



The First 1000 days

Exceptional Care





Introduction

Care
giving

Professional
Partnerships

Challenges

Activities

References



Contents



Introduction

Page 3



Care Giving

Page 9



Professional Partnerships

Page 20



Challenges

Page 31



Activities

Page 35



References

Page 50

Introduction

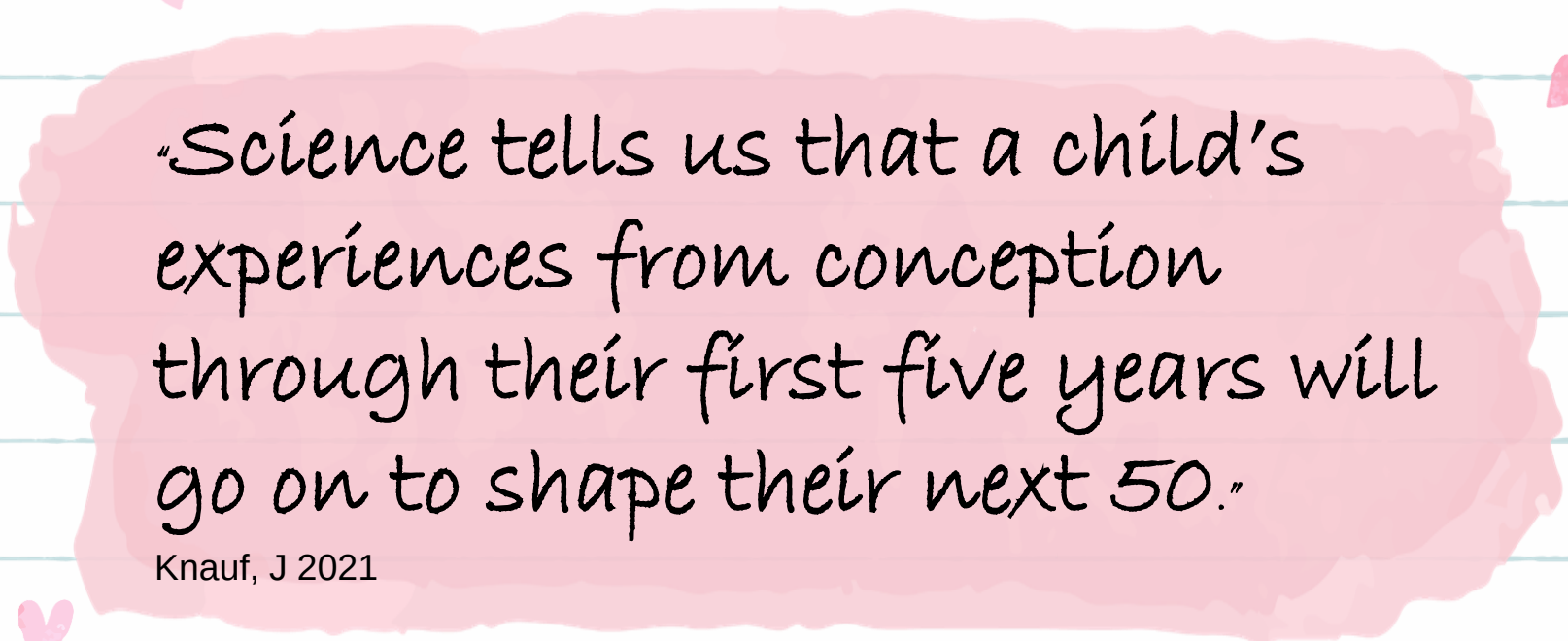
When we speak of the first 1000 day, we are looking at ages from conception to their second birthday.

This is a time where they lay the foundation of the child's holistic health.

Exceptional care needs to start in the Mother's womb.



Source (Anon, n.d)



“Science tells us that a child’s experiences from conception through their first five years will go on to shape their next 50.”

Knauf, J 2021

Source (Anon, n.d)

Before conception



Women who want to conceive a healthy child can make efforts before they are pregnant by

- make sure they eat healthily
- taking folic acid
- avoid drinking alcohol
- Stop smoking
- Have a healthy weight

All of these contribute to a healthy pregnancy and to help their baby to develop healthily. (NHS 2020)

Source (Anon, n.d)



Pregnancy is a period of time where a foetus develops inside a woman's womb usually for 40 weeks. This is segmented into 3 parts

- 🌐 First Trimester:

The first 12 weeks of development

- 🌐 Second Trimester:

13 - 28 weeks.

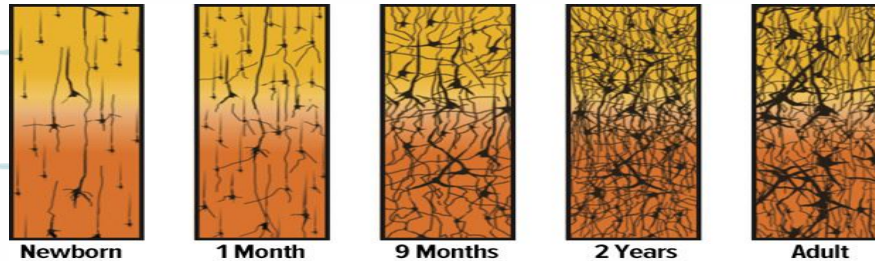
- 🌐 Third Trimester:

29 - 39 weeks.

'How well or how poorly mothers and children are nourished and cared for during this time has a profound impact on a child's ability to grow, learn and thrive.' (1,000 Days, n.d.)

Care during pregnancy helps the foetus to develop into a healthy baby. It is advised by Dr's and midwives (NHS. 2020) to attend clinics as early as you can to receive information about having a healthy pregnancy.

Many of the brain cells we have as an adult grew in the womb. An adult's brain has an estimated 86 billion neurons most of these are grown in the womb.



