



RAJARATA UNIVERSITY OF SRI LANKA

FACULTY OF APPLIED SCIENCES

B.Sc. (Special) Degree in Health Promotion

Fourth Year – Semester I Examination – January/February 2021

HPT 4501 – CHILD WELLBEING AND DEVELOPMENT – PART I

Time: Three (3) hours

Answer ALL questions.

1. a) Name **five (05)** characteristics of a home environment that make it more conducive to enhancing ECCD. **(30 marks)**
 - b) Describe how to empower a group of mothers in an estate community to enhance the quality of physical and psychosocial environments within their homes and communities to strengthen ECCD. **(70 marks)**

2. Describe, with examples, the importance of optimizing ECCD for the following:
 - a) improving overall human wellbeing **(50 marks)**
 - b) development of the country **(50 marks)**

3. a) Name **five (05)** domains of nurturing care in relation to Early Childhood Development from a life course perspective. **(25 marks)**
 - b) Describe in brief health promotion interventions to improve childhood development by interventions directed at
 - i. mother's pre pregnancy health and wellbeing **(25 marks)**
 - ii. home environment during pregnancy **(25 marks)**
 - iii. environment in infancy and childhood **(25 marks)**

4. a) List **five (05)** strategies proposed in the national home-based ECCD strategic plan developed by the Ministry of Child Affairs with involvement of the Department of Health Promotion. **(30 Marks)**
- b) Critically analyze the actions of the national home-based ECCD strategic plan mentioned in **4.a.** **(70 Marks)**
5. You come across a 10 year old boy whose BMI is between 95th and 99th percentiles, and height above 95th percentile. Both his parents are also similar to him, in appearance.
- a) Explain his condition with regard to Anthropometry. **(30 marks)**
- b) Discuss how to advise him and his parents with regard to his weight. **(70 marks)**
6. You have a nine month old infant in your community. Her weight has crossed from minus 1 standard deviation (-1SD) to minus two standard deviation (-2SD) in three months. Mother has exclusively breast fed the child till 6 months and started complementary feeding along with breast milk and kanji (porridge) water since then. Up to 6 months, weight followed percentile lines, parallel.
- a) Explain in brief the factors that caused the weight reduction after 6 months. **(20 marks)**
- b) Describe why the weight followed minus one SD from birth to six months. **(30 marks)**
- c) Discuss the measures to correct her weight. **(50 marks)**

End