



Rewarding Learning

**General Certificate of Secondary Education
2025**

Home Economics: Child Development

Unit 1

Parenthood, Pregnancy and
the Newborn Baby

[GCD11]

FRIDAY 6 JUNE, MORNING

MARK SCHEME

General Marking Instructions

Introduction

The main purpose of the mark scheme is to ensure that examinations are marked accurately, consistently and fairly. The mark scheme provides examiners with an indication of the nature and range of candidates' responses likely to be worthy of credit. It also sets out the criteria which they should apply in allocating marks to candidates' responses.

Assessment objectives

Below are the assessment objectives for Home Economics: Child Development.

Candidates should be able to:

- AO1** Recall, select and communicate their knowledge and understanding of a range of contexts;
- AO2** Apply knowledge, understanding and skills in a variety of contexts and in planning and carrying out investigations and tasks; and
- AO3** Analyse and evaluate information, sources, and evidence; make reasoned judgements and present conclusions.

Quality of candidates' responses

In marking the examination papers, examiners should be looking for a quality of response reflecting the level of maturity that may reasonably be expected of a 16-year-old, the age at which the majority of candidates sit their GCSE examinations.

Flexibility in marking

Mark schemes are not intended to be totally prescriptive. No mark scheme can cover all the responses which candidates may produce. In the event of unanticipated answers, examiners are expected to use their professional judgement to assess the validity of answers. If an answer is particularly problematic, then examiners should seek the guidance of the Supervising Examiner.

Positive marking

Examiners are encouraged to be positive in their marking, giving appropriate credit for what candidates know, understand and can do rather than penalising candidates for errors or omissions. Examiners should make use of the whole of the available mark range for any particular question and be prepared to award full marks for a response which is as good as might reasonably be expected of a 16-year-old GCSE candidate.

Awarding zero marks

Marks should only be awarded for valid responses and no marks should be awarded for an answer which is completely incorrect or inappropriate and not worthy of credit.

Types of mark schemes

Mark schemes for tasks or questions which require candidates to respond in extended written form are marked on the basis of levels of response which take account of the quality of written communication.

Other questions which require only short answers are marked on a point for point basis with marks awarded for each valid piece of information provided.

Levels of response

In deciding which level of response to award, examiners should look for the “best fit” bearing in mind that weaknesses in one area may be compensated for by strength in another. In deciding which mark within a particular level to award to any response, examiners are expected to use their professional judgement.

The following guidance is provided to assist examiners:

- **Threshold performance:** Response which just merits inclusion in the level and should be awarded a mark at or near the bottom of the range.
- **Intermediate performance:** Response which clearly merits inclusion in the level and should be awarded a mark at or near the middle of the range.
- **High performance:** Response which fully satisfies the level description and should be awarded a mark at or near the top of the range.

Quality of written communication

Quality of written communication is taken into account in assessing candidates’ responses to all tasks and questions that require them to respond in extended written form. These tasks and questions are marked on the basis of levels of response. The description for each level of response includes reference to the quality of written communication.

For conciseness, quality of written communication is distinguished within levels of response as follows:

Level 1: Quality of written communication is basic.

Level 2: Quality of written communication is competent.

Level 3: Quality of written communication is highly competent.

In interpreting these level descriptions, examiners should refer to the more detailed guidance provided below:

Level 1 (Basic): The candidate makes only a limited selection and use of an appropriate form and style of writing. The organisation of material may lack clarity and coherence. There is little use of specialist vocabulary. Presentation, spelling, punctuation and grammar may be such that intended meaning is not clear.

Level 2 (Competent): The candidate makes a reasonable selection and use of an appropriate form and style of writing. Relevant material is organised with some clarity and coherence. There is some use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are sufficiently competent to make meaning evident.

Level 3 (Highly competent): The candidate successfully selects and uses the most appropriate form and style of writing. Relevant material is organised with a high degree of clarity and coherence. There is extensive and accurate use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are of a high standard and ensure that meaning is clear.

