

THE FIRST 1000 DAYS

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MEDIFACTORIES (2023) LinkedIn.

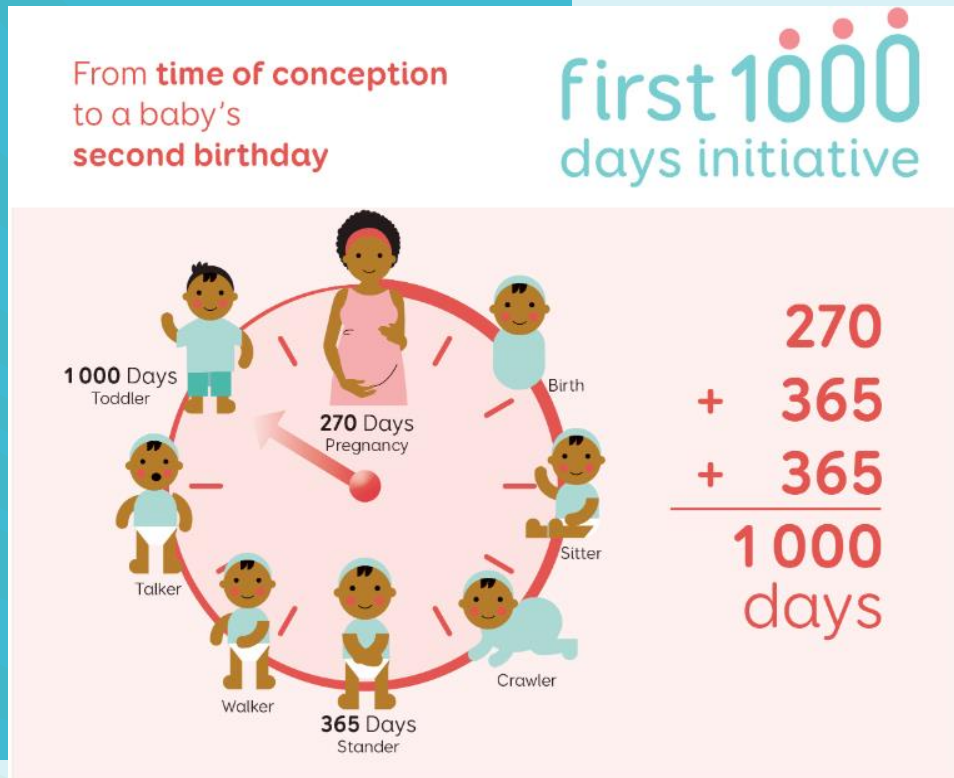
What does the first 1000 days mean?

The first 1000 days is a child's life up to the age of 2 years old; a lot of people get confused, as 2 years is not 1000 days, but this starts from when the mother is pregnant. This is the time when a child will reach the greatest development.

If a child unfortunately did not meet the essential child development needs, it has lifelong effects, this meaning it is a lot more likely for that child to struggle with their development in the future.

There are many aspects to creating healthy development in the first 1000 days; these can include the mother's physical health, such as smoking, diet plan, and use of alcohol or drugs. The mother's mental health can also affect the baby's development and many more influences.

(house of commons,2019)



The importance in first 1000 days

Every child experiences life differently, no child is the same but that doesn't mean any child should miss out on any key developments and lack holistic development.

The reason the first 1000 days of a child's life is so important is because these days are what build the foundation of the child's future and can have lasting effects.

During this time, a child's brain undergoes extreme growth and development.

(Brodie, 2018, p3)

This video explains how the first 1000 days impact a child's future.

<https://www.youtube.com/watch?v=e2DN2iUnvI4>

(Gaurdian news, 2017)

Brain development in the first 1000 days

Brain development passes through a critical growth phase throughout the first 1000 days. During this time, the brain grows quickly and forms vital neural connections. Around 100 billion neurones make up a baby's brain and the connections between them multiply exponentially in the first 2 years, which reaches roughly 80% of an adult's size by the time the child is two.

As we move forward we shall touch on this, But based on Emmi Pikler and Bronfen-Benner's beliefs, a child's brain goes through a phase of neuroplasticity at this time. This means that the brain is highly plastic during this time and may adapt and reorganise in response to experiences and environmental influences. It is crucial to consider the various factors that influence a child's brain development, including the value of socialising with other children given that it has been established that play, reading, and conversation are all vital for the brain to develop social and language skills.

