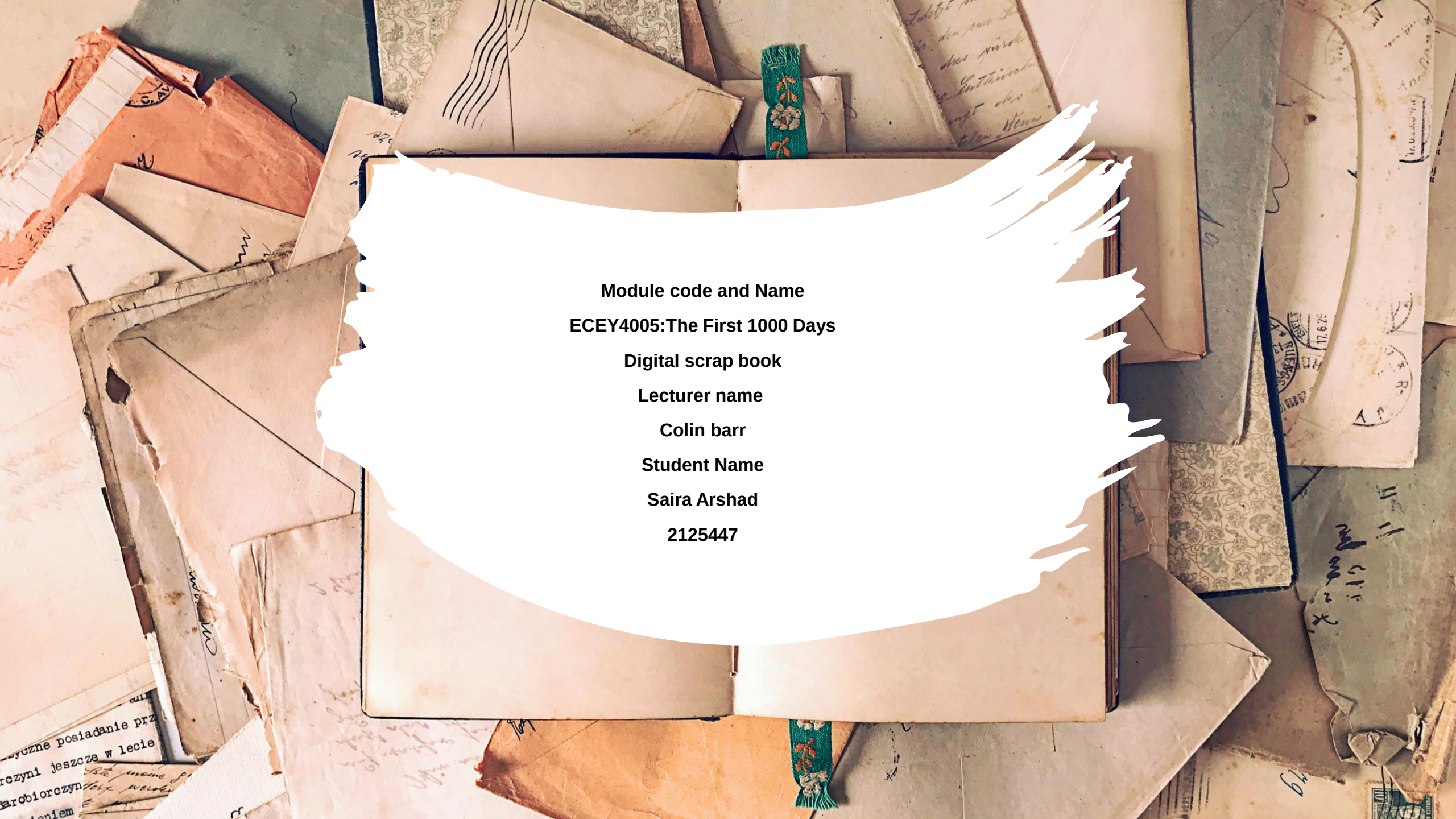


The background is a collage of various vintage envelopes and papers. Some envelopes are open, showing handwritten letters in cursive. There are several circular postmarks and rectangular stamps, some of which are partially legible. The colors are mostly muted browns, tans, and greys, with some hints of green and blue from small decorative elements like a green ribbon or a small blue stamp.

Module code and Name
ECEY4005:The First 1000 Days

Digital scrap book

Lecturer name

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Student Name

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INTRODUCTION

The first thousands days of life refers to the first two years ,during which a child learns many skills and abilities (Finnegan,2016).

