



First 1000 Days

In this portfolio the importance of the first 1000 days is set. I will talk about the environment a child needs, the importance of play, and how they effect the development of a child prenatal and post natal in their 1000 days development stage.

The First 1000 days

The first 1000 days begins from the day of conception throughout prenatal development, birth and up to the second birthday. Pedro (2021) explains that the first 1000 days includes prenatal and post-natal steps of the infant's development. This period is the most significant in a child's development as they are at their most influential stage physically and mentally, of their childhood. The prenatal development is highly affected by the actions of the mother, such as the diet the mother attains too, as well as smoking, drinking and substance abuse. As stated by Ferrill Annis (1978) the importance of an adequate maternal diet has increased profusely. Gradovski (2020) explains that with children from birth to three, the significant and rapid changes that occur in this period of time such as their knowledge, the relationships they have built, skills and understanding set the foundation for the child's future developments.

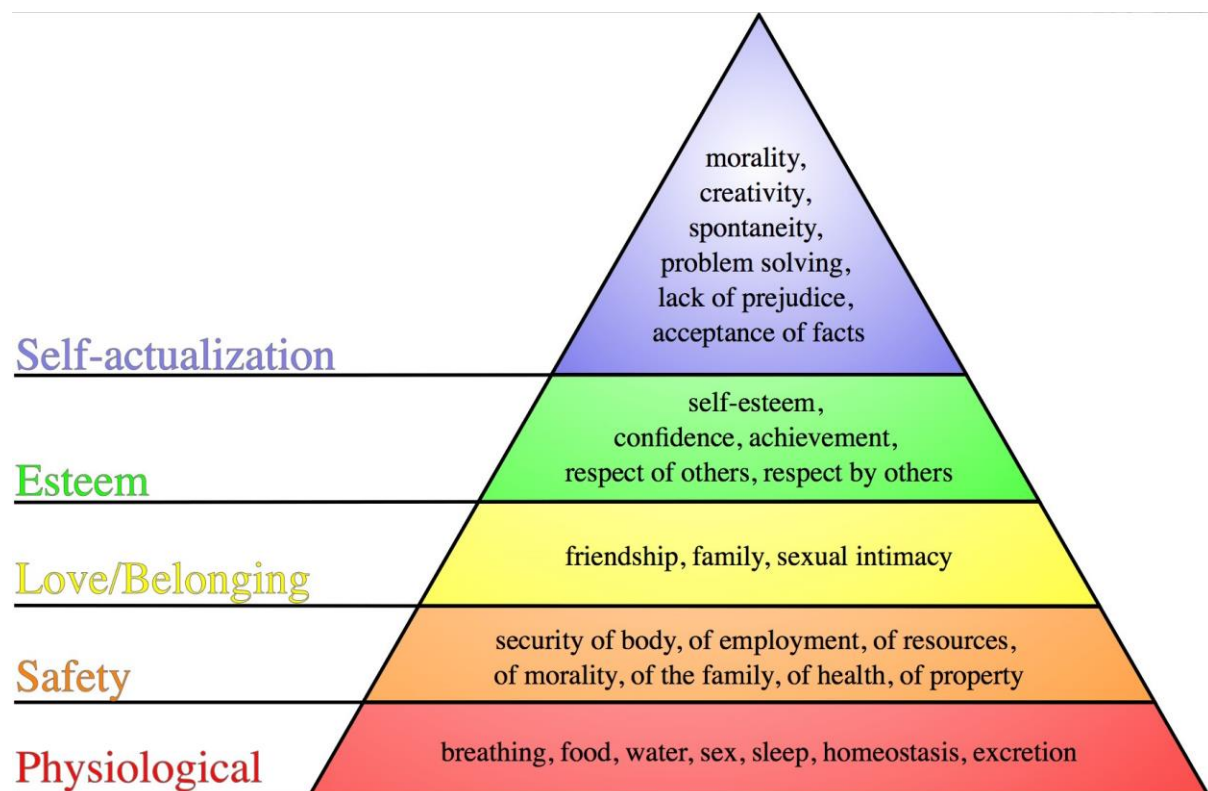
Nutrition for an infant in their first 1000 days of their development, including prenatal development, has a large effect on the outcome of the child's physical outcomes and brain development. Stated by Cusick, and Georgieff, (2016) a nutrient deficit on the prenatal developing brain of the baby that is simultaneous against critical time periods early in the infant's life results in long-term neuro-dysfunction. As well as brain development, the nutrition for infants can have a vital effect on their

physical health. Woo Baidal, et al (2016) shares that the first 1,000 days are critical to prevention of childhood obesity.

In a nursery there are specialised rooms named 'baby room', where practitioners can pay full attention to the infants within their first 1000 days which need specific care. These nursery nurses are in the specific baby room to provide all the needs one infant shall need in their first 1000 days such as communication, professional love, specific nutrients in their diet, attention, safety, security and shelter. The baby room differentiates from other nursey rooms such as toddlers and pre-schoolers, as infants in their first 1000 days in their post-natal development have specific needs and require more attention than those past their second birthday. They also require specific nutrients there for a separate meal plan specific to their diet is needed from the 'baby room' staff.



Theoretical Frameworks



Maslow's hierarchy of needs shows us what an infant in their postnatal development needs to survive. In his triangle diagram, it shows the basic needs that a carer needs to be met such as safety, security, nutrients. These needs must be met as it affects the brain development and physical development of the infant. These needs must be met by all carer givers of infants in their first 1000 days of development including nursery nurses, parents and other family and friends in the presents of the child. This Is because if the child is deprived of their basic needs their brain shall prune in certain sections and cannot bloom to its fullest potential. The child could develop unhealthy attachments, as Bowlby explains. Where trust is not built between the child and its care givers.



Play



Play is a particularly important aspect of a child's development within the first 1000 days. Bruce (2011) tells us that everyday tasks for the baby such as being changed, washed, fed, and clothed as well as following their carer for their everyday tasks such as shopping are all great opportunities to include play in their development. By dancing, singing and messing around with the babies during these activities we can create an aspect of fun for the baby to enjoy and learn from, rather than them being frightened, or bored from silence and being un-mobile.

Environment



The environment a child is in every day has a large factor in. A curriculum for funded non-maintained nursery settings (2022) explains that an environment for the development of a child within their first 1000 days should be effective, and to do so we should use indoor and outdoor settings and they should continuously be monitored and reviewed to adapt accordingly to the needs of the child.

Reference List



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