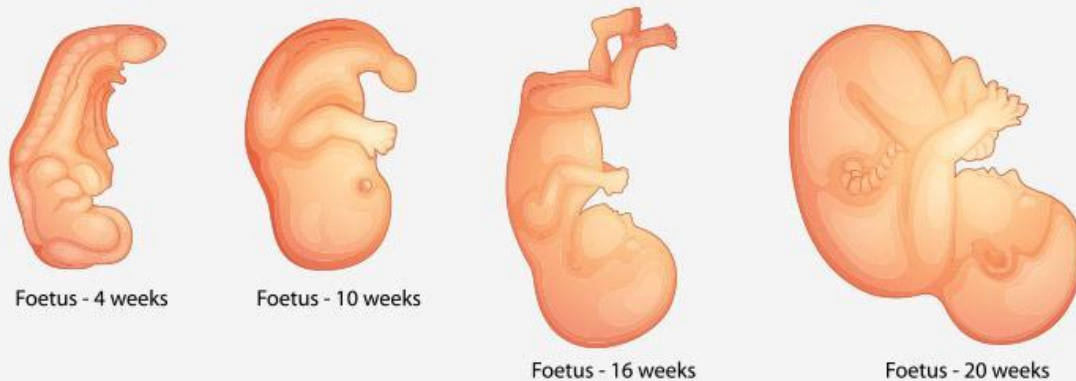
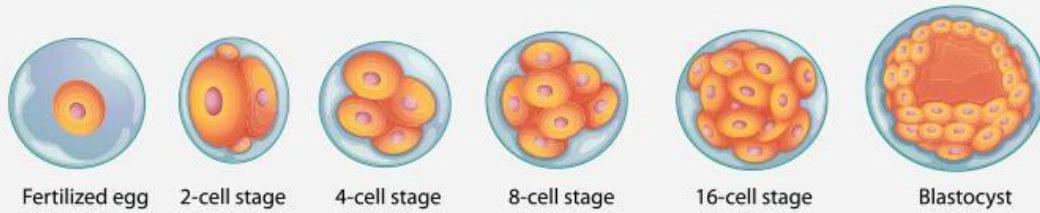


Human Embryonic and Foetal Development

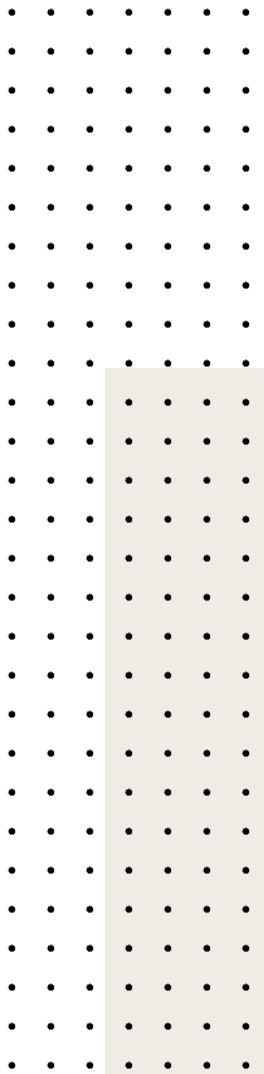


THE FIRST 1000
DAYS

(Momjunction.com,2016)

WHAT IS THE FIRST 1000 DAYS

- The first 1000 days is from conception until a child's second birthday. It has three stages, pregnancy, infancy and toddler. During pregnancy there are three trimesters, the first is where the embryo grows and develops in the womb, during this time the mother's health may experience sickness, tiredness and cravings. The important part of these three months that the mother needs to eat healthy because the foetus needs plenty of different ingredients to develop well, needs more protein as well as having vitamins and minerals. This is not just for pregnancy, the baby should continue to have the same when born to help develop and growth (Gerhardt, 2014, p.17). The second trimester is where baby organs and systems are fully developed, start to grow in weight and length. The mother should start feeling less tired and sickness should have stopped, if she would start showing a bump and feeling baby move. The third trimester is the final months where the baby continues to grow, organs have matured and gained weight. Mother would be preparing and kept an eye on as she prepares for the birth. Infancy stage is from birth to one year of age, this is where the baby develops their language, social, physical, emotional and cognitive development. Baby starts to engage by smiling, babbling, recognising familiar faces, responding to their name, bonding a relationship with mum and dad and other members of the family. They start to learn how to sit up, crawl and have tummy time. The third is toddler stage one-two years old where they develop language, fine motor skills, begin walking, saying simple words, start to feed themselves, and drink from a cup. They understand common words and instructions, exploring items, they also show affection.



