

The background is a gradient from dark purple at the top to dark blue at the bottom, speckled with small white dots. On the left side, there are several concentric circles and a large arc with a scale. The scale has numbers from 140 to 260 in increments of 10, with smaller tick marks between them. There are also several smaller circles with arrows indicating a clockwise direction.

THE FIRST 1000 DAYS

2413983

WORD COUNT- 2,951

1000 DAYS

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The first 1000 days signifies the importance of the period from pregnancy to the age of two years old (GOV.UK, n.d.). 1000 days is important as it will help the individual child's emotional, physical and cognitive development in their life. This period is crucial as it helps form a developmental path and form a healthy microbiome. These two factors are important for long-term health. The first 1000 days are divided into three different stages of a child's life, firstly pregnancy which is contraception to birth so therefore the first nine months of the baby's life in the womb where they will develop. Secondly, infancy implies from birth to twelve months of their life. The child rapidly develops their physical and brain development. Lastly, the toddler's years which is twelve months to twenty-four months. This is the individual child's second year of life where they will evolve to walk, talk and develop greater autonomy as they progress in their development (Uwtsd.ac.uk, 2024). Based on (UNICEF, 2022) Every child from birth has the right to their fundamental needs such as health (Article 24), education and growth (Article 6), safety and a standard of living (Article 27).

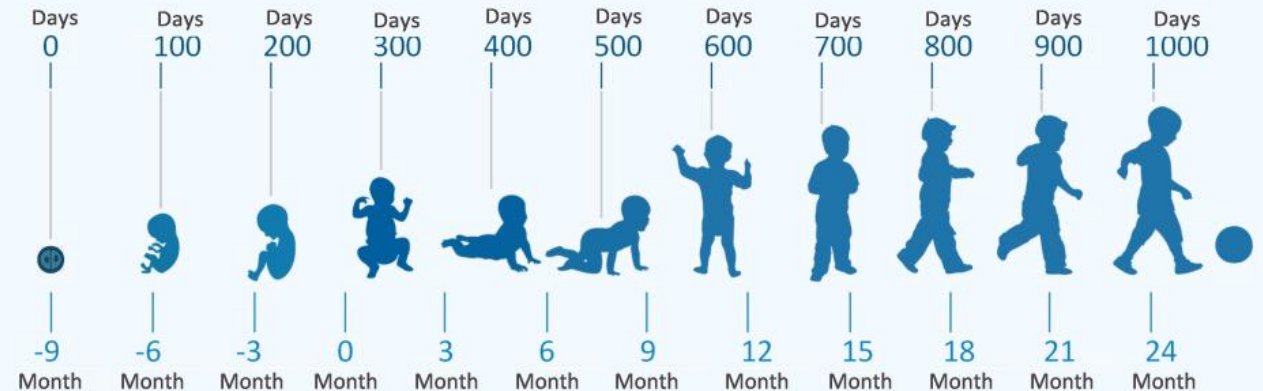


Image reference: (idsmed, 2019)

WHY IS 1000 DAYS IMPORTANT?

According to Uwtisd.ac.uk (2024) the first 1000 days from pregnancy to the age of two years old are crucial as it is the window for development and growth for the child.

In this time frame the individual's body and brain develop rapidly. Nutritional play is an important factor in an individual development as it supports the child's cognitive and physical development. During the first 1000 days it is important to avoid poor nutrition as it can cause and affect long term problems for the child such as developmental delay and impaired growth. By ensuring a positive nutrition in the first 1000 days it will prevent child mortality, reducing the likelihood of illnesses and overall fostering and helping healthy growth. Having an early intervention can help make an impactful difference in health and development in children particularly when underpin by emotional care as this can have a powerful effect on development and health.

During the first 1000 days children are extremely vulnerable. The way that the individual and the mother are cared for and supported during this stage can affect and significantly influence the child's learning, development and the individual's health over time. For instance, by the child having support with their emotions, the right nutrition and access to the correct health care will help the individual to develop their cognitive and physical skills. The three crucial stages for the child's development are before conception, during pregnancy and lastly infancy. These three important stages are primary developmental periods that need to be assisted for the individual child to help reach their full potential. The three stages can be affected by different factors which include mental well-being, mothers' nutrition, exposure to harmful substances such as water pollution or toxic air. The mother having a poor diet during their pregnancy will affect the baby's growth and the parent having stress or exposure to harmful chemicals can cause health problems or can impact the child's brain development (Indrio et al., 2022).

