# Exceptional care in the first 1000 days

## Introduction

This sway will be talking about the important of the first 1000 days of the baby's life. There will be a lot of information talking about the first 100 days such as why the first 1000 days important and what is it. The exceptional care of the baby will also be duskiest as well as current challenges with in working with babies and why it can be difficult. There also will be activity ideas for children and babies and theorist as well that have worked on the activities. There will be the important of the environment and the challenges that come will it because there are many challenges with environment because its particularly important for children. Inclusion is also mentioned because it is extremely important to include every child, and nobody should be left out. Working within partnerships is also includes in this to show the challenges and importance for children and families that have worked with different teams and to unsure it is a child center approach also respectful care and meaningful learning will be another part in this sway. Lastly there will be international approaches in there which is different things like forest schools in there and the importance of them and why it could be fun for children.

## The importance of the first 1000 days

The first 1000 days (about 2 and a half years) are the most important for a child. The first 1000 days is the period from connived to the age of 2-3 (24 months). The first 1000 days are the biggest window of opportunities for life because that is when the children will learn the most. The first 1000 days are when the child's brain can form up to 1000 neural connections. The child's brain is twice as active as an adult's brain is (World Economic Forum) 2003. Buts it is important for the babies not to go through stuff like trauma, stress, or violence in their first 1000 days because that will have a long-term impact on the

child's health (Pregnancy birth & Babys) No date. It is also important that parents make sure their child is developing and making sure their child is nourished because 200 million children do not develop correctly which will affect the rest of their lives (UNICEF for every child 2013). Enabling Adults is a real import part when it comes to the first 1000 days because it is their responsibility to unsure, they make a strong connection with the child to ensure their sense of belonging (gov.wales 2022). It is also important for the well-being of the child, and it is important to respect the child choices and support the child when working or being a parent to the child (gov.wales 2022). It is also important that the needs of the child are met by everyone because every child's needs are important and should be met (gov.wales 2022).

## Current Challenges

There are many challenges when working with children like it is exceedingly difficult to get staff that have the right qualifications when it comes to working with children there are a lot you must have to ensure the safety of the child when with the carer ( earlyyearscareers 2023). Also, an especially important one that are challenges for practisers and early years careers is they do not have enough funding for things like toys for the children, for the children to even go there or funding for food and that is important for the places to have the funding for this things ( earlyyearscareers 2023). There is not enough support for them but not just for the children but for the staff there too because there are few higher people that care about the support of staff and children ( earlyyearscareers 2023). There is a noticeably big problem with working with children thought which is that they do not really have a curriculum to follow so when working with children that are 0-3 the staff do not really have much to go off (gov.wales 2020). When having routines with children a lot of parents like to keep them so as a practitioner or staff worker, but it is difficult because children might eat and sleep at separate times then and that could be extremely frustrating for the adult to deal with when working with children but also could be frustrating for children as well (Extension alliance for better childcare 2023).

## Activity ideas

*1 - water play*

*2 - Reading with babies*

Water play

There are many benefits of having water play with children one is it will help with their fine and gross motor skills when picking different things up and filling it up with water and feeling the cold or warm water on the babies' hand (Firstcry.com 2023). When children are playing with the water it can make the child more relax and its very therapeutic for babies (Firstcry.com 2023). When babies are playing in the

water its good if they are splashing around and having fun because it has a good impact with the babies' hand-eye coordination (Firstcry.com 2023). Water play is also an endless experience with playing and can do many different things within imagination and hands on things (teaching brave 2023). Water play can also help children with problem solving in separate ways like how to get water into a cup without using the cup using different ways to help the child learning and develop when using water play (teaching brave 2023). It also can increase their develop of confident when in water like in a bath or swimming because the child has played with water in separate ways and having fun, they would have more confident in the water then (teaching brave 2023).

Messy play

Messy play is a sensory play and that is when you have home materials like paint or shaving cream and let the children explore them because it’s a new material to them (Lewisham children and family center 2022) There are different benefits of messy play but one of the most important is that it develops the babies brain further because in messy play the adult talk to the babies and ask questions making the babies think and develops there brain (Adventure babies 2023) It also helps the baby explore different things and different feelings and different sensory things and also the baby will have learn different tase because babies learn when touching things and putting things in their mouth means they are developing even more (Adventure babies 2023). Messy play also really helps with a baby's imagination and curiosity because they can make anything they would like with the things and finding new things and it will improve the communication with the babies because the adult would be describing things and would make the babies vocabulary better (Adventure babies 2023). Sue Gascoyne is a messy play theorist, and her theory is that messy play is key for fun learning for children (earlyyeareducation 2022). Also play is a hands-on sensory practice that a lot of children enjoy because it is handling varied materials and different feelings and helps the development of the children by having different methods, feelings, and things for children to try (earlyyeareducation 2022).

Reading to babies

Reading is so important to do with a baby because it will help them communicate and teach them about emotions which then will their emotional development (Kidshealth 2023). It's also good because its introducing babies to new things like letters or number they haven't seen before, and the baby will introduce to new things like feeling the book or different fabrics in the book (Kidshealth 2023). It will teach the baby different words and their vocabulary will grow and will help develop their brain and will also learn about the world around them and different environment that the books have in it (Kidshealth 2023).

There are many different play theorists, but Jean Piaget is an intellectual play theorist she thinks that every time a child play, they are learning intellectually (Twinkl no date). She has 4 different stages of children learning stage one is 0-2 when babies use their touch, smell, see, hear, and feel to explore and play (Twinkl no date). Stage two is 2-7 when a child can be more imaginative and can see more than just the world in front of them and stage three is 7-11 which is when children now can see other people point of views of the world and think with their heads more and lastly stages four is 12 and over is when children can make amazing ideas and great arguments and they now developed more logical skills and they are more independent in their own mind (Twinkl no date).

