



## The First 100 Days

The first 100 days according to First 5 California (2022) is explained to be a critical time for a child's brain development. At times it's not approached as the baby is developing however, they are soaking everything as their social, behavioural, and cognitive develop.



## Activity ideas



***“88% of teachers say that children are happier after playing outdoor” (The evidence for outdoor learning and play - muddy hands ,2019)***

This high statistic suggests that the trained professions who study the theorists on play can truly see the positives on play being implemented in a child.



*1 - The development milestones for infants according to CDC (2021) are crawling, focus their vision and have the urge to explore. Simple ways in which children can learn is through their parents as how they love for their child, play with them does set a foundation of how that child will socialise with others.*

*Play is a large focus in a child’s life as they are beginning developing. Play is important as “play improves the cognitive, physical, social, and emotional well-being of children and young people” (nidirect 2022)*

*Through play, children learn about the world and themselves and many theorists such as Jean Piaget theory of cognitive development. McLeod (2022) explores Piaget theory suggesting as the child grow so does their intelligence. The first 100 days according to Piaget theory the first stage labelled birth to 2 years is the sensorimotor stage. This is whereby infants learn about their surroundings through their senses and actions.*

*Learning for infant at the first 100 days can be meaningful as infants this sense of wanting to explore, observe and learn about the world around them*

*Cherry(2017) states that Piaget's theory suggests that Learning for infant at the first 100 days can be meaningful as infants this sense of wanting to explore, observe and learn about the world around them.*

*Another theories, Mildred Parten according to Albrecht (2016) the first 100 days for infants includes the first stage, Unoccupied play. Albrecht suggests this theory helps emphases that children play is different for each infant as it's in the moment and not a fixed schedule.*

*McCabe (2022) explores Unoccupied play which is the first stage where babies start unstructured play. Babies are expected to only play at this stage in more of a scatter.*

*This stage lays out the foundation for the stage 5 stages which is the growth of the child in age.*

*Much like Piaget theory both allow children to live in the present and to take everything in by observing and building memories.*



**2 - This is a demonstation of children playing in doors and outdoors in different ways.**

## Environment



An infant's home environment suggested by Ucl (2022) does directly effect a child directly with their ability to maintain and pit their emotions, attention, thoughts and actions.

Rehab (2022) also believes a child's upbringing at has a large impact on their welfare. A safe environment is key for children to want to learn, grow and explore. Having a home which is divided, or problematic can ultimately affect a child's intellectual, social, and emotional development.

Also Rehab (2022) believes children require predictability to be nurtured in a stable environment to develop emotionally. Routine is important for children so they know what to expect and can trust they can count on. However, many children have experienced an unstable environment at home this can be due to a lot of reasons.

Financial troubles are a large part in families struggling to provide a structured environment for children. Similar to Rehab (2022) states annually "14,000 babies are born in Shelby County and more than half are born into families with incomes below the poverty line" (Serenity Malibu, 2018). Poverty can affect a child's life in many ways one being how they develop later in life and what types of outcomes they get.



### Teaching environment

Teachers having a positive environment with children can make students feel safe in sharing their thoughts and trust they can take risks. Children need to feel comfortable in confronting challenges in their learning. According to Indeed Editorial Team (2021) educators should create types of environments that are appropriate at their stage of learning. Making so children feel they are valued and making so they are the main active participants in the learning progress.



Two theorists, Freud, and Erikson both well known to theories in development. Cherry (2022) highlights that Erikson was influenced by Freud's ideas; however, Erikson's theory has different points which are important. Friedrich Froebel, an important theorist for personal practice in a child's life, as he opened his own nursery to help children explore play.

Cherry (2022) suggests Froebel believed that the right to play is enshrined in the UN Convention on the Rights of the Child and the importance of ensuring children have opportunities and spaces to play, where they feel safe and can enjoy themselves without adult direction, is now widely accepted.

Both Freud and Erikson are important theories; however, they both separate in theory as Freud focuses on psychosexual stages, Erikson focuses on the effect of social experience in a person's entire life.

## Being Inclusive



Children being inclusive with play

Children are encouraged to be inclusive in terms of play as Sensory trust( 2023) believe it to help grow physical, creative and social skills. As all children are diverse it's important to encourage them to adapt to each surrounding from a very young age. It allows children to grow healthy friendships and bonds with a vastly diverse group such as children with mental health, physical impairment, and some with learning difficulties.