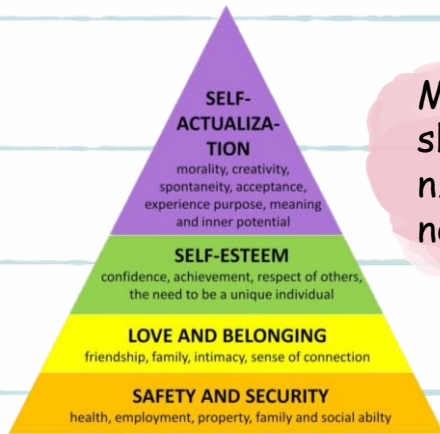
This image shows the brain connections from birth to adult.

'During infancy, the connections between neurons become stronger and more extensive, with new connections forming. These connections form the networks that underlie children's development.'

(Save the Children, 2016)



care giving



Source: McLeod. 2023

Maslow, an educational theorist in childhood, devised a model that shows what a child needs to develop holistically. Unicef (youtube.com, n.d) also agrees and states that for children to develop they have the need for 'nutrition, stimulation and protection.'

According to Maslow children need to have the 'Lower-level basic needs like food, water, and safety must be met first before higher needs can be fulfilled.' (McLeod, 2023)

Source: www.youtube.com,n.d



The World Health Organisation [hereafter WHO] states 'Breastmilk provides all the energy and nutrients that the infant needs for the first months of life'. (WHO, 2023)

Nutrition from food is used as energy to help brain development.

Breast feeding is personal decision that a mother can make.
There are positive outcomes to support both.

Lowers the chance of infections,
allergies and chronic diseases.

High in Nutrients and
antibodies to support the
baby's immune system.



Source: Puiu, T. (2020).

Free and convenient.

Creates a strong emotional bond
because of the closeness and skin-
to-skin contact.

Easier to measure
and monitor the
amount.

Creates a bond
for other
members in the
family.



Source: Baby Care Advice, n.d).

Some mothers are
unable to breastfeed
or choose not to.

Serve and Return is a process that helps the baby's brain to make connections. Connection start in the brain when young children babble, coo or have facial expressions - **serve** - to an adult who then respond to the baby - **return**.

Young children's brains develop very rapidly and the responses that babies and young children receive from the others around them actively promote this rapid development.
(Learning and Teaching Scotland, 2005)

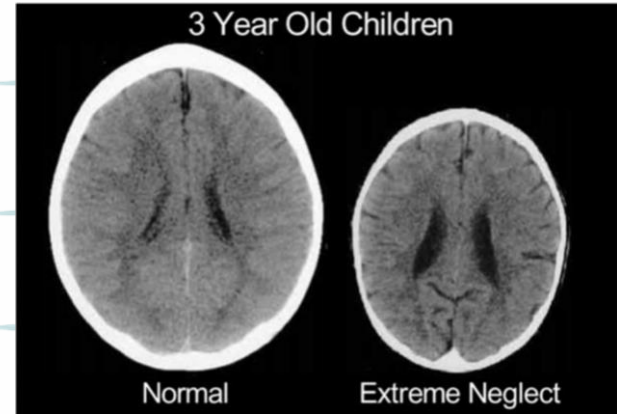


Source: Cute Babies Pics Wallpapers, n.d.

Protection

Article 19 of the United Nations Convention on the Rights of a child [hereafter UNCRC] states that every child has the right to be protected from harm, neglect and abuse (Unicef 2019). For a child's brain to develop they must not suffer from neglect or abuse. According to Harvard University (2015), brain circuits can be seriously affected if a child does not have 'reliable, inappropriate, or simply absent' communications from adults.

(Raven, 2013)



This image compares 2 brains. The picture clearly shows the difference neglect can have on a developing brain.

'Professional love' is a concept led by Dr Jools Page who researched the love that practitioners felt for the children in their care. Exceptional care is showing children love and affection when the practitioner has the role of loco parentis.

Cherry, (2011) recognised the theory by John Bowlby on attachment and the stages in relationships that a child needs to have during their life.



This image shows Bowlby's stages of attachment. Source: Johnson, 2023

'Professional love is not about becoming a surrogate mother but about building a professional relationship that complements the mother-child relationship in a way that always upholds the rights of the child as central to everyday practice.' (Teach Early Years Magazine. 2020)



Source: (Davies 2021)

The Pikler Approach is observed in many countries across Europe and in the US. Dr Emmi Pikler developed an approach to care for infants in a respectful manner when participating in personal care.

Dr Pikler's approach was that children developed and learnt when they were in a stable trusting relationship.

Bowlby observed that children formed attachments to people who gave physical care and that this was significant in terms of the child's holistic development.



