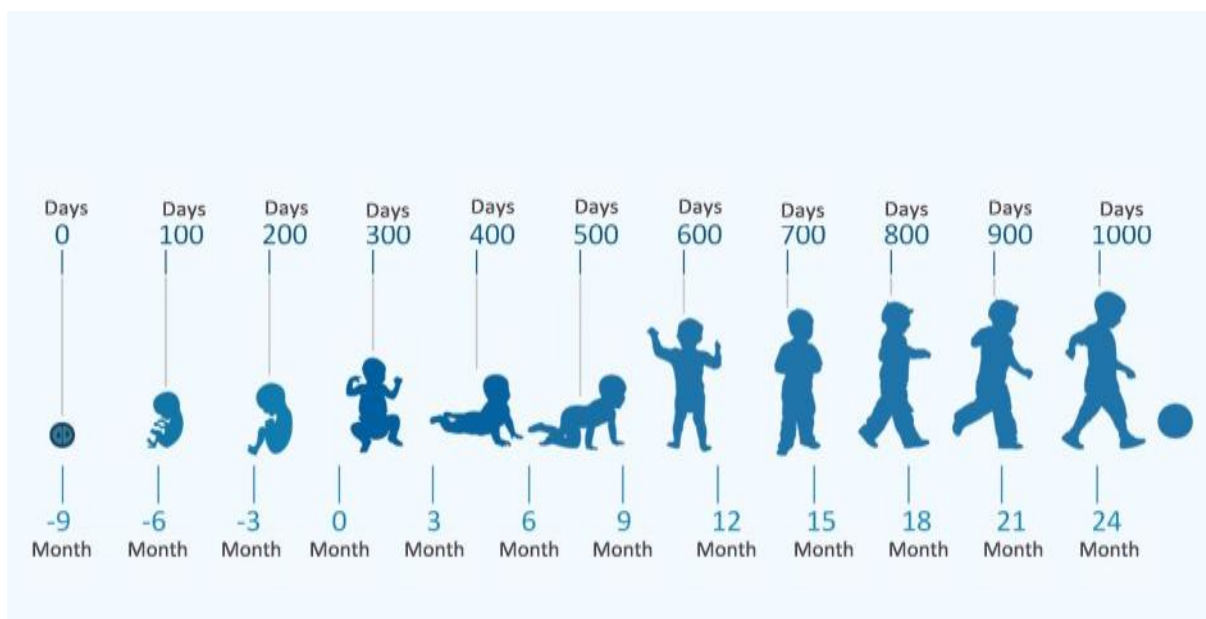




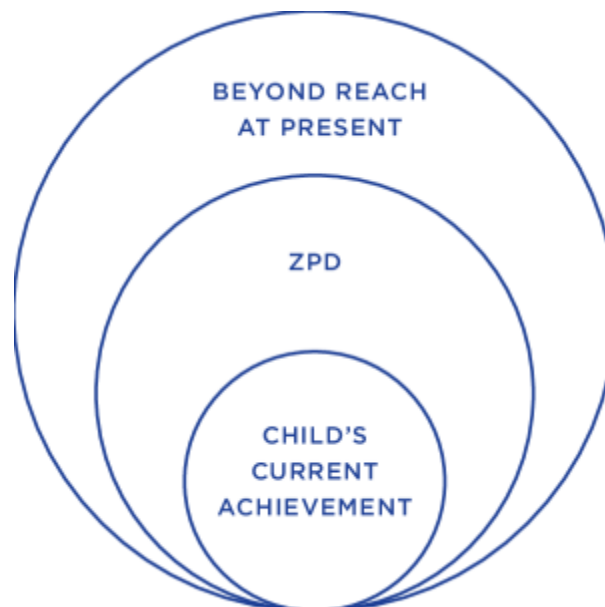
The First 1000 Days [Scrapbook](#)

Introduction



Babies begin to develop in their mother's womb, and it is vital that mothers know what to do so that their babies reach their fullest development. Things such as drinking alcohol and smoking are advised against for pregnant women as it could potentially cause premature birth and it could have an impact on the child's physical and mental development. However, some mothers may not be aware of the issues and the harm that it could cause to their babies in the womb as they may not have access to the information that they need so their child can develop like other babies would. (nidirect, n.d.).

