



Exceptional care in the First 1000 Days

The first 1000 days

The first 1000 days is spoken a lot about however not many people are aware of what it actually means. The first 1000 days talks about the beginning a child's life, it starts from when the child is first conceived to when they become fully developed at 2 years old. It is the most crucial part of a child's life and are very important that they get the most support they need to be able to develop to their most fullest potential. The reason why the first 1000 days is so crucial as it sets a base of development where the child's brain is taking in all information like a sponge. In this time area the babies' brain develops to its fullest where it's important that they are supported and helped this is when the brain has lots of growing where its crucial. In the first 1000 days its crucial that the child is shown how to be loved and belonged as if the child I not shown or loved in the start of their life they might possibly never be able to love or have any form of connection or relationship in their life and will suffer in their future with trying to get into a relationship. (Leicestershire county council, last updated 2023)

what is exceptional care?

Exceptional care in the early years is supporting a child where you are giving a variety of different types of excellent and professional help that professional is trained to do. By giving exceptional care this is making sure that the child is made to feel safe this is because all policies and procedures are

taking into account and put in place to safeguard any child from any harm (Ensuring exceptional patient care: Huron, 2018).

In early years settings what are the most recent challenges do practitioners overcome with babies?

The biggest challenge that childcare practitioners encounter lately in theory practices in this generation in young childcare settings is that at the moment that two-three-year-old children are Covid-19 babies. Covid-19 had a massive impact on everyone around the world and will affect us for many years to come that including adults and children also. However, not many people discuss the actual massive impact that covid-19 has had on our babies that were born in that year. Practitioners according to certain research it has been shown and proven many times that children who were born in 2020 in the pandemic are seen as to be not exceptionally good with playing with children around them or age, while workers in the setting are finding it hard to cope with the impacts are unaware of how to solve it. Another challenge that settings are finding it hard to cope with from the pandemic is that the babies have lack in routine and do not have the best listening skills when going into a setting where there are set routines that happen every day, they find that babies get very overwhelmed very easily from constantly experiencing new experiences, and their behaviour starts to kick in. Moreover, another impact that babies are experiencing are that the child's mother did not get the correct support in the pandemic in order to be able to support their child's needs and development, for example financials are a massive problem and in the pandemic with everything closing people could not go and get the support they needed and required meaning parents found it awfully hard to reach out for support which took a massive effect to the mothers/fathers mental health. Childcare practitioners are finding it fundamentally very hard to be able to cope with all the challenges caused by covid-19, to the children born in that year that with the financial problems we are currently going through in 2023 there a lot of needs to be met with the babies. (Protecting Our Children: COVID-19's Impact on Early Childhood and ACEs - accessed last – 2023) However, with all the children born in 2020 needing that extra support to help them to be able to be seen by a professional there is a lack of funding to be able to support that many children. In settings also they are finding hard to be able support the babies from not having qualified people within the setting to support their needs in the childcare settings with a lack of understanding to support their needs, this finding it hard to be able to reach out and find support for a child (Babies in Lockdown, 2020).



Why is having the correct environment most important?

To have the correct environment it consists of having the room for the child to be able to have access to an open outside space for them to be able to at times of the day to develop their physical development to support theory fine and gross motor skills, to be able to have access the equipment