CAREGIVING

Nutrition and nurturing care in the first 1,000 days



Card 1

Image reference: (unicef, 2024)

Caregiving in the first 1000 days implies an individual child's parents/careers show their actions, behaviors and supports the child from pregnancy to their second birthday. The caregiver will make sure they provide as much support to the child to ensure they develop their well-being, health and development skills.

Nurturing care: the caregiver should provide a neutering care for the individual child, this indicates the child to have a healthy nutrition, protection from any type of harm to the child, stimulation and lastly the caregiver should provide support to the child's emotions. All these important factors will help the child's cognitive, emotional, social and physical development over time.

Social support: by having caregiving it can help and support all families or healthcare providers. By the caregivers receiving the correct practical and emotional support, the caregiver can help and influence the correct care for the child. By having the correct support and positive social support it can overall reduce any stress and therefore it will help the caregivers to provide the correct care and have more effective care.

Emotional and physical care: All caregivers are accountable for providing the correct emotional support and physical needs for the child. Physical needs are feeding, healthcare and bathing correctly. Constructive engagement/ positive interactions which include verbal communication and gentle touch, are vital roles in the individual child's brain development and creating a positive and strong emotional attachment.

Giving the correct care for the mother: In the first 1000 days a caregiver does not only care for the individual child, but they have a responsibility to care for the well-being of the mother too. The caregiver will help to support the mother's maternal mental health, the caregiver will encourage and give reinsurance to the mother during her stressful times and lastly aiding with the child's upbringing (OPEN ACCESS Background, 2018).

WHY IS CAREGIVING IMPORTANT?

The first 1000 days are crucial for the child because the individual's body and brain develop rapidly through this period.

Caregiving is important in the first 1000 days for children because the caregiver can prevent any issues with the individual in the long term, such as obesity and learning difficulties in the early years of the child's life. The caregiver will support the child emotionally, physically and lastly with healthy food choices. The child can have a healthier and better life when growing up if the caregiver can see any issues and change any problems as early as possible. It can also empower the caregivers/parents to make educated choices to help their child's life and to also help their life too. For example, the caregiver can suggest different healthy food options to the parents, and they can also suggest different resources if the child has any learning difficulties.

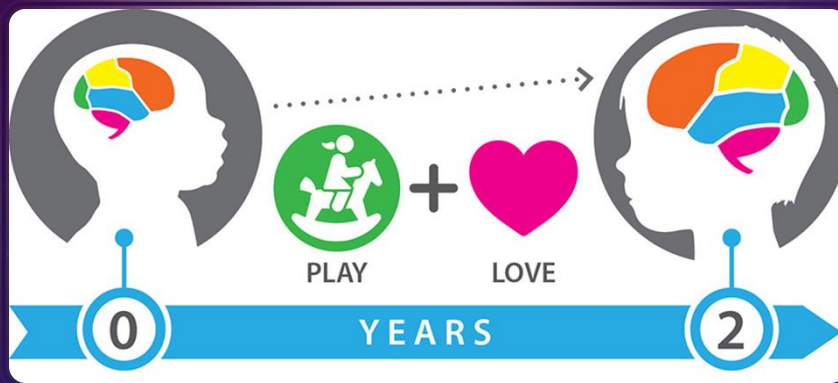


Image reference: (Nanny 'n me, 2019)

Caregivers can help a child with their emotional and social support. The caregiver can help to comfort and support the individual when they are down and upset. By having caregiving in the first 1000 days the child gains a stronger and better understanding of how to control their emotions and to build positive relationships. Through receiving continuous love and support in the first years of the child's life, they will maintain a stable mental health and develop positive connections with others.

By the child having correct caregiving in their early stages of life it will allow them to develop and grow their cognitive skills. Caregivers will develop this important skill by doing one to one activities, playing different games, reading a variety of books and being inquisitive. By the child having these different activities in place this will help them develop language skills and stimulate their brain development. Brain development is crucial for the child's learning development and the caregiver takes an important role in this stage as they encourage the child's learning process and skills.

