ECEY4001/C Human Development.

Part 1

Infographic Poster to explore Maslow's model, Pages 2 & 3. Word count; 849

Part 2

Exploring the concept of Holistic Child development, pages 4-7. Word count; 1235

Part 3

Three examples of Practice that supports Malow's significance in understanding child development, pages 8-10. Word count; 1214

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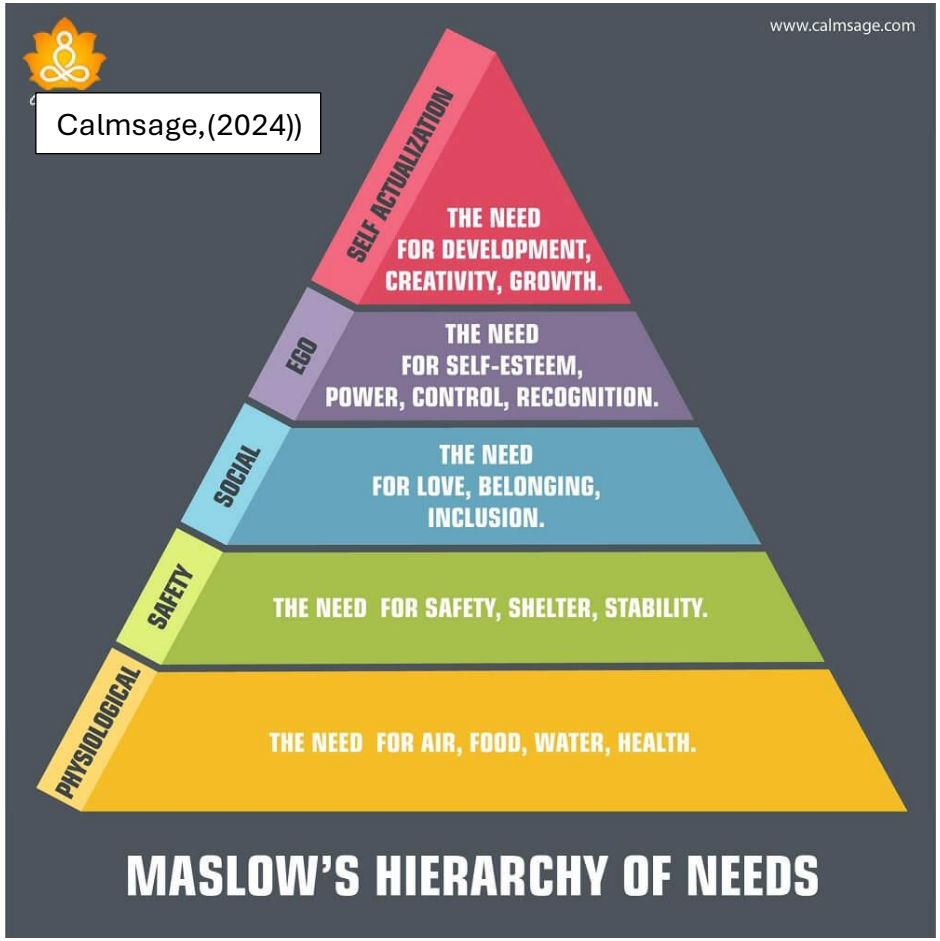
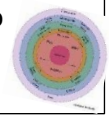
Infographic Poster to explore Maslow's model.

Maslow's model explores, 5 most important level of needs to a child supporting the growth as an individual. "A Theory of Human Motivation" (Maslow, 1943). This pyramid is arranged in sequence order of their importance, according to Calmstage,(2020)., Maslow explained that in till the lower needs of the pyramid where met, a child couldn't develop upwards and progress in till those first needs where reached first. The five 5 levels were, **Physiological needs, Safety needs, Love/belonging, Esteem** and **Self-actualization.**