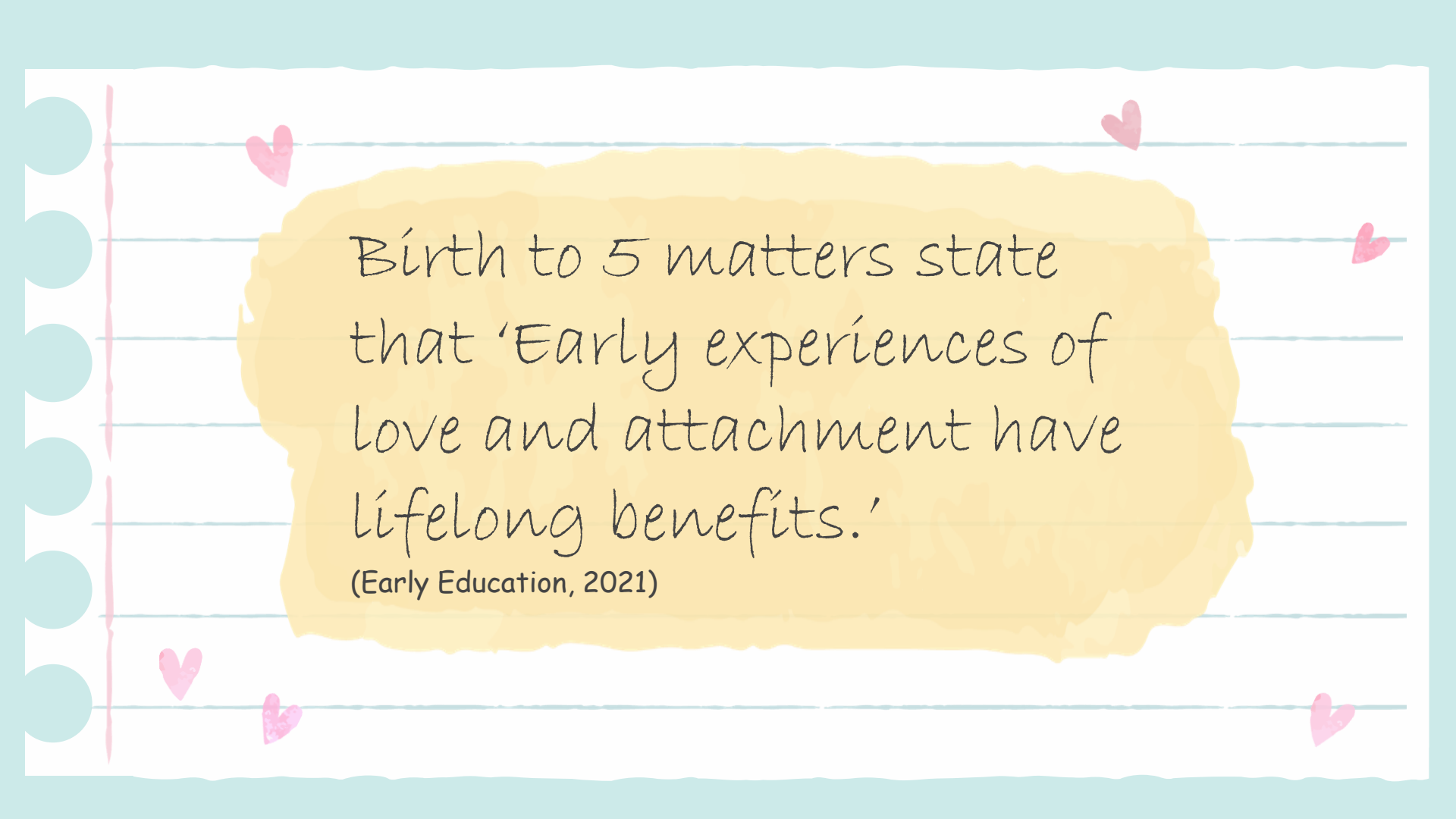
(www.careforkids.co.nz, n.d.)

The Pikler Approach observes the environment/conditions around the infant and how to create 'optimal early childhood development' (Care for kids, n.d)



Steps to show respectful care:

- 👶 Careers should give the child 100% of their attention as this will trigger connections in the brain
- 👶 Take your time - don't make this a rushed routine, see this as an opportunity for social interactions and communication



Birth to 5 matters state
that 'Early experiences of
love and attachment have
lifelong benefits.'

(Early Education, 2021)



The image features a hand-drawn title 'Professional Partnership' in a brown, textured, cursive font. The text is centered within a light blue, irregularly shaped cloud-like background. The entire composition is set on a white background with horizontal blue lines, resembling a piece of lined paper. On the left side, there is a vertical pink line and a series of teal circles. Several small pink hearts are scattered around the central text area.

Professional Partnership

There are many professionals involved in the care of the child in the first 1000 days.

Midwives

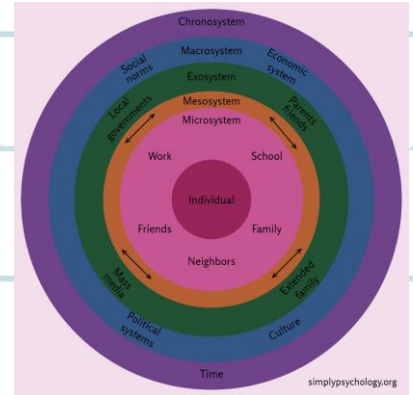
Obstetricians and Gynaecologists

Paediatricians/ DR's

Speech Therapists

Social Workers

This image shows Bronfenbrenner's ecological system of the people surrounding the child.



Source: (Guy-Evans, 2023)

These professionals need to work together to ensure a comprehensive and multidisciplinary approach to supporting families during the critical first 1000 days of a child's life.

To ensure the child receives exceptional care there are many roles and responsibilities that the Early Years Practitioner [hereafter EYP] has.



Source: Image (Pinterest, n.d)

The EYP needs to understand the ways that children learn and be up to date on the policies and procedure of their setting, be familiar with the framework and legislations set by the Government.



Early Years Providers such as nurseries and childminders are inspected regularly to make sure they are meeting the needs of the children in their care.



Source: www.youtube.com. (n.d.).

The EYP role is to promote the Welsh ethos, providing a welcoming atmosphere and promoting the Welsh language and culture. It is important that children are aware of their identity. The Welsh Assembly Government (2003) that they want children under 5's to 'have a particular identity, such as being Welsh, can be exciting and enriching.' (Yr Adran Plant, n.d. pp 5)

Other cultures/religions and traditions need to be celebrated also. Families can be invited into the setting to share their knowledge with staff and children. The Early Years Foundation stage (GOV.UK. 2021) says that 'Working in partnership with parents and carers is central to the early years foundation stage'.

The EYP has the responsibility to create a safe environment that enriches the children's lives, where they can learn and grow. The EYP needs to enhance areas inside and out that develops the child holistically.

