

Explore the concept of holistic child development with links to Maslow

Holistic child development is a learning approach that focuses on a child's overall growth and well-being by supporting all aspects of their development.

There are many aspects to a Childs development such as, physical which consists of children learning about their bodies, for example walking, running, catching, and also building, this is a vital part of their growth. This is reinforced by other aspects of their growth. It involves the improvement of hand-eye coordination, motor skills, and spatial reasoning abilities. Each child develops at their own pace, and peers and adults have an impact on a child's physical development. Tummy time, floor play, outdoor activities, and stimulating surroundings are a few activities that might support physical development. Social skills are another aspect of holistic development. This is a child developing cooperation and empathy with others, More and more studies are showing that even very early babies are social, despite the fact that social development has historically been linked to older children. Children begin to test out behaviors and push boundaries as their social skills grow. AS older children develop social skills over time with conversations, even younger children who are not able to talk yet can still develop social skills through interactions such as wiggling, laughing and babbling.

(Brodie,2018, p. 17)

An important development skill is emotional development. This is where children need to sense trust, security and responsibility as well as understanding their own feelings and others, for example recognizing if they have upset someone. Cognitive is when a child develops thinking and problem-solving skills and works towards the ability to apply their knowledge when needed. Maslow's pyramid explains that esteem is an essential need, this can connect with cognitive development as this involves allowing children to independently make the right choices and allowing them to have the freedom to figure out things for themselves. Another one is spiritual skills this is a development when a Childs mind, body and spirit are recognized and connected, this can be shown by a child's curiosity and the world around them or if a child were to develop beliefs which

may or may not be religious. Children also need moral development this is when a child senses justice and moral reasoning for example if a child were to express that someone was doing something incorrectly.

Lastly a Childs creative development is important as this is when a Childs creative and aesthetic abilities are shown off and used. This can relate to Maslow's top tier self-actualization, A child's growth in creative expression can lead to numerous opportunities such as art, music, and imaginative play this also builds on their curiosity and exploration, by asking engaging questions and encouraging children to explore different answers creates a love for learning.

(examples of Maslow's hierarchy of needs in early years,2024)

One of Maslow's middle tiers known as basic needs is love and belonging this links to holistic child development skill emotional and social as Maslow explains you need a sense of love and belonging, to build friendships and intimacy to reach your best self. A Childs emotional development must be fulfilled to encourage trust and be able to sense their own feelings and others around them. Once a child develops emotional development, Maslow's basic need for love and belonging should fall into place which will then allow the child to feel comfortable enough to move on to the more advanced steps of Maslow's pyramid.

These are all important development skills needed to encourage a Childs best life. Which are usually taken place with a comprehensive approach.

An integrated approach recognizes that children are complex individuals, and that each aspect of their development influences the others. It aims to support children in becoming independent and balanced individuals who can connect with the world around them. In India, a volunteer organization was made to create a holistic mentorship program for children with less fortunate circumstances, this consists of the children who did not get to experience a lot of opportunities growing up, which therefore resulted in not having all these skills developed. This programmed develops a unique, customized, and personalized holistic mentorship model for kids based on their ideal career and aspirations for a better life. Most of the children that take part in this programmed may not of had the holistic support growing up to be able to fulfill their development.

Mathiyazhagan and wand, 2021)

Holistic child development links back to Maslow's hierarchy of needs in many ways. According to Maslow, people are born with the drive to reach their full potential, or self-actualization. However, a number of more fundamental demands must be satisfied in

order to reach this ultimate goal. This covers the necessities of food, security, affection, and self-worth.

A child's growth and wellbeing are seriously threatened when responsive interactions are lacking. Children's growing brain circuits can be disturbed when adults react to them in an unpredictable, unsuitable, or absent manner. This can have an impact on how they learn, solve issues, and interact with others. The circumstances in which children are raised, the relationships they form, and the experiences they have all have an impact on their development and mental health. The physical, cognitive, emotional, and social development that takes place over a kid's lifetime.

Children who have had a comprehensive development experience can do well in a range of settings and are prepared for obstacles in the future. Additionally, they typically possess a wider range of abilities. Children can grow into well-rounded adults by being given the opportunity to discover their strengths and flaws, this is why it is necessary to ensure that holistic development is carried out appropriately while also looking into Maslow's hierarchy of requirements to ensure that parents, guardians and childcare workers are able to ensure that young children benefit and live a fulfilled life in the future. (Harvard university, 2015).

