



Republic of the Philippines

# Department of Education

DepEd Complex, Meralco Avenue, Pasig City

**STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM**

## **CAREGIVING (CHILD CARE)**

**Grade 11/12**

**Course Description:**

This course is a detailed and practical course designed to equip learners in providing high-quality care for infants, toddlers, and young children. Learners will develop abilities in giving personal care, mobility assistance, and medication management. Overall, learners will be prepared to create a safe and supportive environment for their patients. After completing the course, learners may obtain National Certification Level II in Caregiving (Newborn to Pre-schooler) which will open pathways for roles in the different home care setting, assisted living facilities, nursing homes, or hospitals and pursue higher education.

**Elective:** Technical Professional

**Prerequisite:** None

**Time Allotment:** In Grade 11, 320 hours for two semesters, 8 hours per week/In Grade 12, 320 hours for one semester, 16 hours per week

**Schedule:** First/Second Semester

**QUARTER 1**

CONTENT STANDARD	The learners demonstrate understanding in occupational safety and health policies and procedures (OHS), career and business opportunities, therapeutic and non-therapeutic communication, care plan, infection control procedures, standard first aid, and basic life support.	
PERFORMANCE STANDARD	The learners perform infection control procedures, standard first aid, and basic life support in accordance with the Philippine National Red Cross.	
	<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>
	1. Discuss the occupational safety and health policies and procedures (OHS), and career opportunities in caregiving	Overview of Caregiving <ul style="list-style-type: none"> <li>• RA 11058: OSH Law</li> <li>• Common hazards in nursing homes or daycare</li> <li>• COVID-19 infection control in your workplace</li> <li>• RA 9003: Ecological Solid Waste Management</li> <li>• Career opportunities in caregiving</li> </ul>
	2. Compare the therapeutic and non-therapeutic communication	Common Therapeutic Communication Techniques <ul style="list-style-type: none"> <li>• Active listening</li> </ul>

	<ul style="list-style-type: none"> <li>• Open-ended questions</li> <li>• Clarification</li> <li>• Empathy</li> <li>• Silence</li> <li>• Reflection</li> </ul> <p>Common Non-Therapeutic Communication Techniques</p> <ul style="list-style-type: none"> <li>• Giving advice</li> <li>• False reassurance</li> <li>• Changing the subject</li> <li>• Using medical jargon</li> <li>• Defensive responses</li> <li>• Judgmental statement</li> </ul>
<p>3. Create a caregiving care plan using the SMARTER (Specific, Measurable, Attainable, Realistic ,Time-bound, Evaluate, Re-evaluate) approach</p>	<p>Caregiving Care Plan Using the SMARTER (Specific, Measurable, Attainable, Realistic ,Time-bound, Evaluate, Re-evaluate) Approach</p>
<p>4. Perform infection control procedures in accordance with the industry practices</p>	<p>Infection Control Procedures</p> <ul style="list-style-type: none"> <li>• Handwashing</li> <li>• Donning and doffing Personal Protective Equipment (PPE) <ul style="list-style-type: none"> <li>○ Gowning (sterile and non-sterile)</li> <li>○ Mask</li> <li>○ Bouffant cap (surgical cap)</li> <li>○ Sterile Gloves</li> <li>○ Eye protection(goggles or face shield)</li> </ul> </li> <li>• Environmental cleaning <ul style="list-style-type: none"> <li>○ surface cleaning of client/patient’s room</li> <li>○ equipment disinfection</li> </ul> </li> <li>• Waste Management <ul style="list-style-type: none"> <li>○ sharps disposal</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ medical waste</li> </ul>
5. Demonstrate first aid and basic life support standards in accordance with the Philippine Red Cross	<p>First Aid and Basic Life Support Standards in Accordance with Philippine Red Cross</p> <ul style="list-style-type: none"> <li>• Basic first aid skills</li> <li>• Emergency action principles</li> <li>• Use of first aid kits</li> <li>• Dressings and bandages</li> <li>• CPR for newborn, infant, and children</li> <li>• Automated External Defibrillator (AED) usage</li> <li>• Choking management</li> <li>• Emergency response</li> </ul>