1 Read the following statements and tick the box beside each correct answer. Tick (✓) only one box for each statement. (AO1)

AVAILABLE
MARKS

(a) This health professional supports the mother 10 days after birth

C health visitor

(1 × [1])

[1]

(b) Blocked oil glands around the baby's face and nose are known as:

C milia

(1 × [1])

[1]

(c) This measures how the baby cries in response to stimulation:

A grimace

(1 × [1])

[1]

(d) The female sex hormone is called:

D oestrogen

(1 × [1])

[1]

4

2 (a) Explain **one** function of the umbilical cord. (AO1)

- Carries oxygen and nutrients from placenta to the fetus (max. [1])
- Carries de-oxygenated blood away from the fetus
- Connects the fetus to the mothers placenta
- Removes waste
- Attached to baby

Any other valid answers will be credited.

(1 × [2])

[2]

(b) Write down **three** symptoms of post-natal depression. (AO1)

- **Persistent** feelings of sadness/crying
- Low mood/low self esteem
- Lack of energy
- Feeling tired all the time
- Difficulty sleeping at night
- Withdrawn/fear of going out
- Difficulty bonding with the baby
- Problems concentrating
- Frightening thoughts, e.g. harming the baby
- Feeling agitated or irritable towards partner/baby/other children
- Loss of appetite
- Unable to look after baby

[0] = crying, mood swings, depression

Any other valid answers will be credited.

(1 × [3])

[3]

(c) (i) Explain the role of a Gynaecologist. (AO2)

- A gynaecologist may have been involved in a pregnancy where the woman has had problems conceiving or they have gone through a treatment of IVF
- If the pregnant woman has a sexually transmitted infection the gynaecologist will monitor her health throughout the pregnancy
- **A specialist doctor who specialises in the female reproductive system. ([2] marks)**

Any other valid answers will be credited.

(1 × [2])

[2]

(ii) Explain the role of a Midwife. (AO2)

- Midwife runs antenatal classes
- Advises the mother on diet and exercise
- Talks to the mother about her birth plan, pain relief etc
- Monitors the mother during labour, e.g. blood pressure, heartbeat
- Monitors the mother during pregnancy, e.g. urine at antenatal clinics
- Delivers the baby (if no complications arise)
- Takes charge of home birth and delivers baby
- Helps the mother with her newborn baby, advises on feeding, baby's progress
- Visits the mother and newborn at home until baby is 10 days old – monitors health
- **A nurse who specialises in the care of pregnancy and child birth. ([2] marks)**

Any other valid answers will be credited.

(1 × [2])

[2]

(d) Describe the development of the fetus in the womb at 14 weeks. (AO1, AO2)

- Mother is unable to feel movement
- Heartbeat can be heard through a stethoscope or by putting ear to abdomen/ultrasound/doppler/pinnard
- Very fine hair (lanugo) covering skin
- Fetus weighs 40–55 g
- Sucking their thumb, which develops their sucking reflex
- 6–8.5 cm in length
- Looks human/fully formed/arms in proportion to body
- Can swim
- Can make a fist
- Size of a kiwi/fist/mouse
- Hiccups and drinks/swallows amniotic fluid
- Can move limbs
- Has fingerprint
- Nerves and muscles developing rapidly/spine developed
- Facial features developed/eyelids covered
- Sensitive to heat, touch, sound/senses developing/hear mother's voice
- Sex organs developed/organs developed
- Fingers and toes separate/nails grow

Any other valid answers will be credited.

(4 × [1])

[4]

13

AVAILABLE
MARKS

3 (a) Antenatal care is important for a pregnant woman.
Explain why the following are carried out: (AO2)

(i) Baby's heartbeat check

- Rapid fetal heartbeat can be a sign that the baby is in distress
- Accurate way of detecting if baby is having difficulties
- Heartbeat too slow/fast could indicate heart/health problems
- Irregular heartbeat could indicate a need for a caesarean section
- Used to identify if there is low oxygen levels
- To check if baby is alive/developing correctly
- To check for multiple births
- Heartbeat will be checked if mother has high blood pressure or gestational diabetes or health concerns

Any other valid answers will be credited.

Explanation may include – reassures mother

(1 × [2])

[2]

(ii) Blood pressure test

- Hypertension/high indicates possibility of pre-eclampsia/dangerous to mother and baby, may cause premature birth
- Mother may need rest to bring pressure down
- High may indicate mother is stressed
- Low blood pressure indicated/advice is given to prevent fainting

Any other valid answers will be credited.

