



The first 1000 days

Introduction:

This is an introduction for the first 1000 days from being in mummy's tummy to two year old this will also explain the development of a child, I will include images and videos to show how important the first 1000 days are in child's life.



1 - Source : (The alarm.in 2021).

This image illustrates the first 1000 days going from being in mums belly right up to being a toddler aged two.

Conception to two-year-old:



2 - <https://youtu.be/-cGLfzMrkIs?t=54>

NCT and your first 1000 day



During a pregnancy, a baby will need lots of care while in mummy's tummy, according to Healthline, (date unknown) eating nutritious diet is linked to good brain development, also healthy birth weight. Mum should also have a balanced diet such as,

- Protein:
- Vitamin C:
- Calcium:
- Fruit and Vegetables:
- Whole grains:
- Iron-rich foods
- Adequate fat:
- Folic acid:
- Other nutrients like choline:

Exercise:

Communication:

According to University of Washington, (2013) Sensory and brain mechanism for hearing is developed at thirty weeks into the pregnancy, the last ten weeks babies are listening to their mummy's voice. Also, while Firststory.com parenting, (2018) says when in mum's tummy babies respond to external stimuli with touch, sound and smell, their senses are more advanced which will help them learn more about the environment that revolves around them. Communication is the key to help babies become familiar with mum read a story listen to relaxing music this will also be good for the baby when born unborn babies are always listening.

Babies will create a sense of self with a loving relationship. Each baby is a unique blend of innate characteristics. Some babies are easily soothed while others are stubborn about what soothes them. Each teacher is also unique, responding to babies with their own characteristics and experiences. Caring for a baby is a joining together of two people who are searching to make a deep emotional connection. Scholastic, (date unknown).

Turning in to babies

Observe your baby Look out for the baby's responses to different sounds, sights, and textures. This will help understand the baby and his way of adapting to his environment. It will help them feel secure and they will begin their lifelong process of the development of self. Scholastic, (date unknown).

Learning about each another:

When you get to know your will baby, the baby will get to know you. They are particularly good at reading facial expressions. At around 2 months, babies offer a "social smile," the first social response to others. Their budding self is affirmed when you smile back. This will make the baby feel good about themselves. When I smile, you smile with me. Scholastic, (date unknown).

- Blossoming personalities:

During his first year of a loving relationship, a baby's behaviour becomes more organized, and he communicates more clearly. A nine-month-old might babble on as he reaches toward you to be picked up, or he might start a game of peekaboo. Responding to these helps a baby's sense of self blossom. Scholastic (date unknown).

\Becoming self-conscious:

At around 18 months a toddler becomes self-conscious for the first time, for example, A toddler will unlatch the cupboard door where nappies are stored. As they reach into the cupboard, the toddler looks over their shoulder, looking for the caregiver. They are conscious of their caregiver's reactions to their behaviour. Toddlers are overly sensitive during this time and can feel shamed if they get told off. Caregivers need to encourage toddlers' independence, curiosity, and exploration, while setting reasonable boundaries for their behaviour. You can tell them that they cannot have the nappies but can open another door that stores the toys. Scholastic, (date unknown).

Concept to two year old:

<http://mylifeandkids.com/language-development-activities-one-year-olds/>



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Babies outdoors:



Babies outdoors

According to Baby's outdoors play, learning and development (2010), When babies are exposed to the outdoors it helps them learn, play, and develop I have uploaded a video to show how a baby reacts to the outdoors. A baby will learn through senses and movements, at the age six weeks a baby will feel breeze, temperature and is able to smell the outdoors. They will build on their development through what they senses take in, what interests a baby more at six weeks old is mums face they love to hear mums voice which will give them the ability to smile. Communicating will also help them feel more relaxed and give the ability to learn more. However, the family children champion, (2021) says learning a child in the outdoors is good for their development it urges th em about the world we live in they will gain muscle strength lung capacity and bone density.

However, the Montessori take on outside play, (2013) states that being outside to be free is crucial to a child's overall development if you give a child a lot of contact with nature, they will learn a lot of skills being on the outside than indoors as outdoors running, jumping and kicking are essential for developing skills like,

- Balance:
- Depth perception:

- Co-ordination:

Montessori believes that children should be free to go outdoors whenever they choose. A child will benefit more from learning in outdoors than in the classroom. Outdoor recess will help the brain boost. The Montessori take on the outdoor play, (date unknown).

