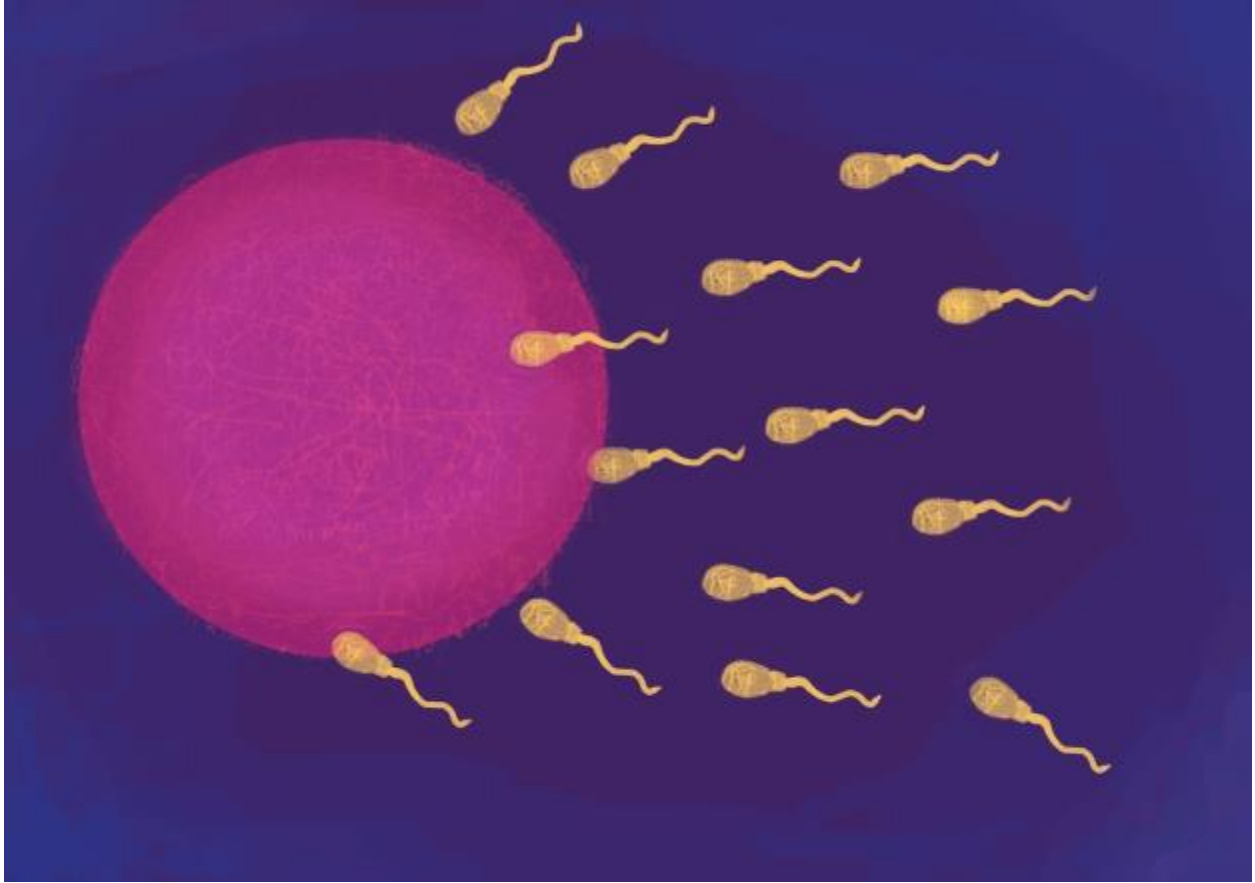




The first 1000 days

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1 - A child at age 2 years .Exploring with toys.

Introduction

The first 1000 days refers to a child's life from the moment they are conceived, until they have reached the age of 24 months. This is a time when their brain, body and immune system develops significantly.

The first 1000 days from conception to 2 years are the most important part of a child's life. It builds the foundations for their cognitive, emotional and physical development and impacts on their ability to grow and learn. It is also when they are at their most vulnerable. Some babies have a disability or developmental needs which could impact on them if not diagnosed from a very young age, and that is according to the website thousanddays.org.

According to Maslow prenatal nutrition is a very important part of pregnancy. Some mothers take supplements and vitamins to help keep their proper level of nutrients which are needed. The mums which have good levels of nutrients tend to have a healthier babies in comparison with the mums that have a poor diet and restricted nutrients.

There are lots of important factors to be considered during the first 1000 days, such as, is it a safe environment for the mother and baby?, is there enough money for basic needs, such as food, paying the bills, to keep warm and comfortable during their pregnancy, and are mums educated about what is good and bad during pregnancy's, such as not drinking alcohol as it can cause long term effects for the baby and do they understand the crucial part of the first 9 months, such as attending regular medical appointments and maintaining a healthy lifestyle, and if they have support from family, friends and other networks, that is according to the website hierarchybymaslow.weebly.com.

