



*Rewarding Learning*

**General Certificate of Secondary Education  
2024**

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# **Home Economics: Child Development**

Unit 1

Parenthood, Pregnancy and  
the Newborn Baby

[GCD11]

**THURSDAY 6 JUNE, MORNING**

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# **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 and tick the box beside each correct answer.  
Tick (✓) **only** one box for each answer. (AO1)

AVAILABLE  
MARKS

(a) Name the white greasy substance found on the baby's skin at birth.

A Vernix  
(1 × [1])

[1]

(b) After birth, how long is it before the postnatal check is carried out?

C 6 weeks  
(1 × [1])

[1]

(c) The Moro reflex can also be called:

B Startle reflex  
(1 × [1])

[1]

(d) The term to describe the large tongs used during an assisted birth is:

D Forceps  
(1 × [1])

[1]

(e) A premature or pre-term birth is when the baby is born before:

C 37 weeks  
(1 × [1])

[1]

5

2 (a) Use the key terms to complete the table below.

(i)	Transfers oxygen and nutrients from the mother to the baby	Umbilical cord
(ii)	Dilates to 10 cm during stage 1 of labour	Cervix
(iii)	Acts as a cushion during pregnancy to protect the baby	Amniotic sac
(iv)	Contracts during labour	Uterus

(4 × [1])

[4]

(b) Write down **two** ways to prevent food poisoning when **preparing meals** during pregnancy. Answers should focus on preparing meals. (AO1)

- Good personal hygiene, e.g. washing hands, hair tied back/nails short and clean, no coughing over food
- Clean work surfaces before, during and after preparing food
- Use different coloured chopping boards to prevent contamination/ knives
- Wash dishcloths in a hot wash
- Use **food that has been stored** correctly
- Do not prepare food when unwell
- Keep pets off work surfaces
- Wash fruit and vegetables
- Use food in date/check date of perishable foods
- Don't wash raw meat or poultry
- Cover food from flies
- Ensure food is defrosted properly
- Keep raw and cooked foods separate/avoid cross contamination
- Ensure utensils are clean

All other valid answers will be credited

0 = Cooking/fridge temperatures/storing food

0 = Keep pets out of kitchen

(2 × [1])

[2]

(c) Explain an ectopic pregnancy. (AO2)

- **Fertilised egg will embed/implant/develop/grow in the fallopian tube/ovary/cervix instead of the uterus**
- First sign is normally severe pain with some spotting of blood
- Fertilised egg can't survive and therefore fatal to baby and mother
- Embryo/foetus or tubal pregnancy has to be removed surgically/ medical emergency
- Damage to the fallopian tube is likely and impacting fertility in the future

[1] Basic statement

[2] Accurate statement

[3] Accurate, full description using specialist terminology – must refer to **fallopian tube and uterus**

(1 × [3])

[3]

AVAILABLE  
MARKS

(d) **Describe** how a mother can meet the following needs of a **newborn baby**.  
(AO2)

AVAILABLE  
MARKS

(i) **Love and comfort**

- Hold/cuddle baby to soothe them and help bonding process
- Wrap baby in blanket to give sense of safety and keep baby warm
- Talk to baby to promote bonding and to get familiar with voices
- Comfort baby when it cries, e.g. use pacifier, sing to baby, talk to baby
- Being able to support baby 24 hours a day/not neglecting baby
- Breastfeed, skin to skin contact/kangaroo care. Helps to calm and soothe babies and regulate their heartbeat.

Any other valid answers will be credited

(1 × [2])

[2]

(ii) **Sleep**

- Recommended 16–20 hours a day to help baby thrive/grow/ not overtired
- Keep baby away from cigarette smoke/to reduce risk of SIDS
- Establish a sleeping routine/lights down low/quiet voices/baby understands the difference between day and night
- Safe environment for baby to sleep in, e.g. room temperature should be between 18–21 °C/baby in the same room as parents when sleeping. No bed sharing/no pillow/SIDS
- Ensure baby is comfortable, fed and changed
- Change into nighttime clothing
- Provide soothing sounds, e.g. singing/lullabies, use of mobile
- Lay baby on back with feet to bottom of cot
- Fresh air can promote sound sleep

Any other valid answers will be credited

0 = Suitable cot

(1 × [2])

[2]

13

- 3 (a) Below is a picture of a diaphragm/cap.  
Describe how this method of contraception works. (AO2)

- **It fits inside the vagina and prevents/acts as a barrier to sperm passing through the cervix/covers cervix (the entrance of the womb)**
- A diaphragm or cap must be fitted for the correct size
- Must be inserted into the vagina before sex
- Needs to be used with a gel that kills sperm (spermicide)
- Must be left in place for at least 6 hours after sex, then it can be removed
- 92–96% effective
- Fitted by a health professional for the first time

