



1000 days of life

The First 1000 Days .

Introduction

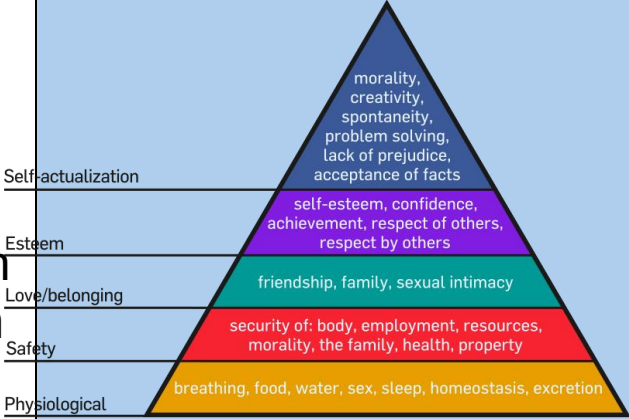
The first 1000 days of a child's life begins from time of conception up until the age of 2 . These stages are the foundations of a child's development are laid . These foundations include different things such as physical, cognitive, social and emotional and also behavioural development. Children are given many challenges and the hardest are from the first 1000 days. In pregnancy they need the right nutrition and also the mother needs to take care of herself , preventing feelings like stress as not having these during pregnancy could have an impact on the child's health as well as development and growth. Then we move onto newborn stage where the challenges of being out the womb come into play . Newborns need to learn so many other skills to adapt to life outside the womb . They have many ways of learning and develop from the various people they have around them from parents , grandparents and carers. Then onto the toddler stage where they want to explore every thing that is around them and they are at the stage of finding ways of play and learning independently. This presentation will put into prospective everything that helps a child develop and grow within their first 1000 days of life.



The introduction includes a detailed video from unicef(2015) that explains the first 1000 days which breaks it down into the different stages from pregnancy up into toddler age. The video includes information that is important for the growth and development of a child's life .

Caregiver

Exceptional care is provided for the child by either parents or any other care giver that will be involved within that child's life. Any care giver that will be involved within a child's life is fundamental for a child's growth and development. They will learn their vital skills for the world around them and their care giver supports them during their learning experiences as well as play. Parents are crucial caregivers for children in particular the mothers who carry the baby from the day of conception and have the role of providing the correct nutrition for the baby to develop in the womb they also need to continue providing the nutrition from birth by breast feeding and then its continued through to being given the correct foods when children reach the age of weaning. Nutrition is also given in settings such as nursery where they are given the essential meals as well as healthy snacks given inbetween. A loving environment is essential for a child even from within the womb the child will find love and comfort from hearing family voices around them and can even identify the voices from birth. Maslow's Hierarchy is beneficial to use as a guidance to what a child needs in their life and certainly needed for a child's first 1000 days. A child having a positive caregiver in their life is fundamental for a child it gives them emotional and physical support. It also helps a child enable environments as the child will not just be in their family home they will also be introduced to environments such as extended family homes. Nurseries and playgroups which will introduce them to different caregivers.



Mazlow's Hierarchy of Needs

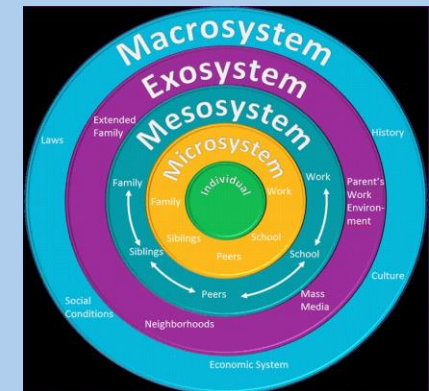
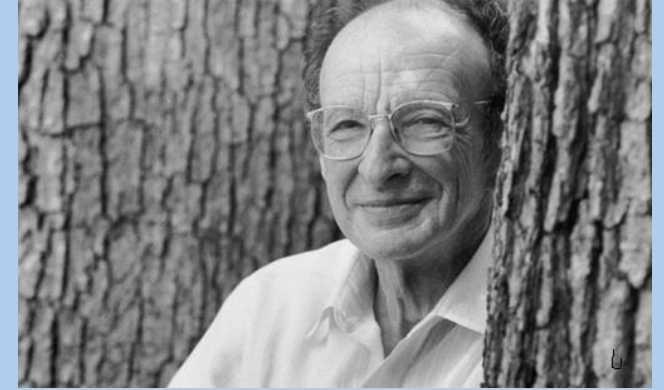
Professional Partnerships