During the first thousand days of life, neuroplasticity and growth rates are at their highest, while nutritional shortages can have their most severe effects. In particular, when combined with psychosocial stimulation, ensuring that women's infants and young children's nutritional needs are met during this period can help prevent child's mortality and the burden of lifelong disease, maximize growth, and allow children to reach their cognitive and developmental potential. Even though these effects provide a compelling epidemiological case of targeting interventions during this window (Crystal D Karakochuk, 2018)

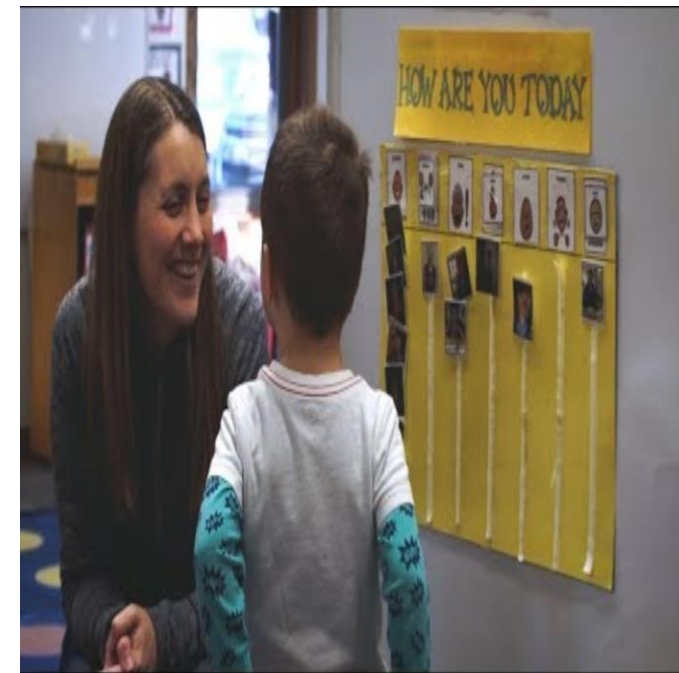
The first 1,000 days of life, or about the period between conception and the second birthday, are a special time when the building blocks for lifetime neurodevelopment, growth, and optimal health are laid. *The brain keeps developing and changing throughout life, but the fastest growth and most adaptable phase happens during the last 3 months of pregnancy and the first two years of life. It's a period of high plasticity of life. The first thousand days of a child's life are crucial for their development. During this time, their brain is rapidly forming and laying the foundation for their overall health, including neurological and cognitive development. it's an incredibly important period of their life*(Sarah Cusick, 2013).

The first thousand days of a child's life are incredibly significant. It's a time of great potential. How well or poorly mothers and children are nourished and cared for during this period can have a profound impact on a child's growth, learning, and overall well-being. This is because the first 1000 days are when a child's brain begins to develop and when the foundations for their lifelong health are established, its truly a crucial time for a child. adequate nutrition plays a fundamental role in a child's development and has significant implications for a nation's prosperity. insufficient nutrition during the first 1000 days can have irreversible consequences and impact their academic performance and future earning potential, while also perpetuating the cycle of poverty. Furthermore, it can serve as a precursor to later health complications such as obesity, diabetes, and other chronic diseases, leading to long-term health challenges. therefore, prioritizing optimal nutrition during this critical period is essential for ensuring a healthy and prosperous future (Anon., n.d.)

Caregiving

Each child should have access to a top-notch education that meets their needs, helps them excel, and unlocks their full potential. They must have the chance to thrive and achieve great things. Education truly shapes their future.

Each child learns at their own pace, and it's completely normal for some to face challenges that others have already mastered. It's important to recognize that these differences are a part of childhood development. By making small adjustments in teaching methods or providing a little extra support, we can help them overcome these hurdles. It's crucial to address any delays or difficulties early on and provide the right kind of assistance, without assuming it indicates a long-term special educational need or disability. Every child deserves the opportunity to thrive! Not all needs will be long-term, but it's crucial to plan activities and curriculum in a way that supports children who may have some concerns. For example, if a child hasn't had much exposure to conversations at home, they may struggle with turn-taking and vocabulary. This doesn't necessarily mean they have special educational needs, but they will benefit from help, support, and encouragement to develop their language skills. You can assist them by modeling turn-taking in conversations with others and reading to them regularly to introduce new words. It's all about nurturing their communication and language abilities. Dr. Emmi Pikler, a Hungarian theorist, made a lasting impact on early childhood care in various countries across Europe and beyond. Her approach to child development has been influential and has shaped the way we understand and support young children's growth. It is fascinating to see how her ideas have spread and influenced early childhood care practices globally. Dr. Pikler, back in the 1930s recognized the importance of creating secure attachments for children's development. She understood that providing respectful care, especially during times of bodily care, played a significant role in fostering self-initiated activity and influencing various aspects of a child's self-image and self-control. Dr. Pikler's insights were initially developed during her work as a family pediatrician in Budapest and further expanded upon in the orphanage that she ran for over 65 years. Her dedication to understanding and supporting children's growth is truly remarkable. Here are her principles. (Belasko, 2023).