(Stead, 2024)

EXCEPTIONAL CARE IN THE FIRST 1000 DAYS OF LIFE.



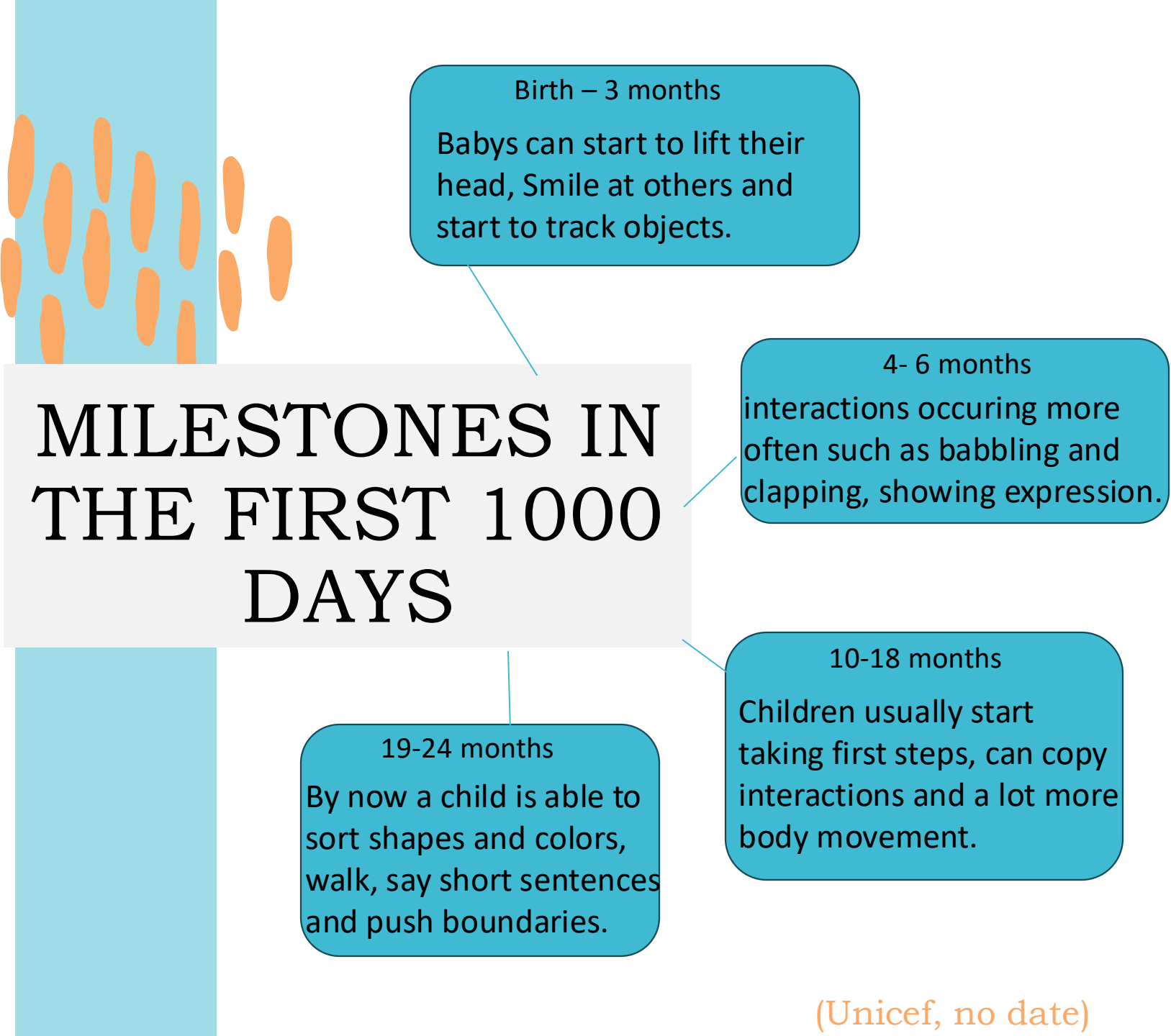
(shuttershock,2021)

The care given within a child's first 1000 days of life has an extreme influence on them for later on in life, this includes protection, nutrition, activities and parent's support.

