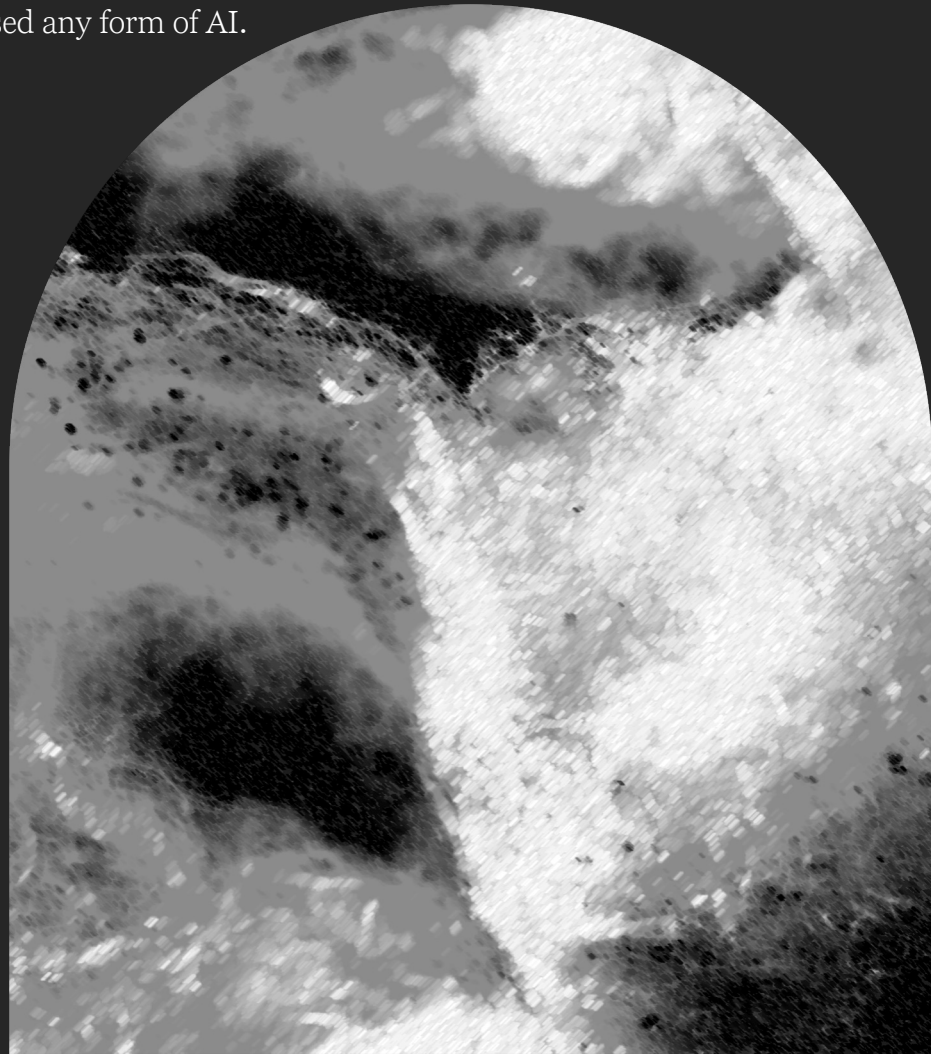


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First 1000 Days.

