



THE FIRST 1000 DAYS

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(Source: Koul, 2009)

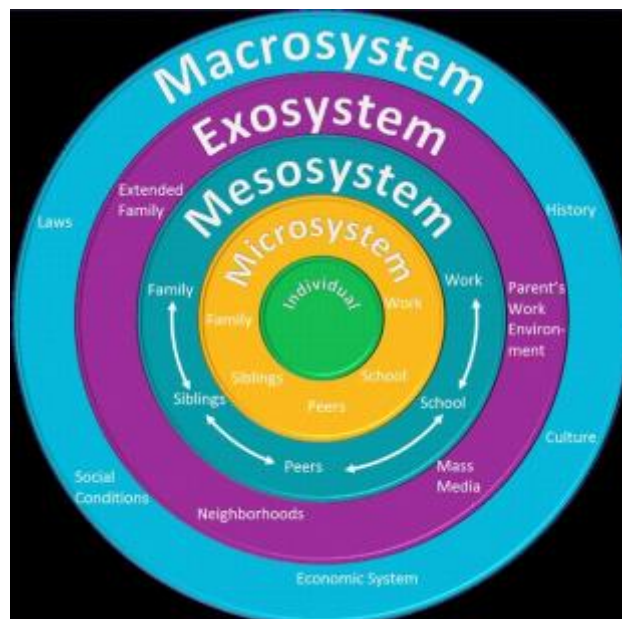
(Source: DGMT: The Human Factor, 2017)



Why are the first 1000 days important?

The first 1000 days are particularly important since there are periods of growth and development (Martorell, 2017). Furthermore, the quality of nutrition and care provided to mothers and children at this time has a significant impact on a child's ability to develop, learn, and thrive (1,000 Days, 2018). According to M Health Fairview (2021), the first 1,000 days of a child's existence are fundamental for their brain development. Making those three years crucial for health, learning, and success. Additionally, not only does the child's ability to survive depend on proper nutrition and nurturing during the 1000 days period but so does his or her potential to grow and learn. This phase is influenced by a variety of factors, including maternal health, breastfeeding, and supplemental feeding, as well as socio-economic considerations (Sullivan and Brumfield, 2016). Adults who are responsive create a sense of security that is essential for the development of young children's brains (Better Brains for Babies, 2019). Furthermore, according to the Department of Education and Training Victoria (2019) the literacy environment is designed so that the place and activity encourage children to engage in literacy activities. Environmental print, furniture arrangement, and the creation of literacy-rich role-playing areas, as well as reading and writing places, should all be considered by educators. The production of an education rich environment permits children to investigate and utilize proficiency in their regular schedules and play. Nursery World (2013) providing opportunities for children to experience the joy that can benefit their learning and reduce stress and frustration. Firstly, Underdown (2007) ecological approach focuses on the child's individual qualities and how they connect with their surroundings. The ecological systems theory of Bronfenbrenner sees the child development inside a dynamic network of connections that are influenced by many aspects of the external environment. Bruner and Vygotsky place a greater emphasis on a child's environment, particularly the social environment. Adults should have an active role in supporting a child's learning, according to both of them (Underdown, 2007). Bruner, like Vygotsky, also stressed the social factor of learning, mentioning that different adults should help a toddler in growing skills through the scaffolding process (McLeod, 2019). Children move through four stages of cognitive development, according to Jean Piaget's theory of cognitive development, which signifies the availability of enhanced thinking (Babakr, Mohamedamin and Kakamad, 2019). Each child progresses

through the phases in the same order, and stages of cognitive development and interaction with the environment influence child development. Furthermore, McLeod (2020) the Sensorimotor Stage spans from birth to two years of age. The newborn child finds out with regards to the world by utilizing their faculties and following up on it (moving around and investigating its current environment). A variety of cognitive abilities emerge throughout the sensorimotor period. Sensory play and symbolic play are among them. They have to do with the development of the basic symbolic function. According to Piaget, children's cognitive development is mostly based on spontaneous experiences in which they generate their own understanding. Vygotsky, on the other hand, believes that children learn through social interactions, gaining knowledge from more knowledgeable persons such as parents and other caregivers (McLeod, 2020). For newborns and toddlers, bringing unique objects from home is quite essential. These objects, often known as comforters, might help the child feel secure and comfortable in the environment Post and Hohmann (2000 cited in Nutbrown and Page, 2008). 'What is obvious is that young infants learn through play in an inclusive approach,' according to French (2007 cited in Brodie, 2018).



