

(ECEY4001/C)

Word count: 3,139

I have used AI to help me learn the structure of the work.

Human development

1. (Infographic) and reference list
2. The Concept of Holistic Child Development and reference list
3. Maslow's significance in understanding child development and reference list

Part 1: (Infographic) word count: 1,033

Level 2: safety and security

Safety and security occupy the second level of the pyramid of Maslow's Hierarchy needs. Having safety and security will desire for protection, stability and lastly a structured order in the individual's life. This can help them feel more secure and stable emotionally and physically. The meaning of physical safety is protecting the child from environmental danger and violence. By having an emotional security with the child, it means trust in relationships where the individual feels safe in school and at home. By having these crucial factors, it will enable healthy growing and learning. (Uwtsd.ac.uk, 2024)

Safety and security are essential to early as it provides a foundation of cognitive growth, social and emotional growth. When the individual feels safe the child will possibly investigate the environment, have healthier relationships with parents and other children and lastly engage in learning. It's important to have safety in place as it reduces anxiety and stress. Maslow's show that safety and security is a fundamental need as if it's not met the child will not be able to achieve the higher-level needs. Maslow's (1998) also believed when basic human rights are not met evils and other violences can occur. Overall, it will help the individual build resilience and thrive. (Medcalf, Hoffman and Boatwright, 2013)

Level 3: love and belonging
Love and belonging is the third important step on the pyramid. The meaning of love and belonging is giving affection, a sense of belonging and forming relationships. According to Maslow's people search for belongingness and love through relationships which include friends, children and a sense of community. By having these connections, it can establish bonds and emotional needs that will prevent loneliness. Maslow's states that when the child is becoming socially aware the child will start to seek attachments with close ones. By the child having a positive and strong community and family it will ensure the individual to feel cared for and loved. When love and belonging converge the child's needs are met and therefore social support is made to help the individuals improve their emotional development. (Prof, Azizi and Yahaya, 2008)
Love and belonging implies receiving and giving affection and making close relationships. Love and belonging is important because having a positive and reliable relationship it will provide the foundation of exploration and self-esteem. Childcare settings that have a nurturing and loving environment will help the individuals to gain and develop trust and security. If these needs are not met the child may create behavioral issues and feel insecure. Which can also lead to a lack of motivation to improve on social and learning activities. (Rojas, Méndez and Watkins-Fassler, 2023)

Level 1: physiological needs
According to Koltko-Rivera (2006) Physiological needs is the starting point of Maslow's hierarchy needs. There are several bodily requirements which are crucial, and they are food, water, breathing, shelter, warmth and rest. these are the basic survival needs that is important to meet as it can help individuals to center and pursue the higher-level needs. Without achieving these needs the individual could not progress further such as safety, belonging, self-actualization and self-transcendence.

Physiological needs are important because it is the basic survival needs such as water, food, rest and shelter. Physiological needs is the foundation and the first important step of Maslow's Hierarchy and without this need children would not be able to move on and achieve other needs which are safety and security, love and belonging, self-esteem and self- actualization. In early years care workers and parents should ensure the individual has a safe environment and healthy meals as it is important to allow the child's ability to social activities and learning. For example, if the individual is tired the child will likely struggle to create a meaningful relationship. Without these crucial needs not being met correctly the child may not focus on higher- level needs. By having these needs the children's behaviors and decisions will be met.
Mensah et al., (2023)



Level 4: self-esteem
Self-esteem is the fourth important step in Maslow's Hierarchy needs. The meaning of self-esteem is the individual's awareness of worth, value and confidence. By the individual having a positive self-esteem it allows them to cover come negative thoughts about self-efficacy and will also help having a positive and strong sense of self-concept. By not having the correct self-esteem it can affect behavior, for example if the individual has a lack of self-esteem, it may affect the confidence to change the behaviors and can also be affected by external stress. Children's self- esteem improves through effective relationships and a feeling of achievements through learning and play. Parents and childcare workers should build a strong and positive self-esteem for individuals by focusing on confidence, emotional support and help and lastly recognizing all achievements. By making the child feel included in activities it will help develop a positive feeling of belonging and this will help the child build and gain stronger self-esteem. (Wlwittan et al., 2019)

