

Open Awards

Unit



1 Unit Details

Unit Title:	Dream Time Baby Massage and Movement Therapy
QAC Code:	
Level:	Level 3
Credit Value:	6
Minimum GLH:	47

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the Dream Time Philosophy and the importance of promoting this using social media	1.1 Describe what the Dream Time Philosophy is
	1.2 Describe how social media can be used to promote and protect the philosophy
	1.3 Evaluate the effectiveness of the philosophy with regards to <ul style="list-style-type: none">a) Equality and Diversityb) Safeguardingc) Confidentialityd) Maintaining a positive reputation
2. Understand the methods used and the benefits of these	2.1 Describe the stages of the Dream Time Routine
	2.2 Describe the different techniques used when transitioning and the reasons for them including <ul style="list-style-type: none">a) Verbal Techniquesb) Non-verbal Techniques
	2.3 Describe the benefits of positive transitioning
	2.4 Identify when eye contact is used and analyse the benefits of this in relation to <ul style="list-style-type: none">a) Emotional Developmentb) Brain and Eye Developmentc) Spiritual Dimension

	2.5 Explain the benefits of singing in a Dream Time class for <ul style="list-style-type: none"> a) The Parent b) The Child
	2.6 Explain the benefits of yoga and soft gymnastics on early childhood development
3. Understand medical issues that can be highlighted by the Dream Time routine	3.1 Identify 4 medical issues from each category and explain how you diagnose them <ul style="list-style-type: none"> a) Physical b) Mental c) Emotional
4. Understand the benefit of aromatherapy oils	4.1 Explain the effects and risks of 3 base oils on a baby's skin.
	4.2 Explain the benefits and risks of aromatherapy oils used on babies and parents: <ul style="list-style-type: none"> a) Physically b) Emotionally c) Medically
5. Understand the importance of creating and maintaining a physical and emotional safe space	5.1 Identify 6 reasons why a safe environment is important to both parents and babies
	5.2 Explain how a safe environment can support a woman affected by birth trauma.
	5.3 Explain how each of the following can encourage openness and trust <ul style="list-style-type: none"> a) Open questions b) Body Language c) Non Verbal Communication d) Listening
6. Understand Post Natal Depression (PND)	6.1 Describe 10 symptoms common to PND, how they occur and can affect women's behaviour.
	6.2 Explain the difference between: <ul style="list-style-type: none"> a) PND b) Baby Blues c) Post Natal Psychosis
	6.3 Explain how to support a woman with PND.
7. Understand the Waldorf Steiner approach to the individual child	7.1 Explain the Waldorf Steiner approach to child education
	7.2 Within the context of the Dream Time philosophy and methods, explain how the qualities of the Waldorf Steiner philosophy impacts:

		<ul style="list-style-type: none"> a) The mother b) The baby
8	Understand the process for delivering Dream Time Baby Massage and Movement Therapy sessions	<ul style="list-style-type: none"> 8.1 Outline the process of setting up and running Dream Time sessions 8.2 Explain the importance of adhering to Dream Time's procedures and policies 8.3 Critically analyse your learning and identify areas for further development