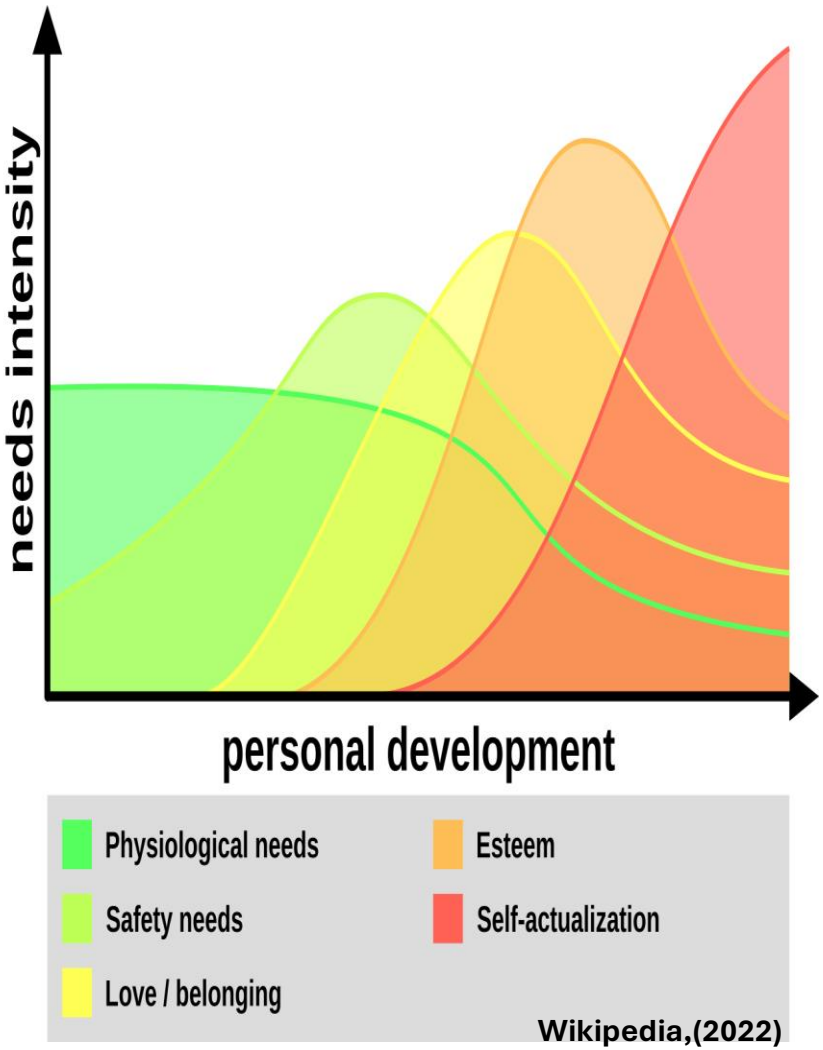
1 Physiological. The need of air, food, water and health, these are the needs we need for survival. According to Maslow (1943, 1954) he cites that this is considered the most important need, as it cannot function without the physiological needs until this need is met, all the other needs on the pyramid become secondary. For children if these needs are not met other problems may arise, as children's need for healthy food is one of their essential parts to help them achieve good learning, for example if they come to school hungry, they won't be able to learn or concentrate as their focus will be on snack time or dinner time. The Government backs up this important need by putting a policy in place for free breakfast club and free school meals for the vulnerable. According to GOV.UK, (2022) one of the pieces of evidence has shown that by providing a heathy breakfast before school, contributes to advance level of learning and improved concentration.



2 Safety. The need for safety, shelter and stability. The need to be away from any harm, being safe from harm having protection with emotional safety, physical and environmental safety. Maslow (1965, p. 51). states from observations that have been completed may children in this world prefer a safe organized place with people a child can count on, when a child's world becomes stressful with less stability with parents around them arguing with domestic abuse, separation or divorce this causes the child with stress, less routine and consistency resulting in fear for safety for the future, causing life psychological problems. Bronfenbrenner, (1975) Bronfenbrenner split the environment into five systems: microsystem, mesosystem, exosystem, macrosystem, and chronosystem, he addresses the fact that, how the environment changes around the child and the impact this change makes on the child is big, he suggests that the direct impact that the child has links back to family, policy and legislation.