Children who are raised in safe, nurturing homes with their physical and emotional needs satisfied are more likely to become better educated, more financially stable, and healthier people are also more likely to provide a positive start in life for their own children. (John/NHS, 2011)

Tracking these milestones helps ensure that children receive the care and support they require throughout this crucial time period. The milestones that a child reaches in the first one thousand days of life are extremely significant because they act as good indicators of healthy growth across a variety of domains. Establishing a loving and secure environment in which children are able to explore their surroundings will be beneficial to their development. If you want to make sure that children reach their developmental milestones, you should think about implementing tactics such as providing a nurturing environment and encouraging exploration. Spending quality time with children, encouraging interactive play, and making sure they are receiving the right nutrients and a balanced diet will all support their development if you focus on these areas.

(Dosman, Andrews and Goulden, 2012)



MILESTONES IN THE FIRST 1000 DAYS

Birth – 3 months

Babys can start to lift their head, Smile at others and start to track objects.

4- 6 months

interactions occuring more often such as babbling and clapping, showing expression.

10-18 months

Children usually start taking first steps, can copy interactions and a lot more body movement.

19-24 months

By now a child is able to sort shapes and colors, walk, say short sentences and push boundaries.

(Unicef, no date)

Many influences come into a child's life before they are even born such as,

Age, housing, employment position, and income all affect a child's life; if these important factors are taken care of, it would be a suitable time for couples to try to conceive.

A child's development throughout pregnancy or even during childhood can also be impacted by the child's parents, weight, food, stress levels, smoking, and mental health.

Many risks to the child's birth and mothers' health during birth can also be affected if the essential elements are not taken into consideration.

When a child is born, their growth can also be impacted by the parent's support techniques, expectations, aspirations, and parenting abilities.

The effects maternal nutrition has on a child in the first 1000 days

The first 1000 days is where the groundwork for their long-term wellness is being laid, The most critical time for the development of the child's body, brain, metabolism, and immune system is between conception and age two. Many health issues, including obesity and stunted growth, are linked to malnutrition. For women and their children to have a healthy future, they must be given the food, care, and support they require. A newborn typically survives off breast milk for the first 6 months of life, Breastfeeding contributes to nutritional balance throughout the first six months of life, this is a nutritious option that no other first diet can match. It ensures that the child has the best possible start in life. Breast milk contains all the nutrients a newborn needs in the correct amounts., the mother's health and diet can effect the nutrition of the feed. The first 1,000 days of a pregnancy are influenced by the nutrition and attention that the expectant mother need during the first trimester. By not ensuring that the mother is well and healthy can have a negative impact on the child for the rest of their life and may not be undone.

(Likhar and Patil, 2022)

<https://youtu.be/g8oOe2XXoTk?si=MpfEkHurPhdJ7ALz>

The way a mother eats during pregnancy affects her unborn child for many generations. The fundamental scientific ideas underlying this claim, the relevant literature, and suggestions for family and community-level maternal nutrition interventions will all be covered in this video.

(Maternal Nutrition on Fetal Health,2017)

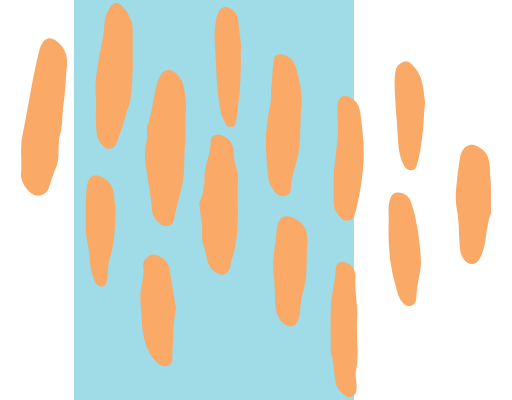
CREATING A MOTHERS BODY AND MINDSET READY FOR A CHILD



(NHS, 2024)

There are many ways to support mothers prior the baby and after, which can encourage the child's healthy development.