WHY IS IT IMPORTANT

- The importance of the first 1000 days of a child's life, starts with the first day of pregnancy, a woman should start taking folic acid and vitamins. In the early stages for development of the baby's neural tube, this forms the brain and spinal cord this can also reduce having spina bifida. It is important for expecting mums to have nutrition's in the early stages of pregnancy for growing reasons. They have certain micronutrients that have to keep regulate, for the implantation, placenta and other cells. This can have an effect for short and long term within the fetal growth and their development (Karakochuk et al., 2018, p.8). They should also avoid certain foods and alcohol and follow a healthy diet. While baby in the womb their brain and body are developing as the foundation is set for their long- term health. The brain starts to develop the nerve connections as they form to enable the baby movements, the brain grows as baby grows too. After baby is born the mother holds baby for the first time this is important for mother and baby to bond, and to feel the love between them. Baby needs to form a bond with dad and other members of the family, showing they are loved and comforted. The who recommends that babies should have breastmilk it is the better option for them up until six months but some do continue until their two years old. Combined with vitamins and minerals these are needed as this is important for the child's growth the stunting of a child needs to develop and expand interventions that can cause from birth to growth (Karakochuk et al., 2018 p.10). This is also important to set the foundations for a child's future with health, development and cognitive abilities, with rapid brain development during this time.





(i.pinimg.com , no date)



EXCEPTIONAL CARE

- Exceptional care in the first 1,000 days is the expectant mother is providing the essential nutritions in their diet during pregnancy, to take multivitamins and folic acid to help the fetal develop healthy. Eating healthy and plenty of water throughout the day and to avoid certain foods and drinks. Mothers are recommended to breast feed, for the first six months as it provides crucial nutrients and antibodies for the baby. They can continue as long as possible with introducing to solid foods. Once the start weening onto solids babies need a variety of foods with rich in iron, zinc and protein to help with their development. Exceptional care for safety and security is providing a high level of support during pregnancy , being a responsive parenting, a safe and stimulating environment, and early access to healthcare and support to manage potential risks. The home needs to be prepared for the new baby and to meet the needs for safety measures. Bonding with the parents and families making the child feel safe, secure and loved. As Maslow's hierarchy of needs theory explains that humans need basics to live which he says is oxygen, water and food in order to survive. The next is needs for safety and stability in order to survive without having these needs first (Stoyanov, 2011,p.11). When starting a new setting the practitioner will provide a nurturing and stimulating environment for safe sleep, age-appropriate play , engaging with them by interactions by smiling, talking and singing to build a secure attachments. Attending to their needs and comfort them during settling in. Having a good relationship and communicating well with the parents, providing regular updates and offer support if needed. According to Bronfenbrenner's theories, children who are influenced by holistic development is when the child is raised by a loving family, but the most influence is when the child is with a practitioner as they build their self-esteem, confidence and build relationships (Brodie, 2018, p.5).



WHY IS EXCEPTIONAL CARE IMPORTANT

- Exceptional care is important because this is considered as critical for brain development, forming connections to learning , memory and emotional, it is also to develop and grow. Having the proper nutrition it lays the foundation for lifelong health, cognitive abilities , for physical growth and reduce the risk of chronic diseases. If poor nutrition during this time can lead to chronic diseases such as obesity, diabetes and other illnesses. During pregnancy a mother would have regular check ups with the midwife, also have scans to monitor the baby ,involving them in their care as well as providing an appropriate environments for women, families and caregivers. NHS Wales will guide women during this time in their pregnancy and midwives are always there for support and to give any advice (NHS, wales ,2020). Health visitor then comes in after the baby is born to give more support to the family. Encouraging breastfeeding for good nutrition for babies, also for mothers to bond with their baby. Parents to provide consistent love and care to their baby's needs, by cuddling, talking and playing. At home and at a nursery safety and security is very important ,there be locks on doors , and cupboards, clean environment, daily cleaning and check for broken toys and equipment or electricals are out of reach of the child. At the nursery there would be policies in place that needs to be followed by their guidelines. Activities and toys should be suitable for their age of development. Building a trust with the child and practitioner to make them feel belonging, happy and secure.