(1 × [2])

[2]

(b) Describe the following types of delivery: (AO1, AO2)

(i) Induction

- Artificial starting of labour, by breaking/sweeping membranes (water) or by drip of oxytocin or use of hormones gel or pessary inserted into vagina
- May be because baby is distressed or at risk, past due date, mother has high blood pressure or pre-eclampsia, mother's life at risk if labour not started
- Takes place in a hospital

Any other valid answers will be credited.

(1 × [2])

[2]

(ii) Breech

- This is when the baby is positioned **with feet or bottom presenting first** rather than with head facing down for birth
- If the baby does not turn to present head down, birth will be difficult and dangerous for both mother and baby
- Often requires assisted delivery – obstetrician and anaesthetist present at birth, ventouse/forceps at delivery/caesarean may be offered/attempts made to turn the baby to enable a normal delivery
- Longer recovery period for mother after birth

Any other valid answers will be credited.

(1 × [2])

[2]

(c) Identify **five** reflexes of a newborn baby. (AO1)

- Sucking/swallowing
- Rooting
- Grasping
- Moro/startle/falling
- Stepping/walking

[0] = grabbing, grab, grip, gripping, sucking thumb

Any other valid answers will be credited.

(5 × [1])

[5]

(d) Discuss the role of grandparents in the family. (AO1, AO2)

- Babysit children, give parents time to themselves
- Give advice on child rearing practices
- Support family both practical or financial
- Read to the children, play with them, talk to them
- Child-care provision to allow parents to work
- Pass on family traditions, cultures, beliefs, e.g. sport, religion
- Provide emotional support

Any other valid answers will be credited.

(2 × [2])

[4]

17

AVAILABLE
MARKS

- 4 (a) Diseases can affect the baby in the womb.
Explain how rubella can affect the unborn baby. (AO2)

- If a pregnant woman catches German measles (rubella) in first weeks of pregnancy there is a high chance of rubella damaging unborn baby
- Rubella virus affects developing organs, baby may be born with congenital rubella syndrome including blindness, eye problems, deafness and heart abnormalities, brain damage/learning disabilities/brain deficiency
- Rubella infection in the first three months of pregnancy increases risk of low birth weight, miscarriage or stillbirth/baby dies

Any other valid answers will be credited.

(2 × [1])

[2]

- (b) Explain why a pregnant woman should avoid: (AO2)

- (i) Liver

- Contains high levels of vitamin A
- Can be toxic and potentially lead to birth defects including malformation of the spine, eyes, ears and limbs/brain/heart/nervous system/neural tube defects

Must state the vitamin for [2]

Any other valid answers will be credited.

(2 × [1])

[2]

- (ii) Raw or lightly cooked eggs

- Contains **salmonella** bacteria which can cause food poisoning in mother and if severe miscarriage or premature birth

Must state the bacteria for [2]

Any other valid answers will be credited.

(2 × [1])

[2]

- (iii) Caffeine

- Acts as a diuretic which can cause dehydration
- Is a stimulant which can cause feelings of restlessness, fatigue or increased heart rate
- High levels of caffeine (more than 200 mg) can lead to a low birth weight or miscarriage/premature birth

Any other valid answers will be credited.

(2 × [1])

[2]

8

5 (a) Write down **three** ways to help prevent sudden infant death syndrome (SIDS). (AO1)

- Breastfeed
- Don't smoke around the baby/during pregnancy
- Don't use a pillow
- Use a firm mattress
- Lie baby on their back
- Place baby 'feet to foot' of the cot
- Keep baby's head uncovered/use of sleep bag
- Keep baby in same room as parents
- No soft toys in cot
- Keep cot away from radiator
- Don't allow baby to overheat/ideal room temperature 16–20°C
- Don't share a bed with baby
- Immunise baby
- Don't use duvet/quilt/bumpers

Any other valid answers will be credited.

(3 × [1])

[3]

(b) Explain why a pregnant woman should eat foods that contain: (AO2)

(i) Iron

- Has a critical role in brain development of the fetus
- Needed for healthy red blood cells for both mother and baby/carries oxygen
- Prevents anaemia which is common in pregnancy/prevents tiredness, headaches, feeling faint
- The fetus takes iron from woman to store in its liver for after the birth, lasting 4–6 months, may refer to mother's iron store in case of blood loss

Any other valid answers will be credited.