Vygotsky played a significant part on children's imagination and their creativity from a young age when it comes to learning, and he believed the two had the ability to store new knowledge and add to what children already knew and this would allow children to think of new ideas and to reach new possibilities. Vygotsky also believed that children acquire behaviours from their social interactions from their family members or members of their community they are familiar with and in this way, they can understand the world around them. (firstfiveyears 2019).



1 - [*Teaching for Learning - A reference guide for results-orientated teachers. Centre for Democracy and Reconciliation in Southeast Europe. \(ResearchGate 2013\)*](#) Vygotsky's Sociocultural Theory

Brain development and neuroscience

Within the first 1000 days is when a baby's brain grows the quickest than any other time and the drive of this transformation comes from the nutrition the baby gets from its mother and this is a key part of ensuring mothers have a vital source of health and eat nutritional foods during pregnancy otherwise if health and nutrition are absent it may cause risks such as birth defects and a delay in their development, (thousanddays n.d).

Recent studies have questioned whether babies have an innate capacity as soon as they're born, and researchers now know more about questions such as do babies get bored and are they able to recognise faces. Experiments such as using recordings of babies in controlled situations suggests that in their first few days of birth, babies can recognise faces, (Cathy Nutbrown, 2005).



2 - [Early Brain Development \(Centres for Disease Control and Preventions 2021\)](#)

Environment

Babies need a safe and loving environment when they are born but this is also a crucial factor when they are in the womb due to the brain being closely linked with the body, and an unhealthy or an unsafe environment can impact a baby's physical health during this time and later in life. A baby's development can be affected by the environment they live in and if the environment is noisy and aggressive and their personality could also change due to this as they may become introverted and negative about their environment and the things around them.

School environment is also important as it plays a big part in children's lives as it is somewhere they spend most of their day so it is important that parents identify which school would be best for their child and to ensure that the need of a child is met, especially if they have any additional learning needs, (First cry parenting 2018).



3 - [Learning Environment: An Introduction \(VLS 2021\)](#)

Children with additional learning needs (ALN) may require additional support in their school environment as they may not be as developed as other children and may have difficulty working on different skills and subjects. Schools can provide children with ALN with activities to do which will help them to better their skills of reading and writing or help them to develop their understanding of subjects they learn about. Babies that are not fully developed by the time they are in full time education, may need additional support in school and the professionals looking after the child will ensure that parents are also heavily involved with the extra support that is given to the child for them to develop different skills in the future, (Welsh Government 2009).

Relationships

A child's development can be impacted by the relationships with their parents as parental conflict or misusing alcohol/substance can cause a risk in development and it's vital for parents to form healthy relationships with their baby which will enable them to form a secure attachment. (House of Commons 2019)

Professional early year workers also play an important role in a child's development in the first 1000 days by building a relationship with the child and the parents/carers. Early year workers work with families in order to identify any risks they may see within their child's life and may notice some developmental delays and what they can do in order to move forward from this and to support parents in any way, (Essex County Council 2021).

Bronfenbrenner believed that everything within a surrounding environment can affect a person's development. Bronfenbrenner's human development theory would put the baby in the centre of the theory and the microsystem would be the closest system to the baby, the one they have direct contact with, and this is usually a parent or an important relationship in the child's life. The different systems within the theory would then link to early year professionals and extended family and how their relationship with the child will help them

with their development by having a relationship with a variety of different people in different environments. (SAGE journals 2015).



4 - [What is Bronfenbrenner's Ecological Systems theory? \(The Psychology Notes HQ 2013\)](#)

Nutrition

Having the correct nutrition during pregnancy is important not only for mother but for the baby too and getting the correct balance of nutrients is important for health and development. A mother's nutrition during pregnancy can programme the future risks a baby may have and influence their weight as an adult and their brain development (Charlotte Stirling-Reed 2020).

From around 6 months of age, babies start getting introduced to solid foods and this plays a role in a baby's life as it promotes eating skills such as chewing which is important for a baby's development and learning how to feed themselves and developing a hand eye coordination whilst doing so, (else 2021).

Breastfeeding provides nutritional needs for children, and it also involves mother baby contact which is a bonding experience for both the child and the mother, (NHS 2019).

"Think for two – but don't eat for two" is a motto used by physicians for pregnant women to be aware of the correct nutrition they need and having a balanced diet is essential for a baby's development, (EFCNI 2018).