All other valid responses will be given credit

0 = Prevents STI's

(1 × [3])

[3]

- (b) Identify **three** possible causes of male infertility. (AO1)

- Low sperm count
  - Low testosterone/obesity
  - Sperm mobility/poor quality
  - **Old** age
  - Mumps
  - Childhood injury/sports injury
  - Sperm tube blockage
  - Prostate/Testicular cancer
  - Ejaculation failure/impotence
  - Stress
  - Genetics
  - Alcohol/smoking/drugs
  - Sexually transmitted disease STI
  - Chemotherapy/radiotherapy/surgery/cancer treatment
- 0 = Cancer blockage hormones vasectomy age
- (3 × [1])

[3]

- (c) Assess **two** changes a new baby brings to a couple's lifestyle. (AO2)

Answers may address the following:

- Career - childcare is expensive - may change working hours to facilitate. May miss out on promotions if working hours are changed to support baby
- Less money/loss of wages due to maternity leave therefore encourages the need to budget buying additional equipment
- Less or disturbed sleep, feeling stressed, may need help from partner, family or friends
- Changes to social life because less freedom, time and money
- Less time as a couple, baby may be demanding and relationship can suffer due to feeling stressed and under pressure/dad may work longer hours to support reduction in income
- Lifelong responsibility as now have to take baby into consideration
- More house work to do/additional washing to keep baby clean
- Strengthens family ties, support from family members
- More appointments for baby needed, outings need to be planned

- May need to move house, extra bedroom space/bigger car as there will be additional equipment
  - Stop smoking to reduce risk of SIDS/respiratory problems and improve income
  - Couple become closer, strengthens relationship as new baby brings joy and rewards
  - May have to restrict pets, newborn safety paramount
  - Increased social circle, e.g. visits to health clinics, baby yoga
  - Holidays – staycation – affordability – no long flights
- All other valid responses will be given credit

[4]

**AVAILABLE  
MARKS**

10

4 (a) Emma is pregnant, and wants to buy a pram for her newborn baby. Discuss **three** factors she should consider when purchasing **this pram**. (AO2)

- Suitable mode of transport for first 6 months of baby's life. Baby can lie flat and can sleep comfortably while on the go without being open to the elements or restricted by safety harnesses. Helps the spine to develop naturally
- Allows baby to continue sleeping on arrival home without being lifted/disturbed
- Cost/expensive as can only be used for a limited time and other parts may need to be bought
- Adjustable handle allowing the parents to adjust it to a comfortable height and not put a strain on Emma's back
- Swivel wheels to help manoeuvre the pram when changing direction or turning corners. This makes the pram easier for Emma to push
- Shopping basket where bags can be stored/prevents bags on handle and risk of toppling over
- Wipeable fabric so can be kept clean and hygienic as babies are messy and can be sick
- Size - may be bulky and difficult to store in the house/boot even though it can be collapsed
- Sturdy brakes will ensure it is safe for the baby. Emma can leave pram safely and will not run away
- Safety labels provide reassurance from Emma as the pram will be durable.

All other valid responses will be given credit

(3 × [2])

[6]

(b) The Consumer Rights Act 2015 is a law that protects consumers. Write down **three** standards that the pram must meet. (AO1)

- Satisfactory/merchantable quality
- Fit for the purpose
- As described

(3 × [1])

[3]

(c) Quality marks can be found on baby clothing and equipment. Name the quality marks shown below. (AO1)

(i) Lion mark

(ii) SI/Kite mark

0 = lion/kite

(2 × [1])

[2]

11

- 5 (a) Minor problems are common in pregnancy. Write down **two** ways the following minor problems could be prevented in pregnancy. (AO1)

### Backache

Answers may address any of the following points:

- Sit upright with a straight back
- Take time to rest
- Take **gentle exercise**
- **Bend knees and keep back straight** when lifting or picking something from the floor
- Avoid high-heeled shoes and wear flat shoes to evenly distribute weight
- Avoid lifting heavy objects
- Use a firm mattress for support/pregnancy pillow

Any other valid responses will be given credit

(2 × [1])

### Oedema

Answers may address any of the following points:

- Try not to stand for too long
- Drink plenty of fluids
- Keep feet moving when sitting
- Choose comfortable/flat shoes with adjustable straps as feet could swell
- Rest with **feet raised above the heart**
- Exercise regularly
- Wear support tights to help circulation

Any other valid responses will be given credit

(2 × [1])