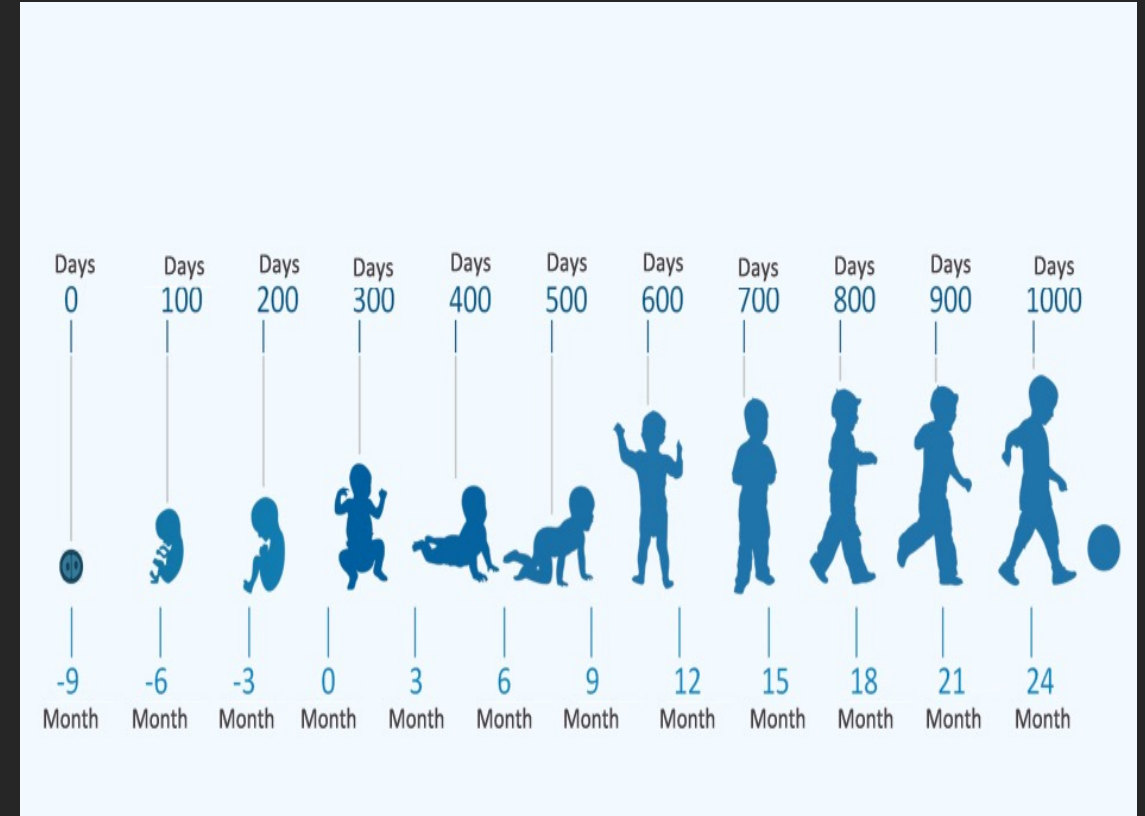
INDEX:

- WHAT IS THE FIRST 1000 DAYS?
- WHAT IS EXCEPTIONAL CARE?
- WHAT ARE PROFESSIONAL PRACTITIONER'S ROLE WHEN SUPPORTING THE FIRST 1000 DAYS?
- WHAT ARE THE CHALLENGES WHEN PROVIDING HIGH QUALITY CARE?
- WHAT ACTIVITIES CAN BE CARRIED OUT TO SUPPORT THE FIRST 1000 DAYS.

What is the first 1000 days?

The first 1000 days is the growth of the infant from conception up to the age of 3 years old. Public Health Wales suggest that the first 1000 days plays a crucial part of the child's life and their development, as they suggest that if a baby does not receive love, care and to be nurtured during the first 1000 days which later results in traumatic developmental issues also which may result in no attachment between parent and guardians with the children.

Moreover Public Health Wales also suggests that adult interactions play a pivotal part when shaping the children's development. A child thriving with love and nurture within the first 1000 days sets them up to flourish as they proceed to grow and develop and move through all the next big developmental changes and big life moments.



Source: idsmed (2019).

WHY IS THE FIRST 1000 DAYS IMPORTANT?

Pregnancy, birth & baby explains that the first 1000 days is when the child is most likely to build their immunity, vital brain growth and main gross motor and fine motor growth.

The importance of a health and balanced diet is proven to support the children's development in a positive way as 1000 days suggests that children are required to eat numerous items of fruit, vegetables and proteins as if a child does not include these into their diet the brain is being starved of the minerals and vitamins they provide a child's body with to stimulate the infants brain to develop which later gives the child the strength to be able to roll over independently, crawl and also to walk unsupported. However they also suggest that low nutrient intake during childhood can cause the child to have negative thoughts about eating highly important foods that promote personal development.

When going through the process of conception it is vital that you ensure to consume food that are high in life changing vitamins also minerals which then lays the ground work for a health baby once they arrive on earth, through eating high volume of foods that contain vitamin can then be fed to the baby through breastmilk once they arrive to the weaning stages you can then substitute the breastmilk with supporting foods within their diet (else nutrition, 2024).



Image Source: Else nutrition (2024).



Source: Scallyways nursery (2024).

WHAT IS EXCEPTIONAL CARE GIVING?

Exceptional caregiving is known to benefit the children and young adults mental health and physical development through the use of the Pikler's theory (1960) and also Bronfenbrenner's (1979) theories in which support the children to have the right to explore the world around them in a freely and independently in which exploring independently promotes the child to develop their fine, gross motor and also core strength.