I will be looking at how Bronfenbrenner focuses on relationships, strong connections and what kind of support and networks there are for the mother. Bowlby's attachment with the mother and baby and how sensory opportunities provide stimulation by Piaget.

Conception.

The experiences and relationships that a baby has in their early years helps to shape them into the adult they become. By giving them lots of different experiences such as a loving and supportive environment and gentle interactions, helps the brain to develop. This will also help to lay the foundations for the baby's development and their future.

From conception basic needs are needed such as, nurturing, care, love, interaction, consistency, stimulation, clean environment and attention. These are all a part of a child's basic needs. That is according to the website assets.publishing.gov.uk

Development

Research into early childhood development shows how nutrition, relationships and environment are a contributing factor for the child in the first 1000 days. This will help to shape their future outcomes and that is according to the website thousanddays.org.

According to the website thousanddays.org, poor nutrition can have a long term effect on the child in lots of areas, for example: permanent damage to the brain, which will then have an impact on the child's schooling and education, long term health effects such as, chronic illness, diabetes and obesity.

According to the website thousanddays.org, Studies show that by some countries not investing in women's and babies health have higher health costs, and that some countries have called for greater investments in the nutrition and wellbeing of the mother and child, which will have positive benefits in the long term.

Pickler's theory on development in babies is that, each child has the right to be cared for and respected in their own natural environment. Pickler states there are seven principles to help a baby and child develop. Here are some examples of what she states, not to put babies in positions that they cannot get into themselves give them your full attention, ,build trust and relationships, slow down, building a cooperative relationship, allow babies to have their own time and not to interrupt them and that is according to the website ettetete.com



2 - Learning to crawl

Environment

The environment that we create for babies and young children will impact on their language development and their communication skills. It is important that the environment is stimulating and exciting, and that the children have the opportunity and independence to investigate and explore .Sometimes the environments can be too structured, as we tend to plan tasks to be done at certain times of the day Some time structure is needed ,but the children also need that balance of different learning experiences and the freedom to explore.

The outdoor environment is also an important part of a child`s learning. Playing outdoors helps children to develop self- confidence, independence, self esteem, gives them opportunities to try new activities and have different experiences and it has long term physical benefits ,such as preventing illness in adulthood, such as obesity, diabetes and heart disease. That is according to the website nidirect.gov.uk

Barton and Brophy-Herb (2006) tell us it is the experiences and the quality of the environment which help enrich and develop children`s language and communication.

Education for sustainability and Global Citizenship is an education that will prepare people for life, and by being educated about the outdoors and the environment will help children and young people to have respect for their surroundings. ESDGC should not be seen or taught as an individual or extra subject it should be part of the ethos of the school which will help and develop children`s thinking skills. Schools should provide opportunities for staff and children to consider global issues; make links between what is personal, local, national and global; cultural diverse experiences, engage in culturally-diverse experiences; critically evaluate their own values and attitudes; and develop skills that will enable them to challenge injustice, prejudice and discrimination. This is ESDGC: embracing it has the potential to enhance and enrich education. That is according to the website, Education for sustainable Development and Global Citizenship (A common understanding for schools).

According to the website parenta.com, by children being educated about the outdoors, it can promote diverse attitudes and challenge stereotypes for example, sharing stories and reflecting on their experiences .By children being encouraged and explained to about the importance of mutual respect for their environment, it should help them to learn the importance of sharing and respecting each others opinions and being tolerant of behaviors.

Vygotsky (1978) believed that adult interaction and structuring in a child`s learning, is an important part for the child and the professional .It challenges the child`s understanding and also helps the teacher to reflect, by seeing what is and isn`t working ,and how and what they can improve on. Vygotsky (1978) states the importance of play in a child`s development. He believes that by having the opportunity to learn and play with mixed age groups, such as siblings prepares them for school ,and also some parents make the choice of looking for day care , such as a creche or childminder, so the child will also have that experience before starting school.

According to the website the importance of play in the Early childhood, play helps a child`s brain develop in many ways. By them having these opportunities to experience different types of play ,it helps set the foundations for brain development. Also the environment needs to be considered and the type of resources. For example, a selection of different materials and sensory play opportunities. Giving the children the freedom of play ,gives them the opportunity to explore and design their own games, which helps with cognitive development and helps them to use their own imagination .This will also help with their thought process and creative thinking.



3 - Having fun playing with building blocks.



4 - Enjoying messy play.



5 - Getting messy and exploring the outdoors.

Relationships

Research into understanding why the adult is important to the baby and child's development, shows that from birth babies are programmed to the human face (Murry and Andrews 2000). Babies are born with the need to learn, and the way to do this is by interaction from adults. When babies are just a few minutes old, they will imitate facial expressions from a human.

