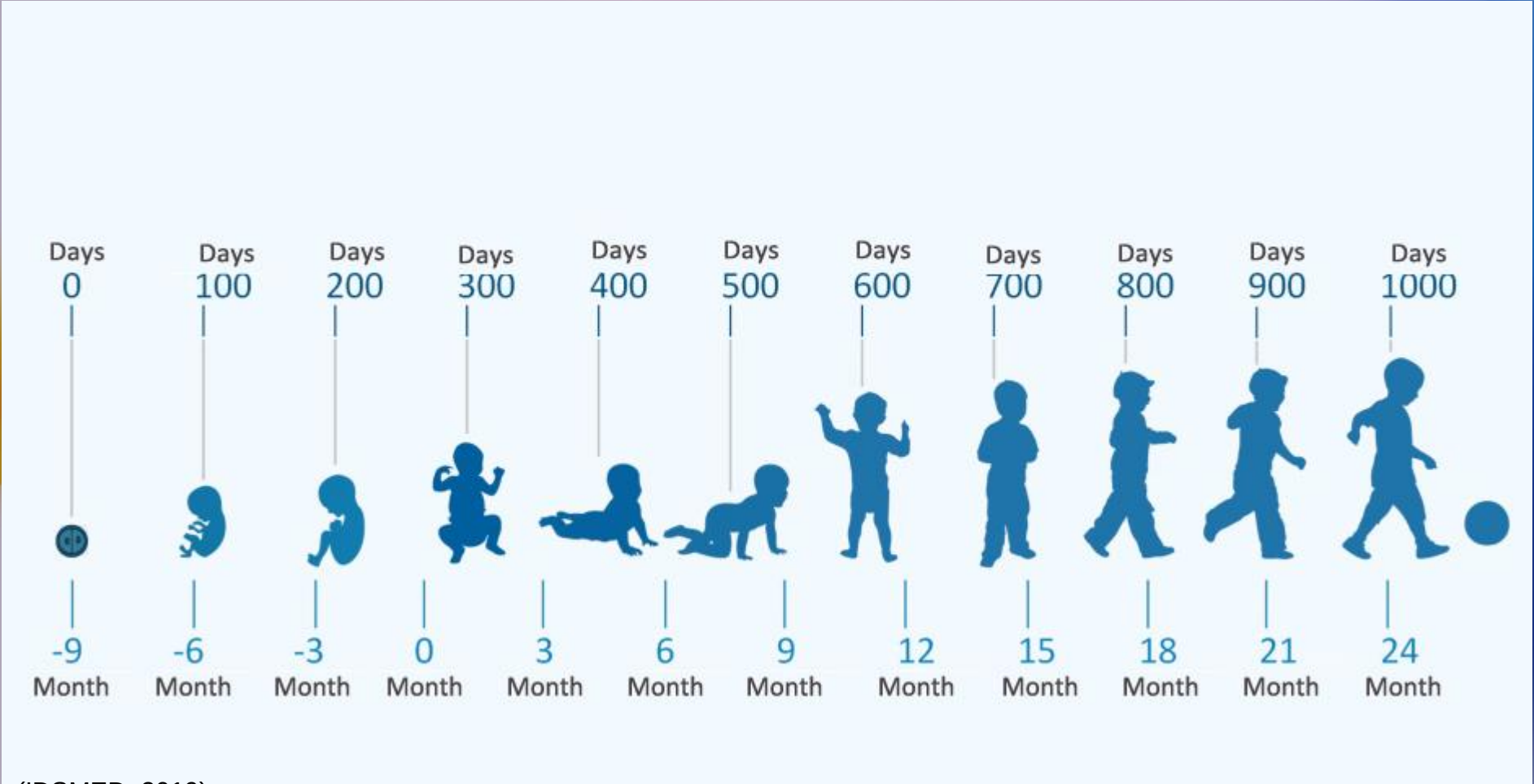


The first 1000 days



(IDSMED, 2019)

I have not used any AI recourses in this scrapbook.

Introduction

This scrapbook is all about the first 1000 days of a child's life. The meaning of the first 1000 days is. According to 1000 days (2018), there seems to be a critical window of opportunity to build healthy and nutritious, more promising prospects during the 1,000 days between pregnancy and age two. There is a great deal of possibility and insecurity during the first 1,000 days. A child's potential to develop, gain knowledge, and flourish is significantly impacted by how well or poorly mothers and children are fed and cared for during this time.

Also, adding to this, 1000 days is important as it is the most key moment in time for a person's" body, brain, metabolism, and immune system" development all of these begin to develop while in the first 1000 days (National Library of Medicine, 2022).