### Heartburn

Answers may address any of the following points:

- Eat smaller, more frequent meals
- Avoid spicy food/greasy food
- Don't lie down flat after a meal and try to avoid bending over after eating
- Don't eat late at night or just before bedtime
- Drink milk
- **Take antacid** medication as prescribed by health professional
- Use an extra pillow at night time to stay propped up a little
- Keep a diary and try to identify trigger foods and drinks – common ones include fruit juice, tea, coffee, cola and chocolate

Any other valid responses will be given credit

0 = take medication

(2 × [1])

[6]

(b) Labour is the process of giving birth. Describe what happens at each of the following stages of labour. (AO2)

AVAILABLE  
MARKS

### Stage 2

- Second stage of labour lasts from when the cervix is **fully dilated to 10 cm**, until baby is born
- Vagina, cervix, and uterus will form the long continuous birth canal for baby to ease through
- Contractions become stronger pushing baby down birth canal
- The mother will push during this stage and the contractions will become increasingly stronger and longer
- **Crowning** happens when the baby's head will appear, shoulders are then eased out and **baby is born**
- Mucus is cleared from baby's nose and mouth to help with breathing
- Episiotomy is a small cut made in the mother's perineum and this is to prevent tearing

Any other valid answers will be credited

[1] Basic statement

[2] Accurate with some discussion

[3] Accurate with detailed understanding of process including **baby is born/ crowning**

(1 × [3])

### Stage 3

- **Baby becomes a separate person, breathing by themselves as umbilical cord is clamped and cut**
- Contractions continue to push out the placenta (afterbirth)
- Injection of syntocinon may be given to speed up the **delivery of the placenta** and to prevent excessive bleeding
- Midwife checks placenta to make sure nothing is left behind
- If episiotomy is required, this will now be stitched using local anaesthetic
- Baby is given to mother for skin-to-skin contact
- APGAR scoring is carried out

Any other valid answers will be credited

[1] Basic statement

[2] Accurate with some discussion

[3] Accurate with clear discussion relating to stage 3 labour including **baby becomes separate person/delivery of the placenta**

(1 × [3])

[6]

12

6 Discuss how **antenatal care benefits the mother**. (AO2, AO3)

AVAILABLE  
MARKS

- **Provides support** for mother who will receive regular check-ups which are monitored and recorded in a file and will be reassured knowing their baby is developing well and to prevent unwanted complications
- **Birthing partner** can attend to show support and ensure they are also informed about pregnancy and labour process
- **Building relationships**, the parents to be will build strong relationships with a range of healthcare providers, e.g. midwife, obstetrician, sonographer etc. and will feel at ease if they need to discuss any concerns they may have as they are familiar with them
- **Meet other mothers**, get advice and share any concerns they may have, feel reassured they are not alone, develop new friendships as something in common
- **Advice from midwives**, will know how to deal with problems during pregnancy and it provides reassurance. Give advice on diet, smoking, exercise
- **Feeding options**, midwife will discuss what feeding choice they are planning to do and giving the benefits of both breast and bottle feeding, time for mum to decide what she wants to do
- **Be prepared physically and emotionally**, mother will be prepared and know what to expect
- **Problems during pregnancy**, helps to prevent or identify any problems, e.g. gestational diabetes, high blood pressure, pre-eclampsia and how to treat them immediately
- **Information** is available on types of birth, e.g. induction, forceps, ventouse and caesarean section
- Gives mother an opportunity to **discuss and agree a birth plan** with midwives/gives mother a feeling of control knowing her wishes are noted
- Mother more likely to have an opportunity to **become familiar with the hospital** where she will give birth – reduce anxiety in the lead up to labour

All other valid points will be given credit

**Level 1 ([1]–[2])**

Overall impression: **Basic**

- Shows limited knowledge and understanding
- Identifies and comments on a few obvious points relevant to the benefits of antenatal care for the mother
- A limited assessment applied in simple 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 the benefits of antenatal care for the mother
- A competent discussion on benefits of antenatal care for the mother

**Level 3 ([5]–[6])**

Overall impression: **Highly competent**

- Shows excellent knowledge and understanding
- Identifies and comments on a wide range of key points on the benefits of antenatal care for the mother
- A highly competent discussion of the benefits of antenatal care for the mother

(1 × [6])

[6]

6

**7 The quality of your written communication will be assessed in this question.**

**AVAILABLE  
MARKS**

A healthy diet during pregnancy is essential.

Discuss how each of the following contribute to a healthy pregnancy.