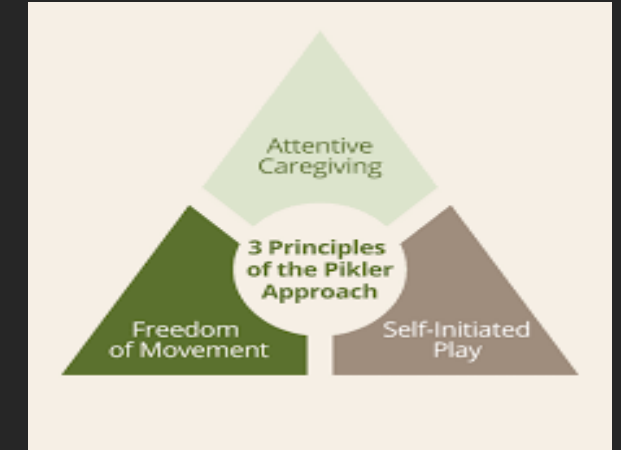
When providing exceptional care to children and infants it is proven to be important that children with additional learning needs are provided with additional support to ensure that they thrive when growing up and making the move from a early years setting to beginning school. However on the other hand it is important that children with additional needs are supported whilst also being treated and respected to all the other children (Freitag, 2018).

Theories that support exceptional caregiving in early years?

To ensure that excellent care is being provided to the children also parent and guardians. Bowlby (1988) suggests that a child requires a close attachment with at least 1 adult to ensure that all their needs are being met at the highest level of care that could possibly be provided. Ainsworth and Bowlby worked together to create the well known attachment theory which is used and followed with in the early years sector to support forming attachments between practitioners and the children. However on the other hand Bronfenbrenner (1979) suggests to provide exceptional care it is important that all areas of childcare settings must look inviting, homely also comforting as he believes that the surrounding environment's can cause effects on the infants development. To support Bronfenbrenner's opinion Petrie (2005) states that Pikler also agrees with the importance of the surrounding environment being welcoming and homely as they believe that self exploration within the first 1000 days is highly important for the infant's development. Through the use of self exploration with in the early years setting the child works extremely hard to strengthen their core, fine and gross motor but on the other hand they also work health to build their cognitive development.



Source: positive psychology (no date).



Source: tomco (no date).



Source: simply psychology (2024).



Source: curriculum for Wales.



Source: CIW



Source: Resilient families.

PROFESSIONAL PARTNERSHIP?

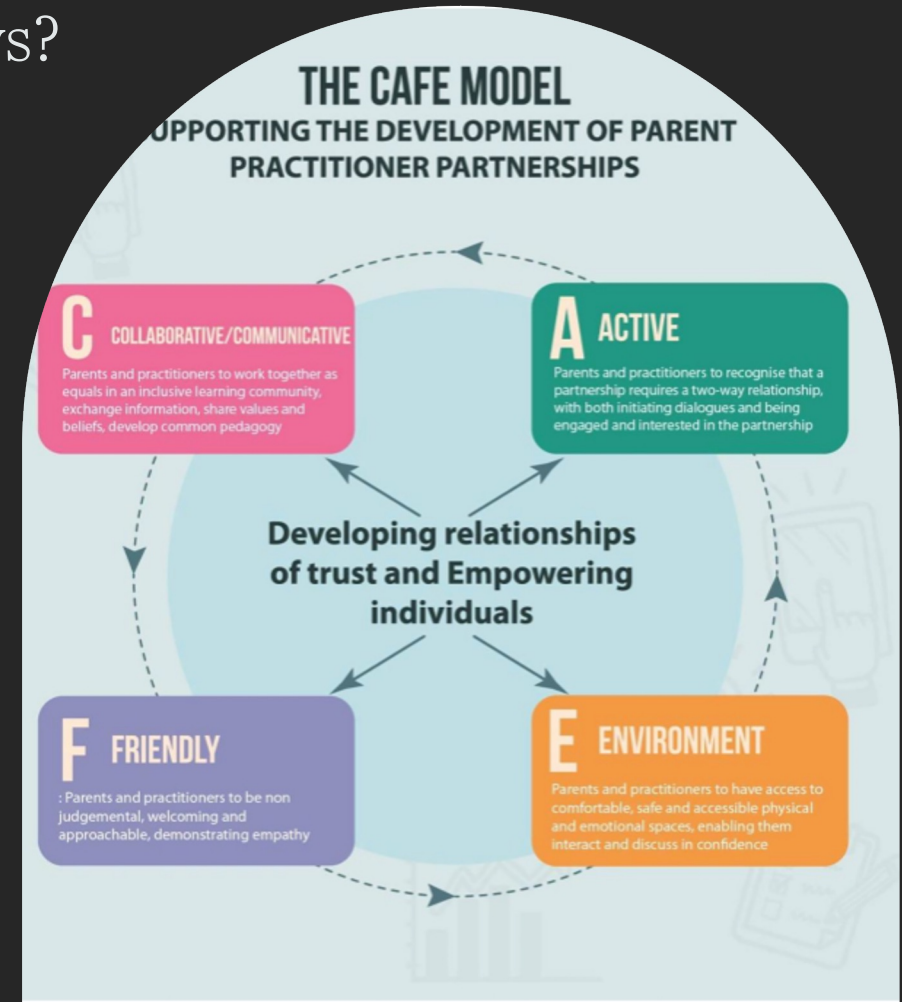
within the early years sector it is valuable to create professional partnerships with multi agencies such as MASH- multi agency safeguarding hub, CIW- care inspectorate Wales, social services, IAA- information, advice and assistance, curriculum for Wales 2024, resilient families and many more. It is highly important to ensure to build partnerships with multi-agency's to support all children that attend the educational settings. Moreover each child that attend's a educational setting may face and overcome many hurdles whilst at home during their childhood in which may require additional support from a multi-agency to proceed and support the child, through working in close partnerships with multi-agency's ensure seamless support is being utilized whilst at home in which then is also being supported whilst at a early years setting (Walker 2018).