Source: Image Anon (2021)



Source: Image Pinimg.com. (2024).

The environment should be inviting and give the child a sense of belonging and be aware of the world around them. (Welsh Government 2020)

The environment plays a key role in supporting and extending children's development and learning. (Early Years Matters, 2022)

Children should have the opportunities to discover and learn for themselves. Maria Montessori created a system which emphasised independence and choice. Montessori advocates authentic learning experiences indoor and outdoor, giving real life experiences.

All Montessori settings environments should be set up to ensure:

Freedom	Structure and order
Beauty	Nature and Reality
Social Environment	Intellectual
Environment	

MontessoriForToday (2021)

An example of a prepared Montessori classroom.



Source: Image DesignRulz (2016).

The Practitioner must reflect on the space indoor and out regularly.

Schön said that reflecting whilst submitted in the activity 'the lowlands' gave the practitioner a chance to think on their feet and see what they can change.

Dewey's process was a reflective model that showed the importance of children having a voice when it came to learning through reflection and experience.

Reflection in action

Reflecting as something happens

Consider the situation
Decide how to act
Act immediately

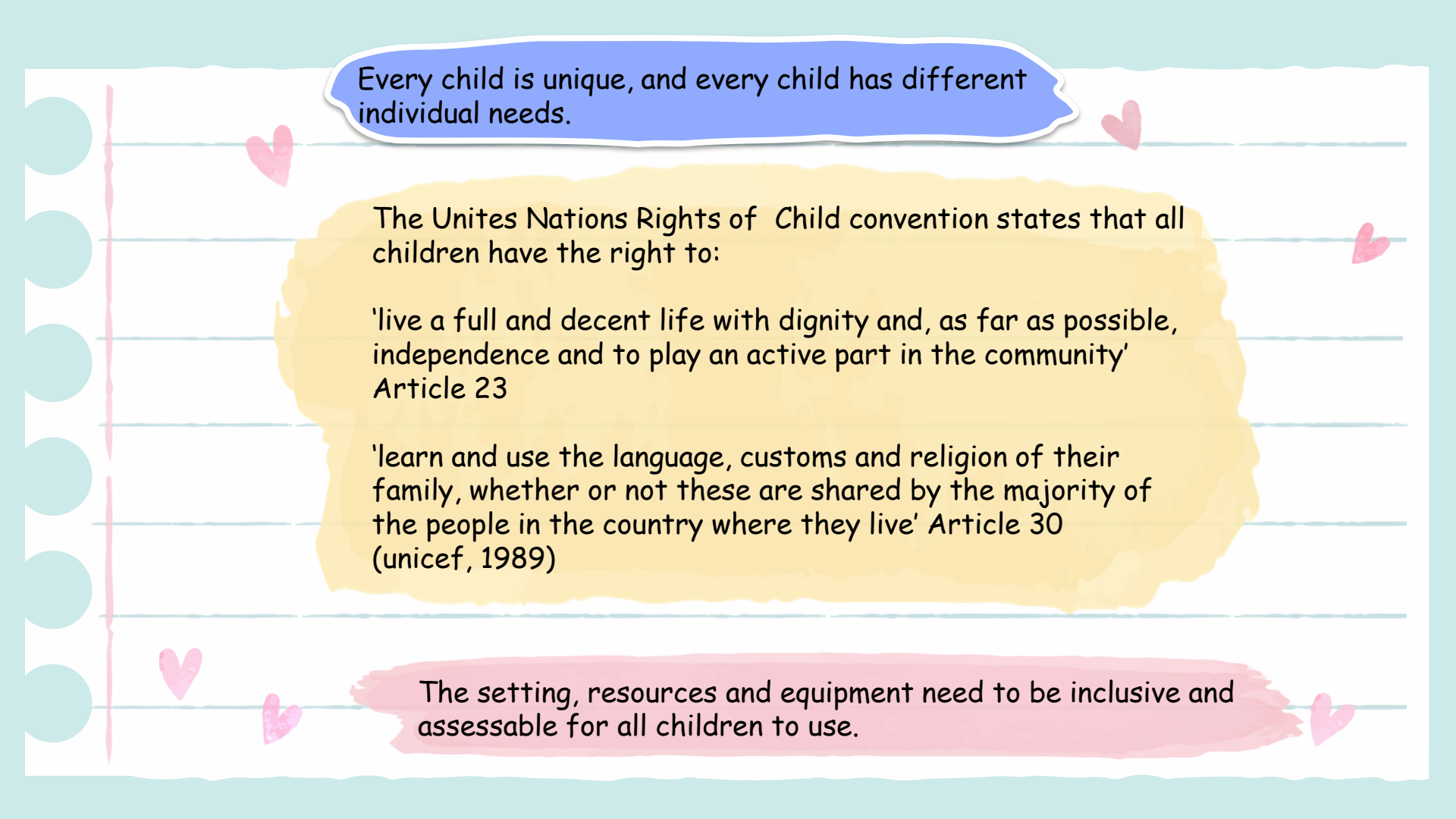
Reflection on action

Reflecting after something happens

Reconsider the situation
Think about what needs changing for the future

Source: Schon reflection
Nursing Answers (2021).

John Dewey (1933) 'We do not learn from experience. We learn from reflecting on experience.' (Third.S and Ece. C, 2022)



Every child is unique, and every child has different individual needs.