(2 × [1])

[2]

(ii) NSP (Fibre)

- High satiety value – less likely to snack on high sugar and fatty foods, helps to maintain a healthy weight gain
- Aids digestion/prevents constipation and other bowel disorders that is common in pregnancy, due to hormonal changes
- Energy source – needs extra energy for carrying extra weight last three months
- Fibre rich foods are low in fat and contain minerals and vitamins

Any other valid answers will be credited.

(2 × [1])

[2]

(iii) Calcium

- Strong bones and teeth
- Maintains woman's bone density/prevents osteoporosis
- Keeps teeth healthy
- Strengthen mother's bones for carrying baby
- Baby uses up mother's calcium supply
- For baby's developing skeleton, bones form in eighth week of pregnancy

Any other valid answers will be credited.

(2 × [1])

[2]

9

6 Assess aromatherapy as a complementary method of pain relief during labour.
(AO2, AO3)

AVAILABLE
MARKS

Advantages

- May help in the first stage of labour
- The use of essential oils can enhance physical and mental wellbeing during birth/release endorphins
- Helps to relax/reduces stress/fear in the mother, helps her breathing to cope with the contractions during labour
- It is non-invasive, doesn't transfer to baby, mother content and reassured as baby isn't affected as it does not cause side effects
- Helps to relieve headaches, dizziness and nausea during labour
- Different oils are used for different reasons, e.g. frankincense/lavender/camomile helps the body to relax/relieve anxiety, fear and pain
- Used for massage; partner can be involved in the labour
- Allows the mother to experience a natural birth/method of pain relief
- Mother is in control of her labour
- Can be used in home birth

Disadvantages

- Can be expensive to purchase as hospitals may not offer this service
- The oils must be mixed by a qualified aromatherapist as some are considered unsafe during birth
- This method may not be enough to relieve pain/during second stage of labour
- A trained aromatherapist must prescribe these oils

All other valid points will be credited.

Level 1 ([1]–[2])

Overall impression: **Basic**

- Shows limited knowledge and understanding
- Identifies and comments on a few obvious points relevant to question
- A limited assessment applied in basic terms to the question

Level 2 ([3]–[4])

Overall impression: **Competent**

- Shows good knowledge and understanding
- Identifies and comments on some key points relevant to question
- A competent understanding of aromatherapy as a complementary method of pain relief during labour

Maximum [4] if bullet points only

Level 3 ([5]–[6])

Overall impression: **Highly competent**

- Shows excellent knowledge and understanding
- Identifies and comments on a wide range of key points relevant to aromatherapy as a complementary method of pain relief during labour
- A highly competent understanding of aromatherapy as a complementary method of pain relief during labour

(1 × [6])

[6]

6

7 Discuss factors to consider when choosing a highchair and a baby monitor. (AO3)

AVAILABLE
MARKS

Highchair

- Read reviews online to aid decision making, e.g. reliability, value for money
- Padded seat therefore will be comfortable for baby when being fed, baby will enjoy mealtimes
- Sturdy and stable with a wide base, this is safer for baby as won't topple over
- Harness to ensure baby is held in place, makes feeding easier
- A multi-function highchair, which converts into a separate low chair and table when the baby is a toddler or can be used as the child grows, saves on money/child can sit at table with family
- The highchair should conform to British safety standard, safety label
- Highchair can be easily folded and stored when not in use, saves on space
- Easy to clean, can wipe the plastic covering easily, less risk of germs and sickness
- Toys can be placed on tray to entertain baby; mother knows baby is safe as the child is strapped in
- Baby is secure and easier to feed, weaning will be less messy, baby can begin to feed themselves helping their independence
- Can recline seat to make baby comfortable and for baby to sit in it longer, feel relaxed when being fed or playing
- Removable tray for ease of washing thoroughly to ensure less chance of spread of infection
- Adjustable footrest to fit the exact size of the child, ease of comfort