3 Social. The need for love, belonging and inclusion "a lasting psychological connectedness between human beings" (Bowlby, 1997)[1].. As an individual we cherish these needs, so that we don't feel on our own and show others empathy when they need it. [1]. According to Maslow Wikipedia(2022), children and humans need to feel the sense of belonging, feeling of acceptance of others around them. If individuals fail to have that close bonding relationship with others, then they start to have negative social emotions and struggle to bond. According to Bowlby(1997)/NSPCC (2021) explains that if children don't feel that love, bond through their important years of life, or if anything effects this bond it effects a child emotionally having a huge impact as they get older, and more issues start arising. Bowlby (1992)/NSPCC(2021), also states that children can have attachments with anyone but the most important bond comes from the people from the early primary stages, sense of belonging doesn't happen to all children, as a result many children are unable to show this social need, as they have witnessed trauma and abuse in their childhood. these children have a sense of all different emotions, the feeling of fear to have a trusting secure attachment because of not having this attachment it causes long term effects on their relationships making it feel impossible. (Siegel, 2012).



4 Ego. The need which is feeling better about us having confidence, self-esteem believing in yourself as by doing that it boosts those Ego needs by feeling valued, feeling good about yourselves and recognised by others around you, one of Maslow, (1999, p. 65) needs is where he focuses on the importance of self-esteem and how others around the child must realise the importance of self- esteem, self- respect, and esteem as without these feeling the child will have the feelings of worthlessness and find it hard to move forward having these feelings. Alongside Maslow's approach Reggio(1976), began her approach after the World War 2, where she believed that every child will be its own individual self and each unique child will show themselves in different ways, demonstrating their own personal selves. She also promoted the focus on children's rights and the values of diversity and integration. (Reggio and Early childhood Ireland, no date)

5 Self-actualization needs This need means to reach to the fullest development of their own potential. By getting to this need, People are found to self-aware, socially responsible, creative, spontaneous, to be able to attain this need and be happy to open and new changes. This need is the least one that people are unable to reach the highest on the pyramid. A person becomes even more motivated for personal growth when this need is met at the highest of the pyramid. (Maslow, 1943)

Part 2

Exploring the concept of Holistic Child development.

All a child's development should be important, recognised and valued. An article from EducationHub,(2019) states that a holistic approach looks at the whole child development, looking at all aspects of the child not only focusing on the leaning but paying attention to other important aspects such as social, emotional, physical, mental, wellbeing and intellectual growth of a person. Holistic development important approaches are very similar to Maslow's Hierarchy of needs the pyramid of human needs that was created in 1943 The five levels of the hierarchy are physiological, safety, social love/belonging, esteem, and self-actualization all the physiological needs that are necessary for survival. Maslow,(1943) cited in University of Central Florida,(no date), suggested that this process is ongoing all the way through life and the first needs of the pyramid need to be hit before reaching the top of the pyramid but it's know that only a small amount of people actually achieve the top need of self-actualization. EducationHub,(2019) also cites that, teachers around the child need to contemplate each area of learning and development making meaningful activities which are appropriate and relevant to the child, enabling them to reach their full potential being recognised and valued. Holistic development supports the development of the brain, children's personality becomes noticeable from birth to 3, there is no brain development without the basics in place every child has different experiences which leads to many basic needs not being met. The brain of the infant develops through experiences shaping their journey into adulthood, helping them to engage in these methods such as serve and return, support the healthy development of a child. According to Abbot/ how young children learn (2024), Maslow in (1908-1970) discuss that a child's brain that feels emotionally or physically threatened build chemicals that impact the learning of child development. Threat or stress put the brain in survival mode at the expense of higher order thinking skills reducing the brain's capacity for understanding, meaning, memory, and analytical thinking.

Breaking it down to the 4 important approaches of Holistic Development.

- **Emotional and social health**

Holistic development focuses on fostering those children's social life, emotional, physical and mental wellbeing through creating a clam secure environment to support the child's growth and development to learn. It is your ability to cope with both positive and negative emotions**.** Brodie,(2018), p.17., suggest that emotional development is started at attachment, but also surrounds managing children's own thoughts, feelings, emotions and should come with the essential life skill of self-regulation, resilience as they are key factors of a baby's development. According to (Bowlby,1969, p100) the face expressions and body language are in themselves very important, they are noted as the first communication between mother and child. Some children don't experience a good start to their early years, where parents struggle to make that bond with baby to get the emotional attachment or give their time showing zero attention to the child, not sharing that bond effects them with showing difficulties with these emotions and wellbeing through life. (Bowlby,1969, p114) states that the person who feels what is felt, is a reflection on how they are seeing the world and expressing themselves as an individual and how they handle everyday situations showing those emotional behaviours. It's a fact that many who have behaviour issues in later years of life, have developed years before. Emotional security is linked in with Maslow's (1943, 1954), Hierarchy of needs under the basic needs, the needs of feelings or conditions we need to feel happy. Social health is also the ability to have those socialize life skills, forming and interacting with those meaningful relationships with others, handling and adapting situations. Many have not had the advantage of being able to have positive social relationships making children unsure on how to handle themselves in social situations. (Bowlby,1969, p114) Havard(2021), cite that to enable children to have the ability to thrive throughout life, is down to social relationships, experiences and interactions. If they get affected, they can leave a lasting impact, Havard,(2021). Linking this holistic development back to Maslow's theory, which was 3rd level on his Hierarchy of needs. Social, the need for love,

