



RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES, MIHINTHALE

B.Sc. (General) Degree in Health Promotion
Third Year – Semester I Examination – October/November 2014

**HPT 3102 –EARLY CHILDHOOD CARE AND DEVELOPMENT AND
MATERNAL AND CHILD HEALTH**

Time: 1 ½ hours

Answer all (03) Questions

- 1.) 1.1 Discuss “use or lose phenomenon” with regard to Early Childhood Care and Development (ECCD). **(40 Marks)**
 - 1.2 State the barriers in promoting psychosocial stimulation of children. **(30 Marks)**
 - 1.3 Outline the concepts that you could introduce to a 2- year- old child using a flower in the garden. **(30 Marks)**
- 2.) 2.1 Define exclusive breast-feeding. **(10 Marks)**
 - 2.2 Briefly describe the physiological reflexes of mother and child, which enable breast-feeding. **(30 Marks)**
 - 2.3 List the steps in expressing breast milk. **(20 Marks)**
 - 2.4 State five common problems in complementary feeding. Indicate the probable reasons for these problems. **(40 Marks)**
- 3.) 3.1 Draw the Safe Motherhood diagram. **(30 Marks)**
 - 3.2 Briefly describe the WHO 3 delay model in maternal mortality. **(30 Marks)**
 - 3.3 Assume you are appointed as a health-promoting officer to the field. Describe five strategies you would use to promote health of postpartum mothers. **(40 Marks)**