5 - [The First 1,000 Days: Why Nutrition Matters Most \(The BUMP 2017\)](#)

Awareness of Needs

Maslow's Hierarchy of Needs theory was developed as different stages in which he believed children need to meet and how to meet and develop these needs to move onto the next stage. Maslow begins with basic needs such as food and clothing and when eventually reaching the top of the pyramid to self-actualisation which is when someone reaches their full potential as a human being, (Continued 2021). Maslow's theory corresponds to the needs of children within their first 1000 days, as children's needs change as they get older and as they develop.



6 - [Maslow's Hierarchy of Needs \(Simply Psychology 2007\)](#)

Impact of COVID-19

During the changes within the COVID-19 pandemic, 68% of parents found that these were affecting their babies or their unborn babies. By now, many of these babies will be older and will have moved on to nursery or even school and their parents haven't been able to be at these settings due to the

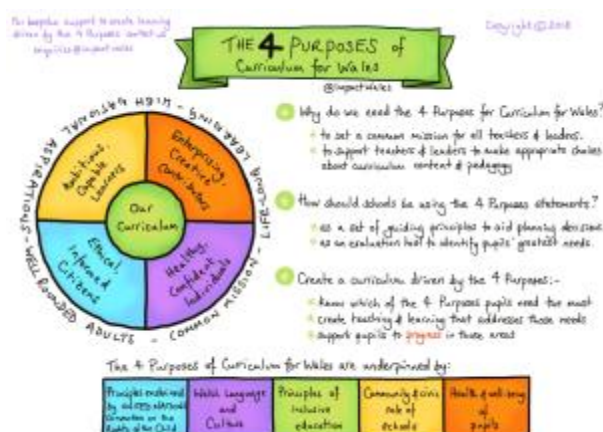
on-going restrictions. Some babies may have delayed development due to COVID-19 as they were unable to go visit mother-baby groups, interact with other children or visit parks or play centres in order to see new environments which all help to develop children physically, mentally and socially, (Best beginnings 2020).



7 - [UNICEF Innocenti's COVID-19 Rapid Research Response \(UNICEF 2021\)](#)

How does the new curriculum support families and children within the first 1000 days?

The new curriculum in Wales will be centred around how children learn and the reason behind why they are learning it, it will not be just about what children are learning. Teachers will design their lessons to support children's creativity and that relate to real life meanings, and children will be able to reflect over what they have learnt and then move forward onto the next. The new curriculum will allow children to express their imaginations creatively, learn about well-being and how to make good decisions and learning about international languages as well as Welsh and English. When the babies of today develop into toddlers and can attend school, they will be taught through the new curriculum which is designed by members of staff in each individual school, (Welsh Government 2020.)



8 - [4 things you need to do to prepare for Curriculum Change in Wales \(Oxford Education Blog 2018\)](#)

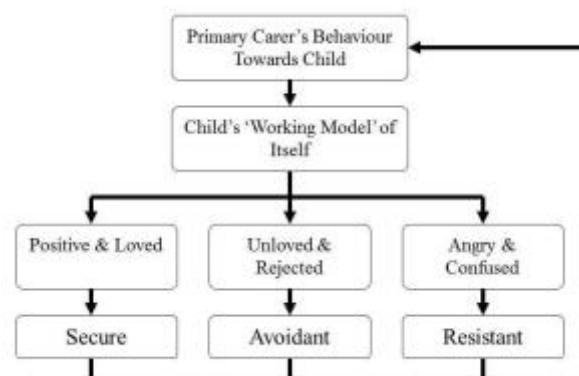
Professional love

Loving and stable relationships are vital when it comes to a child's development within the first 1000 days, and this could come from relationships with parents/carers or other family members. Loving relationships between a child and a parent can allow a child's confidence to grow and develops their communication and children can develop these skills further later in life which will help them to

form relationships with other people and dealing with different situations in life, (Gerhardt, 2015). Babies are reliant on their caregivers at the very beginning of their lives and their development later in life is heavily influenced by the loving attachment babies have to their parents/carers.

Attachment takes place when a child's needs are responded to in a warm and consistent way, and this could be by parent/carers or by early year professional. A bond between mother and baby is shaped into the way they do things together and how the mother makes the baby feel and bonding such as touching/cuddling your child, and playing with them helps them to develop, (raising children 2020). Babies can also feel safe and secure with a professional love such as an early year professional as they form attachments with babies by doing things such as spending time with them and playing with babies builds relationships and plays part in a baby's development.