that they need that would support their needs such as a walker to practice how to walk, baby gates to help to minimise risks of any accidents and falls that may happen in their setting. Also, by having the correct environment in a setting full of children is having the correct resources and staff in order to be able to support children with additional learning needs who will need extra equipment's and experiences out for them, this helping them to meet their milestones and not only that but to be able to make use their individual needs are met, for example this could be the PEC system where you will need to have the sheets to go with them for the children to have each a PEC book. Moreover, by making sure that the environment that the children attend to is correct and well it is to make sure you have the correct ratio number of staff into the number of children that is in the setting. Furthermore, other parts of development that needs meeting is mathematical development where it quotes in an article (a curriculum for funded non-maintained nursery settings, 2021) saying "for example through visual and practical opportunities to experience number, shape and pattern in authentic contexts", this all explaining what all of the benefits are. To make sure for a child to be comfortable in the setting environment that a child is in, it is crucial that you have a positive environment were making sure that the childcare practitioner in the setting are making sure that the child starting has the best transition where they are made to feel welcome, safe, and inviting. For example, making sure that the workers have good manners, have a child's centred approach always, have good body language this is because whatever behaviour and emotions you are showing to your surroundings the children will pick it up t which it will affect their well-being. Making sure that the child's interests are taking into consideration like remembering what toys they like to play with so you might put them out for them and know what food they like so it is on the menu. Lastly, making sure that the environment making sure that each person is made to be aware of any child's beliefs or religions, so there is no making any child or childcare practitioner to be put in a situation that they might upset someone. Lastly, making sure that everyone has gone through the files of the polices and procedures of the setting so that every right of the child is met.

what are the benefits of play with babies?

For the development of a child play it is very crucial for it to be influenced in your practice throughout their childhood, this is because while being a young child, they do not have the mental capacity to be able to sit down and listen to a lesson or to read books on how they are able to meet their milestones ad development. Children's way of developing is through playing with all kinds of different toys, toys are made to develop a child, and all have their reason for how the toy has been designed, each toy is designed for a certain section of a child's development. For example, for a child to be playing with some building blocks will not only just prevent the child from becoming bored or to keep them occupied it will however develop their shape recognition, physical development by using their fine motor skills to use their fingers to pick up and place down the blocks, colour recognition, develop their mathematic development by counting the blocks and also by developing their hand and eye coordination to pick up the block ad to place it correctly without the block falling over. There are many toys out there to develop a child's holistic development which can help a child of any individual needs, there are toys made for any need so that everyone gets an opportunity to be able to grow and develop to their full potential (Welsh Government, 2015). There are many challenges to making sure that children have access to a form of play to help them to grow and develop and this can be caused to many ways for example there being a financial problem within the family. Some families find it hard to be able to afford their child the toys and play opportunities for their child so just from my research there are ways that parents and families are able to make baskets called treasure baskets where it's a basket for children who are unable to walk, crawl and can only just sit unaided, the basket is full of objects that they can play with and experiment with which can be already in your house hold. For example, from your house you could

fill up the basket with wooden spoons, nail brushes, ribbon, little mirrors, paintbrushes, torches, or a sponge. Treasure baskets are made up with friendly nature objects and very affordable as it mostly any object from your house that they can fiddle and experiment how they work, teach them different textures and ways of using different objects (Gascoyne .S, 2012). Which can all linked to Piaget who is a theorist who focuses on hands on play and focuses o the child's development.

What are benefits of curiosity and exploratory play based environments

Exploratory play is a type of play where children learn through experimenting and playing with a lot of types of exploring play. There are many forms of exploratory play such as messy play, energetic play, noisy play, visual play, and delicious and smelly play. There are many benefits of exploratory play for babies in their first 1000 days of life where it develops the child holistically, this is by the child when playing with it they must use all of their 5 senses their sight, hearing, taste, smell and touch (Explorative Play: NHS Greater Glasgow and Clyde, 2017). Exploratory play has a crucial impact on the child's brain development by babies is constantly making and creating important neural connections inside their brains every single day as they experience new experiences, this to be able to learn and have an understanding of the world around them. Constant experiences will help to be able to develop a “neural synapse highway” which can develop an infant's knowledge on the world better. By allowing children to have the time to be able to experience and be child led will develop their development to have their own independence (Why Babies Need Exploratory Play: The new aged parents, 2008-2023). Curiosity play is an approach where it is a play-based and child-led environment, this is where the children become the crucial part of their own development. This is where the children are allowed to experiment and create their own experiences where this all allows risky play to take place, this also allows the children to be able to grow and take risks and be curious of their surroundings (Curiosity Approach in Early Years: Importance and ideas, 2021).

