

Student number: 2503246

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Human development

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

1. Develop an infographic to explore Maslow's model in depth (1000 words)

Abraham Maslow?

Abraham Maslow born in 1908 was an American psychologist who explained human motivation by creating a hierarchy of needs. Maslow's theory suggested that people's basic needs need to be met before being able to climb up the hierarchy. Cherry, K (2020). He first introduced this theory in 1943 in his paper titled "A theory of human motivation" Maslow believed that people had the desire to be self-actualized, which would motivate them to first achieve all the basic needs needed to reach that stage. Cherry, K (2024).



Photo of Abraham Maslow: Source: Learning Theories, (2016).

Still relevant?

Maslow's hierarchy of needs is believed to still be relevant, although it does have certain weaknesses. This is because Maslow's theory is now viewed as a guide to our needs, instead of being seen as an order they are required to be met in. (Dar, S, Sakthivel, Dr P. 2022.) Cherry, K (2024) says that Maslow's hierarchy is still recognized in many fields such as education, psychology, business, and everyday life.

Conclusion:

In conclusion, Maslow's hierarchy of needs theory outlines how the desire to meet basic needs to be able to progress towards personal development and fulfillment needs that shape human motivation. Maslow's theory is often followed in educational settings such as schools, although it's impossible for educators to ensure all children's physiological needs are met, they do put things in place to try and help. To meet as many basic needs as possible educators can make the effort to provide children with the correct resources and referrals if needed, by doing so they are making it easier for children to meet their basic needs to concentrate and focus on learning. (Kurt, S. 2020).

Maslow's Hierarchy of Needs

Physiological needs are essential for human survival, this includes water, food, warmth, and rest. Physiological needs are the most important if these are not met children may struggle to concentrate in school, and struggle to regulate their emotions.

Safety needs include physical safety, emotional security, stability. In education safety is vital, children should be able to come into their setting and feel safe and secure. Clear routines can help children feel safe as they know what to expect before it happens.

Social needs is the 3rd level in Maslow's hierarchy of needs. At this level people are seeking for friendships, relationships, and intimacy to feel apart of a community. This will help people feel more emotionally fulfilled.

Then comes esteem needs which involve feeling confident, respected, and valued. People will thrive off being praised by others as it boost their self – esteem. When esteem needs are not met people could feel as though they have failed or are not good enough.

Lastly, we have self – actualization which is the most advanced need according to Maslow. This means to achieve your full potential, this includes being creative, independence, personal growth.

Source: TSW TRAINING, (2024).

Strengths of Maslow's theory

One of the main strengths in Maslow's theory is that it's a simple framework and easy to understand. Maslow's theory has been put in place and tested in many workplaces and has proven that it helps employees have a better understanding, especially in education. Maslow's theory focuses on the more positive aspects such as people's potential and growth. Showing that people can succeed if their basic needs are being met first.

Weaknesses of Maslow's theory

Although there are many strengths to Maslow's theory like everything there are weaknesses as well. The first one being that the model suggests that people's needs are met in a linear order. However, people's needs are often more fluid and dynamic. Maslow's pyramid identifies the same structure of needs for everyone and doesn't focus on the fact that everyone's needs are different. As a result, Maslow's hierarchy of needs fails to meet people's true needs. (Gagnidze, M. 2022.)

Maslow's hierarchy of needs in the workplace.

Creating a stimulating and comfortable work environment is extremely important. By following Maslow's hierarchy of needs it can help foster this environment and atmosphere. Using Maslow's theory to improve workplace culture can make the recruiting process simpler. This is because people want to work at places that are growing and care about the workers needs. (Channel, M 2024.)

Word Count: 706

2. Explore in depth the concept of holistic child development with links to Maslow's model.

Holistic child development means an approach that looks at a child as a whole not just focusing on a specific area such as their education . It focuses on nurturing a child's physical, emotional, social, cognitive, and spiritual growth, this approach highlights just how important every aspect of a child's development is and how they coincide with each other. Holistic development is especially important in early childhood as it establishes a strong foundation for children's wellbeing and lifelong learning, (Queen Margaret University 2024.) This essay explores the concept of holistic child development and explains how Maslow's hierarchy of needs supports this approach. Aanstoos, Ch (2024) says that Abraham, Maslow developed Maslow's hierarchy of needs and that it is a psychological framework.