Self-esteem is a self-evaluation of a person's image. Self-esteem play a role in behavior which includes a set of circumstances where the individual asks for help and seek for recognition from others. Maslow's framework of self-esteem represents respect and achievement from themselves and others. Maslow also believes it represents self- actualization and a personal growth. Self-esteem is important because it improves an individual's behavior, social interactions and motivation. (Uwtsd.ac.uk, 2024)

Level 5: Self-actualization
According to Maslow's hierarchy of needs self-actualization means pinnacle of personal growth and fulfillment, which includes recognizing an individual's potential and achieving a meaning in life. Self-actualization means a process of becoming a better version of yourself and achieving goals. In this article Maslow's shows two different self- actualizers which are non-peakers and peakers. Non-peakers means individuals do not experience frequent peaks but can still fulfil self- actualization by personal growth. On the other hand, peakers are more likely to be interested to mystery and awe and see scaredness. Maslow shows that self-actualization is not automatically correlate with happiness. But it can lead to a deeper meaning of fulfillment. (Compton, 2018)

In Maslow's Hierarchy needs self-actualization is important because it helps individuals to develop different talents, to achieve their highest potential, self-expression, fulfillment and to overall become better people and versions of themselves. Overall, by the parents and childcare workers ensure that the individual needs are met correctly and to help the child's cognitive growth and emotional growth the workers will lay the base to therefore help the individual with self- actualization. (Uwtsd.ac.uk, 2024)

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Part 2: The Concept of Holistic Child Development links to mallow's model.

Word count- 1,027

According to (Khushi Sehajpal et al., 2023) Holistic development means encouraging an individual's growth through the different dimensions which are cognitive, emotional, spiritual and social. By having balanced interactions with these domains, it will achieve well-being. The information has reflected in a range of themes such as environment and interconnectedness. This means well-being is influenced by having a relationship between emotional, physical and social factors. This supports holistic development because instead of isolating specific areas of the individual its emphasis on the whole person. Holistic development is a crucial aspect of frame works such as family- work-life world (FWLW) model. This promotes well-being through family centered and strengths-oriented strategies. It acknowledges joined themes which are motivation, empowerment, connectedness and lastly shared power with children, families and workers.

Maslow's Hierarchy supplies a structured framework to recognize and address all angles of human development as it is crucial for achieving and fulfilling a higher level of well-being. In this article it has shown the holistic approach that links to Maslow's theory such as addressing critical needs for instance well-being and health, examples with GHD programs that support and help emotional, physical, intellectual and spiritual development. Safety needs should be in place as it allows the individual to build trust, social cohesion and lastly community identity. Belonging and love are supported by having a strong and positive teamwork and by sharing other thoughts to address problem-solving. Self-actualization means having the capability to solve problems and start to unlock the individual's full potential. Lately, the meaning of esteem needs is helping individuals to feel academically and socially capable and self-assured. Overall, these important needs will help the child to grow and develop. (Newman, Aubel and Coulibaly, 2023)

In the early years holistic development is important as it nourishes all aspects of children's growth. These are cognitive, social, emotional and physical development. By

having holistic development in early years, it will help develop all these crucial aspects as a whole. The definition of ECCE is early childhood care and education, ECCE helps and supports holistic development for children as it supplies adequate nutrition, energizing environments and a chance for education and social community and interactions. Overall, by the act of early childhood care and education for well-being, further learning and social engagement. (Proquest.com, 2024)

Holistic development is important to early years because it supplies the individual with the skills that are crucial to help and navigate through daily routine demands. Early years support all children in developing holistically enabling them to carry out a range of complex tasks as this helps to underline motor skills and sensory skills development. In the workplace they should have play-based activities because it will help develop children's moral skills as the individual will learn to recognize and understand the feelings and emotions of others around them. It will also help them to foster intellectual, physical, emotional and social development. On the whole holistic development is dominant in early years because it guarantees individuals growth across all areas to prepare them for challenges in their life and success in their life. These areas of development are emotional, cognitive, physical and social. (Lunga, Esterhuizen and Koen, 2022)