meaningful care and respectful care

When looking after children in a childcare setting as childcare practitioners putting meaningful care into practice is such as when you are in company with another child you need to make sure that all of your attention is places upon that child, this is all ensuring that there is a child centred approach being put in place. Not only that but making sure you are communicating with the child that is the most appropriate this meaning this could being speaking to them doing sign language, speaking their language, or using the PEC system this all resulting in your care to the child being meaningful and personal to the child making them feel very welcome and respected. Another way of making sure that your care for the child is meaning is making sure you have a lot of time and patience and to be made aware that children grow and develop at their own pace, their own time, and their own way. The challenges with creating meaningful care in a setting could be resulted by not having the correct equipment, to make the experience meaningful it might be hard financially to afford the correct equipment that a certain child needs to be developed or might help to settle a child down from being upset (Practical strategies for engaging children in a practice setting, August 2020). The meaning of respectful care is very similar to meaningful care as you use your meaningful care to show respect the child, this could be by making sure you are aware of any religion that a child could have so your aware of how to approach the child, what offends the child and to know what they can and cannot eat, but most importantly to show that you are showing interest in the child to show the child a sense of belonging and safety. The challenges that come of this is lack of understanding of the needs of the child and also not being able to give the correct care from lack of resources suitable (Early Years Careers, 12th July 2016).

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importance of interactions when doing learning experiences

When working in a childcare setting as a practitioner looking after children and nurturing them it is important to know that when with them that making positive interactions with the child, for example this could be changing their nappy in a setting or just in general just feeding them making sure that you are interacting with the child throughout is very important. For example, when being with a child having good body language can release any stress or anxiousness that they may have as soon as you show them how calm and happy you are as babies bounce off the same energy that you give off. Babies are very good at picking up any emotions that you carry which has a massive impact on their well-being and the emotions that they are already carrying. Moreover, by always making sure that you have good eye contact with the child throughout really benefits the child eye coordination and not only that helps the child to know that you are happy with them and that you are happy to be there to support them, not only that but also will help create bonds with the childcare giver and the child which will help to improve good positive relationships which will help the child to be made to feel all safe and secure in the setting that they are in. (Serve and Return Interaction Shapes Brain Circuitry, NO DATE FOUND). This all linking to the basic needs of the child which comes under the theorist Maslow and his hierarchy of needs, Maslow is a theorist where all of his research and his theory are all about children in the early years and what are the needs that a child needs to be able to live, he places them into a pyramid of needs which consists of physiological needs, social needs, security and safety needs, esteem needs and self-actualisation (Maslow A.H. 1943)

other approaches forest schools

From my research of forest schools there are many benefits for children in the early years. Forest schools are schools that are based outside where the children learn from playing outside using natural sources such as wood and all materials that are from earth. This is where a whole classroom is made outside with natural resources where everything is there to develop the children holistically. It allows children to have risky play to be able to take risks to have more of an understanding of the world around them, this can also develop independence and confidence. Forest schools are an experience for children to have beneficial life skill experiences where they can learn to be able to climb trees, build fires, make dens, make obstacle courses and many more activities. Forest schools are open in any weathers raining to sunny weathers where the children get to be able to experience and benefit from risk taking to having curiosity to learn to be able to adapt to change. Forest schools benefit the children's development this being physically active which will benefit their fine and gross motor skills while the children get their fingers, toes, legs, and arms working well developing new skills. Forest school offers experiences that a normal indoor classroom has to offer. It has been shown that a children's emotional development is developed through children learning a lot more effectively when the work is hands on and fun while children work well and learn more through experience (Early Years Careers, 2015).

conclusion

In conclusion the first 1000 days are the most crucial days of a child's life, and everyone needs to be aware of the impacts of making sure that every part of the child's holistic development is met to support that individual child's needs. After discussing in detail and using references to support my research on the first 1000 days it has shown how precious a child's development is and how by not meeting a child's physical, intellectual, emotional, and social development is so important in order

for them to learn and grow into their true self. Thank you for taking time to read my research on the first 1000 days.

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