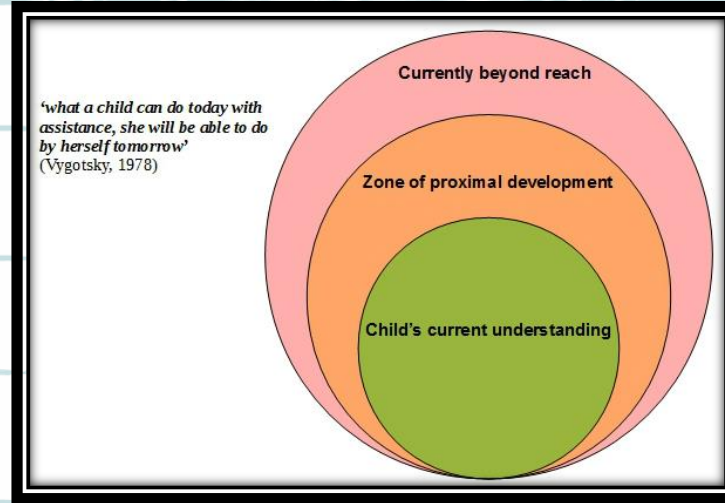
The United Nations Rights of Child convention states that all children have the right to:

'live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community'
Article 23

'learn and use the language, customs and religion of their family, whether or not these are shared by the majority of the people in the country where they live' Article 30
(unicef, 1989)

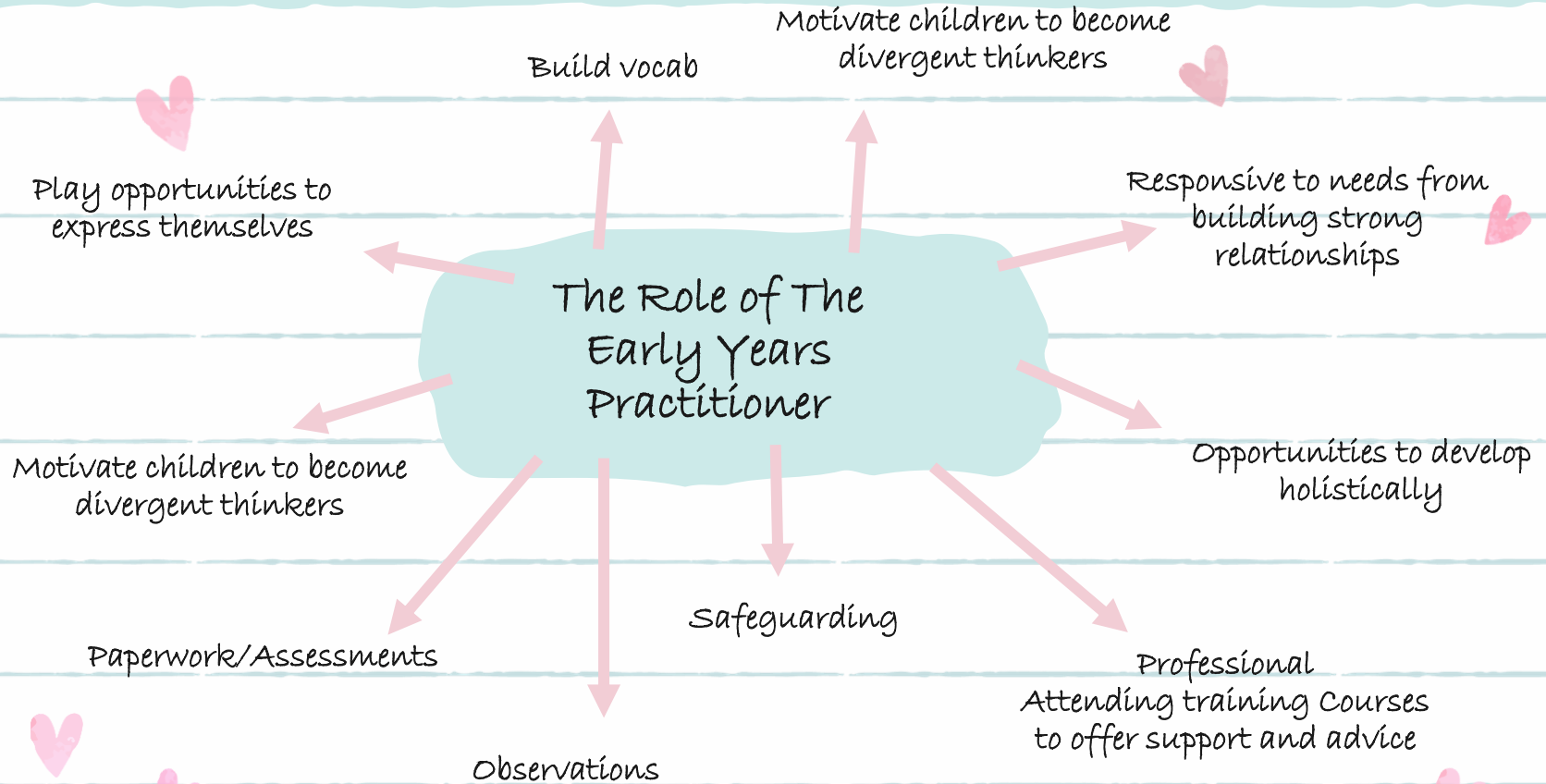
The setting, resources and equipment need to be inclusive and assessable for all children to use.

Source : (Williams 2017)



Vygotsky's Zone of proximity looks at the adult's role in supporting play. The adult should give the child freedom to develop their own play and learning. With experience adults will know when they need to intervene, for example: children's individual needs/likes.

The Role of The Early Years Practitioner





Challenges

These are some of the challenges that can affect and have an impact on the first 1000 days

Ratios

Area or Space

Staffing

Funding

COVID

Cultural

Additional Learning needs

Parents

Routines

Drug / alcohol abuse

Technology

Language barrier

Due to the cost-of-living crisis parents are finding it harder to afford childcare. A recent study by the Guardian Newspaper (Garcia, 2023) showed that 1 in 3 parents struggled to meet childcare costs in 2022.