According to Ludvigsen et al (2005) inclusive play is important as it creates an environment whereby diversity is nurtured and respected. Also, equality is seen as the overall goal not just inclusive as without equality some may feel disadvantaged as there are plays some children can't partake in.

It's important that teachers have the right credentials to work in their mainstream setting as professionals. As they are working with vulnerable children who have many needs to be met. Play being a large one at the first 100 days of the child's life as they begin nursery life. According to Sense (2023) staff should be trained of medical needs, communications with children even though they may not speak yet they should be able to outline patterns of behaviour. Personal care and health and safety are key when working with children of all age groups. Staff should be well trained and confident enough to be left in safeguarding a child's life.

Teachers being inclusive with parents according to Glasenberg, (2021) believe it's important that teachers become change agents when working with parents to help change the mindsets of children. The first 100 days is important for teachers to instil confidence and build a partnership with parents. This allows parents to effectively communicate with the school as parents need to be able to share crucial information about their child.



## Teachers

It's important that teachers have the right credentials to work in their mainstream setting as professionals. As they are working with vulnerable children who have many needs to be met. Play being a large one at the first 100 days of the child's life as they begin nursery life. According to Sense (2023) staff should be trained of medical needs, communications with children even though they may not speak yet they should be able to outline patterns of behaviour. Personal care and health a safe are key when working with children of all age groups. Staff should be well trained and confident enough to be left in safeguarding a child's life.



*3 - Displays teachers directing children to play freely.*

## Professional Practice



Professional Practice according to *National Design Academy* (2022) is described activities that can help someone to apply their knowledge in an industry or workplace. For example, hospitality their professional practise would be making sure tables are set up with menus, have the right cutlery and food is given without delay. Professional Practice is a good way in building confidences as it allows great opportunity to gain skills that can aid you in being successful in your career.

Professional practise in an early year setting Kelly(2015) suggests that it's important that all children's needs are met for their personal development goals and to achieve the greatest form of learning. Another role is the key person role. Kelly (2015) emphasis that they should make conscience effort with both child and parents as well as being responsible that each child has been assessed and planned for individually as well as in a group. They are there to help a child settling in from their first day being away from their parent in a new setting.

## International approach



This article by Marshall-Seslar (2022) explores the American education system and suggest both Piaget's and Pate's stages of play can be used for an infant's development. Also Marshall-seslar(2022) believes there isn't enough cultural diversity displayed in the study. Marshall-seslar(2022) emphasizes the fact a Piaget us a white male and Parten is white female who both created their theory in an unfair manner. As Piaget observed his own child and Parten did one-minute observations on children playing.

How children can gain an international approach with children in terms of learning as Catts (2023) explores the international Early Years Curriculum. This curriculum has eighty learning principles which all emphasis that children need to learn and develop.

The IEYC process is a bundle of holistic and collaborative approaches to learning making sure children are capturing engaging in activities. Also using each element to link it into the learning principles to unsure the IEYC beliefs are being practised.



## References list

First 5 California (2022) *California's parenting website, Baby's First 100 Days* | First 5 California. Available at: <https://www.first5california.com/en-us/articles/babys-first-100-days/> (Accessed: January 10, 2023).

*The evidence for outdoor learning and play - muddy hands* (2019) *Outdoor Classroom Day*. Available at: <https://outdoorclassroomday.com/resource/muddy-hands-report/> (Accessed: January 17, 2023).

Jo Swim, T. (2020) *RESPECTING INFANTS & toddlers: Strategies* ... - ECCDC. Available at: [https://eccdc.org/wp-content/uploads/2020/12/Respecting\\_Inf\\_Tod\\_Oct21-2020.pdf](https://eccdc.org/wp-content/uploads/2020/12/Respecting_Inf_Tod_Oct21-2020.pdf) (Accessed: January 12, 2023).

CDC (2021) *Infants (0-1 years)*, Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Available at: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/infants.html> (Accessed: January 12, 2023).

Parten, M. B. (1932). Social participation among pre-school children. *The Journal of Abnormal and Social Psychology*, 27(3), 243–269. <https://doi.org/10.1037/h0074524>

nidirect (2022) *How play helps Children's development*, nidirect. Available at: <https://www.nidirect.gov.uk/articles/how-play-helps-childrens-development> (Accessed: January 17, 2023).

McLeod, S. (2020) *Jean Piaget's theory and stages of cognitive development*, Jean Piaget's Theory and Stages of Cognitive Development - Simply Psychology. Available at: <https://www.simplypsychology.org/piaget.html> (Accessed: January 17, 2023).