1 - (Source: Marie, 2017)

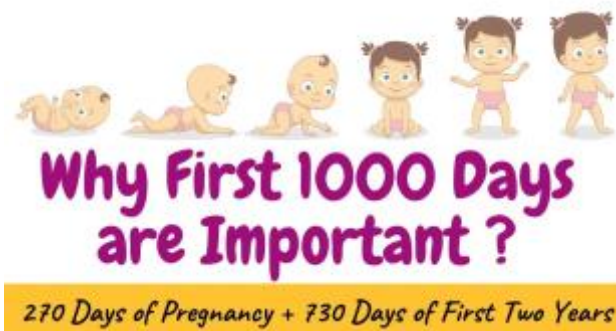
The Bioecological Approach of Bronfenbrenner



NUTRITION

According to World Health Organization (2019), good nutrition and a healthy diet are essential for the mother's and unborn child's health throughout pregnancy. Sullivan and Brumfield (2016) state that breastfeeding plays a vital part in building a baby's sensory and emotional circuits, which are critical for both cognitive and socio-emotional development because it entails a lot of mother-child connection and nurturing. Breastfeeding is the best nourishment for brain development and growth during the first two years of life since it includes proteins, vitamins, and a range of nutrients that are necessary for this process (Al-Zwaini, Al-Ani and Hurley, 2020). Sullivan and Brumfield (2016) state that the newborn baby's only source of nutrients is the mother's food and nutritional storage.

This link is supplied with a material based on child development that can offer adults with essential points about pregnancy and nutrition: [Nutrition in the first 1000 days](#)



3 - (Littles Parenting, 2021)

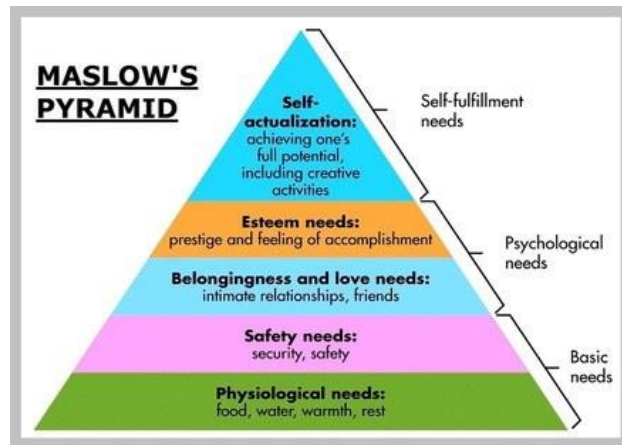
The first 1000 days of life are critical for your child's entire existence because this is when the brain, body, immune system, and overall development are formed. For additional information, watch the video.



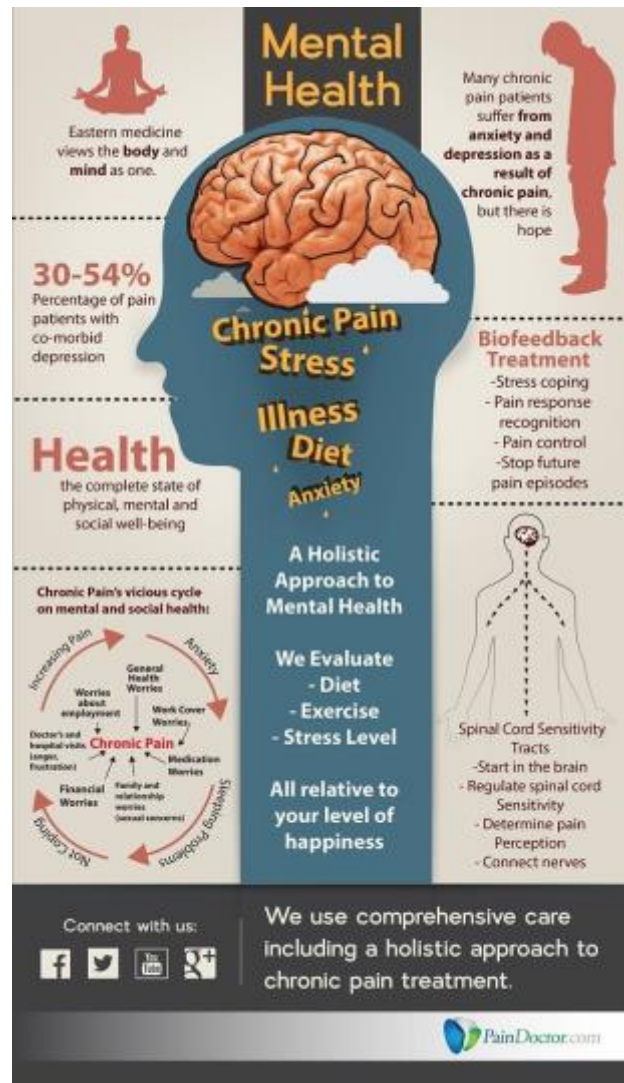
4 - (Source: Grimmiett, 2011)