Funding for Early Years establishments has been reduced making settings cut costs. These costs include resources, materials and staff training.

Establishments are also finding it tricky to find qualified staff with level 3 in childcare.

Early Year settings are finding it hard to recruit and keep staff due to the low cost of pay. A report by The Social Mobility Commission observed that staff were leaving because of 'low pay, long hours and poor prospects' (Burns, 2020.)

This makes it hard for settings to recruit, which makes the settings not offer as many places due to ratios.

Having a high turnover of staff can be disruptive to the children in the setting due to attachment and relationships.

Drug and Alcohol Abuse during Pregnancy

Developmental issues

The baby can be born with withdrawal symptoms

Low birth weight

Increases the risk of birth defects, miscarriages, stillborn births and SIDS

Higher risk of illnesses and diseases

Smoking during pregnancy reduces the oxygen in the bloodstream making the foetal heartbeat increase

Smoking during pregnancy reduces the oxygen in the

It is advised by NHS (2020) that both partners should give up smoking before becoming pregnant as second-hand smoke affects the baby before and after birth.

Healthcare professionals can give advice to expectant parents on the effects these drugs can have.

Actívities

"Play is the work of the child." Maria Montessori
(Alanna Gallo, 2021)

Source : (Child Care Aware® of America, n.d.)



"Play is the work of childhood." Jean Piaget
(Alanna Gallo, 2021)

Children need opportunities to play. Play is an important part of development. It helps them to learn about the world around them.

Play helps by:

- 🐣 building confidence
- 🐣 Making the child feel loved, happy and safe
- 🐣 understand more about how the world works
- 🐣 developing social skills, language and communication
- 🐣 learn about caring for others and the environment
- 🐣 develops physical skills.

(Raising Children, 2019)



Piaget a psychologist, developed a theory on the stages of play. Piaget's views were that babies developed through play and they understood through experiences. Piaget noted that children aged 0-2 years played by using their 5 senses - smell, taste, touch, sight and sound. This was known as 'The sensorimotor stage'. (Alanna Gallo, 2021)

Emmi Pikler, researched the development of children aged 0-2, in how they played through free child-initiated play. The outcome of the study showed 'babies are capable of much more than what we thought... and encouraged families to see their babies as active participants'. (Sagastui, Herran and Anguera.pp3. 2021)



Treasure Baskets



Elinor Goldschmeid had an idea of creating a treasure basket. This is a great opportunity for children to develop through play.

A Treasure Basket should include items that develop the 5 senses, these items are everyday household items that will spark the baby's curiosity such as :

a sponge, spoons, pegs, boxes, bean bags, balls

Steps should be taken to ensure the safety of the items and the basket such as sharp edges.

Supervision is required if small items are placed inside.

Treasure Baskets

Infants can use a treasure basket when they can sit unaided which is often around 6 months.

They can be themed to suit individual needs, interests and occasions, such as using red items for Christmas,

Items could be natural, metal, wooden, different materials/weights. Include items that are for all five senses.



Source: (Pinterest, n.d)



The Benefits of Treasure Baskets

Sensory Development

The range of real-life objects can be stimulating, offering a rich sensory experience.

Curiosity

Babies can explore these everyday items, learning about shape and feel of the item.

Independence

Infants can select what they want to explore.

Hand and eye coordination

Baby's eyesight will develop as they look closely at the item. They can reach out and grasp the item.

Gross and fine motor skills

Sitting and exploring using large muscles, using balance and they reach for items to explore.

cardboard box Play



This activity can be differentiated and adapted in many ways depending on the age/stage/ability of the child.



Newborn - Tummy time sensory activity
This is when a baby lies awake on their tummy. This allows the baby to explore in different ways.

Muscles develop and builds upper body strength.

Develops the infant's eyesight by showing them the environment around them.

Develops awareness of the body and balance



9 months - Physical activity
crawling through a tunnel

18 months + - Stacking, building,
exploring with different shapes
early maths and imaginative skills



Cognitive Development

Children move themselves around their environment using special awareness by squeezing through spaces, hand and eye coordination and fine motor skills.



The Benefits of Cardboard box Play

Independence

This activity can be used time and time again and be used how the child wishes.

Imaginative Development

Children can build anything they want and use the box however they want. The children can develop their creativity by having the freedom to play with the box.

Social and Emotional Development

Encourages children to play together and communicate their ideas. They will learn important skills like problem solving and the world around them.

Outdoor Play



Outdoor play can have a huge impact on children's mental and physical health and wellbeing.



Outdoor Play enables the child to become familiar with the environment and the world around them. It helps them to have a sense of Cynefin which is a sense of belonging.

Children use all 5 senses from being outside.

Most children enjoy being outside and this will give them opportunities to develop holistically.



Source: Personal Images (Williams, G. 2015)



The outdoors is mentioned many times in Development Matters 2020 which is a Framework for all Early Year providers to follow with children from Birth - 3 years.

'Opportunities to play and explore freely, indoors and outside, are fun. They also help babies, toddlers and young children to develop their self-regulation as they enjoy hands-on learning and sometimes talk about what they are doing.' Pg 16

Department For Education, 2020

'Encourage babies and toddlers to explore, indoors and outside' pg 46

Benefits of Outdoor Play

Helps babies to sleep when they have had fresh air and sunshine during the day.

Opportunities to learn from playing. Being outside stimulates the infant's senses and creates an enjoyable experience.

Develops motor skills - by crawling/ walking through exploring.
Also develops hand and eye co-ordination from picking up objects

Risk taking - children learn by doing and taking risks and problem solving.



The Reggio Emilia Approach sees the environment as a 'third teacher' (Day nurseries 2024).