At a setting it is highly valuable that practitioners work as a team to ensure that seamless and exceptional care is being provided not only to the children but also to parents and guardians as placing a child into a early years setting is a transition to parents and by displaying exceptional team work builds trust for the parent and guardians to have the sense of feeling that the child is being loved, nurtured and well cared for when they attend the setting.

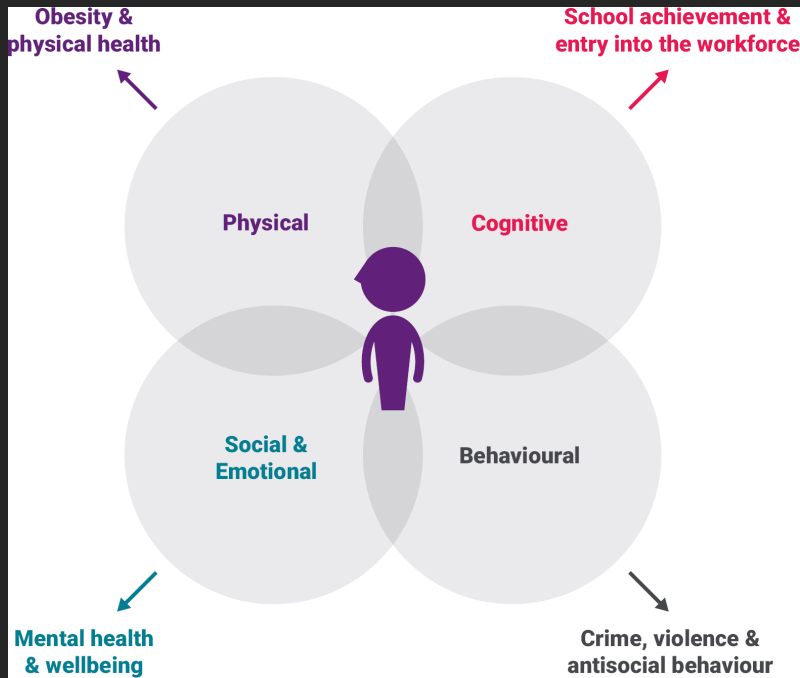
Roles and responsibilities of a early years practitioner in supporting children and families in the first 1000 days?

Quinn et al (2021) states that a seamless and effective communication between parents and early years education staff ensure that the child is supported through seamless communication can work well to aid the infant's development. However Quinn et al (2021) also states that as a child witnesses a group of adults communicating can underpin the form of feeling safety as they grasp the sense of feeling of mutual feeling.

The Cafe model has been created in order to support the partnership between parents and practitioners the model highlights 4 main factors which underpins the key aspects of forming a professional partnership. Birthto5matters (no date) states that parents are the child's life supporter. However they state that parents must take into account the tone of voice and actions when communicating with infants as traumatic experiences within the first 1000 days may cause substantial damage on the child's personal development.



