

HOME MANAGEMENT SS3 - 1ST TERM

SCHEME OF WORK

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PREGNANCY / CHILD DEVELOPMENT

OBJECTIVE OF THE LESSON

This topic explains to us how reproduction happens, how pregnancy starts, and how to care for a pregnant woman before and after birth. It helps us understand human growth from conception.

REPRODUCTIVE SYSTEM OF MALE AND FEMALE

These are body organs responsible for fertilization and pregnancy.

Male reproductive organ:

- 1.) Testes produce sperm.
- 2.) Sperm duct carries the sperm.
- 3.) Penis delivers it.

Female reproductive organ:

- 1.) Ovary produces egg.
- 2.) Fallopian tube is where fertilization takes place.
- 3.) Uterus is where baby grows.
- 4.) Vagina is the passage for both the sperm and the baby during birth.

KEY WORDS YOU MUST KNOW.

*Ovulation: When a mature egg leaves the ovary, usually day 14.

*Fertilization: When sperm meets egg to form baby.

Signs of Pregnancy

Missed period, nausea, tender breasts, frequent urination, baby movement called quickening.

Pre-natal / Ante-natal Care

these are medical check-ups and care given to a pregnant woman from pregnancy till birth.

Importance

1. To monitor mother and baby
2. To detect problems early
3. To teach nutrition and hygiene
4. To prepare for safe delivery

Advantages of Ante-natal Care

- 1.) It ensures healthy mother and baby
- 2.) It reduces death rate
- 3.) It teaches the mother adequate diet
- 4.) It helps in recommending adequate drugs

CHILD BIRTH

The process of bringing baby out.

Preparation: Pack clothes, money, choose hospital, get blood donor.

Stages of Labour:

1. Dilation - cervix opens.
2. Expulsion - baby comes out.
3. Afterbirth - placenta comes out.

POST-NATAL CARE

This is Care given to mother and baby 6 weeks after birth.

Advantages:

1. Checks mother's healing

2. Teaches breastfeeding
3. Baby gets immunization
4. Family planning advice

Questions:

1. Name 2 parts each of the male and female reproductive system.
2. What is ovulation and fertilization?
3. List 4 signs of pregnancy.
4. State 3 advantages of ante-natal care.
5. Outline the 3 stages of labour.

PREGNANCY / CHILD DEVELOPMENT II

OBJECTIVE;

After birth, the baby needs clothes, materials and proper care. This topic teaches us what to buy for a newborn and how to care for the baby.

Meaning: Layette is all the clothes and materials needed for a newborn.

Content: Baby gowns, diapers, vests, caps, shawls, towels, soap, powder, cotton wool.

Factors to Consider When Buying Baby's Layette

1. Cost - must be within budget
2. Weather- warm or light clothes
3. Material - soft cotton
4. Size - allow for growth
5. Number - buy enough
6. Color - light colors show dirt easily

Care of a Baby

How to keep newborn healthy and happy.

1. Feeding - breastfeed for 6 months
2. Hygiene - bath daily, clean diapers
3. Clothing - keep warm
4. Health - immunization
5. Love - carry and talk to baby

Questions

1. What is a baby layette?
2. Mention 6 contents of a baby layette.
3. State 4 factors to consider when buying a baby layette.
4. List 5 ways to care for a baby.

CARE OF A TODDLER AND PARENTING

A toddler is a child 1-3 years old. At this age they need special care. Parenting is also important because parents shape the child's future.

Meaning of Toddler = child learning to walk and talk.

Care

1. Feeding - balanced diet
2. Hygiene - wash hands
3. Safety- remove sharp objects
4. Play - for learning
5. Bowel and Bladder Control - teach to use potty

Meaning and Importance of Parenting

Meaning of parenting: The job of raising and training a child.

Importance

1. Shapes character

2. Ensures proper growth
3. Prepares child for society

Responsibilities of Parents

1. Modelling- be good example
2. Monitoring - watch activities
3. Provision - food, school, health
4. Protection - from danger
5. Discipline and Love

Questions

1. Who is a toddler?
2. Explain bowel and bladder control.
3. State 3 importance of parenting.
4. List 5 responsibilities of parents.

CHILD DEVELOPMENT AND CARE

This topic explains to us how children grow and change physically, mentally and socially. It also shows what helps or slows down their growth.

Meaning of Child Development: The progressive changes a child goes through from birth to adulthood in body, mind, and behavior.

Principles of Development

1. Head to toe
2. Center to outside
3. General to specific
4. Each child grows at own rate

Factors That Affect Development

1. Heredity - genes
2. Nutrition - good food
3. Health
4. Environment
5. Love and Stimulation

Questions

1. Define child development.
2. State 4 principles of development.
3. Mention 5 factors that affect child development.

COMMON AILMENTS IN CHILDREN

Children easily fall sick. This topic teaches us common illness in children, how to prevent and treat them, and importance of vaccines and play to a child.

Types, Causes, Prevention and Treatment**

1. Diarrhea - dirty water → ORS, wash hands
2. Measles - virus → Immunize, isolate
3. Malaria - mosquito → Net, drugs
4. Whooping Cough - air → Immunize

Immunization

This means giving vaccines to protect children.

Importance

Prevents death, keeps child healthy, reduces hospital bills.

Toy, Play Materials**

Meaning: Items children use to play.

Importance*: Helps body, brain and social growth.

Types*: Educational, outdoor, creative toys.

Questions

1. List 4 common ailments in children and how to prevent them.
2. What is immunization? State 3 importance.
3. What are play materials? Give 2 importance and 3 types.

HOME HEALTH CARE

Accidents happen at home. This topic teaches us how to prevent them and what to do first before going to hospital.

Common Home Accidents

1. Cuts - sharp objects → bandage
2. Burns - fire → cool with water
3. Falls - wet floor → clean floor
4. Poisoning - chemicals → keep away

Home Medicine

Simple drugs kept at home like paracetamol, ORS.

First Aid Box Contents

Cotton wool, bandage, antiseptic, scissors, thermometer, pain reliever.

Questions

1. List 4 common home accidents and their prevention.
2. What is home medicine? Give 2 examples.
3. State 6 contents of a first aid box.

FOOD PURCHASING

Buying food in bulk saves money and ensures constant food in the house. This topic teaches us how to buy food wisely.

Factors to consider

1. Price of the food
2. Quality of the food item
3. family size,
4. Storage facilities
5. Season of the year
6. Nutritional content

Procedure: Make list → check money → go to market → check quality → bargain → pay → carry home

Questions

1. Define bulk purchasing.
2. State 6 factors to consider when purchasing food.
3. Outline the procedure for purchasing food.

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MARKET SURVEY

Before buying, it's wise to check prices in different places. Cooperatives also help people buy cheaper.

Meaning of market survey: Finding out prices and quality of goods in different markets.

Role of Co-operative Society

1. Buy in bulk
2. Give loans
3. Provide storage
4. Teach members how to buy

Questions

1. What is market survey?
2. State 4 roles of co-operative society.

MARKET

A market is where buying and selling happens. There are different types with good and bad sides.

Types

1. Open market,
2. Commodity market
3. Money/exchange market
4. supermarket,
5. mall,
6. periodic market.

Advantages

1. Variety of goods
2. Bargaining power,
3. jobs opportunity

Disadvantages

1. Crowding,
2. theft,
3. time wasting.

Questions

1. What is a market?
2. List 4 types of market.
3. State 3 advantages and 3 disadvantages of an open market.