Source: Personal video (Williams, G. 2024)



Source : (Williams, G. 2024)



Source : (unknown, 2017)



Source: (Williams, G. 2024)

More Activities
suitable for babies
and toddlers



Source: (Williams, G. 2024)



Source: (Williams, G. 2024)



References



1,000 Days. (2018). Why 1,000 Days - 1,000 Days. [online] Available at: <https://thousandddays.org/why-1000-days/>. (Accessed 11th December 2023.)

Alanna Gallo (2021). *What are the stages of play? Jean Piaget's Theory of Play! Play. Learn. Thrive.* Available at: <https://playlearnthrive.com/stages-of-play-jean-piagets-theory/>.

Anon, (n.d.). Available at: <https://clipart-library.com/clip-art/clipart-of-pregnant-woman-silhouette-23.htm>. (Accessed 4th January 2024).

Anon, (2021). *20+ Outdoor Play Area For Kids - DECOOMO.* [online] Available at: <https://decoomo.com/2021/11/28/outdoor-play-area-for-kids/> (Accessed 18th January 2024).

Bing (2014.). the impact smoking has on the baby - Search Videos. [online] Available at: <https://www.bing.com/videos/riverview/relatedvideo?q=the+impact+smoking+has+on+the+baby&mid=C80325FDF9B91B59B612C80325FDF9B91B59B612&FORM=VIRE> [Accessed 16 Jan. 2024].

Biology Of The First 1,000 Days. (2021). S.L.: Crc Press.

Brodie, K 2018, *The Holistic Care and Development of Children from Birth to Three : An Essential Guide for Students and Practitioners*, Taylor & Francis Group, Milton.

Burns, J. (2020). Early-years workers quit 'underpaid and undervalued' jobs. BBC News. 5 Aug. Available at: <https://www.bbc.co.uk/news/education-53649895>.

Careforkids.co.nz. (n.d.). *What is the Pikler approach to early education?* Available at: <https://www.careforkids.co.nz/child-care-articles/article/433/what-is-the-pikler-approach-to-early-education> (Accessed 5th January 2024).

Cherry, K. (2011) *John Bowlby Biography (1907-1990)*. Available at: <https://www.verywellmind.com/john-bowlby-biography-1907-1990-2795514>. (Accessed 18 November 2023).

Child Care Aware® of America. (n.d.). *Babies Playing*. [online] Available at: <https://www.childcareaware.org/homepage-2/babies-playing/> (Accessed 13th January 2024).

clipartmag.com. (n.d.). *Children Around The World Clipart | Free download on ClipArtMag*. [online] Available at: <https://clipartmag.com/children-around-the-world-clipart>.

Cute Babies Pics Wallpapers. (n.d.). *Cute Smiling Babies Photos Collections to Download Free*. Available at: <https://cutebabiespics.blogspot.com/2013/06/cute-smiling-babies-photos-collections.html> (Accessed 1st January 2024).

Daynurseries.co.uk. (2024). Available at: <https://www.daynurseries.co.uk/advice/the-reggio-emilia-approach-to-early-years-education#how-does-the-reggio-emilia-approach-work-at-a-nursery?> (Accessed 15th January 2024).

Department For Education (2020). *Development Matters Non-statutory curriculum guidance for the early years foundation stage*. Available at: https://assets.publishing.service.gov.uk/media/64e6002a20ae890014f26cbc/DfE_Development_Matters_Report_Sep2023.pdf.

Department of Health and Social Care (2021). *The Best Start for Life A Vision for the 1,001 Critical Days The Early Years Healthy Development Review Report*. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/973112/The_best_start_for_life_a_vision_for_the_1_001_critical_days.pdf. (Accessed 1st January 2024).

DesignRulz (2016). *How to Prepare a Montessori Baby Room*. [online] DesignRulz. Available at: <https://www.designrulz.com/design/2016/05/how-to-prepare-a-montessori-baby-room/> [Accessed 18 Jan. 2024].

Dreamstime. (n.d.). Pregnant Smoking Stock Illustrations - 99 Pregnant Smoking Stock Illustrations, Vectors & Clipart - Dreamstime. [online] Available at: <https://www.dreamstime.com/illustration/pregnant-smoking.html> (Accessed 16th January 2024).

Early Education (2021). *Attachment and the role of the key person - Birth To 5 Matters*. [online] Birth to 5 matters. Available at: <https://birthto5matters.org.uk/attachment-and-the-role-of-the-key-person/>.

Early Years Matters (2022). *Enabling Environments*. Early Years Matters. Available at: <https://www.earlyyearsmatters.co.uk/our-services/school-and-nursery-improvement-partner/enabling-environments/>.

García, C.A. (2023). One in three parents of under-fives struggling to afford childcare in England. *The Guardian*. 27 Jul. Available at: <https://www.theguardian.com/money/2023/jul/27/one-in-three-parents-of-under-fives-struggling-to-afford-childcare-in-england>.

Guy-Evans, O. (2023). *Bronfenbrenner's ecological systems theory*. Simply Psychology. Available at: <https://www.simplypsychology.org/Bronfenbrenner.html>. (Accessed 4th January 2024).

Johnson, J. (2023). John Bowlby's 4 Phases Of Attachment Development | Playvolution HQ. Available at: <https://playvolutionhq.com/bowlbys-4-phases-of-attachment-development/> (Accessed 4th January 2024).

Kjølberg, T. (2020). 7 Fun Facts About Scandinavia. [online] Daily Scandinavian. Available at: <https://www.dailyscandinavian.com/7-fun-facts-about-scandinavia/> (Accessed 15th January 2024).

Knauf, J 2020, Department of Health and Social Care, 2021. pp13

Learning and Teaching Scotland (2005) *Birth to Three: Supporting Our Youngest Children*. Edinburgh: Learning and Teaching Scotland.