Smoking - tobacco smoke has a greater level of harm, there is many evidence to support to effectiveness of quitting smoking prior conceiving. As stated on <https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/> One of the main risk factors for stillbirth is maternal cigarette smoking. It can be hard for a women to quit smoking due to pregnancy, there are many nicotine options to replace tobacco smoking. Mothers can also reach out to the national smokefree helpline for help.



PARENTS NEED SUPPORT!

As important as it is for a child to receive the best quality of life it is also important that the parents get great care and support throughout the child's life, as it can be very hard on the parents to give their child the best they can.

Parental support is extremely important in the first 1000 days as it's the structure for everything. When a parent can provide a child with all their needs and wants it helps a child feel safe and secure with will benefit the child's development. NSPCC offer parent support and advice on the website, including something for every parent's worries. You can find this on <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



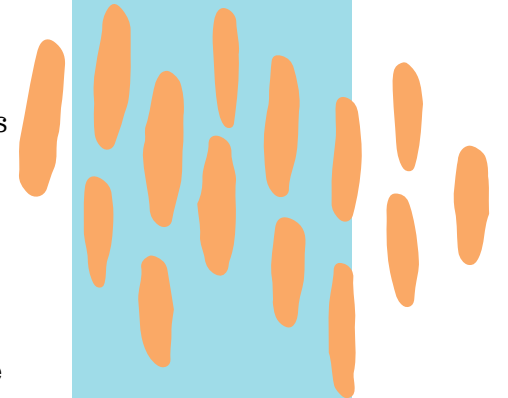
Newport has offered a new antenatal support scheme to new family' where Expectant parents will receive a text message after 20 weeks of pregnancy urging them to register for early childhood and prenatal care.

The workshops, which are led by midwives and family workers, provide guidance on both the actual birth and how to care for the newborns at home, including bathing and nappy training.

The parents will receive a hospital bag in addition to practical advice. These include everything families need to bring to the hospital, including pregnancy pads, warm socks, muslin cloths, changing bags, baby nappies, and more.

This is a great offer of support and can really help families and new mothers in the area.

(Newport city council, 2024)



REGULAR HEALTH CHECK UPS

Throughout the first 1000 days of life, routine health examinations are essential to guaranteeing a child's general well-being. By monitoring growth and development during these visits, medical professionals can make sure the child is reaching important developmental milestones. They also offer a chance to spot and treat any health issues early on, which can be crucial for avoiding more serious problems. Important immunisations that guard against dangerous illnesses and support an effective immune system are also part of regular checkups. Parents may give their child the best start in life and create a strong foundation for future development and health by continuing to schedule routine checkups. Before the baby is born, the mother also needs to have these routine health examinations because the woman will be reassured that her child is healthy and developing, and these examinations will help avoid issues before the child is delivered. (Smile foundation, 2024)

Regular prenatal checkups are vital for the health of both the mother and the foetus. These checkups enable medical professionals to track the pregnancy's development, identify any possible issues early, and effectively treat them. Additionally, they offer a chance for crucial screenings and testing, like blood tests and ultrasounds, which can identify any problems the mother may be having. Regular visits also provide expecting mothers with helpful guidance on diet, exercise, and prenatal vitamins, all of which are essential for a successful pregnancy. This is to guarantee that expectant mothers are providing the optimum care for both herself and the unborn child. Resulting in a more favourable outcome for them both. (national insituite of health, 2017)

Enhancing a child's development

Here are some examples of suitable environments and materials to help a child's development.

As children develop, they grow and explore new things.

Creating environments suitable for children is very important. Their learning opportunities will be greatly influenced by the surroundings we offer. A child's experiences contribute to the development of their distinct brain. The activities provided, interactions with adults, and the setting in which they are cared for all influence these experiences. The layout of a baby's room, the materials we use, and the activities we engage in with them can all have a significant impact on the development of the child. (Stead, 2024)

An infant can play through senses, a sensory-rich environment can greatly improve cognitive development. Textured surfaces, sensory balls in different shapes and sizes these can also improve gross motor skills. Finger painting is a good sensory activity as it can encourage children to feel around with paint and surfaces giving them freedom of using their vision to choose colours and creativity of their own work.



(Stead, 2024)

According to Stead (2024) Allowing your infants to move benefits in their brain development. Giving children the freedom and room to explore promotes their growth and keeps their minds more at ease. Activity's such as tummy time, music and dancing with a child and engaging with the child playing games such as peekaboo usually allows the child to express feelings get excited and wiggle around.