<https://youtu.be/a2wJqDw9B68>

Professional practice



Professional partnership

The health visitor service provide assistance to parents and their children before birth until the child's first day at school. Health visitors and school nurses work together to offer support to children and their families. The primary goal of health visitor is to support the well-being of the child and the mother .midwives typically inform the health visitor about the pregnancy period and the delivery date. Occasionally health visitors pay visit to the mother before the arrival of the child. After the birth health visitor usually visits mother and the child around between 12 to 14 days. The services provided by health visitors are normally pre planned based on the individuals needs of baby and the mother. During these visits mother gets the opportunity to discuss certain things like breastfeeding or post natal depression. Health visitor teams have centers or can also be working inside the GP centers or visits can be done in the house. Health visitor team continues with visits till the child's starts schools regarding the development (Health Visitor: Early Years, 2014).



h Visitor: Early Years

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(source ; Health Visitor: Early Years, 2014)

Effective partnership plays a massive role in a child's life to develop and grow. Bronfenbrenner's model says that children are at the center of all these influences, and it has had a big impact on early childhood education. It's all about understanding and supporting children within their unique surroundings. In early childhood education, adults play a special role. They balance being involved but not intervening too much. This means they actively support and teach children while also giving them space to explore on their own. A nurturing pedagogy is a different way of teaching compared to what many of us experienced in our education. It means that adults have to let go of our traditional way of teaching which is the sole source of knowledge, and children are just passive recipients. Instead, it's about creating a more interactive and engaging educational relationship where both the practitioner and the children actively participate in the learning process. High-quality early years practice focuses less on a curriculum driven by specific content and direct instruction, and more on a framework of values and principles. It respects the process of an inquiry-based curriculum. This particular curriculum develops from the collective experiences of everyone in the learning environment. It is influenced by the setup and routines of the setting, the available activities and materials, and the intentions of the adults involved. It's all about creating a dynamic and responsive learning environment for children. A crucial aspect of effective practice is to actively involve and respect children while integrating learning opportunities across different dimensions of time and space. It's all about creating a comprehensive learning experience that considers all aspects of a child's development and provides meaningful and interconnected learning opportunities. This approach helps practitioners support children in their overall growth and development.

The early months of pregnancy are an incredible period where a new life begins to emerge within the conceptus, and the mother undergoes remarkable physiological and psychological adaptations. The communication between the mother and fetus plays a vital role in long-term health outcomes. This communication is primarily influenced by the maternal environment, which includes genetic factors, physiological changes, nutrition, inflammation or infection, and psychological aspects (Louis J. Muglia, 2022).

Challenges

Local councils have specific obligations when it comes to early childhood services. They need to make sure that there are enough high-quality options available for children, including wraparound childcare. It can be quite a challenge for local authorities to fulfill their obligations when it comes to early childhood services. They have to navigate the requirements for funded places, which include ensuring quality, while also making sure that there are enough places available for children. It's all about finding the right balance between providing high-quality care and meeting the demand for early childhood services. It's a tricky task, but an important one to ensure that children have access to both quality and sufficient care. Some local authorities are expressing significant worries about the future of early years settings in their area. However, (national data, 2022) suggests that there has been a small decline in the number of settings doesn't always mean a major decrease in available places. The availability of places can vary depending on the specific area (Anon., 2022).

According to Schwarzenberg et al., (2018) impact of nutrition during the initial thousand days of life on individual's health and long term productivity is significant. Inadequate nutrition heightens the risk of health issues and disabilities while diminishing children's neurocognitive potential. Furthermore its not just undernutrition that poses threat ; maternal and childhood obesity can also have adverse effect on neurodevelopment. Recovering from these initial effects and deficits later in life poses a significance challenge. The repercussions of poor nutrition during early stages can extend across generations. Female infants who experience malnutrition today , whether through under nutrition or overnutrition may continue a cycle of nutrition- related non communicable disease (NCDs) as well as heightened mortality and disability rates in their own offspring(Dattilo, 2022).