As said above holistic child development focuses on physical, emotional, social, cognitive, and spiritual growth. Foundation Education, (2023) states that physical development is where children will develop their coordination, and motor skills. Social development is there to encourage children to interact which develops their social skills and empathy, this facilitates the development of healthy relationships. Emotional development focuses on a child's ability to manage their feelings and grow independence. Lastly, spiritual development is more so about supporting and encouraging the development of their own personalities as individuals. Having a holistic approach is important when planning activities and evaluating a child's needs. It allows educators to see each child as individuals, acknowledging their achievements and picking up on and picking up on an area that may need additional support. (Twinkl, 2020). It is important to foster holistic development especially in early childhood, this can be done by building strong relationships and being someone, they can trust. Also, ensuring to create a nurturing, welcoming environment where children can be themselves.

Maslow's hierarchy of needs is a very popular and well-known psychological theory for understanding human motivation and behaviour. His theory was that people are motivated by number of needs that are structured in a hierarchical order, going from the most basic physical requirements to the highest levels of

psychological needs. The levels of Maslow's hierarchy of needs in order are; physiological needs (shelter, food, water, rest) , safety needs (security, stability), social needs (friendship, acceptance, intimacy), esteem needs (recognition, respect), and self – actualisation (creativity, growth, and development). Bitesize learning (2024). Maslow believed that people needed to meet the lower needs before being able to reach the higher ones.

This model aligns well with holistic child development as both have the same belief that children's basic needs must be met before being able to reach their full potential, and both agree that development is an interconnected process. This means that social, emotional, cognitive, physical, and spiritual development all influence each other. For example, if a child's physiological needs such as food and water are not met, they are less likely to fully engage in activities in their settings (schools/ nurseries/ etc). The second need on Maslow's hierarchy of needs is safety needs, this links to holistic child development as to support a child holistically an educator is expected to create a safe, stable environment where they feel safe to explore and develop naturally. Having secure attachments and consistent routines also helps children feel protected to allow them to flourish. Maslow's social level focuses on friendship, acceptance, and intimacy, all of which can be linked to forming relationships that are important for holistic development. Children's social and emotional growth depend on forming positive relationships which are vital for holistic development, this could be relationships with families, friends, or educators. Queen Margaret University, (2023) states that fostering strong relationships promotes social and emotional development which then can provide a positive foundation for positive communication and interactions. Maslow's hierarchy of needs esteem needs can be found on level 4 of his pyramid, this section focuses on self-esteem, recognition, and respect. In terms of holistic child development celebrating children's achievements and constantly encouraging them can help build their self-esteem, promote independence, and motivate them to learn as they know if they do this, they will get positive praise that they likely thrive off. An example of this could be when a child completes a piece of work and receives positive praise for doing so, it boosts their confidence to take on new challenges and push themselves more, which supports their emotional and cognitive growth. Lastly, Maslow's self-actualization needs focus

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on creativity, growth, and development. Once the children's lower - level needs are met they can then move on to explore their creativity and pursue their personal interests. This could include engaging in creative-play or working on a project independently, it all supports cognitive, emotional, social, physical, and spiritual growth which all link to holistic child development perfectly. Encouraging children to express themselves helps with their confidence and reach their full potential which is the end goal for educators.

In conclusion, Maslow's hierarchy of needs provides an important framework for understanding and supporting holistic child development. By ensuring that children's basic physiological and safety needs are being met, educators create a secure foundation for growth and learning. Fulfilling social needs through positive relationships develops emotional well-being, empathy, and effective communication. Also, enabling children to reach self – actualization which is the last level on Maslow's hierarchy of needs allows them to achieve their full potential throughout their cognitive, social, emotional, physical, and spiritual development. Both Maslow and holistic child development emphasize that children develop and grow best when all their needs are being met in a supportive and interconnected way. According to Dhvani, S (2022) Maslow's hierarchy of needs can be applied in education settings to determine the most effective way to inspire children to achieve their full potential. Applying and understanding Maslow's hierarchy of needs allows educators to plan activities that are going to nurture all aspects of a child's holistic development, and make sure it supports them to thrive academically, emotionally, and socially. Although, it is just as important to remember that everyone is different and Maslow's hierarchy of needs pyramid should be used only as a guide, and not everyone will follow the pyramid exactly how it is laid out.