Holistic child development reference list.

Brodie, K. (2018). The holistic care and development of children from birth to three: an essential guide for students and practitioners. Abingdon, Oxon; New York: Routledge.

Care Learning. (2024). Examples Of Maslow's Hierarchy Of Needs In Early Years - Care Learning. [online] Available at: <https://carelearning.org.uk/early-years/models-theory/examples-of-maslows-hierarchy-of-needs-in-early-years/> [Accessed 20 Nov. 2024].

Harvard University (2015). Neglect. [online] Center on the Developing Child at Harvard University. Available at: <https://developingchild.harvard.edu/science/deep-dives/neglect/>.

Mathiyazhagan, siva and wang, Z. (2024). N'KaNa-my dream. [online] Uwtsd.ac.uk. Available at: <https://www.sciencedirect-com.ezproxy.uwtsd.ac.uk/science/article/pii/S0190740921000037> [Accessed 20 Nov. 2024].

Maslow's Hierarchy Of Needs

Maslow's hierarchy of needs is a psychological theory proposed by Abraham Maslow in 1943. It is often shown as a pyramid with 5 levels of needs in order. According to Maslow, people are driven to satisfy their demands in a specific order. The most fundamental needs are listed first in this order, followed by more complex demands. to understand human motivation and behavior. The Maslow's pyramid has five tiers. Basic requirements are made up of the two lowest categories, which are physiological demands and safety needs. Then come psychological needs, often known as social and esteem needs. Maslow's hierarchy of needs places self-actualization needs at the top.

Maslow explains Physiological needs as one of the basic needs, this is explained as food water, safety, sleep, clothing, and reproduction if you were to fill to meet these needs the human body would not function. We all require psychological needs to satisfy our innate desires for development, purposeful activity, and well-being. For optimal and healthy functioning, our minds require the same psychological nourishment that our bodies require. These needs are fundamental for children's overall development and wellbeing. Nutrition, hydration, and sleep are crucial for physical growth and health, children are less likely to suffer from illnesses and gain a healthy weight, it is also proven that children who meet these needs perform better academically as attention, memory and problem-solving skills are enhanced. And are generally more able to regulate their behavior.

The middle level is love and belonging. This consists of friendship, intimacy, family, and a sense of connection. An adult's lack of comprehension, compassion, or intelligence might start an eternal circle of preventing the young person from experiencing love. Maslow preaches about love and belonging being important in early years as children who feel important and feel like they belong where they are happier, more well-adjusted, more involved, and more eager to study. We know that this is a fundamental step as it is spoken that, early education professionals are aware that most kids aspire to have loving relationships and a place in a group, indicating that belonging is crucial to their social lives. Children that do not receive the sense of love and belonging are more likely to feel lonely, anxious, or depressed and can impact their social life in the future making it difficult to form healthy friendships and relationships. (Jane Dorrain,2024).

The second section of the pyramid is safety needs such as personal security, employment, resources, health, and property. Our safety demands take precedence over our behaviour once our physiological needs for food and water are satisfied. These desires relate to our innate need for a world that is orderly, predictable, and under our control.Like the need for food, the need to feel safe can become overwhelming and compulsive. It has the power to take up all of a person's time and energy.Emotional security falls under this when children feel safe, they are more likely to develop trust in the people around them and the environment. This allows them to explore and learn without fear. Children feeling safe also helps build resilience, by knowing they have a secure place to return to, this can encourage them to cope with challenges and stress in a more efficient way. (Weinberg, David R., 2011).

As you go up the pyramid you will reach esteem this consists of respect, self-esteem, status, recognition, strength, and freedom. Guardians must understand the importance of self esteem and self respect as this will contribute to their longer life and success. When children are confident and secure about who they are, they are more likely to have a growth mindset. A growth mindset is to believe that with all your effort, your abilities and intelligence will develop and improve. Having this mindset will enable you to see challenges as opportunities, embrace failure and be willing to challenge yourself to learn more skills. The goal is to encourage healthy spontaneous children, in which they feel comfortable to reach out and express any interests they might have. Building children's esteem will benefit them to become a more independent individual and have the courage to experience life as their own person which ties in with the last level of the pyramid. (Robert J. Taormina, Jennifer H. Gao,2013).