In children's first 1000 days, children require :

- ▶ Nutritional food
- ▶ gentle and loving cooperation
- ▶ Ensure the health and safety of the children.
- ▶ Opportunities to play
- ▶ a harmless community for the parents while being pregnant and for the child after being born

(pregnancy, birth, and baby, 2024).

Caregiving

Firstly, this slide will be discussing caregiving and exceptional caregiving. Exceptional care means it ensures the requirements are extraordinarily and guarantees that it is promptly and accurate, equal, secure, and beneficial and guarantees all children receives the best care they deserve (neo care, health, 2023).

Caregiving is very important for children, as babies look to their caregivers to enhance their learning, growth, and well-being from the moment a child is born. Building close connections with caregivers is necessary for sustaining a young child's psychological health and neurodevelopment. The most critical part in furthering a child's and academic, personal development is performed by the primary caregiver (UNICEF, 2022).



(Iona, 2017).

An infant's development is generally inspired by their caregivers. Their participation extends beyond providing basic services they have a significant impact on cognitive, personal, and gross motor development. Children can flourish and accomplish developmental stages in a supportive environment that caregivers produce (Stepping Stones, 2024) .

Also, caregiving links to attachment are very important for children a theorist who believes this is Bowlby. Bowlby believes children's attachment with their caregivers increases children's social and emotional development and encourages children to create an efficient and affective bond with important individuals. Bowlby's theory also believes children who have a bond with their caregivers allow the children to feel safe and have faith in the caregivers (Holmes .J, 2014).

To add to this, there are also policies that help support exceptional caregiving. An example of a policy that can support caregiving is The United Nation Convention On The Rights Of a Child. This policy links to caregiving, as the UNCRC has 54 articles all these articles display different rights for children in order for children to grow, learn, and succeed in life. For example, article 31 is relax and play another article is 13 this article is to ensure children have the freedom of expression (UNICEF, 2024).

Caregiving

Adding to caregiving. Caregiving for children also encourages children to improve their learning and development in many different aspects. Children improve more when they feel protected and happy in childcare settings, they are able to learn a variety of games and are able to improve their independence in settings and understand their support workers are always there to help and support them when they need it (Welsh government, 2024). A theorist that also believes this is Maslow. Maslow theorist's link to the first 1000 days, as Maslow believes children need to feel secure and protected in order to feel happy and safe, which can encourage their independence in settings (A. H. Maslow, 1943).



(First things first, 2018).

In addition, an enabled environment is also beneficial for children and their caregivers. Enabling environments means a wonderfully diverse environment where children are isolated from abuse and exploitation and risks are significantly reduced and effectively managed (Early Years Alliance, 2016). By having an enabling environment, children feel protected and safe while being engaged in their surroundings and progress in their learning by transporting into different areas of their classroom. The environment supports caregivers as they are able to support all the children in their learning and provide them an environment to allow them to be positive in and progress in developments that suit each child (birth to 5 matters, 2021).

Adding to this, the intensive, “back-and-forth, two-way” communication between a child and a caregiver during which both parties are attempting to relate, connect, acknowledge, and demonstrate care and interest is known as “serve and return.” caregivers can also serve and return through eye contact, touch, and music. Serve and return is also essential for a child's early stages of development and plays a vital role in their external interaction (center on the Developing Child Harvard University, 2024).

Professional partnership

Secondly, professional partnership also links to children's first 1000 days. Professional partnership means partnering with specialists beyond your childcare centre. This is referred to as partnership working, in which advisors work together to provide families with continuous solutions in order to continue to support them (Croner-I, 2023).

Also, working alongside parent and guardians is very useful and important in childcare settings. There are many benefits to having a positive relationship with parents and guardians, for example.

- It allows parents and guardians to be involved in children's work and encourages the children to improve the child's development.
- Also, encourage the parents to have an input in their children's learning.
- Allows families to express themselves if they follow different religions or cultures.
- Displaying to the parents and guardians how you respond to their child to allow the parents and guardians to be able to trust and respect your judgment.

All these examples help have a positive relationship with parents and carers as they encourage parents and careers to trust the childcare educators while they are taking care of their child and encourage parents to express any problems they may have (Department of Education, 2024).

In addition to this, another reason professional partnership can be beneficial in settings is because childcare workers are able to identify when parents and carers are not feeling themselves or are in need of disclosing some very important information. Early years Practitioners often notice if parents and carers are struggling at home. According to ICO, (2023), if parents do not disclose information to early years practitioners, it can often affect and put the child in more danger and can lead to a lot more harm, for example, mental health issues and death.



