



CAREGIVING (CHILD CARE)

TECHNICAL-PROFESSIONAL

Grade 12

**Three-Term Budget Of Work (BOW)
for Learning Competencies**

**TECHNICAL-PROFESSIONAL
AESTHETIC, WELLNESS, AND HUMAN CARE
Grade 12**

**Three-Term Budget Of Work
For Learning Competencies**

Please note that each Tech-Pro elective is completed in three terms if delivered at Grade 11.

Elective	Caregiving (Child Care)	
Prerequisite	None	
Performance Standard	The learners perform infection control procedures, standard first aid, and basic life support in accordance with the Philippine National Red Cross.	
Content Standard	The learners demonstrate understanding in occupational safety and health policies and procedures (OHS), career and business opportunities, therapeutic and non-therapeutic communication, care plan, infection control procedures, standard first aid, and basic life support.	
Week	Learning Competency	Suggested Activities
1	Discuss the occupational safety and health policies and procedures (OHS), and career opportunities in caregiving	Activity 1: OHS Reflection Task: Research and write a reflection on the importance of occupational safety and health policies in caregiving. Activity 2: Career Opportunities Presentation Task: Prepare a short presentation highlighting different career opportunities in adult and child caregiving, including safety and workplace standards.

Week	Learning Competency	Suggested Activities
	Compare the therapeutic and non-therapeutic communication	Activity 1: Communication Reflection Task: Write a short reflection on a personal experience of therapeutic or non-therapeutic communication and its impact. Activity 2: Role-Play Exercise Task: Perform a role-play demonstrating both therapeutic and non-therapeutic communication techniques and discuss the outcomes.
	Create a caregiving care plan using the SMARTER (Specific, Measurable, Attainable, Realistic, Time-bound, Evaluate, Re-evaluate) approach	Activity 1: Care Plan Creation Task: Develop a caregiving plan for a hypothetical client using the SMARTER framework. Activity 2: Care Plan Analysis Task: Review an existing care plan and identify areas for improvement based on SMARTER criteria.
2	Perform infection control procedures in accordance with the industry practices	Activity 1: Infection Control Demonstration Task: Demonstrate proper hand hygiene, PPE use, and cleaning of caregiving tools and environment. Activity 2: Infection Control Checklist Task: Create a checklist of infection control steps and apply it to a simulated caregiving area.

Week	Learning Competency	Suggested Activities
3	Demonstrate first aid and basic life support standards in accordance with the Philippine Red Cross	Activity 1: BLS Practice Task: Perform CPR and basic first aid on a mannequin following Philippine Red Cross guidelines. Activity 2: Emergency Scenario Simulation Task: Simulate an emergency scenario requiring first aid and BLS, explaining your actions and reasoning.
Suggested Performance Task	Individual Performance Task: First Aid & BLS Procedure Guide Task: Explain the basic steps of First Aid and Basic Life Support (BLS) following Philippine Red Cross standards. Include at least: - Scene safety check - Primary assessment (DRSABCD or ABC) - CPR steps overview - Basic wound care or emergency response Group Task: Emergency Response Simulation Task: As a group, perform a first aid and BLS simulation based on a given emergency scenario (e.g., fainting, choking, minor injury, cardiac arrest). Demonstrate proper: - Assessment of the victim - CPR or first aid response - Calling for help - Proper coordination and safety procedures	
Performance Standard	The learners perform the procedures in taking vital signs.	
Content Standard	The learners demonstrate understanding in taking vital signs.	

Week	Learning Competency	Suggested Activities
4	Perform the procedures in taking the vital signs	Activity 1: Vital Signs Measurement Task: Measure temperature, pulse, respiration, and blood pressure on a mannequin or classmate and record results. Activity 2: Vital Signs Analysis Task: Compare recorded vital signs to normal ranges and write a short report on findings and recommendations.
Performance Standard		The learners perform bathing and feeding procedures.
Content Standard		The learners demonstrate understanding in pre-natal and post-natal care, breast feeding techniques and position, new born screening test, common types of vaccines and side effects, different stages of growth and development, bathing procedures, and feeding techniques and sleeping habits.
5	Discuss the pre-natal and post-natal care	Activity 1: Research Report Task: Write a report on key pre-natal or post-natal care practices and their importance. Activity 2: Case Study Discussion Task: Analyze a pre-natal or post-natal scenario and suggest best caregiving practices.
	Discuss the appropriateness of breast feeding techniques and positions	Activity 1: Position Demonstration Task: Demonstrate correct breastfeeding positions using a doll and explain benefits. Activity 2: Reflection on Techniques Task: Write a reflection on challenges mothers may

