective practice and learning and development in promoting the care of babies and young children

## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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