(the footnotes.com)



PROFESSIONAL PARTNERSHIP

- The role of an early years practitioner in supporting children and their families is by providing a nurturing environment, guidance on their child's development, identifying any concerns early on to ensure that their child gets the best start in life. Observing and assessing their physical, cognitive, social and emotional development and if any areas needed extra support. Creating a learning environment with activities to help and support their development. Building a strong relationship with parents, having a good communication to providing them with updates on their child's learning process. Parents will feel more involved in their child's learning, they will feel comfortable and respected to be working together with practitioners. Offer support and information when recognizing signs of developmental delays or family challenges, referring them to support services if they need too. Working with other professionals to help the children receive the necessary support to reach their full potential needs. For the professionals they gain a better understanding of the children and families, it helps the children feel they belong and make learning more enjoyable. Providing a healthy nutrition meals daily, and to know if their child has allergies and of a different culture where they cannot eat certain foods that the setting can provide for the individual child. Encouraging children to play and build friendship and social skills with others. A safe and supportive environment for children, to express their emotions promoting their well-being. The baby room is the important part of the nursery, this is where the foundation is set, as they learn and their development begins. It is essential that quality practitioner's are based in this room because they see the potential of the babies they care for (Clare, 2012, p.36).





(ottawa kids,2012)



THE IMPORTANCE OF EFFECTIVE PARTNERSHIP WORKING

- The importance of effective partnership working is because it can help children achieve more and support them in their learning environment. Children benefit with parents and practitioners when having a strong partnership, this can lead helping their child to succeed in their learning journey. They can share knowledge and understanding about their child's interest, and support them in their learning environment. Bronfenbrenner believes that having a positive relationship between adults and children, is to have a happy environment and surrounded by warmth and loving relationships. The quality focuses more in the early years setting as long as teachers and parents, maintain good communications and work together to strengthen their child's development(Hayes, O'Toole and Halpenny, 2017, p.31). Encouraging parents to come along on open days to see their child's work on display, to see the lay out of the setting, how their child is learning. Share information by having feedback every time their child attends using a family app or a book sent home with parents. Respecting families from different cultures and involving others in their activities in learning about the world around them. Some children need more support than others, they may need to be referred by their health visitor to speech and language therapy. Working with both children and practitioners to support the child needs. The speech and language therapy will assess children who have difficulties in problem understanding, using language, in speech sounds, stammering and social communications. They will also work closely with the child's families.



MATERNAL FACTORS THAT IMPACT DEVELOPMENT AND SUPPORT OFFERED

- Maternal factors that could impact a child's development is from birth can have poor nutrition, mental health issues and lack of social support and pre-existing medical conditions. As baby is born it will be monitored by midwife and then health visitor, offering the holistic care and development as an approach that focuses on all aspects of their well-being and their physical development. Depending on a family circumstances at the time of birth, they may be experiencing difficult times, could be living arrangements where there is one or more sibling and living in a small accommodation or a single parent on a low income. Organisations can provide support for these factors and help with the child's needs, such as health visitors, sure start children's centre. There are funding in places that offer childcare to help with low-income families by applying the gov.uk government online. Parents would be given help and support in a setting as practitioners would help with the care and development of their child. Holistic development begins from birth that the child starts to learn, grow and develop their interdependent. Their learning will happen all at the same time, but there are some who have delayed areas of development, where these can be supported in the setting. Support can also be offered outside the setting such as speech and language and health visitors that can refer to the appropriate organisations (Brodie, 2018,p. 2).



CHALLENGES

- Challenges in providing high quality care in the early years workplace, can have a few issues which can be challenging demanding work conditions, staff not having the right qualifications, and not communicating with each other, and lack of staff. These challenges are very difficult when meeting the needs of individual children. To address these situations is to improve staff wellbeing, by having flexible working hours and having breaks. Share responsibilities to balance workload and reduce the stress of management. Open communication by having regular team meetings, where they can express their concerns, acknowledge and praise staff achievements. Team bonding outside the work-place to get to know each other and share their experiences. Staff shortages can be addressed by recruiting qualified staff, offering competitive salary and benefits to the company, and career opportunities. According to EYFS child ratio must be met, it requires the right staff numbers to the amount of children to maintain the quality of care, safety and security in the setting(EYFS, 2014 p.23) Agency worker for temporary or even 0 contract to support the other staff, until a new staff is recruited. Managers to hold regular supervision days for the individual staff, to support their wellbeing and to speak about any concerns they have. They can also talk openly about any personal issues they have , providing and supporting any advice given all this should be recorded and kept confidentiality with the manager.