Week	Learning Competency	Suggested Activities
		face with breastfeeding and strategies to overcome them
6	Discuss the newborn screening test	Activity 1: Screening Research Task: Research common newborn screening tests and write a summary explaining their purpose. Activity 2: Case Scenario Analysis Task: Analyze a scenario where a newborn screening test is critical and discuss follow-up steps.
	Discuss the common types of vaccines and side effects in newborns up to preschoolers	Activity 1: Vaccine Chart Task: Create a chart showing vaccines, recommended age, and common side effects. Activity 2: Presentation on Vaccination Task: Prepare a short presentation explaining the importance of vaccination schedules for young children.
	Discuss the different stages of growth and development of infants to preschoolers	Activity 1: Development Timeline Task: Create a timeline showing key developmental milestones from birth to preschool age. Activity 2: Milestone Discussion Task: Write notes on how each stage influences caregiving activities and strategies.

Budget of Work **Grade 12 | Tech-Pro: Caregiving (Child Care)**

Week	Learning Competency	Suggested Activities
7	Perform bathing procedures	Activity 1: Bathing Skills Demonstration Task: Demonstrate safe and hygienic bathing procedures for infants or young children. Activity 2: Hygiene Checklist Task: Create a checklist of steps for proper bathing and apply it during practice.
	Discuss the different sleeping habits	Task: Write a reflection on how sleep habits affect a child's growth, behavior, and caregiving approach.
Suggested Performance Task	Individual Performance Task: Bathing Procedure Guide Task: Explain the step-by-step bathing procedure (bed bath or assisted bath). Include proper hygiene, safety, and comfort practices such as: - Preparing materials and equipment - Ensuring privacy and safety - Proper washing sequence - Skin care and drying techniques Group Task: Assisted Bathing Demonstration Task: As a group, perform a simulated assisted bathing procedure for a client. Demonstrate proper: - Preparation of materials - Communication with the client - Safe bathing techniques - Proper cleaning and post-care procedures	
Performance Standard	The learners perform common routines in child care.	

Week	Learning Competency	Suggested Activities
Content Standard	The learners demonstrate understanding the different behavioral patterns, common routines and principles of medication administration	
8	Discuss the different behavioral patterns	Activity 1: Behavior Observation Task: Observe a child and record notes on behavioral patterns, triggers, and responses. Activity 2: Behavior Strategy Discussion Task: Suggest strategies for managing common behavioral issues in infants and preschoolers
	Perform the common routine activities	Activity 1: Routine Care Demonstration Task: Perform one routine caregiving activity (feeding, diapering, or bathing) following proper hygiene and safety procedures. Activity 2: Routine Documentation Task: Create a daily routine log for a child, noting times and procedures for all routine activities.
9	Discuss the principles of medication administration	Activity 1: Medication Simulation Task: Simulate administering medication safely, emphasizing accuracy and proper documentation. Activity 2: Medication Reflection Task: Write a reflection on key principles of medication safety and potential risks of errors.
10	Calculate the service cost in providing caregiving services	Activity 1: Service Cost Calculation Task: Calculate the total cost of caregiving services

Budget of Work **Grade 12 | Tech-Pro: Caregiving (Child Care)**

Week	Learning Competency	Suggested Activities
		for a hypothetical client, including labor, supplies, and contingencies. Activity 2: Budget Planning Exercise Task: Prepare a sample budget for caregiving services and explain the allocation of resources.
Suggested Performance Task	Individual Performance Task: Routine Caregiving Activities Log Task: List and demonstrate five common routine caregiving activities (e.g., bathing assistance, feeding, grooming, mobility support, medication reminders). Explain briefly how each activity is properly performed. Group Task: Caregiving Service Cost Computation Task: As a group, compute the estimated cost of providing caregiving services for one day. Include: - Materials/supplies cost (e.g., gloves, hygiene kits) - Service time or labor cost - Miscellaneous expenses (transportation, utilities)	