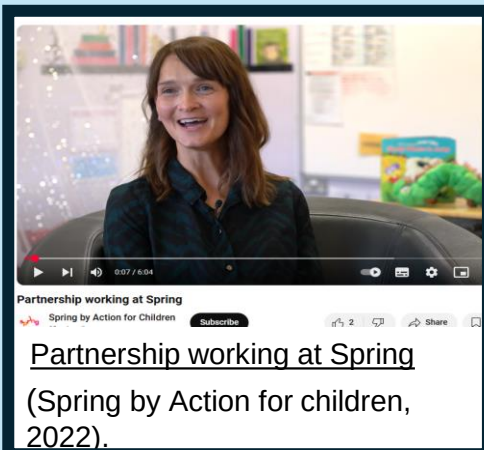
(Early years careers, 2015)



(Parents inc, 2025)

Professional partnership

Adding to this a theorist that links to professional partnership is Pikler. On the one hand, Pikler theory believes all children should be treated and brought up with respect and should be encouraged to have respect for themselves (Sprout, No date). According to R. A. Hammond ,(2021) Pikler has three different approaches these approaches are attentive caregiving, freedom of movement and self-initiated play. Pikler also created a nursery for all the children who may not be getting looked after by their parents. This nursery is for children from “birth to age three”. The children will be cared for and looked after by many different practitioners in order to have a positive start to life. On the other hand, a theorist that is different from Pikler is Bowlby. Bowlby’s theory is an affective theory that drastically altered how people consider how children develop. Bowlby’s theory is different from Pikler’s as Bowlby’s theory highlights the bonds between parents and children, as parents are children’s main carers, and they have a positive relationship (Early years tv, 2024).



This video is a very useful and powerful video to watch to develop an understanding of what professional partnership looks like. This video displays different forms of professional partnership that you may be able to use in your childcare setting (Spring by Action for Children, 2022).

Maternal Factors

Maternal factors

Maternal factors mean hereditary variables, the effects of social inequalities, the physiologic and dietary environment, and swelling and viruses (National Library of Medicine, 2022).

There are many examples of maternal factors, for example,

- Poverty
- Obesity
- Mental health

There are many different support strategies to help maternal factors.

Poverty

Unfortunately, poverty is a Major problem for many families. However, there are some strategies available to try to solve poverty. For example, providing more secure jobs for teenagers and adults to encourage more people to work prospects in daily existence and financial well-being (kircher, 2018).

Obesity

Adding to this, there are also strategies that you could use to prevent obesity for carers and the children. One strategy that could benefit you is leading by example with a nutritious diet this will help as the whole family is encouraging healthily eating. Another strategy that may benefit you is being more physically active with the whole family, by going on walks as a family or playing a physical game will benefit you physically and mentally (CDC, 2024).

Mental health

In addition to this, there are also strategies to help support parents and children with mental health. Some examples of strategies that could benefit you are communicating with friends and groups, as this will encourage you to share information and encourage you to feel part of a community. Another strategy is to be more physically active. By being physically active, you are focusing on a particular goal build and on your self- confidence (NHS, 2022).

Challenges

Increase in fees

To begin with, according to Pinto, (2023) unfortunately, there are many challenges when providing high-quality care for children for example, childcare facilities can be too expensive for, parents and carers to pay for which can lead them to not using childcare facilities or struggling to keep up with their bills. In order for the children to be cared for safely, the childcare ratio of one caregiver to a maximum of three under-twos imparts to the elevated cost of childcare in the UK (Morris, 2023). The links to the childcare act 2006, as this act ensures all local authorities are expected by this law to enhance children's outcomes, reducing disparities, and guarantee that there is enough childcare for all local parents this legislation ensures all children are welcomed into settings and feel secure and safe in the setting (E-ACT, 2020).

Unsustainable sector

According to Pinto, (2023) another challenge with providing high-quality care for children is the unsustainable sector this can be a challenge for childcare workers as surprisingly the government has underemployed childcare staff, which links to not being able to accept children into settings. The government also does not provide early years workers with funding for resources for teaching and classrooms. By not having an enabling environment for children they may struggle more with developing and can make children, feel unsafe or struggle to investigate their interests (Hodgman. L, 2012).

Inconsistent staff members

Also, as there is a decrease in staff members, the children are experiencing a lot of change regarding staff members. The children might struggle to form a relationship with the carers as they are unable to get to know the children. This can make it harder to meet the children's needs and provide them with support and engagement to increase their development (gov.uk , 2024). According to Gov.uk, (2024), poor salary, a challenging workplace environment, a lack of employee advancement, employees lacking the necessary credentials, unsatisfactory leadership, and low employee well-being are some of the main reasons childcare settings have an extreme staffing issue.



(Hodgman. L , 2012).