**QUARTER 2**

<b>CONTENT STANDARD</b>	The learners demonstrate understanding in taking vital signs.	
<b>PERFORMANCE STANDARD</b>	The learners perform taking vital signs.	
<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>	
1. Perform the procedures in taking the vital signs	<p><b>Vital Signs</b></p> <ul style="list-style-type: none"> <li>• Body temperature</li> <li>• Pulse rate</li> <li>• Respiratory rate</li> <li>• Blood pressure</li> <li>• Oxygen saturation (SPO2)</li> <li>• Pain scale</li> </ul>	

**QUARTER 3**

<b>CONTENT STANDARD</b>	The learners demonstrate understanding in pre-natal and post-natal care, breast feeding techniques and position, new born screening test, common types of vaccines and side effects, different stages of growth and development, bathing procedures, and feeding techniques and sleeping habits.
<b>PERFORMANCE STANDARD</b>	The learners perform bathing and feeding procedures.
<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>
1. Discuss the pre-natal and post-natal care	Overview in Pre-Natal and Post-Natal Care
2. Discuss the appropriateness of breast feeding techniques and positions	<ul style="list-style-type: none"> <li>• WHO Exclusive Breastfeeding Act</li> <li>• R.A. 10028: Expanded Breast – Feeding Act (Phil Law)</li> <li>E.O.51: Milk Code (Phil Law)</li> </ul>
3. Discuss the newborn screening test	Republic Act 9288: (Newborn Screening Act)
4. Discuss the common types of vaccines and side effects in newborns up to preschoolers	<p>Immunization of Newborn to Children (RA No.7846)</p> <p>Common Types of Vaccines and Side Effects</p> <ul style="list-style-type: none"> <li>• Bacillus Calmette-Guérin (BCG)</li> <li>• Hepatitis B vaccine</li> <li>• Pentavalent vaccine (DPT-Hep B-HiB)</li> <li>• Oral Polio vaccine (OPV)</li> <li>• Inactivated Polio vaccine (IPV)</li> <li>• Pneumococcal Conjugate Vaccine (PCV)</li> <li>• Measles, Mumps, Rubella (MMR)</li> </ul>
5. Discuss the different stages of growth and development of infants to preschoolers	<p>Stages of Growth and Development of Infant to Preschooler</p> <p>Developmental milestone of infant to preschooler</p>
6. Perform bathing procedures	<p>Bathing Paraphernalia</p> <p>Bathing Procedures</p> <ul style="list-style-type: none"> <li>• Newborn</li> </ul>

	<ul style="list-style-type: none"> <li>• Infant</li> <li>• Toddlers</li> <li>• Preschooler</li> </ul>
7. Perform the appropriate feeding techniques	Feeding Tools, Materials, and Equipment Feeding Techniques <ul style="list-style-type: none"> <li>• Newborn</li> <li>• Infant</li> <li>• Toddlers</li> <li>• Preschool</li> </ul>
8. Discuss the different sleeping habits	Sleeping Habits <ul style="list-style-type: none"> <li>• Newborn</li> <li>• Infant</li> <li>• Toddlers</li> <li>• Preschool</li> </ul>

#### QUARTER 4

<b>CONTENT STANDARD</b>	The learners demonstrate understanding the different behavioral patterns, common routines and principles of medication administration.	
<b>PERFORMANCE STANDARD</b>	The learners perform common routines in child care.	
	<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>
1. Discuss the different behavioral patterns		Behavioral Patterns <ul style="list-style-type: none"> <li>• Newborn</li> <li>• Infant</li> <li>• Toddlers</li> <li>• Preschool</li> </ul>
2. Perform the common routine activities		Common Routines <ul style="list-style-type: none"> <li>• Newborn</li> <li>• Infant</li> </ul>

	<ul style="list-style-type: none"> <li>• Toddlers</li> <li>• Preschool</li> </ul>
3. Discuss the principles of medication administration	Principles of Medication Administration <ul style="list-style-type: none"> <li>• Newborn</li> <li>• Infant</li> <li>• Toddlers</li> <li>• Preschool</li> </ul>
4. Calculate the service cost in providing caregiving services	Service costing in providing caregiving services

## GLOSSARY

**activity care plan** - a plan detailing the activities and interventions to be implemented for a child's care, often based on assessments made by healthcare professionals.

