

# CWDC Outcomes Workbook

## Standard 3:

### Understand Health and Safety, and Healthy Care



This series of workbooks and the associated workshops were designed by Aaron Fennell, Training and Development Officer at Harrow Council Children's Services.

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*This workbook and associated materials have been distributed within the North West London Fostering Consortium, of which Harrow Council is a member.*

# Types of Health Care

- What do you understand these terms to mean?

Physical health



Mental health



Emotional health



Sexual health



## Finding Out About Health Needs

3.3b; 3.3c

- When a child or young person is first placed with you, what type of information do you need to know about, regarding their health and hygiene needs?

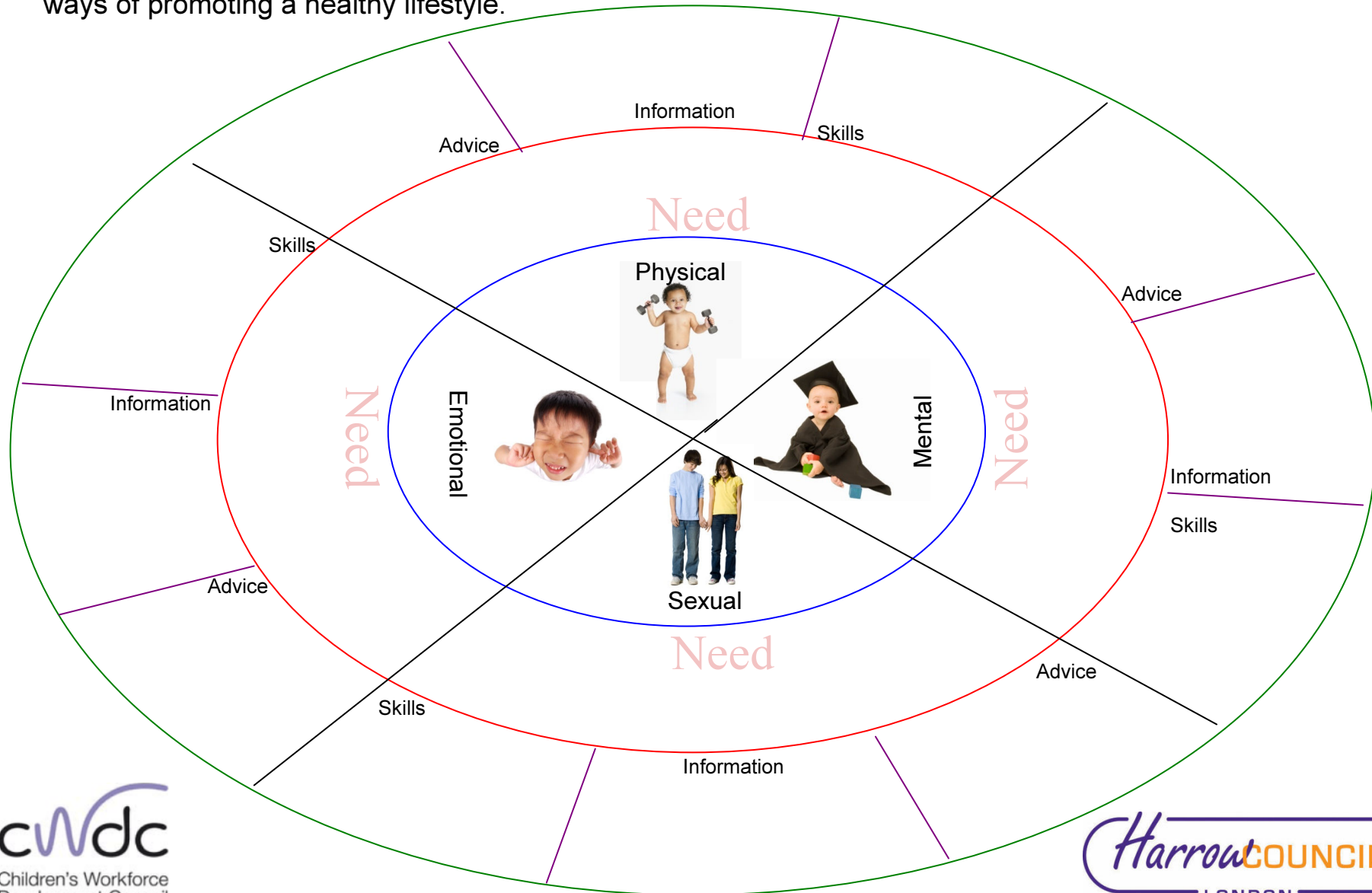


- Where can you find this information from? (List at least 3 sources.)
- What are the three ways carers can promote health?

# Promoting Health Needs

3.3c; 5.7a

Think of one health need a child or young person may have for each of the four types of health, and write it in the 'Need' section. Next, think of how you can address each need using each of the three ways of promoting a healthy lifestyle.



## Medical Health Quiz

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3.3e

Who do you need consent from for each of the following? Discuss in small groups.

- Taking a child to the GP
- Administering medication – over the counter
- Administering medication – prescription
- Giving a child a vaccination/inoculation
- Dental treatment
- Routine operation (e.g. stitches)
- Serious operation (e.g. brain surgery, kidney transplant)
- Emergency operation (e.g. heart surgery)
- Providing contraception (including morning after pill)
- Body piercing/tattoos



## Challenging Behaviours

3.4b; 3.4c

- Children's behaviour can often be challenging. Write down some of the challenging behaviours you are aware of.
- Choose one behaviour from your list above, circle it, then answer the below questions.
- How do you de-escalate/manage a child or young person exhibiting this challenging behaviour (without the use of physical or other inappropriate punishment)?
- One way to prevent a child or young person displaying challenging behaviour is to teach them a new, positive way to behave instead. List 2 or 3 new behaviours you could teach a child or young person to address the challenging behaviour, and state how you would encourage these new behaviours.







# Safety Around the Home

Give 3 examples of hazards around the home relating to each of the below categories, along with a potential solution for minimising or eliminating each hazard. Examples have been provided. (Looking over your most recent health and safety assessment might give you some ideas.)

Hazards	Solutions
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- Hygiene (e.g. Hazard: Germs growing in the bin if it's not emptied. Solution: Take the bin out on a regular basis.)


- Equipment and appliances (e.g. Hazard: Exposed electrical wires on the toaster. Solution: Have the toaster repaired, or throw it away.)


- Fire hazards and plan (e.g. Hazard: Leaving matches or lighters within reach of children. Solution: Move them out of reach.)


## Homework

- ❑ Read the legislation and policy handouts. Highlight any information you consider important or interesting. Think of and write down two questions to ask your SSW about the legislation and policy. Place these documents, and your in your portfolio as evidence for **3.1a** and **3.1b**.
- ❑ Have a conversation with your SSW about the information you highlighted, and discuss the two questions you thought of. Ask your SSW to complete a witness statement for you regarding this discussion. Use the witness statement as supporting evidence for **3.1a** and **3.1b**.
- ❑ Write a brief statement about what you would do if you needed to access emergency medical treatment for a child. Include this in your portfolio as evidence for **3.3d**.
- ❑ Place a copy of your household fire safety plan in your portfolio as evidence for **3.2c**.