Albrecht, K. (2016) *What's play got to do with it?* Available at: <https://www.communityplaythings.co.uk/learning-library/articles/whats-play-got-to-do-with-it> (Accessed: January 18, 2023).

McCabe, C. (2022) *Parten's 6 stages of play*, ParentPal. Available at: <https://getparentpal.com/confident-parenting/partens-6-different-stages-of-play/> (Accessed: January 18, 2023).

Roberts, Z. (2020) *How our respectful care approach benefits your child*, Tops Day Nurseries. Available at: <https://www.topsdaynurseries.co.uk/how-our-respectful-care-approach-benefits-your-child/> (Accessed: January 11, 2023).

Glaserberg, E. (2021) *How parent-teacher communication holds the key to inclusion*, School Management Plus: School & education news worldwide. Available at: <https://www.schoolmanagementplus.com/inclusion/how-parent-teacher-communication-holds-the-key-to-inclusion/> (Accessed: February 12, 2023).

Wagener, C. (2020) *Respectful infant care* - office of Child Care and Family Resources. Available at: [https://occf.wisc.edu/wp-content/uploads/2017/02/RespectfulInfantCare\\_2014.pdf](https://occf.wisc.edu/wp-content/uploads/2017/02/RespectfulInfantCare_2014.pdf) (Accessed: January 12, 2023).

sense (2023) *Toolkit: Making play inclusive*, Sense. Available at: <https://www.sense.org.uk/information-and-advice/for-professionals/resources-for-education-and-early-years-professionals/making-play-inclusive/> (Accessed: January 12, 2023).

sensory trust (2023) *Guide to inclusive play* - sensory trust, Guide to inclusive play - Sensory Trust. Available at: <https://www.sensorytrust.org.uk/resources/guidance/inclusive-play> (Accessed: February 12, 2023).

ludvigsen, A., creagan, C. and Mills, H. (2005) *Evaluation of better play around three*. Available at: <https://www.inclusivechoice.com/Lets%20play%20together%20-%20play%20and%20inclusion.pdf> (Accessed: January 12, 2023).

Cherry, K. (2022) *How do Erikson's and Freud's theories compare?*, Verywell Mind. Verywell Mind. Available at: <https://www.verywellmind.com/freud-and-erikson-compared-2795959> (Accessed: January 12, 2023).

Cherry(2017) *What is Piaget's theory of cognitive development?*, Verywell Mind. Verywell Mind. Available at: <https://www.verywellmind.com/piagets-stages-of-cognitive-development-2795457> (Accessed: January 12, 2023).

Rehab, S.M. (2022) *The effects of growing up in an unstable environment*, Serenity Malibu. Available at: <https://www.serenitymaliburehab.com/effects-growing-unstable-environment/> (Accessed: January 12, 2023).

Serenity Malibu (2018) *Family & Home*, Urban Child Institute. Available at: <http://www.urbanchildinstitute.org/resources/publications/data-book-2013/family-home> (Accessed: January 12, 2023).

Ucl (2022) *Research shows a link between the home environment and children's development of self-regulation*, IOE - Faculty of Education and Society. Available at: <https://www.ucl.ac.uk/ioe/news/2020/dec/research-shows-link-between-home-environment-and-childrens-development-self-regulation> (Accessed: January 12, 2023).

Cherry, K. (2022) *How do Erikson's and Freud's theories compare?*, Verywell Mind. Verywell Mind. Available at: <https://www.verywellmind.com/freud-and-erikson-compared-2795959> (Accessed: January 12, 2023).

National Design Academy (2022) ,*What is professional practice?* . Available at: <https://www.nda.ac.uk/blog/what-is-professional-practice/> (Accessed: January 12, 2023).

Marshall-Seslar, A. (2022) *Stages of play: The play theories of parten and piaget*, Well Beings with Alysia. Available at: <https://wellbeingswithalysia.com/stages-of-play/> (Accessed: January 12,

Catts john (2023) *Internationalschoolsearch.com, The International Early Years Curriculum – John Catt's School Search*. Available at: <https://www.internationalschoolsearch.com/the-international-early-years-curriculum> (Accessed: January 12, 2023).

sense (2022) *Resources for Education and early years professionals*, Sense. Available at: <https://www.sense.org.uk/information-and-advice/for-professionals/resources-for-education-and-early-years-professionals/> (Accessed: January 12, 2023).