In this article it focuses on John Bowlby's participation in attachment theory which has several key links to holistic development for children. John Bowlby highlights the importance of the need to learn different interactions of the child. For example, how the individual corresponds to their parents/career's and therefore how the child remembers and understands the interactions. By understanding this important factor, it will help holistic development. By the practitioners in childcare having a positive and supportive relations with the children it will help their personality to develop and their attachment style as these link to emotional and social development which will help form holistic development. John Bowlby attachment theory links to Maslow Hierarchy theory as Bowlby believed in love and belonging as overall it centers on caregiving and early relationships in a workplace. (Holmes, 2014, p.272)

In this article it shows Bronfenbrenner's theory on individual development outcomes and results from relationship their environment and their personal qualities. Bronfenbrenner shows how these important factors will help shape emotional, cognitive, social and physical growth in a child's growth. Bronfenbrenner recognized a range of different levels of effect on an individual's development which are school, family, community and extensive societal factors. This shows how an individual can be affected and shaped by close relationships. The theorist Bronfenbrenner is linked to Maslow hierarchy as they both focus on relationships and environments. Bronfenbrenner identifies different impacts on a child's development such as family and school and this is linked to love and belonging of Maslow's needs. (Saracho and Evans, 2021)

In this article it tells us different factors that could get in the way of a child to fully succeed in their holistic development which are physical, mental, emotional and growth development. Different educational frameworks such as EYFS which means early years foundation stage, this framework often breaks down the individual's development, which is learning, physical and social skills. By this educational framework breaking down the development it may affect the child as they may miss the whole child's perspective. By the practitioners not developing and changing the methods of their work the individual may have issues to develop as the workplace will not be able to fit each child's needs. (Queen Margaret University, 2023)

According to (Birth to 5 Matters, n.d.) this shows that insufficient environments can affect a child's growth and development. By having a poor environment, the individual may not develop in different areas and fully engage with other children as there is no exploration and creativity.

In this article it shows different problems with Maslow's theory which is self-actualization and self-transcendence. For example, Daniles (1982) has argued that with Maslow's theory he never developed and absolved theory of self-actualization. Maslow's thoughts about self-transcendence were mostly not accepted by a range of psychologists as it involved mystical aspects and spiritual aspects. With these problems it continues to make it difficult to understand Maslow's theory. (Koltko-Rivera, 2006)

Wahba and Bridwell (1976) suggests that Maslow's theory hasn't got enough evidence to support the structure of the layout needs to be addressed in the specific order. Some people think Maslow's theory is unrealistic as Maslow studied successful people in a small group so overall Maslow's theory cannot applied to everyone. (King-Hill, 2015)

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Part 3: Maslow's significance in understanding child development.

Word count: 1,079

Maslow's Hierarchy theory shows the significance of understanding development on how all children grow and also what children need to develop further. Maslow created a pyramid to help practitioners to develop the individuals needs correctly according to (Uwtsd.ac.uk, 2024) In this essay it will cover the importance of transitions, attachment and play in early years.

The first example from early years practice is transitions, transitions in a workplace setting implies a process of an individual moving to another environment or having a different routine such as moving different rooms, transitioning from toddlers' group to preschool group as there will be different children and a different practitioner. Transition may even be a child starting the nursery setting. Translations are crucial as they shape an individual's social, emotional and lastly developmental experiences. This is according to (Birth To 5 Matters, 2021)

In a nursery setting child A has problems with transitions by moving from one room to another. For example, when it is time for dinner or teatime the children will need to tidy the toys up and wait patiently to walk to the dining room. When the practitioner tells the group of children what is happening child A panics and starts to get upset.