Lastly the highest level desire to become the actualizing are psych towards realizing the way that reflects the human being after the also known as "grow the highest human ne represents a human they are capable of b self-actualization to of activities and reso aware and try new th make their own choice using Maslow's pyram each step up the pyram actualization. Each o factors within this tas (Siddiqui, Hureen Wa

In Summary, Maslow's hierarchy of needs is crucial because it outlines the stages of human motivation and development, the basic physiological followed by the more advanced needs at the top, so when basic needs are not met it is much more difficult to achieve the higher-level goals. Under what individuals need at different stages of their lives. Overall Maslow's work shows us valuable insights into human behaviors, mental health, dev

hierarchy of needs poster - reference list

Alexey Cherkasov (2022). Maslow's Pyramid - Marketing Psycho. [online] Marketing Psycho Available at: <https://www.marketing-psycho.com/maslows-pyramid/> [Accessed 13 Nov. 2024].

Dorran, J. (2024). A sense of belonging and mattering to others - two sides of the same coin? | Early Childhood Blog. [online] Open.ac.uk. Available at:

<https://www.open.ac.uk/blogs/EarlyChildhood/index.php/2024/05/24/a-sense-of-belonging-and-mattering-to-others-two-sides-of-the-same-coin/>.

Siddiqui, and author, M. (2024). Comparing the Heterogeneity in Maslow's Self-actualisation among Students' of Professional Courses and their Demographics.; Hisar, [online] 15(2), pp.183-

190. Available at:

[https://www.proquest.com/docview/3084477878/D32607319A14072PQ/1?](https://www.proquest.com/docview/3084477878/D32607319A14072PQ/1?accountid=130472&sourcetype=Scholarly%20Journals)

accountid=130472&sourcetype=Scholarly%20Journals.

Taormina, R.J. and Gao, J.H. (2013). Maslow and the Motivation hierarchy: Measuring Satisfaction of the Needs. The American Journal of Psychology, 126(2), pp. 155-177. doi:<https://doi.org/10.5406/amerjpsyc.126.2.0155>.

Weinberg, D.R. (2024). Redirecting. [online] Proquest.com. Available at:

[https://www.proquest.com/docview/906522587?](https://www.proquest.com/docview/906522587?accountid=130472&parentSessionid=BRSkD8JZrSjk%2B4|CrZPJgZD7ax IDDDsYZt%2FM25%2B%2F110%3D &pq-origsite-primo&sourcetype=Magazines)

accountid=130472&parentSessionid=BRSkD8JZrSjk%2B4|CrZPJgZD7ax IDDDsYZt%2FM25%

2B%2F110%3D &pq-origsite-primo&sourcetype=Magazines [Accessed 13 Nov. 2024].

3 examples that highlight Maslow's hierarchy in early years settings.

Early years practitioners commonly create activities and lessons to ensure children's development needs are met, these are usually based off Maslow's pyramid to encourage children to become their best self.

Building confidence and independence is a crucial skill for younger children.

Early years practitioners often try encouraging children to make their own decisions and have the confidence to speak their own thoughts.

Play is encouraged throughout nurseries and schools to benefit the children this can engage many development skills but my focus is specifically confidence, activities such as jigsaws and problem-solving games can boost a child's confidence as it brings a sense of accomplishment, Children use play to practice and solidify what they have learnt, explore, take chances, solve issues, and make decisions both individually and in big groups. (Welsh Government, 2015)

The Welsh government states that 'the significance and the value of play in children's development and that children have an innate desire to seek out opportunities to take increasing risks.- It requires us to respond positively by extending the range of environments and opportunities available for children's play while continuing to have due regard for their physical and psychological wellbeing.' This reassures us that using play is a successful tool for child development, it gives early years practitioners knowledge regarding the children's development. This knowledge can be used to design personal activities for specific children to fulfill their independence.

(Welsh Government, 2002)

Promoting independence in these settings is important because, for young people to be independent, they must be willing to attempt new things, assume greater responsibility, make their own decisions, and discover their identity and goals. One of the most important aspects of the transition to maturity is being independent.

A Child feeling the sense of freedom gives them satisfaction that allows them to develop self-awareness and confidence in their abilities, the child being reassured that they are in control is proven to make them resilient to external challenges.