(Pampers, 2022)

Activitys to encourage growth and brain development

Even though you may consider play to be a enjoyable task, it promotes movement and can help your child learn more about the world. Including play in your child's life is very beneficial for their cognitive development.

One of my favourite ways to promote play is through sensory play, which comes in a variety of forms. Bubbles are an excellent way to entertain children while also igniting their curiosity in science and creativity. Kids can wonder how a liquid can make a bubble, which can inspire them to learn more about science. Additionally, counting bubbles can promote maths and help them learn numbers. It doesn't have to be clean to use bubbles with your child; you can incorporate messy play by mixing paint or glitter into the mixture to encourage greater engagement and even colour learning. (No author, 2022)



(Springs, 2023)

Examples of messy play that are beneficial

Here is a video explaining how messy play benefits children - https://youtu.be/7BvT6Kf_B3w?si=7eA-M8g_YdIp3HUK
(Raising children network, 2018)



(No author, 2022)

In the nursery, messy play involves practical exercises that promote inquisitive play. Paint, water, sand, shaving cream, jelly, mud, soil, and more can all be utilised to encourage messy play activities. Instruments for messy play don't have to be costly. You might find inexpensive messy play ideas in your kitchen cabinets. Pasta, lentils, and dried rice are ideal components for learning activities that involve children. (Blossom Educational, 2023)

Messy ice play is an excellent activity because it allows children to experiment with textures and temperatures while also allowing them to play with colors by adding artificial or natural dyes. Another activity you should try with your child is a common role-playing recreational activity for kids is mud play. Add water, mud, and old cooking utensils to an outside area your child can reach. It's common for kids to love creating sloppy meals in a mud kitchen and providing a range of equipment can help them develop their fine and gross motor skills. (Greyshon, no date)

Emmi Pikler's 7 key principals

Emmi Pikler focuses on respect and autonomy, she has 7 main topics which consist of

Respect for the child -

She thinks children deserve to be treated with respect and liberty because they are capable individuals.

Freedom of movement -

According to Emmi, children's psychological, emotional, and intellectual growth depends on movement.

Trust in the child's capabilities -

a study by Emmi states children are naturally curious and competent learners.

Observation -

carers are capable of understanding each child's individual requirements and interests through observation.

Consistent care -

She also discusses consistent care and how it can give children a safe and stable environment.

Quality interaction -

Building solid and respectful relationships between carers and children requires quality interaction, which is one of the fundamental principles.

Encouragement of independence -

The final important principle discussed is encouraging independence, which, in Emmi's opinion, is essential since it helps kids recognise their own potential and boundaries.

These core subjects establish an atmosphere that allows kids to grow and develop at their own rate.