In order to maintain proper nutrition and growth, the pediatrician, in collaboration with other experts, can promote actions highlighting the notion of the first 1000 days. Focusing on actions during this time may improve the child's chances of living a healthy and productive life in the future, while also establishing family and community bonds and aiding in the breakage of the poverty generational cycle (Cunha, Leite and Almeida, 2015).

Maslow (1970 cited in Underdown, 2007) outlined a hierarchy of motivational needs which must be addressed before a person can achieve their maximum potential. Maslow's model emphasizes the diversity of human wants and the fact that basic biological needs such as balanced food and access to clean drinking water must be addressed before people can think about increased demands. Furthermore, when children have access to all of the components of good health, they are more likely to feel comfortable in their own skin and to be receptive to new experiences.



5 - (Source: Isaacs, 2013)



6 - (Source: Pix, 2015)

MENTAL HEALTH

Firstly, according to Cox *et al*, (1987) children with a depressive mother may have higher emotional and behavioral problems, as well as a delay in developing expressive language. Anato *et al* (2019) say that postpartum depression is a frequent psychotic condition that affects women in the first year after giving birth and is linked to physical, emotional, and behavioral changes.

This is a brief video in which parents and specialists discuss their experiences with postnatal depression.: [Postnatal depression](#)

History of toxic stress is frequently linked to a poor impact on general development as well as an increase in behavioral challenges such as: emotional disorders, such as fear and anxiety, aggressiveness and impulsivity, sleep and food problems, language or socializing problems (University of Minnesota, 2019).

This document by Julia Lewis defines the phrase "mental health in the early years," what happens during pregnancy, and what interventions may be used to help children grow more effectively: [Infant mental health](#)

Enabling Adult



(Source: Wynn Anne's Meanderings, 2015)

You may be entitled for statutory maternity leave, statutory maternity pay, paid time off for prenatal care, and other government assistance if you take time off to have a baby (Gov.UK) [Maternity Pay and Leave](#).



7 - (Source: Bryan, 2015)

Raising Children (2020) states that as your child grows older, communicating with them will help them improve their abilities to talk, listen, and comprehend. You may notice that your infant responds to your smiles and phrases, for example. Your child may attempt to emulate your voice and facial expressions. It facilitates two-way communication and helps your baby learn words and develop language skills when you react.

The development of strong partnerships between educators and families improves outcomes for young children (Rouse, 2012). The Early Years Foundation Stage (EYFS) in England and the National Minimum Standards for Registered Childcare (NMS) in Wales both emphasize working in partnership with parents. According to Kambouri-Danos *et al* (2017) parents are the most significant figure in a child's early life because they are the initial point of contact for children in their interactions with the outside environment, and they also impart meaningful information to children before and after they join

learning environments. A partnership between practitioners and parents is critical, and when it is productive, it signifies that both sides are committed to the development of children (Baum and McMurray-Schwarz, 2004).



8 - (Twinkl EYFS, 2021)



9 - (Source:SK, 2010)

David (2016) states that the Montessori Method is an educational strategy that stresses learning independence and individuality. Children are thought to be naturally curious and eager to learn. As a result, education is considered a process that should take place in conjunction with the child's own growth speed. It is a holistic approach to development that emphasizes all aspects of growth rather than obtaining individual bits of data.

Practitioners gain a better understanding of each infant or toddler through observation and reflection, allowing them to personalize opportunities for relationship-building and each child's developmental characteristics, desires, motivations, and necessities (ECLKC, 2019).