Bowlby believes that children need a singular attachment, and this can be between mother, and baby and his attachment theory considers the important relationships children have with their primary carer and this could be a parent, sibling, or anybody the child has developed a strong attachment with, and this is to ensure that babies needs are met, Bowlby defines attachment as a 'lasting psychological connectedness between human beings.' (Bowlby J, 1969). Bowlby also states that children must experience attachment which will allow children to develop socially and emotionally, and attachment influences strongly on the way the brain develops.



9 - [Bowlby's Attachment Theory \(Simply Psychology 2017\)](#)

Play

Play is important for all children and as stated in article 31 of the United Nations Convention on the Rights of the child, (UNCRC 2004), and through play children are able to learn new experiences in a range of different environments whilst learning about themselves and also about others through play, (Welsh Government 2021). Play is crucial in playing part in children's development of their social, creative, and physical skills and it allows children to play independently and learn through playing whilst using a range of materials. Through play, children can learn about the world around them and figure out how things work whilst exploring a range of different experiences. (Welsh Assembly Government, 2002).

Pikler babies are babies that are free to move and take their time to repeat any movements at their own pace and although babies take little risks whilst taking new movements, they may get frustrated if they cannot do this, but they will then know their limits and what they can and can't do.

Caretakers should not intervene when their baby is moving freely and they should not make their baby stand and walk or to sit up as they will know when they are ready and the baby will get a sense of himself and feel secure by making their own decision, (Vamos, J. 2015).



10 - [What is the Pikler triangle & is it Montessori? \(Montessori family 2020\)](#)

Enabling Adults

A holistic development begins when a baby is born and it looks at the learning, growth, and development of young children. Babies do not pick and choose which days they are going to begin to sit up and learn how to talk and then the next day begin to count blocks, every are of learning and growth is entwined with every other, (Brodie, K. (2018).

Te Whāriki is a crisscrossing diagram which suggests that professional educators need the knowledge to know how a child learns and develops to identify in which way they learn and how they can help children with their strengths and their own personal interests. Te Whāriki explains that children that build an emotional bond with an adult will provide them with as safe environment and building relationships will lead to a healthy physical development. (PlayLearnGrow2020).



11 - [What is New Zealand's Early Years Curriculum? \(Family 2021\)](#)

Reggio Emilia is an educational approach which allows children, as curious individuals, to use their potential to learn and develop from their relationship with others and from the environment they are in. this approach allow children to reach their fullest potential by taking every opportunity that is given to them as children are influenced by everything around them which gives children the control to choose what direction they feel is right for them, (DayNurseries 2021).

different shapes and colours and by the time babies are 6 months, they begin to notice the finer details of different objects, (he's extraordinary).

Some sensory activities parents/carers can do with their babies are:

- Singing with them. Babies begin to recognise familiar voices as soon as they are born and singing is a way of connecting with your baby and playing and singing different songs for different times of the day such as waking up, bedtime and dinner time.



14 - [*The Music Learner: Know Your Baby Better by Singing Together \(Mommybites 2016\)*](#)

- Sensory toys. Toys such as rattles, or squeaky toys will allow babies to develop their gross motor skills and allow them to create new things to play with and experiment with different colours and materials which will help to develop their sensory develop as they hear different sounds and see all kinds of shapes and colours, (Community playthings 2019).



15 - [*Best Sensory Toys of 2022 \(Mom Loves Best 2022\)*](#)

Piaget believed that sensory play is crucial in a baby's development and suggested that children's curiosity is what drives their learning and their interaction with environment would create learning and this would develop their use of senses. Piaget also stated that babies would need to explore interesting objects and explore their right to play and using a treasure basket which would enhance their sensory development within their own environment, (Very Well Mind 2019).



16 -

1. [The 4 stages of Cognitive Development \(Verywell mind 2020\)](#)

Conclusion

To conclude, a baby's development within the first 1000 days all depends on the environment they live in and if they are getting the correct nutrition. If a baby is brought up in a poor environment with poor nutrition, then their development will not be as advanced as babies that have had all these things as well as having loving, and caring relationships from family and others in the community is also a positive factor for babies to reach their full development.

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