NHS (2020). Pregnancy. [online] nhs.uk. Available at: <https://www.nhs.uk/pregnancy/>. (Accessed 1st January 2024)

McLeod, S. (2023). *Maslow's Hierarchy of Needs*. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/maslow.html>. (Accessed 1 January 2024)

Media (2000), M. (n.d.). Early years sector challenges | Early Years Management. Teach Early Years. Available at: <https://www.teachearlyyears.com/nursery-management/view/early-years-sector-challenges>.

MontessoriForToday (2021). *Montessori Prepared Environment: Principles and Characteristics*. Available at: <https://montessorifortoday.com/montessori-prepared-environment-principles-and-characteristics/#:~:text=There%20are%206%20main%20elements%20and%20characteristics%20of> (Accessed 13th January 2024).

NHS (2020). *Stop smoking in pregnancy*. [online] nhs.uk. Available at: <https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/>.

NHS Digital. (n.d.). *Statistics on Women's Smoking Status at Time of Delivery: England, Quarter 2, 2023-24*. [online] Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-women-s-smoking-status-at-time-of-delivery-england/statistics-on-womens-smoking-status-at-time-of-delivery-england-quarter-> (Accessed 16th January 2024)

Nursing Answers (2021). *Schon reflective model*. [online] NursingAnswers.net. Available at: <https://nursinganswers.net/reflective-guides/schon-reflective-model.php>.

Pinimg.com. (2024). Available at:

<https://i.pinimg.com/originals/b7/4f/80/b74f807c8a343018a0065c2a8c92ecab.jpg> (Accessed 18th January 2024).

Pinterest. (n.d.). *Being an early childhood educator can be both rewarding and challenging. Teaching tips*, Early childhood education, Early childhood australia. [online] Available at:

<https://www.pinterest.co.uk/pin/453456256226063769/#:~:text=Save-> (Accessed 18th January 2024).

Pinterest. (n.d.). *Treasure basket, Christmas ornaments, Christmas wreaths*. Available at:

<https://www.pinterest.co.uk/pin/294000681922071044/> (Accessed 13th January 2024).

Pui, T. (2020). *What are the benefits of breastfeeding?* [online] ZME Science. Available at:

<https://www.zmescience.com/feature-post/culture/lifestyle/benefits-of-breastfeeding-042332/> (Accessed 4th January 2024).

Raven (2013). *Baby Research Projects: The Power of Neglect*. Baby Research Projects. Available at:

<https://babyresearch.blogspot.com/2013/04/the-power-of-neglect.html> (Accessed 4th January 2024).

Raising Children (2019). *Why play is important*. [online] Raising Children Network. Available at:

<https://raisingchildren.net.au/newborns/play-learning/play-ideas/why-play-is-important>.

Sagastui, J., Herrán, E. and Anguera, M.T. (2021). *European Journal of Psychology of Education.* 'Adult intervention levels in young children's free play: an observational study on how Pikler educators combine the instrumental and relational dimensions of their educational activity.' 37, pp. 707-728.

doi: <https://doi.org/10.1007/s10212-021-00560-2>.

Save the Children. (2016) *Lighting up young brains: How parents, carers and nurseries support children's brain development in the first five years*. Available at: [lighting-up-young-brains.pdf \(savethechildren.org.uk\)](#) Accessed 1st January 2024.)

Sheryl Third, R. and Ece. C, B.A. (2022). 3.2 The Beginning of Theories & Models of Reflective Practice - John Dewey. *ecampusontario.pressbooks.pub*. [online] Available at:

<https://ecampusontario.pressbooks.pub/reflectivepracticeinearlyyears/chapter/3-2-beginning-theories/#:~:text=A%20century%20ago%2C%20John%20Dewey%20emphasized%20the%20importance>.

Teach Early Years Magazine (2020) *Attachment and Professional Love in Early Years Settings*. Teach Early Years. Available at: <https://www.teachearlyyears.com/a-unique-child/view/understanding-attachment-part-2>. (Accessed 18 November 2023).

The ultimate guide to cardboard box play for your baby from newborn to toddler. (n.d.). Available at: <https://assets.stanwith.me/live/msc/26062072/5wr6k/the%20ultimate%20guide%20to%20cardboard%20box%20play.pdf>.

UNICEF (1989). UN Convention on the Rights of the Child (UNCRC). [online] Unicef. Available at: <https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>.

Unknown (2017). Star Bright Physical Therapy: Tummy Time: Tips and Tidbits. Star Bright Physical Therapy. Available at: <https://starbrightpt.blogspot.com/2017/03/tummy-time-tips-and-tidbits.html>.

Vecteezy (2019). vecteezy. [online] Vecteezy. Available at: <https://www.vecteezy.com/>.

Williams, D. (2017). Cognitive development: The Science of Childcare. First Discoverers. Available at: <https://www.firstdiscoverers.co.uk/science-childcare-cognitive-development/>.

Williams, G. (2024) Personal Video

Williams, G. (2024) Personal Image

World Health Organisation (2023). *Breastfeeding*. [online] World Health Organization. Available at: https://www.who.int/healthtopics/breastfeeding#tab=tab_1. (Accessed 1st January 2024).

www.youtube.com. (n.d.).  *Cywion Bach - Enfys | Welsh Children's Learning Songs Cymraeg Rainbow*. [online] Available at: <https://youtu.be/4SoyIhDIU7E> (Accessed 18th January 2024).

You tube (n.d.). *Why are the First 1,000 Days of Your Baby's Life Very Important?* [online] Available at: <https://www.youtube.com/watch?v=yjgn2ZAepEo> (Accessed 1 January 2024)

Yr Adran Plant, Addysg, Dysgu Gydol Oes a Sgiliau Department for Children, Education, Lifelong Learning and Skills Welsh Language Development. (n.d.). Available at: <https://www.gov.wales/sites/default/files/publications/2018-02/welsh-language-development.pdf>.