The key worker can support transition for a child by not rushing the child, the worker should have a gradual and planned transaction set in place as it will help the individual to feel supported. (SCIE), 2019)

Transitions links to Maslow hierarchy theory as in this article (+ProActiveApproaches, 2023) it shows the individual child may struggle with any transitions if the basic needs are not met which are water, sleep and food this underlines Maslow's first step of the pyramid which is physiological needs. If the child does not have the right amount of these basic needs, they may be hungry or tired therefore the child may not reach their highest potential in learning.

In this article (Murphy and Waters-Davies, n.d.) it shows the new curriculum for Wales (CFW) will provide and help frameworks from 3-16 years. The curriculum of Wales is designed to help all individual children with the learning and educational journey as it will help children with transitioning as it will focus on social and personal growth. Flying start is very important in the early years as it aims at disadvantaged areas and focuses on education and play as it will prepare the individual for a positive and successful start to education before heading off to primary school.

Attachment to children means having a close bond between others, such as adults, caregivers and other children. In this article it shows attachment between a child and the worker. Having an emotional bond is important for an individual emotional and social development. Overall attachment is made by the professional practitioner responsiveness, emotional attachment and lastly standard of interactions. These are important to produce an insecure and secure attachment. (Attachment Relationships Quality of Care for Young Children, n.d.)

Child A has difficulties with attachment as child A has a loving and positive bond with the key worker. But as child A is moving up to the preschool group, they are finding it hard to let go of the attachment with the key worker.

Positive adult support is crucial for children as it will help a child internal working models (IWM) The meaning of internal working models (IWM) is a mental model founded on relationships that effect how individual children preserve themselves and to other relationships. By having a supporting relationship, it will make the child feel safe, appreciated and valued. The practitioners should always improve and reflect on work and the attachment style as this will help to construct positive and effective relationships with all individual children. This is shown by (Swift, 2024)

Attachment is linked to Maslow's theory as it can be associated with safety and security. Emotional safety implies having a positive relationship, feeling stable and the individual feels they can be able to show their emotions to the practitioner. In this article it shows that attachment can also be linked to love and belonging on Maslow's theory pyramid by centering and reflecting on social and emotional connections. This will assist the child to

feel included in different groups and activities, they will feel valued, have a voice and lastly the child will feel they are a part of a supportive community. If the attachment needs are not met correctly the child may feel neglected and isolated. Overall, this may affect the individual's potential to form a healthy relationship. (Uwtsd.ac.uk, 2024)

Policy that links to attachment is the children and family Act 2014 as it assists adopted individuals to establish and form a close relationship with their new parents and carers. The NICE guidelines provide that all individual children experiencing attachment problems should have the option of tailored support to help them build strong and healthy relationships. (Hayes, 2016)

In this article it shows why play in early years is important because play supplies a foundation of holistic development. Play is crucial to individual children because it is important to have a set out observation, sensory play and freedom play as this will encourage the child to grow their development on exploring, emotional growth, self-reliance and intellectual development such as reason, think and a sense of the world around them. (Uwtsd.ac.uk, 2024)

Child A has difficulties with showing their emotions to the workers as the individual has ALN. Child A is slowly understanding that by playing with different objects the individual can show their emotions.

How can an adult support- (Pentagon Play, 2022) Shows the role of adults in children's play is important as they observe the individual, provide different resources and lastly the adult should engage in working co-playing and role playing when needed. Overall, adults provide and help children independence, confidence and resilience through entertainment and play.

Play is linked to Maslow's theory as in this article (Capes, 2024) It has shown play is associated to the higher level of needs such as self-actualization and esteem. Children can further explore their interests, develop creativity and overall experience personal growth. Play helps individuals build self-esteem and it helps them build confidence and competence.

The crucial policy of play is play sufficiency, it will allow the child to have space, time and freedom, these will help an individual's holistic development. Practitioners will help individuals to concentrate on their play and to make it meaningful. Play is a fundamental part of childhood. This is according to (Play Wales, n.d.)

Overall Maslow is significant to early years practice because the theory pyramid allows professional practitioners to learn and understand that children's basic needs need to be met first for them to achieve higher and to reach their full protentional. (Gould, 2024)

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