The first two years of a babies life this is crucial for their development, health and well being. This is why the quality of the relationship plays an important part and as professionals .Our role as professionals is to encourage a good bond between mother and baby. Bonding and attachment are vital part of a babies development and that is according to the website raising children.net.

According to (leach,2010) attachment is a natural part of a babies life ,but it doesn't always happen for many reasons, such as disruption in the child's life, separation at birth ,illness or other bonds maybe already formed. Leach (2010) also states that post-natal depression can have a negative impact on mothers forming attachments with their babies and children.

Bowlby (1989) describes the importance of attachment. He states that it s the the permanent and stable relationship between a loving mother throughout infancy and childhood.

Rutter (1972) looked at Bowlby's attachment theory and disagreed with what he says .Rutter states that it wasn't an advantage for some children, but more of a detriment ,and has looked at multiple attachments can be formed outside of the home.

Nutbrown (2008) also argues the lack of multiple attachments could be detrimental to babies in the early stages of their life, and could impact on them socially.

According to the website insidegovernment.co.uk,the importance of having good relationships between parents and multiagency workers, allows everybody to have a clear understanding of their role and to contribute ,which will be in the child's best interests and they will understand the best way to support them. Without these working relationships, communication can break down which will result in the quality of care the child will receive.

As practitioners it is important to reflect on the part we play in the early years .It is our role to try and build a good relationship with parents and multiagency workers .The early years framework states that relationships are an essential part of enabling environments. As a practitioner or key person it is important that we share information to the parents, which then gives them the opportunity to provide information about the child and their needs. The key persons role is to support and engage with parents and help with the child's development. By us building positive relationships, it will help the child to grow and will play an important part on the child's social, emotional development, and will help with their learning and that is according to the website NDNA.org.uk.

It is important that as professionals we reflect because it is a process that helps us collect, analyze and record information that happens during the lesson, and also the time we spend observing the child. It also helps us to learn and grow and that is according to the website blog.irisconnect.com.

According to the website pregnancybirthbaby, The importance of positive relationships during the first 1000 days are vital for a Childs development. This is how babies and children learn about relationships and how it can affect how they see the world and fit into society .Babies learn how to think, understand ,communicate, show their emotions and how to behave. This process will help with positive attachment for the child, because it will make them safe and secure, when they live their parents/cares to start a new chapter in their life, and it will help them feel less anxious.(Capps et al.1994).

Stimulation

Stimulation during the first three years of a child's life helps to prevent the changes of the brain structure and neurological pathways. healthy relationships and essential parenting skills are an important part for stimulation. Stimulation during the early years will prepare your child for school and will help and improve social skills.

Introduce toys to help your babies developing senses. bright Use moving toys, bright colors ,use musical toys and soft toys to touch, as these are very good ways to promote sensory development. Whilst also carrying on with making eye contact, singing and talking to your baby.(DfES 2007).

A creative environment is good for stimulation because babies and children make connections which are linked to play. Creative play helps with initiating, exploring and expressing their own ideas .Children's responses to what they see, hear and experience through their senses are individual and these are unique and valuable for that child.(DfES 2007).

The importance of providing an outdoor learning opportunities also helps with a healthier and happier life, it boosts confidence and gives the child freedom to move, teaches them essential life skills, improves their behavior and helps with the natural world around them.(Mathers and Sylva 2007).

Paget's theory of sensory stimulation, is sensorimotor stage, s the first stage of the Childs life. Piaget states a Childs development begins at birth and through age 2 years During this time they will learn about the world by using their senses to interact with their surroundings.



6 - sensory learning.

Nutrition

Nutrition is important during the first 1000 days, because a balanced diet during pregnancy is linked with good brain development and a healthy weight for the baby. A balanced diet reduces risks of some unpleasant symptoms such as, sickness, fatigue and risk of anemia. Nutrition provides the fuel that a baby and child needs for development. During the first 1000 days that is when the brain grows and develops quicker than any other time during a persons life. At this time of their life the right nutrients are needed to feed the brains rapid development and that is according to the website thousanddays.org.

The older children get, they become a lot more active, and this is why it is important for them to have a good diet Their diet should consist of high energy foods such as cereals ,milk, fruits, oil's and full fat dairy. By having a good diet it will help to maintain a healthy weight, improve minds, help to prevent mental health, depression and anxiety, stabilize their energy and even out their mood. That is according to the website familydoctor.org.



7 - Maslow's hierarchy of developmental needs.

In Maslow's theory he states that there are 5 levels of needs for a Child's development. They are, Physiological needs such as food, water, shelter, clothing, sleep, and the necessities to survive.

Safety and security basic needs are met.