Source: Research gate (2022)



Source: early intervention foundation.

the diagram provided above links issues in which can cause a negative impact in providing high quality care.

CHALLENGES?

Essa et al (2019) suggests that physical development could also be considered as a challenge as a child who has motor limiting develop may result in a child having a lot of accidents whilst at the setting in which will have to contact parents and guardians to notify dependent of how major of a accident settings may be required to contact CIW and other multi-agency's that could also be required to conduct a safety check on the setting. However Essa (2019) also states that learning disabilities may cause challenges at the setting in which may result in a lack of communication, listening due to one of the issues previously explained Essa (2019) also states that a child's and or parent's behavior may factor in as a challenge in which could cause substantial issues when providing exceptional care with in a setting which could come down to the factor of delay in the child's cognitive and learning disabilities which may result in a outburst of behavioral issues. Settings providing care for families living in disadvantaged areas may face many issues all of which may result in a negative downfall which may cause issues when trying to provide high quality care to children and families. Language can also be seen as a challenge when communicating with parents and children who are multi cultural.

STRUGGLING WITH THESE 7 CHILD CARE CHALLENGES?

HERE'S HOW TECHNOLOGY CAN HELP.

Child care providers have a lot on their plates. Much of it is rewarding, such as interacting with children, while other parts of the job like bookkeeping, organizing paperwork and getting tuition payments on time can be a source of frustration. The good news? Easy-to-use technology can dramatically shorten and streamline seven of the most time-consuming and frustrating tasks.

1

PARENTS AREN'T PAYING TUITION ON TIME.

- Tardy tuition payments are critical for your child care center's success.
- 85% of referrals pay bills online or with direct debit, 5% prefer email checks.
- SOLUTION:** Offer online, automated payment options so parents can pay your bills with minimal effort.

2

IT'S HARD TO KNOW IF WE HAVE ENOUGH SPACE FOR NEW FAMILIES.

- You don't want to turn families away, but you're not sure if you have enough room.
- SOLUTION:** Use enrollment reports to determine how many available spots, while managing wait lists and maintaining mandated ratios.

3

WE'RE CONSTANTLY SHUFFLING PAPER RECORDS TO FIND EACH CHILD'S INFORMATION.

- There's tons of data to manage such as immunizations, individual plans and allergies. Keeping records on paper makes it tough to ensure they're up-to-date.
- SOLUTION:** Automate recordkeeping with online paperwork by managing family and child information under tracking, attendance, health and activities.

4

WE USE PAPER NOTICES TO KEEP PARENTS INFORMED, BUT THEY'RE OFTEN LOST OR NOT READ.

- Maintaining frequent communication with parents is critical.
- Missed notices mean missed 100-hour rules—which gives you plenty of opportunity to correct.
- SOLUTION:** Use a mobile app that can instantly bring parents in the home about schedules, special events, new programs, tuition, billing and policy changes.

5

I'D RATHER WORK WITH THE CHILDREN THAN DO BOOKKEEPING.

- Bookkeeping is challenging and it's probably not where you want to focus your time.
- SOLUTION:** Use a bookkeeping solution designed specifically for child care centers that automates data entry and reporting.

6

TRACKING EMPLOYEES' HOURS AND DOING WEEKLY PAYROLL IS A FRUSTRATING NIGHTMARE.

- Hours and payroll are often the most difficult tasks for center staff, even if you're using paper-based timecards and spreadsheets. It's a pain every day.
- SOLUTION:** Quickly complete payroll tasks and keep accurate employee data and timecards with employee data management solution designed for child care centers.

7

PARENTS ARE ASKING HOW I'M KEEPING THEIR CHILDREN SAFE.

- Parents want to know you have security protocols to protect their children. This includes keeping accurate attendance records and tracking visitors.
- SOLUTION:** Leveraging streamlined tracking software and security hardware helps eliminate unnecessary entry and provides parents with information that builds parents' confidence.

There's no need to struggle with these child care challenges. Delight parents, help your staff do their best work, and focus on what you enjoy most—the children—by offloading these time-consuming and frustrating tasks to technology.