Low parental engagement

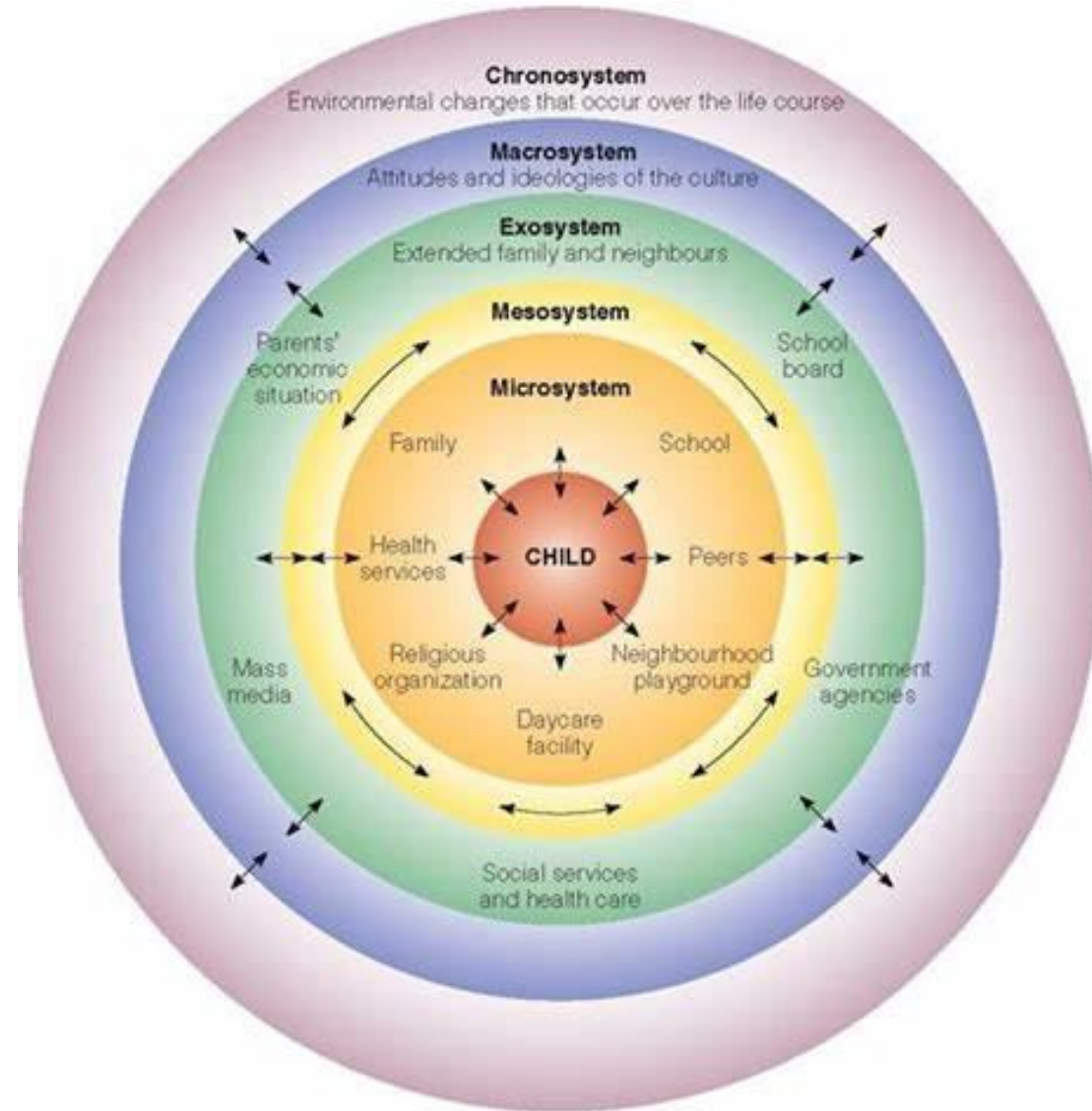
Parents play a crucial role as their child's first educators. They lay the foundation for their child's learning and development right from the start. By providing a nurturing and stimulating environment, a parent can foster their child's curiosity, language skills, and social-emotional growth. But unfortunately, this is one of the challenges we face in the UK. Many parents want to take part in their children's education, but they often face difficulties from the workplace like not getting enough time away from work, lack of transportation, and not having good literacy skills as some have difficulties such as English not being first language, and not having the right guidance on how to help their young children. Communities and schools need to understand and acknowledge this challenge and provide support and resources to help parents overcome it. This can only happen when the funding issues get solved which is another challenge overall that stops all these challenges along with many other challenges from being solved (varinder, 2023).

Enabling environments

An enabling environment in early years refers to both indoor and outdoor spaces that offer plenty of room, excellent materials, attractive displays, easy access, and a sense of security for children to learn and explore(Hodgman, 2011).