Play

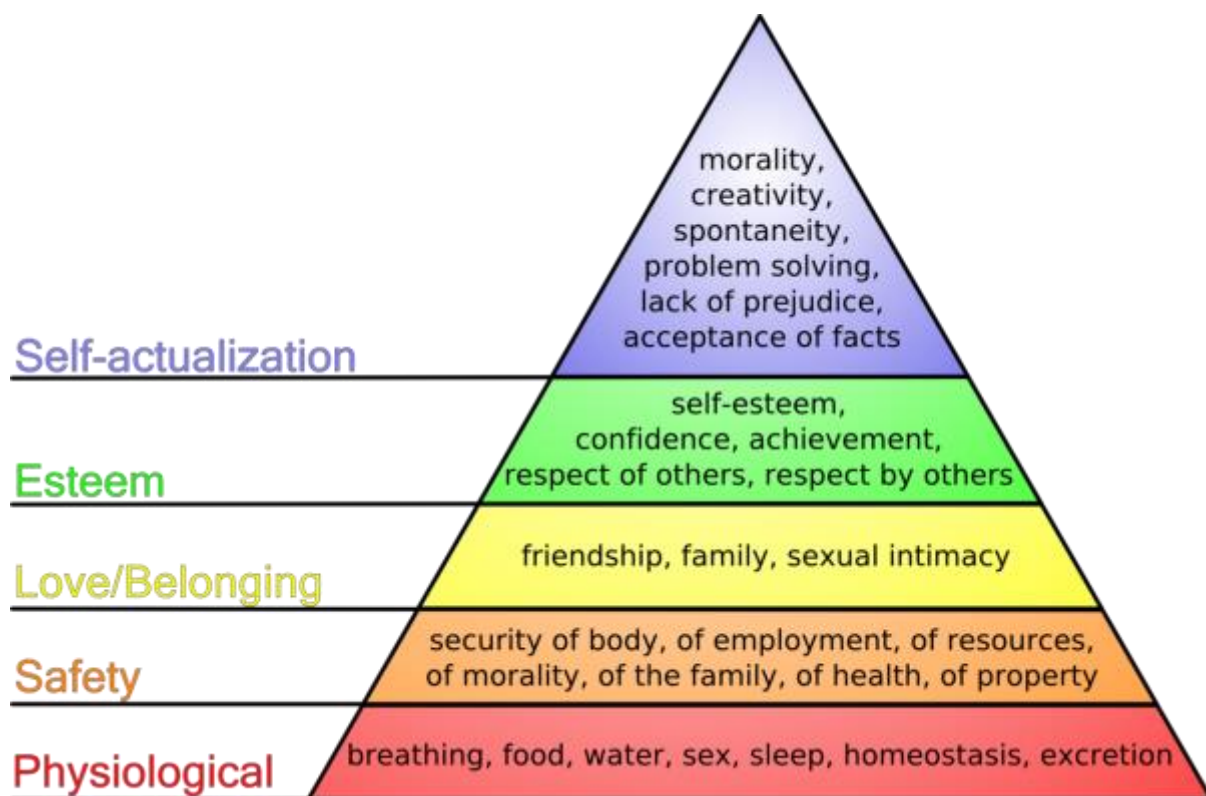
Play is essential for children's development; it will provide a platform for children to learn about themselves it contributes to cognitive, physical social and wellbeing of children Uk essay (2003). A child will instantly play this will help them learn new skills grow their confidence Play is an opportunity for children to develop a sense of self solving problems within their environment, which allows them to enhance their cognitive skills in the context of specific cultural, Play also gives children the opportunity to discover the difference between fantasy and reality, safety, and risk.

Vygotsky believes that play is a central element in children's lives it helps them develop skills independently and socially you are mom (2019). He also believes that one of key elements in human development is play one of key concepts of Vygotsky's theories is the zone of proximal development this is getting help from others such parent, teacher it will help them expand their development.

Furthermore, with stimulation, a child's brain will form neural connections at a speed of at least thousand per second. However, recent indications are that the speed could be up to million per second. UNICEF (2018) These connections are triggered by A loving and secured environment, in the context of responsive and playful caregiving that bonding and secure attachment, provide them with a positive socioemotional development

However, family lives (2021) suggest children develop multiple skills through play, play develops a child's imagination and provides the child with a good sense of adventure. Children will gain problem-solving and working in a team through good play experiences. According to early years matters (2022) suggests that practitioners that provide good play activities for children supports the child's learning, when children experience play, they gain the highest level of learning and developing good language skills by interaction with their peers. Living, playing and learning are almost the same thing for babies and young children for most of the time. For young babies play begins when in the womb with their mother's hand touching the place where they have just kicked her stomach or when mum sings or communicate. . A mother's voice before the baby is born her face, touch the will all play a part in creating emotional warmth and interaction which lead to play and learning for babies. Early years matter, (date unknown).

Maslow's hierarchy of needs.



Maslow's hierarchy of needs.

Maslow's hierarchy of needs that there is five needs physiological, safety, love, esteem and self-actualization

. According to Maslow to get a better understanding at what motivates human beings is to focus on need on the hierarchy for example. Very well mind (2021).