Overall, caregiving is important in the first 1000 days of the children's life as a caregiver will help and structure the foundation for the individuals learning, health and emotional well-being. By the child having the correct support and care during this crucial time frame it can shape and develop the correct path for their future as it will help them develop their skills, habits, build their confidence to have a healthy life and to thrive in their life. (Faculty of Biological Sciences, 2024).

PROFESSIONAL PARTNERSHIPS

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The meaning of professional partnerships in the first 1000 days is various organizations and the professionals that will come together to assist families and to support and help the individual child in their important first years of life. By having professional partnerships in the child's life, it will help ensure the child's family will receive the correct care and that the individual child will have the best chance they can to have a healthy and positive start to their life.



Image reference: (daynurseries.co.uk, 2016)

Early support: All support is crucial to start as early as possible during pregnancy. The professionals should provide the correct information and assistance from the beginning as this will help to build a strong and healthy relationship with the individual child. By having early support, the professionals can find any issues or problems that the child may have and therefore they can provide the correct help to the individual before it becomes a more serious matter.

Consultations with the families: By the professionals listening carefully, having consultations and talking to the individual families, they will acknowledge and understand their unique needs. The professionals should create a range of plans and design different services that can be beneficial for the family. Overall, by the professionals having consultations it will provide the correct support and meet the needs of the family.

Approach informed by trauma: All professionals need to understand and acknowledge how different experiences, and past trauma could affect and seriously impact the parents care for their child and can also affect the child's life. Trauma-informed care will ensure the individual family will receive the correct support and care that will be aware and mindful of the past experiences they have been through. This will encourage a strengthening and healing process and resilience.

Collaboration with different sectors: All professionals from a range of fields such as education, social services and healthcare should work together to offer their best support for the families. This will ensure the families will receive all the necessary help they need such as social care, health and education. (NSPCC, 2018)

THE IMPORTANCE OF EFFECTIVE PARTNERSHIPS WORKING

Effective partnerships are crucial for helping and providing a variety of healthier services for all young children. By having positive teamwork and collaborating they can build more efficient, stronger and adaptable services.

Sharing different goals and creativity: To have a positive partnership all organizations that are involved need to come together to work as a team and to overall agree on the same outcomes and goals. Having this important factor will help all workers to stay focused on the specific topic and overall to improve all services for the children.

New ideas shared: partnerships assist different organizations to combine all their ideas, and this can build their trust in each other and create a positive teamwork between groups. This leads to more efficient time management and aiding in managing resources correctly to achieve organization goals. This is crucial for workers as it resolves more complex challenges, and this will achieve the different needs for the individual children.

Working together and having trust: By having trust, respect for one another and lastly clear communications between each other the partnerships will overall create a better outcome and success. Building a team that values everyone and handles all conflicts in a positive and professional way is essential to making partnership work effectively and to their best standards.

Long-term focus and commitment: Long-term commitment, focus on development and steady progress is necessary to have a positive and effective partnership. All new partnerships should only be created when they are needed to solve any current problems. (Percy-Smith, 2006)

FACTORS THAT CAN IMPACT DEVELOPMENT

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Image reference: (Birth To 5 Matters, n.d.)

Parent behavior and parenting: Damaging behaviors during contraception and pregnancy can be harmful to the child and to the mother, such as alcohol consumption and smoking. These negative factors can affect the child's cognitive and physical impairments. The parents should always pay close attention to the child and provide a nurturing care as this is crucial for an overall healthy development to the child. If the parent does not give the child, enough stimulation or if the child is neglected this can lead to developmental delays. The parents should always engage and take part in any activity with their child, therefore this will support the individuals emotional and cognitive development, for instance playing with the child and talking to them.

Environments: If the mother has exposure to toxins or close contact to any harmful substances such as arsenic and lead this can have an impact on the fetal and therefore can lead to child developmental problems. By having exposure to different infectious diseases, it can negatively affective development such as diarrhea and sickness. To prevent these health risks, it is key to have access to clean water and proper sanitation.

Nutrition: There are different factors that is important with nutrition such as childhood nutrition, maternal nutrition and deficiencies in important vitamins and minerals. The mother's nutrition and overall health is important throughout their pregnancy. If the mother has a poor nutrition during their maternal time it may lead to their baby having a low birth weight and this can affect their brain development. Overall, it can put the individual child at risk as it may set back their physical and cognitive development.