Staffing challenges?

working in a educational setting is as being a fantastic job in which you work to shape the mind and teach the children from the first 1000 days right up until the age of 18 can also come with many challenges as the government (2024) states that educational settings are under paid, under staffed however a vast staff turn over which results in lack of building bond and relationships, lack of supporting staff during difficult times, over worked and under appreciated. All of the matters highlighted by the government can be seen to scare young adults into making the decision to pursue a career, due to settings being short staffed may result in accidents happening, safeguarding signs being missed and also staff being over worked may result in a member of staff behavior changes all of these create a issue at a setting in which prevents a educational setting to provide exceptional care to families, infants and young adults.

Indoor Exploration.

Indoor exploration is a vital part of a child's development. Through attending a high quality care setting ensures that high quality activities are being offered to the children all in which support each areas of the child's development for example the child's gross/fine motor, cognitive, language and communication and also physical development. From what can be seen in the photographs provided Rachael's playhouse thrives in order to offer exceptional provocation for the children daily in order to form ethically informed citizen's through the exploration of play. Activities provided ensures children the freedom to explore and communicate with one another through the use of SSTEW all in which extends the child's play in order to full fill the most out of exploring through play. Each activity is able to extend the child's vocabulary and further their knowledge for example milking the cows allows the children to learn where the milk they drink comes from, recycling all in which teaches the children the importance of recycling and what would happen to the planet if no one recycled their waste.



Source: Rachael's Playhouse (2024).

Infant Exploration.

Rachael's playhouse ensures that no matter the age of the child they all receive the same level of activities to explore. Through the use of the tonies box whilst also using their senses to explore the set up around the tonies box situated on a light box which during the first 1000 days a book is seen as highly valuable to the child's language and communication development. Stead (2024) state that creating a sensory enriching setting is highly valuable to the child's exploration as they work hard to use all the child's senses. However Stead (2024) also states that creating a safe environment promotes the infant's physical body movements which can be seen in the photograph provided in the child must bend down to pick the pumpkin up before sanding back up independently before using their hand eye coordination skills to roll the pumpkin down the ramp.

Source: Rachael's playhouse (2024).



Outdoor Exploration.

As stated in the CIW article based on Rachael's playhouse Hirwaun setting talking about the garden evolution staff and children came together to create a community garden in which they planted fruit, vegetables and flowers to support the local community ones the produce grew families were able to pick the fresh produce in which they could feed themselves nutritious foods which they may not have been able to afford to buy previously due to the setting being situated in a disadvantaged area.

Tovey (2013) states that exploration outdoors is highly enriching to the children as it supports them to becoming individuals and to also build up their gross motor, core strength and also physical development Tovey (2013) also supports the importance of free flow at an early years setting as it allows the child to make large decisions based on what they would like to do whether that be indoor play or outdoor in the nature.

Source: Rachael's Playhouse (2024).



Importance of loose parts in early years.



Source: Cosy direct (2021).

the curiosity approach was created in order for children to have the freedom to be curious individuals and explore with endless range of natural unconventional “toys”. The Curiosity Approach states that when collecting loose parts it is important to collect items in a range of sizes, weights, colour, shape and texture when setting up loose parts it is vital to carry out a thorough risk assessment to ensure the items are safe to be placed into provision. The curiosity approach states that loose parts are one of the most important items for a child to explore with as they are able to identify items from at home, their daily routines and also family trips they may have been on for example being able to identify shells come from a beach, leaves fall off trees. Through exploring with loose part not only are all areas of development are being used but also the child’s 5 senses are also being used through out the process of exploration.

International approaches positives and negatives.

MONTESSORI

The Montessori theory was created in order for children to be seen as individuals in order to learn at the child's pace as every child is different. A Montessori setting is based on natural materials which supports the child to be curious, ambitious and also to be individual. The Montessori theory is now being used all over the world in private settings, funded setting and also educational settings as its proven to promote positive mental health in children as the care is tailor made to the individual child's developmental needs. Montessori classrooms are seen to be structured.

Differences between the Reggio Emilia approach and Montessori are that Montessori theory is based solely on the individual child in which the Reggio Emilia approach is based on children working together to further their learning through collaborating with one and other. Both theories are exceptional examples on how to provide extraordinary care. Montessori classrooms are seen to be structured where on the other hand Reggio Emilia approach is more relaxed.

REGGIO EMILIA APPROACH

The Reggio Emilia approach is based on creating a image of the child in which they are individual and where you see strong possibilities in what they will achieve for the future. The Reggio Emilia classrooms are proven to be a relaxed and open-ended setting where the collaborate happens between staff and other children as their voice is being heard and taken into consideration when planning activities and working the outcomes of situations out.

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