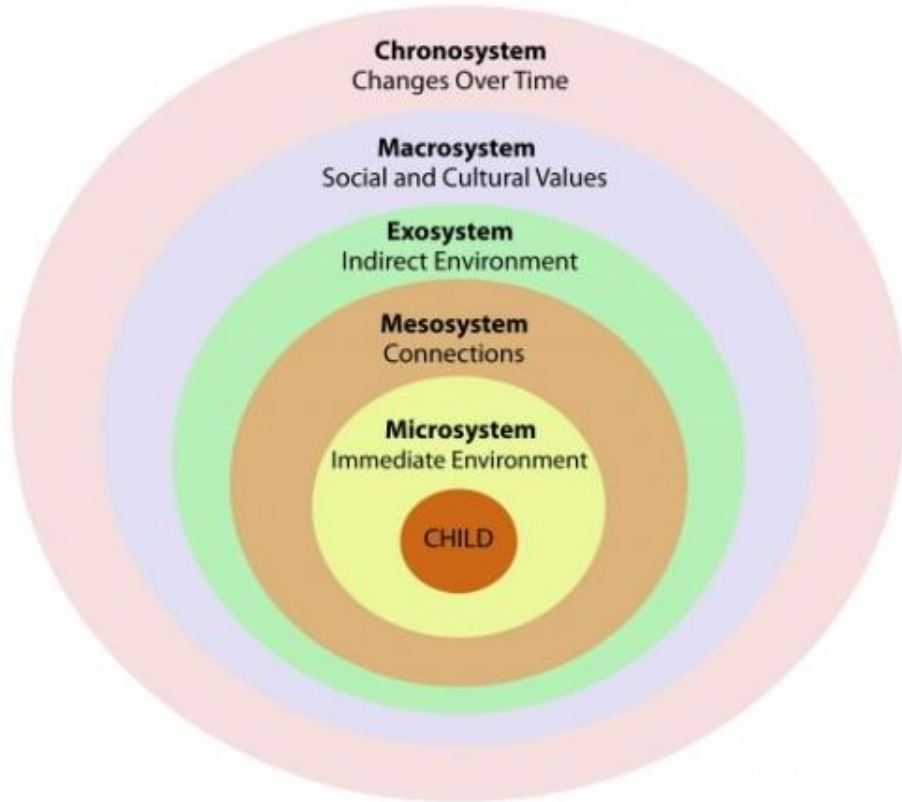


(Little Bright Explorers, 2024)

Pikler emphasizes respectful care and natural motor development in children. With this knowledge, professionals can design environments that genuinely promote children's growth in every situation. (Brodie, 2024)

Bronfren Brenna?

Bronfenbrenner's Ecological Systems Theory



(Quizlet, 2025)

What is Bronfren Brenner's approach?

The method that Bronfren Brenner takes is typically referred to as the ecological systems theory. This theory places an emphasis on the various layers of the environment that have an effect on human development. When it comes to comprehending the growth and development of a child, his strategy is to emphasize the significance of taking into account a variety of situations and organizational structures.

(Guy-Evans, 2024)

Bronfren Brenner's theory

Bronfren Brenna's theory is based in 5 stages, the microsystem, mesosystem, exosystem, macrosystem, and chronosystem are the five primary components of Bronfenbrenner's theory.

A child's intermediate environment, which includes their family, school, friends, and other direct influences that impact their development, is referred to as their "microsystem." This is crucial in determining how a child experiences and interacts with others as this effects a child's day to day life.

The links and interactions between various microsystems that affect a child's development are referred to as mesosystems. This highlights how these interactions can affect a child's overall development and growth.

Although a child does not directly contact with the exostystem, it nevertheless has an affect on their life. Examples of exostystems include a parent's place of employment, community services, and extended family. The term "exostystem" refers to the larger social system that directly influences a child's development.

The broad cultural, economic, and sociological factors that impact a child's development are referred to as the macrosystem. This could include more general economic situations, legislation, and practices. For instance, certain societies place a high priority on education, which can result in greater resources being given to schools, which can improve a child's learning opportunities.

The term "chronosystem" refers to the dimension of time and includes the changes and transitions that take place in a child's life, such as historic shifts, important life events, and changes in family structure. This development is not static, it is influenced by the timing of events. (Cherry, 2023)

How the theories connect?

Although they have different areas of focus, Emmi Pikler and Bronfenbrenner's theories both concentrate on how children develop.

Emmi Pikler's idea highlights how crucial it is for children to move in a courteous and independent manner during their first 1000 days of life. This promotes healthy physical, emotional, and cognitive development, which is in keeping with the developmental milestones that take place over the first 1000 days.

(Stead, 2024)

The ecological systems theory emphasises the significance of the various environmental layers that impact human development throughout the first 1000 days of a child's life. Knowing these layers makes it easier to create environments that support growth over the first 1000 days.

(Paguette and Ryan, 2001)

The image shows the front cover of a book titled 'THANK YOU' by Charlie Burman. The cover is a solid teal color with several lighter, darker teal brushstrokes scattered across it. The title 'THANK YOU' is printed in large, white, sans-serif capital letters. Below the title, the author's name 'Charlie Burman' is written in a smaller, orange, sans-serif font. At the bottom of the cover, the text '2,902 words' is printed in a black, serif font. To the right of the book cover, there is a large, light blue vertical rectangle. In the upper left corner of this rectangle, there is a cluster of approximately 15 orange, pill-shaped marks arranged in a roughly circular pattern. On the far right edge of the image, there is a thin, vertical grey bar.

THANK YOU

Charlie Burman

2,902 words

All links will be under reference list

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