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3. Offer three examples from early years practice to highlight Maslow's significance in understanding child development. (1000 words)

Maslow's hierarchy of needs remains one of the most influential frameworks to date and explains our human needs in a hierarchical order ranging from our most

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basic needs to our most complex needs. Maslow's theory is used regularly in education as it helps educators understand why children may be struggling, especially if their basic needs are not being met and can help educators understand how they can help children meet those needs. In this essay I will offer three examples from my own setting that highlight Maslow's significance in understanding child development. Each example will explain how our practice supports all the different levels of Maslow's pyramid, and how meeting their most basic needs and their most complicated needs helps them develop and thrive physically, emotionally, socially, and spiritually.

Supporting emotional development is essential for a child's development, creating a sense of safety and security for the children especially in the early years sector is extremely important. The second level of Maslow's hierarchy of needs triangle is related to safety needs such as stability, and shelter. In early years practise educators ensure they are prioritising routines and putting boundaries in place to help children feel safe. Stanbridge primary school, (2025) explains that clear and constant routines establish a sense of safety for children, providing them with the structure they need to succeed academically and personally. In my setting we have clear routines that we follow every day, so the children know exactly what we are doing and when. The children love routine because they know what is going on which can help them feel less anxious when coming to school. For example, a child in my setting has been struggling coming into school recently they've been crying, clinging to parents, and showing distress. Seeing the child so upset makes me feel concerned and sad for them, as an educator all I want is for children to feel comfortable and happy coming into school. I decided to come up with some ideas I could do to make the transition a little easier for the child, upon research Maslow's theory helped me significantly.

One of the first needs on Maslow's hierarchy of needs are physiological needs such as food and water which shows that these are the foundation for all of our other needs, without meeting these basic needs humans will not be able to fulfil all other needs. In our setting we support this need by offering a snack time every session. This is a set out time in the day where the children come together and we provide them with healthy snacks, mainly fruit but ensuring that every child has a

snack and adjusting the snack depending on allergies. Although there is a set time we call 'snack time', children are encouraged and have the freedom to get a snack at any time if they feel hungry. We also encourage children to drink plenty of water and have a water refill station if children need to fill up a cup/bottle. As our setting is in a forest school it's extremely important that children are keeping hydrated and having food as they are running around playing the whole session. Also, in school's children are given regular meals as most school's offer a breakfast club where children will have options of toast/ cereal/ fruit, offering this ensures all children do not start their day of learning on an empty stomach as that can affect their learning. Then at lunchtime children will be offered a hot meal and a pudding, and depending on entitlement these meals are free, and of course water is offered at any time. By meeting children's physiological needs, they become calmer, stay focused, making their day easier, which reflects that Maslow's theory that basic needs have to be met before any higher development needs can be met is correct.

Our setting aligns perfectly with Maslow's understanding of child development, especially esteem needs which is second on the pyramid. Esteem needs mean self-esteem and esteem from others, it's important as educators to always encourage, recognize, and reward children so that they feel as though they have achieved something. We support esteem needs by encouraging children to explore freely, use real tools, build shelters, climb trees, and so much more. When a child uses a tool successfully on their own it boosts their self-esteem as they become extremely proud of themselves. Having this freedom helps children to build confidence especially when they overcome a challenge by themselves, independence, and a sense of achievement. Forest school is always child-led, and they make the decisions, solve problems, and take their own risks, this gives the children a sense of responsibility and allows them to believe in themselves and believe they can do something. Meeting esteem needs is essential for children to progress on to the last and highest level on Maslow's hierarchy of needs pyramid which is self-actualization.

In conclusion, forest schools naturally align well with Maslow's hierarchy of needs framework as they both focus on holistic development, child-led learning, and independence. In our setting we support all of the needs on Maslow's hierarchy of needs which is important as it ensures all children can progress and become the

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best versions of themselves. Everything we do helps the children progress and develop to be able to reach the highest need on the pyramid which is the self-actualization need which Maslow believes is the process in which we become the best versions of ourselves. This is because in forest school all children have complete freedom to explore and learn at their own pace. They are free to be as creative as they'd wish and are given the freedom to use their imagination, trust their own judgment, and take control. Maslow believed these were the main goals humans needed to complete to achieve full self-actualization and become the best versions of themselves. Maslow's hierarchy of needs has helped us to shape our practise and understand how to support each child's needs.

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