Challenges



In this video, it consists of detailed and useful information on how challenging running a childcare business can be. The video begins to explain different challenges that can be brought to them, for example, parental expectations, low staff numbers, ensuring the environment is safe for all children, and ensuring all childcare providers are supporting children and their families in the difficult times they may be going through. These are some situations that need to be managed and solved to ensure all children are happy and safe while practitioners' care and parents feel confident about leaving their children in settings (Networx Training Academy, 2024).

The video also explains practitioners are ensured to be emotional support workers for children to build relationships with the children and parents this can help children feel safer in the environment and encourage them to start opening up about situations that may be happening in their lives. This video also links to Maslow as Maslow's hierarchy of needs pyramid states an important factor of a child's life is safety all children should feel safe in all environments that they attend (A.H, Maslow, 1943).

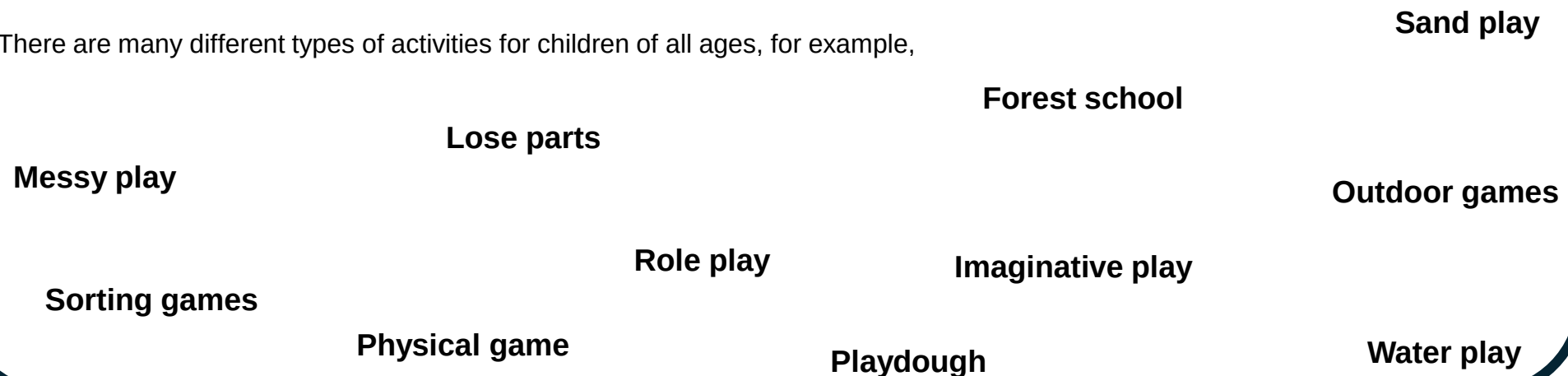
(Networx training Academy, 2024).

Challenges in Running a Childcare Business - YouTube

Activities

Firstly, having different activities for children is very beneficial, as activities encourage children's psychological, social, physiological, and intellectual development and encourage children to build on their confidence, build relationships with adults and children, encourage children to take risks in play, and learn to play independently. While children are completing activities. children are shown to be more untroubled and outgoing (Nidriect government services, 2018).

There are many different types of activities for children of all ages, for example,



Activities

The first activity that will be discussed is messy play. Messy play doesn't only have to be messy resources you are also able to use natural resources to encourage children to use their imagination and encourage children to use their senses while investigating the trays. Messy play is useful for any children as it encourages children's cognitive development. Sensory play also encourages children to understand and discover about oneself and learn about the environment around them (Gascoyne .S, 2019).

The next activity that will be discussed is loose parts. Loose parts is a very useful activity to complete while with children, as it ignites their creative thinking, loose parts also allows children to create anything they would like. There are many different resources they can use to allow multiple different outcomes. Loose parts develop children's holistic development as the children are constantly thinking about how they could improve the item or what they can add to it (Daly and Beloglovsky, 2015).

Another activity that will be mentioned is forest school. Forest school is a useful educational activity that benefits children's physical and cognitive development and helps focus on children's fine and gross motor skills . Forest school is also useful to encourage children to go outside more and have the freedom to strengthen their community ability and encourage children to have a positive interest in nature and have a consideration of the environment. Children are more independent and encourage children to participate in more outgoing activities (Forest research, 2018).

On one hand, a theorist that links to these activities is Reggio. Reggio Emilia's approach involves enquiring children and questioning them about their thoughts, feelings, and experiences, as well as helping them learn about the world around them. In Reggio's approach, the children can work together as a team however, their work is their own. Reggio also believes children's classrooms should be more versatile and unstructured. On the other hand, a theorist that has different beliefs is Montessori. Montessori believes experiential education is important for children and the ability to apply practical skills. Montessori believes classrooms should be structured and the teachers in the classroom should be viewed as guiders (Reggio Emilia early learning centre, 2021).

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