**Carbohydrates**

- Needed for energy/main source of energy
- Helps the mother to feel full without containing too many calories therefore less chance of snacking on sugary snacks
- Mother needs more energy to carry extra weight when pregnant
- Starchy carbohydrates slowly release energy to make mother feel fuller for longer, less likely to eat more and keep weight controlled
- Source of dietary fibre to prevent constipation
- Carbohydrates have a high satiety value which provides a feeling of fullness and prevents excess weight gain
- Foods rich in carbohydrates are bread, potatoes, breakfast cereals, rice, pasta, noodles

**Folic Acid**

- Folic acid helps form the neural tube and prevents some major birth defects of the baby's brain (anencephaly) and spine (spina bifida)
- Folate is involved in the production of red blood cells and a deficiency can cause anaemia
- Supplement should be taken 3 months before pregnancy and in the first 3 months of pregnancy
- Daily dose of 400 micrograms is recommended
- Eating a diet rich in folate/folic acid such as broccoli, oranges, spinach, fortified cereals, bread, and Marmite

**Calcium**

- Calcium is vital for making your baby's teeth and bones
- Strengthens mother's bones for carrying baby
- Maintains mother's bone density as baby uses up mother's calcium supply
- Baby's developing skeleton, bones form in eighth week of pregnancy
- The formation of baby's teeth and to maintain mother's dental health
- Vitamin D helps the absorption of calcium/helps to avoid calcium loss from bones/osteoporosis and teeth
- Rich sources of calcium are milk, cheese yoghurt, green leafy vegetables
- Can help prevent pre-eclampsia

All other valid answers will be credited

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

**Level 1 ([1]–[3])**

Overall impression: **Basic**

- Limited range of points, not all explained
- Shows basic knowledge and understanding
- Quality of written communication is basic

**Level 2 ([4]–[6])**

Overall impression: **Competent**

- Shows good knowledge and understanding.
- Shows competent knowledge and understanding related to pregnancy.  
Some discussion evident
- Quality of written communication is competent.

**Level 3 ([7]–[9])**

Overall impression: **Highly Competent**

- Highly competent range of explained points including foods and diet related disorders
- Shows highly competent knowledge and understanding related to pregnancy
- Quality of written communication is highly competent

(1 × [9])

[9]

**AVAILABLE  
MARKS**

9

**8 The quality of your written communication will be assessed in this question.**

**AVAILABLE  
MARKS**

Emma has decided to bottle feed her newborn baby.  
Evaluate this feeding option. (AO3)

**Advantages**

- Convenient, partner or family members can feed baby and get the opportunity to bond, mother can get a break and get rest, more freedom for mother/establish routines
- Can return to work, bottles can be made and anyone can feed baby, e.g. family members, childminder
- No embarrassment, baby can be fed anywhere in public
- Accurate amount, mum knows exactly how much the baby is taking therefore baby will be fed the right amount for their age, will not be overfeeding
- Formula milk contains vitamin K, which helps blood to clot and stops bleeding
- No eating restrictions, mum can eat whatever she wants
- Wide variety of formula milk to purchase, caters for growing baby and to meet their changing nutritional needs, different types of milk for all, e.g. lactose intolerant
- Bottle fed babies need to be fed less frequently as formula milk is digested more slowly
- Rich in iron

**Disadvantages**

- Time consuming, bottles and teats need to be washed and sterilised to prevent infection. Preparation takes time and effort
- Cost, more expensive to bottle feed as bottles, formula milk and sterilising equipment need to be purchased
- Increased risk of chest, ear infections or asthma as the baby will not receive antibodies
- Bottles need to be made fresh to prevent bacteria building up and causing an infection
- If microwave is used, ensure bottle is shaken well to remove hot spots. Check temperature on inside of wrist to prevent scalding baby's mouth
- Can overfeed baby and cause obesity if feeding on demand
- Instructions must be followed carefully to ensure baby is receiving the right amount of powder to water, too much formula can damage kidneys
- Risk of gastroenteritis if bottle isn't cleaned and sterilised properly, baby will be in pain and cry
- Baby is more likely to become constipated/experience colic or wind

[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 obvious points relevant to bottlefeeding
- A limited assessment 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 of bottlefeeding
- Identifies and comments on some key points relevant to bottlefeeding
- A competent evaluation shown on positive and negative points of bottlefeeding
- Quality of written communication is competent

**Level 3 ([7]–[9])**

Overall impression: **Highly Competent**

- Shows excellent knowledge and understanding
- Identifies and comments on a wide range of key points of bottlefeeding
- A highly competent evaluation of bottlefeeding as an option
- Quality of written communication is highly competent

(1 × [9])

[9]

**Total**

**AVAILABLE  
MARKS**

9

**75**