**Basic Life Support (BLS)** - a level of medical care used in emergencies, focusing on maintaining the airway, breathing, and circulation.

**breastfeeding techniques** - methods and practices that support successful breastfeeding, promoting health and nutrition for infants.

**care plan** - a detailed plan created by healthcare professionals outlining the specific care and support needed for a patient, including goals and interventions.

**caregiver's plan** - a personalized strategy developed by caregivers to address the specific needs and circumstances of the child in their care.

**caregiving** - the act of providing care and support to newborns, infants, children, and adolescents, focusing on their physical, emotional, and developmental needs.

**childhood development** - the physical, cognitive, and emotional growth and changes that occur in children from infancy through adolescence.

**common illnesses**- health conditions that frequently affect children, including colds, coughs, fevers, and gastrointestinal disturbances.

**environmental emergency** - situations such as natural disasters or hazardous material exposure that pose risks to health and safety.

**feeding techniques** - various methods for feeding infants and children, including bottle-feeding, spoon-feeding, and introducing solid foods.

**first aid** - emergency care provided to an injured or ill person before professional medical help is available. It includes basic procedures to manage injuries or sudden illnesses.

**Gowning and Gloving technique** - the method of properly wearing gowns and gloves to ensure safety and prevent contamination in caregiving settings.

**immunizations** - vaccines administered to protect against various infectious diseases, essential for public health and individual protection.

**infection control** - a set of practices and procedures aimed at preventing the spread of infections, particularly in healthcare settings.

**minor side effects** - unwanted but generally mild effects that can occur after vaccinations or medications, often resolving without intervention.

**newborn screening test** - a series of tests performed on newborns to identify certain genetic, metabolic, hormonal, and functional conditions that may lead to serious health problems if not treated early.

**Personal Protective Equipment (PPE)** - clothing and equipment designed to protect the wearer from potential hazards, especially in healthcare environments. This includes gloves, gowns, masks, and face shields.

**risk management plan** - a strategy to identify, assess, and minimize risks associated with caregiving practices, ensuring the safety of children and caregivers.

**umbilical cord care** - the practices related to the cleaning and care of the umbilical cord stump in newborns to prevent infection.

**vital signs** - clinical measurements that provide information about a person's essential body functions, typically including temperature, pulse, respiration rate, blood pressure, SPO<sub>2</sub> and pain scale.

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### TOOLS, MATERIALS, AND EQUIPMENT

TOOLS	MATERIALS	EQUIPMENT
White board (big)	Progress chart for 25 trainees for the qualification	Desktop computer with internet access
White board marker	List of competency standards for the qualification	LCD projector
White board eraser	Relevant Training Regulation for the qualification	Airconditioning unit
Clip Chart (Client's Care plan made by the Doctor or Nurses)	Competency-Based Learning Module (CBLM)	Trainer Chair
Hand towel (Size 20 "x 28", Color: Different Color)	Outcome-based Training Curriculum for the qualification	Trainer Table with drawer
Cotton Balls canister (Type; Stainless Steel, Size: Small, Medium, Large)	Relevant Philippine laws and regulations	Arm chairs
Kidney basin (size : 6" (2pcs), 10 " (2pcs), 12 " (2pcs)stainless and plastic	WHO Guidelines on infection prevention and control	Wall clock
Trash bin (Color coded for Solid Bio-Medical Waste: Black, Red, Yellow, Blue and White)	Text reference or book reference <ul style="list-style-type: none"> <li>· Fundamentals of Caregiving</li> <li>· Fundamental of Nursing</li> <li>· Caregiving for newborn to preschooler</li> <li>· Nurses Pocket Guide</li> <li>· Medical dictionary</li> <li>· MIMs / PPD</li> <li>· Principles and practice of therapeutic communication</li> <li>· Principles and practice of ergonomics</li> <li>· Basic human anatomy</li> <li>· Basic human physiology</li> <li>· Principle of Growth and Development</li> <li>· Principles in hygiene practices and techniques</li> <li>· Principles in therapeutic techniques</li> </ul>	Bookshelves

