

1. Factual information

Module title	ND 2.2 Intermediate Care Skills		
Module tutor	Tara Nolty	Level	Second year
Module type	Taught	Credit value	N/A
Mode of delivery	100% face to face		
Notional learning hours	17 notional hours. Module contact hours include lectures and scheduled support sessions, and may include individual and group tutorials, support sessions, workshops and value-added curriculum activities such as external speakers and trips. Independent study: 3 hours.		

2. Rationale for the module and its links with other modules

Building on ND 1.2 Basic Care Skills and integrating learning from the BA (Hons) modules NC4205 Principles of Equality, Diversity and Inclusion, and NC5205 Promoting Health in Practice, students will take their practical skills knowledge into the home and explore how they can meet a range of individual needs. Nannies need to know that not all hair requires the same care. In this module, students will learn what to do when headlice appear and the best tools for dealing with this. They will also learn how to ensure nails are trimmed and ears cleaned, how to support dental care, and how to manage that first trip to the dentist, all of which are fundamental to their practice. In the second half of the module, students will look at the practicality of sleep routines, bath times and mealtimes, with a view to promoting autonomy, choice and respectful behaviour.

3. Aims of the module

This module aims to give students the skills to carry out the intermediate care skills required as a nanny, such as caring for hair, skin and teeth and maintaining a calm environment for promoting autonomy throughout a child's daily routine. Students will explore tips and tricks for mealtimes and bedtimes and how to support parents in this.

4. Prerequisite modules or specified entry requirements

1.2 Basic Care Skills must be completed and passed before beginning this module.

5. Does the module permit compensation?

No

6. Learning, teaching and assessment strategy for the module

Face-to-face lectures
Practical workshops
Formative assessment
Peer assessment

7. Intended learning outcomes

At the end of the module, learners will be expected to:

1. Compare and contrast the care skills required for maintaining the health of skin, hair and teeth with respect for individual needs.
2. Explain how sleep, bath times and mealtimes contribute to holistic wellbeing and the practical processes that should be employed to ensure these.
3. Explore opportunities for promoting autonomy, independence and choice within care routines.
4. Demonstrate strategies for supporting children with sleep and toileting transitions.

7a. Norland diploma programme learning outcomes met

PLO1, PLO3, PLO4, PLO5, PLO6

8. Indicative content (this should provide an overview of content over the number of weeks of module delivery)

- Hair care (hair types, styling, cleaning, tools and products, headlice, hairdressing visits)
- Skin care (skin types, products, nail trimming, allergies, common conditions) Blissful Bathtimes (Safety, fun, products, nail trimming)
- Tooth care (cleaning, tooth loss, stages, products, dentist visits)
- Sleep (sleep hygiene, practical routines, making up a cot, safety, lighting, products, safe sleep and SIDs)
- Blissful Bathtimes (Safety, fun, products, nail trimming) Potty Training, cues, tips and tricks.
- Mealtimes (eating together, using cutlery, promoting choice and autonomy, products)
- Working on assessments
- Recap of Basic Care Skills

9. Assessment strategy, assessment methods, their relative weightings and mapping to module learning outcomes

Assessment strategy: Students will undertake a demonstration 'accelerated' evening routine that covers, dinnertime, bathtime, hair care, tooth care and safe sleep. Students will also demonstrate hairstyling in sessions as part of the formative assessment.

Assessment task	Weighting	Trimester submitted	Grading (pass/fail/%)	Module learning outcomes the assessment task maps to
Practical Skills assessment: Demonstration of an evening routine following the practical skills checklist.	100%	T2	Pass/Refer/Fail	All

10. Teaching staff associated with the module

Name and contact details

Tara Noltz tara.noltz@norland.ac.uk

11. Core reading list

Author	Year	Title	Location	Publisher
Norland	(no date)	<i>Norland Code of Professional Responsibilities</i>	Bath Spa	Norland

12. Other indicative text (e.g., websites)

CHFD (no date) *Hair washing for children - tips and advice*. Available at: <https://childrenandfamilyhealthdevon.nhs.uk/resources/hairwashing-for-children-tips-and-advice/> (Accessed: 02 May 2024).

Clifford, G. P. (2021) *Baby sleep solution: 2021 edition: gentle ways to help your baby sleep through the night, the No Cry Sleep Solution for newborn and toddler, the advanced guide for parents*. Independently published.

GOSH (2019) *Mealtime strategies and food exploration*. Available at: <https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/mealtime-strategies-and-food-exploration/> (Accessed: 13 May 2023).

NHS (2022) *Children's teeth*. Available at: <https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/#:~:text=Brush%20teeth%20twice%20daily%20for,ppm%20and%201%2C500ppm%20fluoride> (Accessed: 02 May 2024).

NHS (2022) *How to potty train* Available at: <https://www.nhs.uk/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/> (Accessed: 23 June 2025)

Sleep Foundation (2023) *Sleep hygiene: what it is, why it matters, and how to revamp your habits to get better nightly sleep*. Available at: <https://www.sleepfoundation.org/sleep-hygiene> (Accessed: 02 May 2024).

13. List of amendments since last (re)validation

Area amended	Details	Date Central Quality informed
Section 7	Learning outcomes updated	24/07/2025

Section 9	Assessment rationale & format updated	24/07/2025
Section 1	Notional hours changed from 50 to 17	03/07/2026

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