In conclusion, the factors listed above must be maintained for, most importantly, the first 1000 days of this child's life. It is through the combination of good parenting, nutrition, and environmental and social factors that will aid in the individual's chance to thrive (Pem, 2022).

CHALLENGES

(Health and Social Care Select Committee Inquiry into The First 1000 days of life, n.d.) discusses several challenges that can impact on a child's development in the first 1000 days. Health and wellness support is crucial because having different problems such as a mother smoking during her pregnancy, childhood poverty and poor health of the parent can seriously affect the child's mental health problems and obesity. By having reductions in public health funding, it will lead to less resources to help all families that are in need, particularly families from lower-income backgrounds.

In (Martens et al., 2022) it shows that due to poverty and poor health care facilities mothers will struggle to get the correct care they need during pregnancy and after they give birth. By having disparities in health care and shortage of staff it will create difficult obstacles to enhancing and improving well-being during a vital period.

LOOSE PARTS AND HOW THEY BENEFIT A MEANINGFUL LEARNING:



Image reference: (Pentagon Sport Ltd., n.d.)

The meaning of loose parts is different materials that the child can play with such as rocks, shells, sticks, sponges, water and many more. Loose parts activities can let the children move and change during play. Loose parts offer many benefits for children's play and development. It encourages a child's creativity and their imagination during play. The child can turn different objects and transform them into anything they may wish. With loose parts there are no instructions or route the child needs to follow and this will help creative thinking, imagination, development and open ended play. For example the individual child can turn acorns into characters and use shells and sticks to create a pirate ship. Active learning, with having loose parts in settings it can encourage the children to actively engage and get involved with their environment and this will eventually lead to meaningful learning. The children in the setting will interact with different materials by making making a range of choices, experimenting and lastly problem solving during their play. Active approach will help the child to build and improve their knowledge from the child's own experiences as they explore different materials. Physical development, loose parts will help physical development with a child such as gross and fine motor skills. By playing with loose parts the individual will move their body and their hands, therefore this will help to improve, build and strengthen their muscles and their coordination. By the child handling smaller materials such as sticks and stones this will help them to improve their fine motor skills. Having larger materials it will stimulate the child's physical activity such as balancing and climbing. Creative and critical thinking, by the child playing with the loose parts it will help them solve problems, analyse and challenge themselves. For instance when the practitioner presents new materials to the child they will try and comprehend how to use the objects in different ways and this will lead to a cognitive engagement. Cognitive development, by the child having loose parts it will help the individual to learn new ideas and an image by exploring all the different materials. Social-emotional development - social skills can be improved by the individual playing with a range of loose parts. The children will share their ideas and thoughts and work together whilst they are solving problems. This can also lead the child to become more positive and confident as they are taking risks. For instance when the child uses sticks and stones to build a tower, the individual is challenged by making their tower stable without it falling down. (Proquest.com, 2024)

INTERNATIONAL APPROACHES ACTIVITIES

According to (Reggio Emilia Approach, 2019) Reggio Emilia approach is an educational philosophy on an overall image of the children as having a strong and significant potential and prospective for growth, development and as human beings with their own rights. Children will develop their learning through art, creativity, expression, language and movement. The approach emphasizes that building strong relationships and working as a team in a shared environment will promote exploration and creativity. (Mmu.ac.uk, 2025) shows the values of the environments as an essential part of the child's learning. The overall environment is created to support and encourage children to use their ideas, explore, observe, listen and discover the world around them. The area will have a range of different resources and materials for the children to use their imagination, ideas, ask a variety of questions and overall explore different ways of learning. Therefore, this will help the children to build relationships with others, build their curiosity and expand their creativity.

Forest School is based in a natural setting and is a child-centered learning approach. Children develop their knowledge and experience of the world around them through hands-on experience and exploring the natural environment. Individuals will build their confidence and self-esteem through problem-solving, creativity and taking risks. Forest school is also a long-term approach that assist all children to develop a positive connection with the environment and build trust. (Plymouth Marjon University, 2024)

Overall, Forest school and Reggio Emilia both prioritize creativity, social development and child-centered learning. The two different approaches focuses on fostering strong relationships and children's autonomy.

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