	<ul style="list-style-type: none"> <li>· Maternal and Child Nursing</li> <li>· Caring For young baby and young Child</li> <li>· Early Childhood Assessment</li> <li>· The social stages of play</li> <li>· Child and adolescent psychiatry</li> <li>· Caregivers Care plan or Nursing Care plan</li> <li>· Ethical and legal standard of care (local and abroad)</li> <li>· Principles of Infection Control</li> <li>· Newborn Screening</li> <li>· Immunization for neonate to children</li> </ul>	
Room thermometer (- Length: Scale length - 120mm)	Sample nursing care plan template	Long Table
Basin (Size: small, Medium, Large)	Sample client clip chart	Printer
Breast pump (Type: Manual, Material: Glass)	Personal care support plan	Battery Operated Breast Pump
Bottle brush	Endorsement report	Bottle Sterilizer (Type: Electric, Size: 320 (H), 235 (W), 235 (L), Weight 1.5-2kg)
Teat brush	Bond Paper	Electric air pot (3 ways of dispense: electric cup touch, air pump, over heating protection, Capacity: 4.0L/5.0L)
Baby bottle (120 ml -3 pcs, 240ml -3 pcs, 300ml-3pcs)	Ballpoint Pen (Color: Red, Blue, Black)	Baby Bathtub (Material: Plastic, Color: Any color)
Bottle tong	Module of Instruction: Participating in the Implementation and Monitoring of Newborn, Infant, Toddler, and Preschooler Care Plan	Water Dispenser (With Hot and Cold Dispenser, With cup holder and indicator lamp, Size: 27 (L) X 28 (W) x 85 (H))
Milk dispenser (Type: Plastic, Portable, 3 layers)	Module of Instruction: Developing the ability to recognize newborn, Infant, Toddler, and Preschooler growth and development	Diaper Changing Table (use for changing diaper)
Bathtub Spout cover (To cover the nozzle of faucet)	70 % Alcohol (Net Weight: 500 ml)	Neonate Dummy for bathing
Bath Thermometer (To measure temperature of water)	Bar soap (Net weight: 100g, Intended for Handwashing and Infant Bathing)	Baby Walker (Type: Portable Safety Belt Walking Wings Helper, Seated Walker and Sit-to-Stand Walker)