CHALLENGES

- Challenges providing high quality care is important that all staff are fully trained in paediatric first aid, Safeguarding , food hygiene, health and safety and behaviour management. These are important for staff to provide quality care and education for young children. There are policies that staff will need to read and understand in all areas of the setting and keeping children safe. Paediatric first aid training is to know how to assist in an emergency with babies and children. Knowing how to put them in recovery position, to respond if they are choking, how to use a defribillator and how to assist CPR. Also to help with minor injuries(High speed training, no date). The NSPCC in safeguarding children, how to recognise the concern, is knowing who is responsible, who to tell when there is a concern. All learning courses are up to date with recent legislation and guidelines. Attending group sessions would be able to share experiences, their ideas and learning from other by giving advice on what can be done in difficult situations(NSPCC Research, 2025). If any concerns within in the setting the manager would need to be addressed of the situation and monitor the child closely. There are options on all courses which are available face to face or online training.





(toddlerapproved.com
2021)



OUTDOOR PLAY

- Outdoor play is important in early years, There are five development pathways according to the welsh government in the non maintained curriculum. The curriculum recognises the development of each child from birth to five years old, it also supports holistic development and that children can be taught differently. Being outdoors is important to develop their social, emotional, and physical as well as their well being. They develop confidence and can explore their skills (hwb,2022). The five are belonging, communication, exploration, physical development and well-being, these are the importance of development during the first 1000 day. It helps with their development they learn about the world around them and help with scientific concepts. Children develop social skills, learning to play and interact with others, they can experience the nature of the environment. Communicating with practitioners can interact by outdoor games, role play ,playing with sand and water, reading stories and singing songs. Exploring around them by going for walks, learning about nature, encourage them to play in different areas such as digging, growing and splashing, can help their creativity critical thinking and concentration skills. Physical development can make children move freely by jumping, running and learning to ride a bike, develop their motor skills, also having fun. Children would feel happy, safe and secure and to improve their mood, this would help with their well-being Practitioners would engage with them getting involved with the outdoor activities. They would also assess them and to meet their needs in play experiences.





(i.ipinimg.com)



M E S S Y P L A Y

Messy play is important part of a child's development as it help all aspects of learning. Especially in the first 1000 days as they develop sensory experiences creativity and imagination. Developing their physical skills by hand-eye coordination with their hands this is their fine motor skills. Cognitive skills to help them think, learns, explores and solve problems and understanding their senses. Communicating by taking part in a group with practitioners engaging with them, teaching them how to share and take turns, this would also develop their social and emotional skills. Expressing their feelings through play and language, they can smell, taste and describing actions it is their opportunities to practice their vocabulary and communication skills. It helps children to freely experiment and create their own imagination. According to EYFS, Early Years Foundation Stage play is very important in children's development, as they build confidence, they learn and understand the world around them, being able to relate with others. Play helps support the brain development to help create the important connections that develop the brain(Harman, 2023). The first two years, children learn the first stage of their education, where they learn basic skills using their body and senses. In the first stage of cognitive and learning the environment (Gascoyne, 2018, p.21).



INTERNATIONAL APPROACH

- The difference with international approaches that here in Wales is the non-maintained curriculum, is the needs the five developmental pathways which is belonging, communication, exploration, physical development and well-being. A curriculum must have strong connections at its centre with practitioner's expert to help children with their development. Close and caring ongoing relationships which help build trust and security for children to support all aspects of learning and developing. Practitioner's to be skilful, observant and provide opportunities for the children to experience in effective and exciting environments. Working with others to support the curriculum when it comes to planning and have the appropriate learning environment to help children with their learning development (hwb, 2022). In Reggio Emilia the adults are willing to learn alongside children which bring stronger relationships between the parents, children and teachers. As parents get involved with their child's learning this brings the community together (Brunton, 2007, p.12). The similarities that both aim to provide quality education, the main differences between the Reggio Emilia approach and the Welsh curriculum is that in Reggio Emilia is a child-centred where learning is more influenced and motivated, by children's interests and exploration. The Welsh curriculum is more structured framework with the objective of learning. 'practitioners from the UK who have visited Reggio and been inspired by what they saw and looked at different ways to improve quality of relationships in their setting' (Brunton, 2007, p.15).



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