An enabling environment is specially designed to support the physical, mental, and emotional well-being of young children. It provides them with the right balance of stimulation and challenges to promote their growth and development. By recognizing a child's interests, the environment allows them to freely explore and experiment. The environment needs to be adaptable, allowing for moments of quiet reflection and focused learning. This way children can engage in deep learning experiences that cater to their individual needs and preferences. It's about creating a nurturing environment that fosters their overall development (Hodgman, 2011).

According to (Hayes, Nóirín, et al.) the examination of enriching learning environments is steered by Bronfenbrenner's PPCT framework highlighting important steps such as (opportunities for interactive exchanges with individuals, items and symbolic representations within the environment) individual factors(including age, language proficiency, gender, cultural heritage and socioeconomic status) and contextual factors (with the focus on a mesosystem and the facilitation of fluid transitions between early childhood settings home and community environments) (Nóirín Hayes, 2017).



(source; Guy-Evans, 2019)

Sensory activities

Tummy time finger painting is brilliant activity for infants. This activity is not just for child to have fun but it also provides a valuable tactile experience, develops strengths in muscles in child's fingers , arms , shoulders, and neck. It fosters colour recognition and helps for developing creativity skills and simply causes to effect thinking skills. This activity also helps brain cells to develop properly which later on helps in growth as the child gets older (Cummings, n.d.)



(source : Anon., 2019)



(source; Lindsaayperez, 2023)

Mirror play



- According to Montessori education, children learn through the movement of their hands, which she believed was connected to the development of their intelligence. She emphasized the importance of providing an environment that is prepared to meet the unique learning needs of children. Montessori recognized that children have sensitive periods, or specific windows of time when their senses are particularly receptive to learning new ideas (Pound, 2006).



(source ; Anon., 2019)

Engaging with a mirror offers enjoyable moments while fostering your child's holistic growth and educational journey. Primarily, it enhances their visual development. Mirror play also serves an important role in language acquisition. Simple interactions such as identifying facial features and engaging in interactive exchanges, even preverbal, help a child's linguistic development (Puglisi).

Peek a boo

In the study of behavioral development bulletin (2007) record the reactions of infants during the game of Peek a boo with different structures. Peek-a-boo is like a clear game with set rules, making it easier to see how babies' way of joining in changes during the first two years of life. Ratner and Bruner (1978) suggested that the peek-a-boo game helps babies to talk as the game has such a pattern that it repeats.(miller, commons 2007).

According to Froebel, play is the main way children grow and develop. It lets them be at their best and helps them learn in a really fun and hands-on way. He explains creativity as the core of being human and plays a vital role in learning. It allows children to connect their inner world of thoughts and emotions with the outside world of objects and experiences. Through play, imagination, and symbolic representation., children can express their creativity and explore new ideas. Spending time outdoors directly experiencing the natural world is super important. It helps them appreciate how amazing nature is and understand how everything is connected. By seeing and interacting with plants, animals, and the environment, children can develop a sense of wonder and learn about the interrelationship between all living things. (Tovey, 2012).



(source ; Liz,2020)

International approaches to first 1000 days of life

UK

In the UK, different groups and organisations have their ideas of what forest school is and how it should be done. Forest school training is set by the training organizations, which are usually the Forest School Association (FSA) (Beresford, 2023).

Before the urbanization of the 19th century, there wasn't a need to formally link education with the outdoor environment. People naturally spent more time in nature, and learning happened more organically and intuitively. Things changed over time and the UK started to recognize the importance of intentionally incorporating the outdoors into education (Knight., 2013).

Denmark

The concept of working with children outdoors was indeed developed in Denmark in the 1950s. Although it's not specifically referred to as "forest school" the idea of incorporating nature and outdoor experiences into early childhood education has been embraced and practiced in various ways around the world. Norway's ways of educating the children through the outdoor world were very similar to Denmark's (Knight., 2013)

Australia

According to Ritte, R. *et al.* (2016) Australia first 1000 days movement urges action and investment to enhance nutrition during the period from a child's conception to their second birthday. This serves as an organising framework for interventions in early life. To ensure that Australian indigenous families benefit from this framework, a year long engagement process led by indigenous communities gets carried out. This process connects early life researchers, research institutions, policy makers, professional associations, human right activists, and Australian indigenous organisations and families. The resulting model, First Thousand Days Australia, expands upon the international concept beyond nutrition improvement. Develops through indigenous methodologies, it acknowledges important of culture in strengthen families and adopts a holistic perspective on health well being. First 1000 days Australia was created with indigenous leadership, utilizing a collective impact framework. Consequently the model prioritise indigenous leadership, mutual trust and solidarity to promote equity in early life (R. Ritte1, 2016).



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