Bath towels (Size: 27 x 53 inches, Color: Different Colors,	Liquid soap (Net Weight: 1000 ml)	
Face towels (Size 12 x 12 inches, Color: Different Color)	Cord clamp	
Nail cutter (intended for baby)	Cotton Balls (100pcs)	
Comb (To fix the hair, Type: Plastic: Design and Color: Any color and cartoon character design)	Hairnet (Color: Black)	
Pale (Size: Medium, Color: Any)	Surgical face mask (Mask type: 3 Ply Ear loop, Bidirectional, 3 Ply Tien On, Duck Bill)	
Soft hooded baby towels	Disposal Clean Gloves (Type: Latex, 100pcs per box)	
Dipper (Size: Medium, Color: Any)	Surgical Gloves (Type: Latex, Sizes: 5 – 8)	
Clip Chart (Client's Care plan made by the Doctor or Nurses)	Immunization Flip chart (Contains: Different Types of Immunization based on DOH & WHO Requirements)	
Digital Thermometer (Type: Oral, Anal, Axilla, Tympanic, Forehead, Quantity: 1pc/type)	Flannel blanket	
Stethoscope (Size: 35 mm, Type: Surgical Stainless steel)	Surface Disinfectant (Form of: tablets, Spray Diffuser, Wet wipes, Granules)	
Nursery rhyme Music box	Dishwashing Liquid (Net Weight: 1000 ml)	
Baby Monitor Walkie Talkie	Milk Formula (Net Weight: 1kg, Type: Powder)	
Blanket (Size: 80x110 cm, Color: Any Color)	Diaper (for Baby)	
Cot Duvet Cover (Size: 80x120 cm, Color: Any Color)	Hypoallergenic Soap (Form: Liquid Soap - Net Weight 1L and Bar Soap -Net weight: 200g, Hypoallergenic)	
Pillow (Size: 30x40 cm, Color: Any Color)	Hypoallergenic Shampoo (Form: Liquid, Net Weight: 300 ML)	
Pillow case (Size: 30x40 cm, Color: Any Color)	Baby Lotion (Net Weight: 800ml, Hypoallergenic)	
Baby crib linen (Size: 80x120 cm, Color: Any Color)	Baby Cologne (Net Weight: 6.80 oz)	

Waterproof Mattress protector (Size: 56x 118x 14 cm, Color: Any Color)	Cotton buds (To clean the ear)	
Cot Flat Sheet (Size: 150 x 180 cm, Color: Any Color)	Wet Wipes (Size: 20 x 15 cm, Alcohol free, disposable)	
Cot Fitted Sheet (Size: 56x 118x 14 cm, Color: Any Color)	Personal Protective Equipment: Disposable Gown	
Cot Playmat (Size: 120 x 120 cm, Color: Any Color)	Chamois	
Mittens		
Bonnet		
Booties or neonate socks		
Upper garment (neonate, color: colorful or white)		
Lower garment (neonate, -1pc for each age and gender, color: colorful or white)		
Nursery Rhyme Music box		
Rattles		
Large rings		
Teething toys		
Soft dolls		
Poster of Food Pyramid		
Peeler (For fruits and Vegetables		
Mixing bowl (Type: Steel, Capacity: 2800ml)		
Potato masher		
Pot		
Medicine Tray (Type: Plastic: To handle the medicine in place: Size: Small, Color and Design: Colorful and Cartoon		
Medicine Dropper		
Colorful posters: different animal, shapes, alphabet letters and number Quantity: 1 pc per category)		
Crib mobile toys		
Rattle		
Musical toy		
Stuffed animals		
Squeeze toys		

Large blocks		
Large balls		
Bath toys		
Books with large pictures		
Building blocks		
Push-pull toys		
Building blocks		
Different colored shapes, alphabet letters and numbers		
Colorful posters of different animals, shapes, alphabet letters and numbers		
Car Seat (Choose at least 1 type- Types: Convertible Seat, Toddler -Only Car Seat)		
Potty trainer (Materials: Plastic, Design and color: Colorful with cartoon character)		
Waterproof Shoes for toddler		
Potty books		
Children Toothbrush (Type: Soft Bristle)		
Basketball goal (Made of Plastic and easily adjustable for height)		
Little tikes first slide (Slide intended for toddler: Design and Color: Any color and design)		
Rainbow Block set (traditional block sets for toddlers)		
Wooden puzzles (To develop cognitive skill like matching and spatial awareness)		
Match and Roll Shape Sorter (it has a various shape and color which trying to put shape in the correct spot)		
Soft, washable, colorful stuffed animals or dolls (Any stuffed toys intended for toddler, no buttons)		

Pull toys (Type: Animal, wheels: design and color: Any color intended for toddlers)		
Floor rubber mat (Type: Foam, Size: 12" x 12" in 16 tiles or 4"x4" in 36 tiles, Design: Cartoon Character, Alphabet, Numeric Number or Animal : Color: Different colors)		