Love and belonging family bonds, intimacy, friendships, love, emotional.

Esteem, self respect, feeling valued confidence and respect.

Self Actualization, fulfillment skilled, learning and achieving goals.

All of these developmental needs, set good foundations to help the child to learn and grow.

This is according to the article masterclass.com

Communication

Montagu (1994) states that love is the ability to communicate. Loving a baby essentially means, recognizing and being sensitive to different ways and means of them communicating, such as body language eye contact, facial expressions, crying, smiling and body movements, such as moving legs in excitement. Being emotionally available, providing stimulation through play and recognizing when the baby needs quiet times and they need to feel safe and secure and have a good routine.

According to (Gopnik et al, 1999) research shows that newborn babies reacted positively to familiar voices and facial expressions. Studies carried out by Murry and Andrews (2000) looked at how communication develops in babies from birth.

A study by Calder et al, (2000) facial expressions are the most powerful means of communication between the baby and mother/carer. Babies are equipped neurologically to express themselves by using facial expressions. They are able to show if they are happy, sad, interested, angry or surprised. This is more identifiable by the age of 3 to 4 months.

According to Bendall (2003) communication is exchanging meaning with others. She states that we don't only use words to communicate. Here are some examples of different forms of communication, taste, visual, movement, sound, images and tactile.

One of the most effective ways that a practitioner can communicate is by using the interaction approach, which offers theoretically consistent insights for practitioners. This will help with the communication between children and their families. Children's quality of learning and developing in has a positive impact when there is good communication and interaction parents, practitioners and children.(Bruce 1987).

According to the website earlyyearscareers.org, enabling the importance of play helps communication, by the children being given the opportunity to play, as it helps with their vocabulary and language skills. By children interacting with their peers helps them to enhance their speech.

Holistic approach

Holistic learning is an important part in all aspects of a Child's life, It allows children to develop internal values, and it can help with their confidence and communication skills. By the children having these opportunities it will help them to contribute to the world in different ways, no matter how big or how small. The holistic approach helps connect the mind, body and spirit. By professionals using this approach, it helps with the children's personal, physical social, emotional and spiritual learning. The holistic approach mainly focus's on health, body and mind. That is according to the website learn.sssc.uk.

Awareness of needs

Babies need to feel safe and secure, and the way to do this is through holistic communication. It is through our verbal and non verbal interactions that we begin to modify and change the babies impression of the world.

Five basic needs of a baby, life, caring, control, purpose and happiness. That is according to psychologytoday.com

Communication is the key for a baby and Child's basic needs for a baby are, nurturing, love, attention consistency (same person looking after them), structure, stimulation and a clean environment. Bonds between mother and baby are very important for the child to feel secure, also an important part for the baby is to form connections.

A child needs a rich environment, with lots of opportunities and resources to explore their environment. These are some of the things a child needs, music, different sounds, soft toys, a mirror, chew toys, books, warm bedding, objects to grasp, new tastes and things to pull and shake. All of these experiences will help relationships and learning and we as adults are the ones who provide these opportunities (Maria Robinson).

Babies and children also need to feel secure in their new surroundings such as a creche, nursery and school. Caring practices in the early years can be related to the concept of professional and that is referred to by Doctor Jools Page. Loving relationships developed in a setting between children and adults is seen as a very different one from parental love. That is according to family.co.uk blog.

Conclusion

I will now conclude and summarize the portfolio. The first 1000 days is the most crucial part of a baby's life. In my assignment we have looked at a baby's needs from conception to birth and up to 2 years. we have included the key themes which are a very important part of the development of the baby. These

are development, environment, relationships, stimulation, nutrition, awareness of needs and communication.

The main needs of a child during the first 1000 days are health care, nutrition, protection from harm, a sense of security and opportunities for learning.

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The benefits of holistic learning in the early years, is that the children and their families are encouraged to visit the early years settings, to understand and familiarize themselves with the new environment, and get to know the staff and to meet new friends, parents and carers.

Allowing children to take the lead in certain tasks will give them the opportunity to expand on their learning and it will help with their overall development. That is according to the website learn.sssc.uk.com.

The new curriculum for Wales has been designed with four purposes, they are ambitious capable learners, who are ready to learn throughout their lives, healthy confident, individuals, who are ready to lead fulfilling lives as valued members of society, creative enterprising contributors who are ready to play a full part in life and work and the fourth one is ethical informed citizens of Wales and the world (Donaldson 2015).

For children to progress in all areas of the learning, the professionals need to decide the best way to implement activities and experiences, and they should reflect and evaluate how well the curriculum is working. Staff should encourage child lead activities and play, as it is a natural way for children to learn, to have the freedom to explore and it will help them become more independent. and that is according to the website gov.Wales.



8 - Child lead activities.



9 - Child lead activities.