Physiological.

Maslow suggests that physical needs such as drinking when thirsty eating when hungry is some of the needs to meet the body's needs. Physiological needs are to be most essential needs if you are hungry, it is hard to focus on anything else sleep is an important part in physiological needs. Very well mind (2021).

Safety:

Safety is another hierarchy of need; early childhood safety needs are clear

Children will react with fear and anxiety if these needs are not met. Prep scholar (2021).

Love and belonging

- Friendship, intimacy, trust, inclusion:

According to Maslow people need a close relationship to meet this need get a sense of belonging, acceptance, feel loved and valued they will learn how to trust others give and receive affections

Prep scholar (2021).

Esteem needs

- Pride feeling of accomplishment reputation.

If you have a dedicated support system, it will give one the ability to focus on bettering oneself Maslow also says that children and adolescents feeling respect from others is more important than having high self-esteem. Prep scholar (2021).

Self- Actualization

This is the highest level of needs each time you move up on a level you will remove more unpleasantness from your life. (Prep= Scholar, (2021).

The Role of the Adult





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According to Montessori when an adult bonds with a child must be fully prepared and educated in the need, The adult must be a model for the child to look up to and learn. Tempe Montessori School, (2011). An adult plays distinct roles in child's life whether you are a parent, caregiver or family member, Tempe Montessori school, (2011), Montessori says that during pregnancy an adult's role is to live healthy have regular medical checks and Dad must have a role during pregnancy such as going to antenatal classes communicate to the baby whilst in the belly this will help the baby to recognise his voice also communicate with mum to help her feel calm. Marriage.com (2021) When the baby is born an adult should always put the child's needs first you need to know what interests the child maybe communicating with them, play, they need to have your full attention when first born Montessori states that giving a child a stable environment will help them trust give them confidence. There are four levels of adult preparation which are:

- Physical preparation: Taking care of our bodies how we move, dress daily, how we present ourselves,
- Intellectual preparation: Adult should read and do research to prepare themselves to become a role model in child's life also see and prepare yourself.
- Professional preparation: Prepare for the need of the child in professional manner.
- Montessori's guide: Don't give what we don't have, never interrupt a child during work and treat the child as if he/she is new everyday be respectful to the child Tempe Montessori School (2011). Adult will need to set boundaries balance and respect for the child's well-being.

"Children need adults to understand the research and theory which underpins they day to day work and decisions." (London Harrow Council, 2014). A caregiver will be central for young child's wellbeing which will give them the sense that they are safe and belong, A relationship between an adult and a child will help them develop will form a foundation for the child's current and future experiences. London Harrow Council, (2014). When we think about the role of the key caregiver in supporting young children, we want to go do the best for them. To meet each child's social and emotional needs we need to consider the personal qualities necessary for a strong, reliable and warm relationship. London Harrow Council, (2014).



Attachments:

The first two years of a child's life are important for forming attachment NSPCC Learning, (2021) suggests that children develop an 'internal working model' that shapes the way they view relationships and operate socially. This can them a sense of trust in others, self-worth and their confidence interacting with others. During antenatal, parents and carers can form a bond with their child. Bonds formed before birth can have a positive impact on the relationship between babies and parents once the child is born NSPCC Learning, (2021).

Furthermore: According to early years matters (no date) children that have a strong early attachment cry less when they are separated, the child will more in role play and sustain attention for longer periods of time.

