



First 1000 days

The first 1,000 days of a baby's life is the time from when they get conceived to two years. These first 1,000 days is very important for the development of their brain, body, and also their immune system. The health stress levels and the nutrition of the mother during the pregnancy can have a big impact on their future. The physical environment, nutrition, a mother and child relationship can also have an impact on their health and wellbeing. (health on the net 2022)

Nutrition is very important in a baby's life. If a child does not have enough nutrition, they might get a condition called malnutrition. This could cause a lot of health issues. For example obesity, it can also have an impact on the development of their growth. (harris 2018)

At 24 weeks during a pregnancy, the brain contains 10 billion cells. They also say that the cells grow from nutrition. Therefore if the mother is not eating the correct amount of calories or nutrition this could mean that the brain will not develop properly. This may then cause developmental delays. (harris 2018)

According to Rusli (2018) the cofounder of an organic baby food brand called yummy. For the first couple of years of a babies life the brain is still developing. The brain can make up to 700 neural connections per day at the age of one. By the age of two their brain can develop to 80% of an adult size brain. (harris 2018)

Sullivan (2018) who is the founding Executive Director of 1,000 days believes "Babies are built for

nutrition. It's the fuel for growth and development in the brain.” L. Sullivan also says that chronic malnutrition in early childhood could prevent the babies from growing or being able to develop properly. This condition could have a negative impact on the function of their brain IQ and their immune system. This could also lead to the risk of diabetes, cancer, or other diseases in their future. (harris 2018)

Sullivan (2018) also talks about the effects that too much unhealthy food can have on children in the first 1,000 days. This can have a negative impact on the child future weight and health. They may have some problems with the health of their heart and diseases like diabetes. (harris 2018)

Current challenges



Many people believe that working with young children is one of the easiest jobs, but there are many challenges to working with children. Alongside the positive and rewarding ones that practitioners face on a day-to-day basis. (Kelly 2016)

Here are some of the challenges that often occur:

Time occurring

Many early years workers find themselves work long hours due to not being able to prepare the activities ready for the children during the school hours or some may do the preparation during there working hours but this then could have an effect on children because they wont be having all the attention that they need in order to being able to learn properly, there are many things that are expected of the early years workers to be able to teach the children but there are not enough time to do everything there fore children may find themselves missing out on some opportunities (Kelly 2016)

Not many qualified workers

There are not enough early years workers to be had in the setting or in early years to provide every child tall of he attention they need in the first 1000 days for example if a child does not understand the language or has a additional need there are not enough workers to be able to have the qualified support that the child needs there fore the workers in the setting have to apply the support and in

many cases this will then take them from being able to help the other children in the setting (Kelly 2016)

Lack of resources and funding

Lack of resources could also be one of the most important challenges early years workers face other than unable to get the workers in to be able to support more of the children many settings find it difficult to have enough funding in order to be able to have the correct resources for the children to be able to learn Children need the correct resources in order to be able to reach their full potential. In order to get the resources many staff use their own money to make sure that the children get what they need in order to learn and develop and don't fall behind (Kelly 2016)

Stress and Mental Health

A member of staff for early years setting are expected to be the best version of themselves whilst they are in the classroom for their and the children's wellbeing. If a member of staff is stressed or overwhelmed, they can find it more difficult to manage the classroom and their teaching skills could also suffer during this. The outcome of this could mean they have less patience with the children. If a positive attitude is not provided, it can have a big impact on the children and could lead to stress disorders and mental impairment. It is important to know that a health of a young child brain depends on the relationships with adults (Kelly 2016) the impact of this could help the children to learn how to control their emotions and to being able to calm them selves by doing this it can show the children that adults are safe and they are able to trust them when there is something worrying them and how the adult responds to stress and become a positive role model. (Eclkc,2021)

Activity ideas



By creating daily activities in early years settings, this could help children with a healthier growth and their ability to develop in order to make physical activities feel more fun and normal. In the children's day to day routine it will have to be introduced to them earlier in life. There are many different kinds of activities that could be suitable in an early years setting and by doing these activities it could provide many health benefits. (early start 2022)

Examples of the health benefit are:

- It could increase muscle and bone strength
- Could help them maintain a healthy weight
- Could help them sleep better (early start 2022)

The more creative and exiting things that are planned, the more the children will enjoy and want to take part in physical development. For children through activities comes under "the early years foundation stage framework." This could also help with the children's co-ordination skills, control, and movement. It is important for babies to do different activities from birth. This needs to be in a safe environment that is constantly supervised. There are many activities babies could do in water or on the floor even if they do not crawl. By doing some crawling tummy time and movement by objects or by the help of the adults, this could help them with the strength of their "coordination and positional awareness." While the baby is playing on the floor or during day-to-day routines staff/parents should motivate them to hold things pulling and pushing things and also moving their heads body and limbs. (early start 2022)

Children aged 1 – 2 are advised to do physical activities for around 3 hours a day this includes playing outdoors. There are many things that they could do.

For example:

- standing up
- moving around
- playing
- jumping

This could include using a climbing frame, learning how to use a bike, using water or a ball to create activities. These are beneficial for children as it will build core muscles and help them to be able to find it easier to learn these while they are older (early start 2022)

Different theorists linked to learning development



Jean Piaget believed that children learn best through hands on experiences. In order to be able to do this adults should have the correct materials. This will enable the children to be able to interact and construct effectively. (UKEssays 2018)

Lev Vygotsky believed that a child's language would develop by being around others socialising. He states that "language acquisition" does not only involve children using words but their ability to process between their thoughts and language. (withers no date)

David Kolb's theory was about experiential learning. He also expanded on that theory by showing how experiential learning works this theory is based on four different methods which are active experimentation, concrete experience, abstract conceptualisation and reflective observation. He is known for the theory about learning styles that many workers use to this day. (Cherry 2022)

Helyn Bennett (2017) believes that the curiosity approach is a method in early childhood created by active learning and critical thinking. Bennett (2017) states that the curiosity approach was created in order to "create a generation of thinkers, doers, and investigators" (Hawthorne 2017)

Professional partnerships/relationships



Many people don't realise that they show children or co-workers professional love. Many people are against this but don't realise they do it every day.

For example:

- When you give a child cuddles if they are upset
- Giving a child time and attention
- Giving a child Respect
- A desire to help a child achieve their best
- Encouraging them to do their best or trying new things
- Praise them when they achieve new things

According to page (2020), practitioners that care about children in the early years setting could also be called professional love. This means that a relationship between an adult and the children have formed, this is different to parent love. Both of these have completely different roles. The love that children have from staff in the setting is not a replacement of family love. Most professional

workers do not have the same emotional attachment as they do with their parents. They can still create some sort of emotional connection in order to make the child feel comfortable with them. While the children are under the care of the early years workers and are in that setting their needs are just as important as they should be at home. The workers should take over the caregiver role. This could include the love, emotional warmth and comfort the children sometimes need while they are away from home. Every child is different therefore the amount of professional love they require will depend on each and individual child. Bowlby created a theory based on attachment and in that theory he believed that children were born with being able to form attachment naturally in order to be able to survive (McLeod 2023)

Professional love in the early years setting between a child and the staff will allow the children to emotionally develop, helps children feel like they belong and that someone is listening the results of this can help the children relax more and feel a lot safer and happy (Davis 2021)

Professional love in the early years setting was originally proven by Dr Jools Page and a small team of researchers from the university of Sheffield. This can enable practitioners to gain confidence while they work closely with the children in their care. (Clare 2016)

Reference list

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