

**The Hong Kong Girl Guides Association**  
**Interest Certificate Syllabus**  
**Ranger Section**

**Child Care**

Choose one of the following age groups as your service target:

1. Babies under 2 years old
2. 2-year-old toddlers to 5-year-old children
3. Children from 5 to 7 years old

**I. Theories**

Based on the service target you choose, present the following information in a logbook and discuss with the Assessor:

1. Their daily habits
2. The importance of proper clothing, hygienic environment, fresh air, parenting style, rest time, games and activities to them
3. The nutrients they should have every day and a balanced diet for them
4. At least 3 common diseases and their symptoms, prevention and treatment
5. At least 3 types of household accidents and their prevention
6. Child welfare services in the community

**II. Practice**

Organise and lead a Happy Bee Unit meeting.