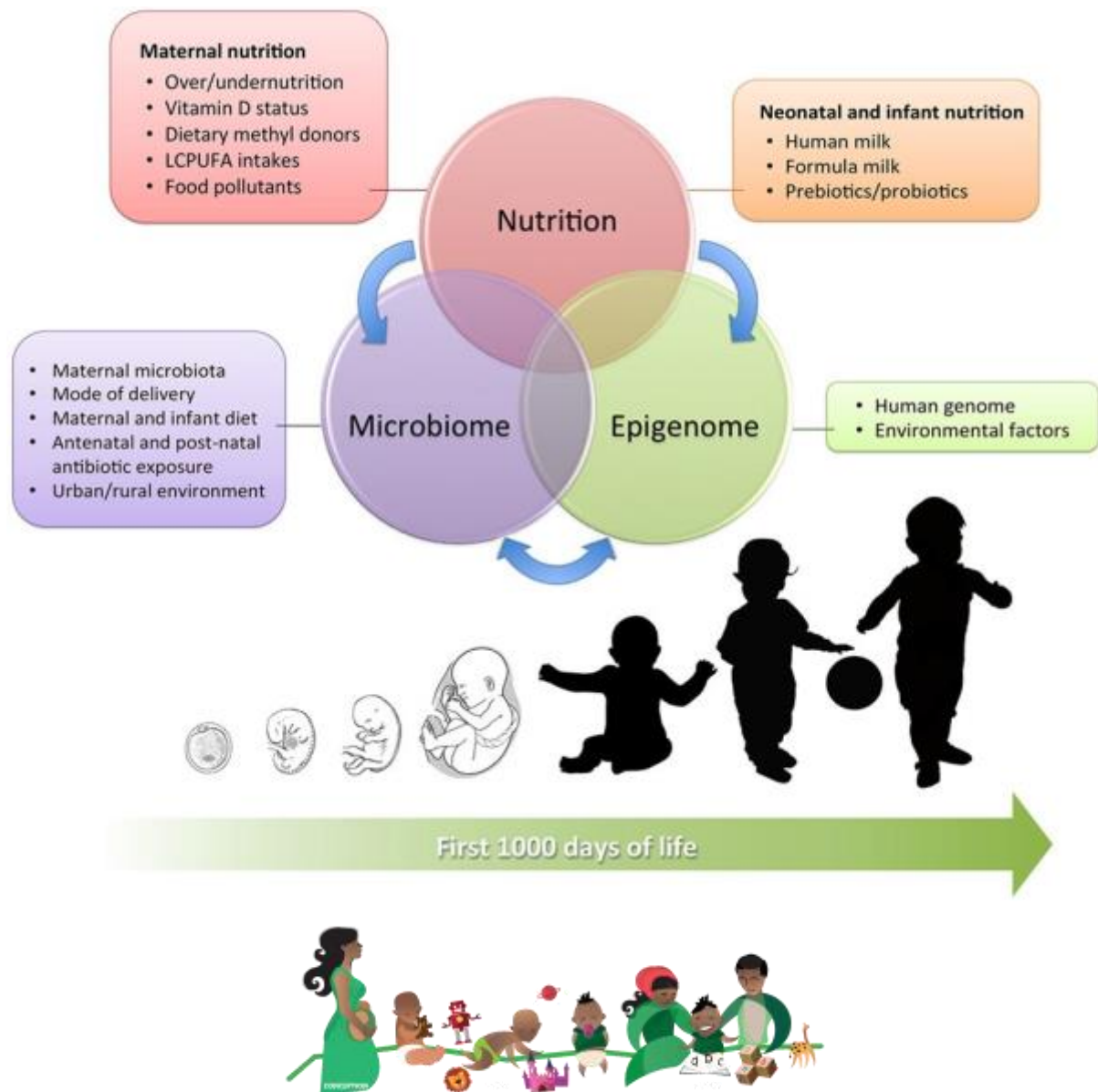
According to Bowlby Attachment is an emotional bond with another person. Bowlby believed that the if a bond is formed early in childhood their caregivers will have a tremendous impact that continues throughout their life. He suggested that attachments also serve to keep the child close to the mother, as well as improving the child's chances of survival. Very well mind, (2019).

"The Theme of Attachment Theory

The central theme of attachment theory is that primary caregivers who are available and responsive to an infant's needs allow the child to develop a sense of security. The infant knows that the caregiver is dependable, which creates a secure base for the child to then explore the world" Very well mind, (2019).



Why are the First 1000 Days Significant:



My Conclusion:

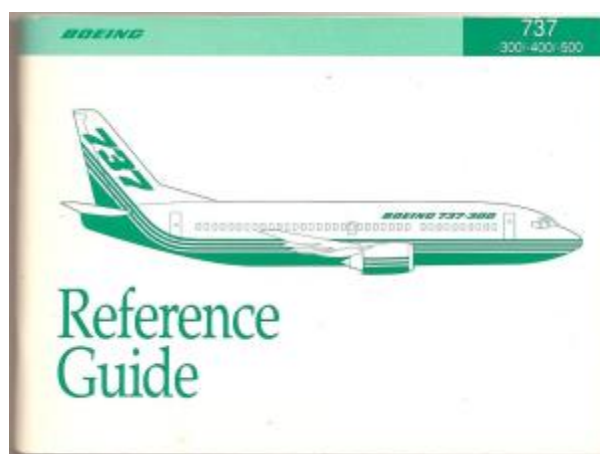


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My conclusion:

Babies will need stability in their lives with the help from their caregivers for them to achieve their goals, babies develop the more rapidly in the first thousand days than ever in their life with caregivers giving them their full support they will grow to be healthy humans, From concept to two-year-old is the most valuable time for babies with their development the support from caregivers will help them with their confidence, brain development by communicating, singing and giving them the right foods such as breast milk this can reduce the risk of (SIDS) Sudden Infant Death Syndrome, As well as helps with the brain development, When caregivers support the baby up till two year old this will help them get ready for nursery, give them confident communicate with others and make friends the overall is giving your baby the best in life for them to form a good healthy life.

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