Department of Education (2021) a key person must be appointed to each child. Their job is to make sure that each child's care is individualized to their specific needs, to assist the child in adapting to the setting, to provide a stable relationship for the child, and to foster a relationship with their parents.

Welsh Government (2021) curriculum state that practitioners have a responsibility to build the child's feeling of belonging by embracing previous and present experiences and creating strong connections with the child's household and community.

Welsh Government (2021) curriculum state that practitioners should also set the standard for learning by fostering emotionally safe environments in which children may begin to express and regulate their emotions and behaviors in healthy ways.



10 - (Source: Luther, 2014)

Treasure Baskets have been used by childcare professionals for many years. Likewise, they are employed to assist in the overall learning and development of babies and children. Treasure Baskets also encourage holistic learning, development, and interest. This is accomplished by sensory stimulation: touch, taste, and smell, as well as auditory and visual stimulation (Sensory Treasures, 2018).

ENABLING ENVIRONMENT



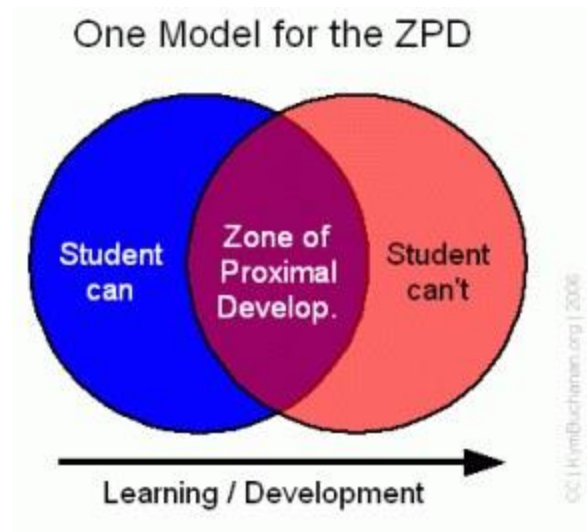
(Source: Flannagan, 2007)



11 - (Hancock, 2016)

Infants and toddlers learn more effectively in environments where they may form trusting relationships with caring individuals and feel safe and free to learn and discover. Observing their environment is one of the most important ways that infants and toddlers develop. Children are naturally drawn to explore a welcoming environment. Creating a secure, playful, and welcoming learning environment demands consideration, whether the location is a home, a community area, or an early childhood institution (ECLKC, 2020).

This video demonstrates the importance of infant and toddler environments, as well as how these environments should be set up and what should be included to support children's learning.



12 - (Source: Rogers, 2011)

Vygotsky's (1978 cited in Clare, 2012) theory refers to the zone of proximal development (ZPD) as the process by which children's learning is scaffolded by others, such as peers and knowledgeable adults, and is influenced by what they already know and can do, as well as their location in a particular society/culture at a given time, in order for them to progress.

Galley (2010) state that the outdoors are just as important for newborns as they are for older children, and this short demonstrates how a supportive adult may help them connect with the outside world:

[Babies outdoors : play, learning & development](#)



13 - (Source: Child Care Resource Center, 2017)

For the development of young children, outdoor play experiences and suitable, safe outdoor play locations are important (ECLKC, 2019). According to Iowa Regents Center For Early Developmental Education (no date) physical development, as well as cognitive, math, science, and social-emotional learning, are all enhanced by block play. When infants and toddlers stretch for and grip blocks, knock them down or stack them, they are practicing eye-hand coordination. As toddlers learn to grab, smash, pile, and move blocks, they develop both small and big motor abilities. Kaplan Early Learning (2022) states that as a caregiver, it's critical to provide safe and age-appropriate outdoor opportunities for play for infants and toddlers in your care. It is a whole sensory experience to be outside (Brodie, 2018).



14 - (Community Play Things, 2017)

What is the adult's involvement in block play? Watch and listen to experienced educators describe and explain the teacher's role in supporting, scaffolding, and guiding block play in this video clip.



15 - (The kiboomers - kids music channel, 2016)

Nursery rhymes offer small-group learning opportunities for young children, and they can frequently be the motivation for hours of imaginative and open-ended play. They are a valuable early reading resource because they allow infants to get interested in the rhythm and patterning of words (Bennett, 2019).

CONCLUSION

Finally, parents, practitioners, and the community should form a developing relationship. These collaborations will assist in the complete development of children. Each setting will provide assistance to children during their first 1000 days, which are critical for both newborns and their families.

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