Baby monitor

- Powered by electricity/charge battery – battery life
- Monitors are compact and portable and take up little space in the home, this allows parents/carers to monitor the baby from anywhere in the house/on holiday, reassures that baby is safe
- They notify parents/carers of disturbance to the baby's sleeping space, can check in on them and feel connected without disturbing their sleep
- User friendly as it is easy to setup and operate
- Baby monitors can be used up to 100 metres away, so can pick up if not nearby
- Some monitors let parents/carers speak to baby and to see them on the screen, soothes them remotely to help them settle back to sleep independently
- Monitors keep a check on the temperature of the room, prevent SIDS/LED display easy to read
- If parents/carers are out for the evening or away with work and baby is at home, having a Wi-Fi connected monitor means that they can check on them from just about anywhere using an app
- Most baby monitors come with a night-vision setting/night light which means parents/carers can keep the baby's room nice and dark, but still be able to keep an eye on them
- Price – a range of monitors are available to suit budget/needs/reliability of brand
- Camera enables parents to see the baby/understand why they are crying
- Warranty – this item will be used for up to 2 years

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[3])

Overall impression: **Basic**

- Shows limited knowledge and understanding
- Identifies and comments on the equipment
- A limited discussion applied in basic terms to the question
- Quality of written communication is basic

Level 2 ([4]–[6])

Overall impression: **Competent**

- Shows good knowledge and understanding
- Identifies and comments on both highchair and baby monitor
- A competent discussion on both highchair and baby monitor
- Quality of written communication is competent

Answer must discuss highchair and baby monitor for full marks.

A response that only focuses on one piece of equipment = maximum [4]

Level 3 ([7]–[9])

Overall impression: **Highly Competent**

- Shows excellent knowledge and understanding
- Identifies and comments on a wide range of key points for both highchair and baby monitor
- A highly competent discussion of both highchair and baby monitor
- Quality of written communication is highly competent

(1 × [9])

[9]

9

**AVAILABLE
MARKS**

- 8 Kate has decided to breastfeed her newborn baby. Evaluate this feeding option for the mother. (AO3)

Advantages

- Breast milk requires no preparation and no equipment/saves time/can be fed anywhere/correct temperature
- The mother's uterus returns to its pre-pregnancy state more quickly, because of the action of oxytocin released when the baby sucks. This helps the mother to lose weight as milk production uses up calories, getting rid of excess fat stored while pregnant
- Breastfeeding delays the return of menstruation after the birth/mother will be more relaxed and content/free from pre-menstrual symptoms
- Reduces the risk of breast and ovarian cancer
- Breast milk is free, no sterilising equipment or formula needed
- Increases the bonding/skin to skin contact with her baby/satisfying experience
- Milk can be expressed so mother can return to work/socialise, baby can be fed by other family members
- Reassurance/feeling of satisfaction as mother is providing for her baby/colostrum
- May reduce incidence of post natal depression

Disadvantages

- Breastfeeding is tiring/demanding/can be difficult to go out as only mother can feed the baby
- Mother can develop sore/cracked nipples/mastitis which makes breastfeeding painful/latching on difficulties
- Dietary restrictions on what mother eats and drinks will be passed to baby/avoid alcohol/drugs and strongly flavoured foods causing indigestion
- Some mothers are too embarrassed/uncomfortable to breastfeed in public/breasts leak
- In rare cases some mothers may not be able to produce enough breast milk to feed their baby/can lead to feelings of frustration
- If mothers are needing medication, professional advice needs sought
- Mother does not know exactly how much milk the baby is getting
- Delays in returning to work if breastfeeding
- Time consuming to express milk

All other valid answers will be credited.

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[3])

Overall impression: **Basic**

- Shows limited knowledge and understanding
- Identifies and comments on a few points relevant to breastfeeding for the mother
- A limited evaluation applied in basic terms to the question
- Quality of written communication is basic

Level 2 ([4]–[6])

Overall impression: **Competent**

- Shows good knowledge and understanding
- Identifies and comments on some key points relevant to breastfeeding for the mother
- A competent evaluation shown on positive and negative points of breastfeeding for the mother
- Quality of written communication is competent

**Answer must contain both advantages and disadvantages for full marks.
A response that only focuses on advantages
or disadvantages = maximum [4]**

Level 3 ([7]–[9])

Overall impression: **Highly Competent**

- Shows excellent knowledge and understanding
- Identifies and comments on a wide range of key points relevant to breastfeeding for the mother
- A highly competent evaluation shown on positive and negative points of breastfeeding for the mother
- Quality of written communication is highly competent

(1 × [9])

[9]

Total

**AVAILABLE
MARKS**

9

75