## Environment

The environment is extremely important in the early years because it is the key thing, they need to develop is to explore different environments and see different things. (gov.wales 2022). It is also imports to Rember not just the physical space of the but also the emotional climate in various places and settings (gov.wales 2022). There should be opportunities for babies and children to use their skills when being in different environment like picking things up or playing with different things to have different experiencing with different things in the world (gov.wales 2022). The importance of letting children go to different environment is carousel special if they need to leave about different challenges and risks in the world and its good for children to do risk because it will help them when older (gov.wales 2022). When working when children and going outside in the environment it is important to think of the challenges like the child's health like pollen because children are more at risk of pollen then adult and can be a risk, so it is important that people think about the different environments they go to (NIH 2022). Also, a challenge is that babies and young children tend to put everything in their mouth and play on the floor which then is a higher risk of the children caching something or getting ill which then is a challenge dealing with a sick baby or child (NIH 2022).

Maria Montessori is a theorist that talks about the importance of the environment when it comes to babies and children (Association Montessori international 2023). One fact is the importance of making a

lively indoor and outdoor environment that children can have fun and do different things to explore (Association Montessori international 2023). Another important thing for environment for children and babies is too unsure you can change the environment to suit every child or any cultures (Association Montessori international 2023).

## Inclusive

First inclusive means to include everyone all people of all ages to unsure nobody is left out (Cambridge dictionary 2023) Being inclusive in important when in childcare because every child needs to be included but making an inclusive environment for children because it is an effective way to unsure all babies and children have a sense of belonging ( earlyyearscareers 2023). It will also give the babies and children confidents and self-stem when working with other children ( earlyyearscareers 2023). Being inclusive is especially important but there can be some challenges such as if a child has autism and does not like being with other children and likes being alone that hard because they do not want to be inclusive then (sensory trust 2023). If a child has behavior issues and finds it hard to work with other children that can be a problem to include that child ( earlyyearscareers 2023). When working when children it can be hard to be inclusive so to unsure you are inclusive, they need to support every child, embrace every child's background, and treat all families or cares the same (pacey 2023)

## Professional partnership/ relationship

Professional partnership/ relationship means to work with families to make sure all the child or babies need are met and to support them ( earlyyearsmatter 2023). It is important that some families and careers get involved in their child's learning because it can help some children to do better with their learning (gov.Uk no date). It also really important because it can benefit the child's holistic development of the child (Early Education 2023). When working in partnership it is also really important to stay connected with the child's parents or careers in different ways like daily charts to see what their child has done in the day or a phone call home to talk about if there were any problems or if the parents or careers have questions about their children (gov.Uk no date). There are so barriers when working in partnership such as communication with parents/ careers or other people that work in a team that can be hard trying to communicate with people (Student bullets 2023). Another barrier when working in partnership is having different priorities for working with children if different people on the team have different priorities, then the child priorities then will not be met because the team can decide which ones more important (Student bullets 2023). Time is a noticeably big barrier when working in partnership because different people work at various times, and it can be hard to find a time that everyone can do, and everyone can come to (Student bullets 2023). One of the biggest barriers though is trust and respect everyone that they work with its important that they must trust everyone they talk to and that they show respect to the other people on the time and show respect the children's parents or careers that are there trying to help their children (Student bullets 2023). Bronfenbrenner is a theorist that made the ecological system theory that everything is with the child in the center like the child center approach so at home or when at nursery that child should always be in the center so when working with other professionals in partnerships that child should always be in the center, and it will

always help the child's development then because everyone is working towards the child's learning and development (Longford County Childcare Committee 2023).

## Respectful care and meaningful learning

When children are learning they tend to copy the parents or carers so when a baby is watching or observing what they do they will copy them like when a parent or carer use a fork the baby will try to do it in till, they can be able to feed themselves (raisingchildren.net.au 2023). Listening is one of the best thinks for babies to do when learning to speak and it is really important for families and carers to talk to them baby any change they get like feeding, changing nappies or reading so the baby can learn to say words and learn them (raisingchildren.net.au 2023). When babies are learning new things that meaningful to them it is important that everyone support the child to get their best quality of learning and developing (raisingchildren.net.au 2023).

## International approaches

Forest school is a child center approach school that make holistic development easier and have more chance to do it through out the sessions there ( forestschoolorginization 2022). Forest school is a long-time program that learn from play everything they learn and develop is learnt through play and it help children develop social skills and a higher self-esteem then other children going to a more normal school ( forestschoolorginization 2022). It is also in a very natural setting and everything the children do is hands on they do everything with their hands and can build dens or pick up different sticks and things they see of the floor ( forestschoolorginization 2022). Forest schools have become extremely popular in uk in the last year because it has tended to be exceptionally good for children that need help with their confidents and like hands on learning because that is what forest schools are all about (Learning through landscapes 2023). Forest school is also related to another approach which is the Reggio Emilio approach (Learning through landscapes 2023). The Reggio Emilio approach is set for early year education in which if gives children chances to develop and use their curiosity and imagination to develop in learning from the environment they are in and building relationships with the other children that are there (day nursery.co.uk 2023). The Reggio Emilio approach are showing instead of teacher or parents trying to get their child that needs that need to be fulfilled they see the children as having strong intelligent and imagination on other things and having the opportunity to show that they can be intelligent in other things instead of the things people want them to be in and gives them the opportunity to develop more into that (day nursery.co.uk 2023).

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