Maslow's first focus on his pyramid is basic needs; these are essential needs for a child's mind and body to function correctly. It is important to know that without these a young individual will be unable to move swiftly up the pyramid of Maslow's development needs and reach the goal of self-actualization.

These physiological needs consist of shelter, food, water, warmth, rest, clothing and health. Addressing these physiological needs helps children concentrate on learning or development. Childcare practitioners encourage this by providing the children with food that meets their nutritious needs and water. It is essential that children consume a diversified diet to obtain the proper number of nutrients to support growth and good health is the essence of healthy eating. The government maintains healthy eating and drinking to guarantee that school food and beverages contain the necessary nutrients and are limited in saturated fat, sugar, and salt.

(Welsh Government, 2018)

Shelter and warmth are provided in all childcare settings, practitioners make sure that the temperature is suitable and that the learning areas are comfortable and well lit. By creating a comfortable and supportive environment, children are a lot more likely to blossom into independent young individuals.

A Child's physiological needs might be not up to standard at home, which is why it is important build that safe environment for children in the setting as well as form bonds with the children so that they feel engaged and safe to be there. If there were to be any concerns about a Child's basic needs not being met at home, you must analyze as assess the children that practitioners may have their concerns about and pass them on to be investigated. This is a very serious concern.

Ensuring that pupils' physiological demands are satisfied in a classroom setting allows them to focus on their educational objectives. Other children's learning may be disrupted by hungry or sleep-deprived students who are unable to focus.

(examples of Maslow's hierarchy of needs in early years,2024).

Self-actualization is at the top of Maslow hierarchy theory pyramid. This is the process of an individual becoming the best version of themselves. This focus can be included in childcare settings by the practitioner providing possibilities for creativity and independence. Giving children access to a range of tools and materials to let them explore and express their ideas is one way to give them open-ended resources, creativity can also be encouraged by embracing mistakes and asking open minded

questions. Allowing children to express themselves freely opens connections with the children, ensuring them that they are in safe hands. Where children feel most comfortable, is where they are most likely to develop and progress in their own development.

Pretend play is a great activity to get children's mind thinkings and imagining, this allows children to use their creativity in ways they can entertain themselves. An article has claimed that pretend play is crucial to children's healthy development, one of the earliest ways children discover their interests, talents, and likes and dislikes is through dramatic play experiences. They try their hand at role-playing and try to interpret what they have seen. Young children benefit from imaginative play because it not only helps them develop their character but also enables adults to better understand how children see and process the world. Practitioners and parents can be more helpful to children when they comprehend their viewpoint.

(Spivey, 2024)

To conclude, it is proven that when Maslow hierarchy theory is carried out in childcare settings it massively improves a child's development. It is beneficial for the child and ensures they have the highest quality care from their care providers. Children are proven to have more understanding and Knowlagent, as well as being more capable of looking after themselves to prepare them for older stages of life when their essential development needs are met.

Overall, This approach pushes childcare practitioners to take into account children's emotional, social, and physical health in addition to their cognitive growth.

3 example reference list

Care Learning. (2024). Examples Of Maslow's Hierarchy Of Needs In Early Years - Care Learning. [online] Available at: <https://carelearning.org.uk/early-years/models-theory/examples-of-maslows-hierarchy-of-needs-in-early-years/>.

Healthy eating in maintained schools Statutory guidance for local authorities and governing bodies
Guidance. (2018). Available at:
<https://www.gov.wales/sites/default/files/publications/2018-12/healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf>.

Hutt, J. (2002). Llywodraeth Cynulliad Cymru Welsh Assembly Government Welsh Assembly Government Play Policy. [online] Available at: <https://play.wales/wp-content/uploads/2023/03/Play-Policy.pdf>.

Lillard, A.S., Lerner, M.D., Hopkins, E.J., A dore, R. and Smith, E.D. (2024). Document unavailable - ProQuest. [online] Proquest.com. Available at:
<https://www.proquest.com/docview/1268411299/6F39FA11F7434021PQ/1?accountid=130472&sourcetype=Scholarly%20Journals> [Accessed 26 Nov. 2024].

Spivey, M. (2022). What is Imaginative Play and Why is it Important for Young Children. [online]
Start Early. Available at: <https://www.startearly.org/post/imaginative-play/>.

Welsh Government (2015) *Curriculum for Wales; Foundation Phase Framework*. Wales: Welsh Government.