belonging, inclusion. He believes that humans feel the need to feel a sense of belonging and acceptance in this society, being comfortable around others and making those connections and in return receiving acceptance from others, and not live a lonely life, he claims that this need is a very strong in children hood and can overrule the need for safety. (Maslow(1954)/Simplypsychology(20/24)

- **Spiritual and intellectual Health.**

Developing the child not just concentrating on one bit of the child, intellectual holistic development looks at the growth of the child's ability to think and reason and the development of language and memory. Focusing on the child's hobbies, is a true known fact that children will engage more if you let them choose what they may do, or what they play, focusing on the child's interest and hobbies supporting their development. If curious, taking risk and exploring the environment then they are reaching the higher needs on Maslow (1943, 1954), pyramid of needs. In line with Piaget,(1934) suggested how children learn from the environment, how they organize their minds making sense of the environment and how to adapt their environment as the environment plays a crucial role. We as practitioners always keep in mind that a child's development can vairy with each child also depending on the living environments affect what they are sensitive to, which then influences the maturing biological systems, positivity or negatively. We see that changes occur all the time and as a result we see the negative impact these have on children and in later years. (National Scientific Council on the developing child/Havard,p.g2, 2023). An report written by Dr Cornah,likeminds(2006) suggests that spiritual health has a common positive effect on wellbeing, having connections with church and religions helps with lower levels of depression, finding coping methods with their wellbeing through their younger years, so the effect carries on with them throughout life.

- **Physical Health.**

Another major area of holistic development, physical activity and movement of play are a massive part to a baby's brain development. The first physical development will be the skin to skin contact that baby has with the child, being an important part to child's start for secure attachment. (Kathy Brodie,2018,p.34). According to Kathy Brodie (2018), Bylthe 2005 states that as babies become more active it is important

they are allowed to use their physical abilities giving them time to free play and explore supporting their attitude to play. Not having the variety to explore or being able to take risks with adventures can lead to poor effects on their physical health. Through playful movement and physical activity can learn who they are, learning how the world works exploring their surroundings and where they fit into it. (Brodie,.White 2008,p47) Holistic physical health is prime factor to a children's development nurturing well-being, including physical fitness, motor skills and healthy habits and listening to the voice of the child to support the development. According to Calmstage(2020), Maslow(1943), pyramid shows us that this is a basic need on his hierarchy of needs, it must reached before children can move forward to succeed in higher needs in life.

These are evidence of why these are beneficial to a child's development and Maslow's Hierarchy of needs is linked into the 5 important approaches supporting all growth as an individual.

Part 3:

Practice that supports Malow's significance in understanding child development, Maslow's work helped us with our understanding of child development, these stages are put in place to help support parents and teachers how to best take care of young children and their specific needs.

Settling in period; This period holds a huge impact on how they view education, making surer they have an easy and confident start for a child early years journey will support their development. When looking at ways we can support the child in the settling in period we come across many factors. An article by Psychologs world,(2023) suggests that transitional objects such as a comforter have a significant role, they become tools to which a child relies on from dependence to independence. Many children like a Comforter to help them feel safe and secure, as this is an attachment from home providing reassurance when children are separated from their parents, supporting them to feel secure in environments they are unsure of providing a link to a new environment and the comfort from a environment to which the child is use to like home, also using this comforter for the basic needs of sleep and when they are feeling distress which then that is having an impact on their wellbeing. We back up this importance by linking it back to Maslow where he believed, the importance of the basic needs of sleep and safety, if the child wasn't at the basic needs, how could the develop further, if they weren't starting with the most essential needs to enable normal functioning to support their wellbeing and need to feel safe will allow them to develop physically. (Maslow,1908-70,pg9). As we look more into the support for settling in periods, we look at the importance of a one-page profiles with having this knowledge we get to provide the best care for the child, giving the child the best positive learning environment, making surer the play areas that are set out for the child are risk assessed to their needs and appropriate. The staff will use these as a start to know the children well with knowing their routines so the parents feel the trust and security off practitioners getting to know them and any different cultures, different languages so we can include them in the child's early years settings, get that bond with the parents is key especially helpful for those with great separation anxiety. Bowlby believed it was essential for a child to experience an emotional bond, to build those relationships, and have that attachment with parents,