During a child's first 1000 days they will be introduced to different professionals. From time of conception an appointment with a midwife which will support a mother during pregnancy and after . There is so much support offered during pregnancy by a midwife , they can support you with information that parents would not always know and also first time parents , pregnancy is an incredibly journey but there is also so much to learn. Midwives also support when baby is here , they offer support on nutrition for baby whether a parent decides to breast feed or bottle feed . Once parents are home a health visitor will normally visit to make sure baby is healthy and reaching targets that they should be reaching making sure they are taking in the nutrients they need aswell as health checks. A parent may then decide to place their child into a nursery which will then encourage a relationship with an early years practioner , they will support the family and the child providing the care they need whilst they are away from their parents. Early years practioners will also provide a safe enviroment where a child can grow emotional , physically and also developmentally .



Bronfenbrenner

Bronfenbrenner was a Russian psychologist that recognized that children have different aspects of life and this is where he introduced the ecological theory system to explain the benefits of having specific things in a child's life. Bronfenbrenner's theory is split up into five categories that explain more in depth what a child needs to be able to develop and helps with knowing what a child needs for the first 1000 days. The first of the stages is microsystem; this is the small immediate family environment. This stage is key for a child; having the importance of a nurturing family will give the child a better chance to develop. Having a loving nurturing environment is key for a child's development. Being given access to the correct things a child needs in a family environment is key; this links to Maslow's hierarchy when a child needs the correct nutrients, access to water, also being given correct clothing and warmth. Then there is Mesosystem which describes the different roles of caregivers and making sure that they all work together ensuring that the child will develop from that. Next of the theories is Exosystem meaning the people around the child that are not so close such as extended family or neighbours or even parents' workplace. There is an example on this theory of the importance if a child's parent works and loses their job; how many aspects of what that child's needs in their 1000 first days will be greatly affected; they may not be able to afford the necessities needed such as food or heating. Following the last theory we move on to Macrosystem which consists of a larger group of people around the child; this is where the child will learn more about socio-cultures when they attend settings such as nursery or playgroups. They would also learn things that are happening around them in the world which could possibly affect them negatively or positively. And last of the theories is Chronosystems which is the patterns or changes of environmental events or transitions; during a child's first 1000 days they are met with different changes or patterns from something such as starting nursery which is a massive change for a child which has been around parents or guardians for so long and having to learn to trust an early years practitioner and build a relationship is a massive challenge.



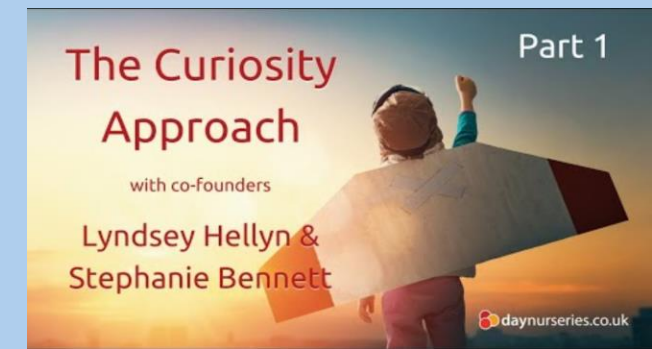
Flying Start

Children that live in qualifying areas will be offered flying start for their toddlers. This is given as a two and a half hour session every week day . Families that are in lower class areas are offered this with it looking at being given out in all attachment areas but like most early settlements it all comes down to being given the opportunity of funding . For a family flying start is a great opportunity for a toddler to prepare for school life with a routine which is similar to school. They will also receive healthy snacks which is a vital factor for a child's health and development. It will also help a child with social skills away from what they are settled with . The child will be given the opportunity to grow social relationships whether it be with another child or the early years practioners within the setting . A child that attends a flying start setting will have access to things that will help them develop such as speech, language and communication.



Curiosity Approach

The curiosity approach values different approaches of the development of children in the first 1000 days . This approach encourages children to explore different ways of using their natural curiosity. From newborn children learn about curiosity , it also helps encourage their learning for other things. The curiosity approach brings out a home from home approach which encourages the child to settle in better and gives them the feeling of belonging . This environment also stimulates a child's emotions providing them a calm environment. They also believe in play through learning so will set out activities that are not fun but also beneficial for children to develop skills for the big wide world. This way of play introduces the child into different ways of play through curiosity as we all know children from newborn are curious about the world around them. Play can prepare children for challenges that will be around them , and evolve their curiosity naturally.



In this video it will explain more on the curiosity approach how it was developed and how it impacts a child's first 1000 days of play. It will give you a bigger understanding of how early practitioners use this practice in their settings.



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