peer and practitioner relationship to be able to build on that child having a successful development because if we don't have that attachment with the child, the child's academic and mental health get effected. (MacKay et al.,2010:100). In order to build those relationships we need to make surer we know the child dislikes and likes, knowing the child's interest for example if the child likes trains making surer the trains and train track are out on the carpe during those settling in sessions to get the child happy and feel that sense of belonging to help them feel like they belong, referring back to Maslow,(1943,1954) Hierarchy of needs for the need of belonging, inclusion as he felt if you didn't have these needs the higher effect with psychological issues.

Mealtime in a setting; The importance of healthy food, it is the first basic need on Maslow's (1943,1954)., pyramid of hierarchy of needs the physiological need. The child must have that secure need of food of a nutritious balanced diet. Children have the right to the best possible care and health available, having clean water to drink, healthy balanced food with the right nutritious with clean and safe environment for children to grow and development as in outlined in article 24 of the (UNCRC,2019). Many schools have the policy of free breakfast clubs, for the children to attend before school and the vulnerable get offed a free school meal at lunch time (Carmarthenshire.gov.wales,2022). This will support them with their education learning, we must promote the welfare and wellbeing of the child by making surer their basic need is met. Mealtime at a setting links in with many factors of the Maslow's (1943,1954) pyramid of needs, you have the social development of communication talking together building those relationships so the child can feel the love and belonging. Children will start showing those positive behaviours according to Simplypsychology,(2020-24) Skinner, (1920) insists that reinforcing the behaviours is promoting their development we can promote these good behaviours at mealtime with stickers or having rewards with praise. The physical development of mealtime, using cutlery developing those fine motor skills. Looking at the emotional development of mealtime, how it allows choices and having a purposeful environment where children feel comfortable also has an impact on development if depriving the basic need of food, the brain cannot concentre or focus without that need. According to an article on very well health(2024)/Maslow(1943) says that a

child who doesn't have these basic needs won't be able to concentre or learn as they will be always looking forward to mealtime and unable to think of anything else.

Outdoor play and experience; As play helps them grow and supports their wellbeing UNCRC 31, (2019) "Every child has the right to rest, relax, play and to take part in cultural and creative activities". Many children learn through positive play and learn better in the outdoor settings, as some children who have a background of behaviour challenges struggle. According to Maslow (1943, 1954), he believed that if you wanted to get children to reach the top of the pyramids you have got to let them play and have creativity, encouraging risk, letting them challenge themselves. Many will be visual learners and seeing things for real life experiences enhancing their development. An article about Froebel (1837, cited Britannica 2019,p.3) cited that Frobel theory was self-activity, and believed that play was a huge factor in a child's education and the teachers roll was to lead the play but to voice their self through play, working individually or as a group. Reggio,(1963) theory was Encouraging exploration, wonder, and using the child's power, voice, developing and learning from the environments and the relationships they build. When looking closely to Reggio Emilia there are commonalities in both the Reggio,(1963) and the new curriculum for Wales are evident in the shared vision for education to be played based and built on the interest of the child, providing opportunities for learning through open ended play within environments that are rich with resources that enable experimental play led by child, both curriculum aim to encourage learns to feel a sense of belonging. Adults working alongside side child should make strong connections with the child's home and community, make every approach with adults a happy experience, and always encourage their creativity gaining good self-esteem. (Welsh Government,2022, pg 8-15).

Welsh Government(2022),.pg26 also state that "Children are at the heart of this curriculum", Children are learning to express themselves experiences should be real life hands on and have meaning as they gain their independence, they are become more aware of their value of all those around them and the places around them. The curriculum is influenced by Maslow's(1943,1954),pyramid of hierarchy of needs.

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Appendix

I haven’t used AI to help support me, with this assignment.