

Physiological needs are basic instinct for developments this includes food and water and without having access to these both will impact bad health and they are both things that humans need. In Wales we are very lucky to have access to clean water which could be a struggle for humans in poorer countries that do not have the luxury of having access to a clean water tap. Eating is such an important skill to need as from babies they are needing to eat not only for their develop but also its fundamental for your health and for growing physically and mentally. Breathing is included on the hierarchy which is well known to any human that breathing is a necessary skill to survive. Sleep is needed for so many reasons in younger children they need more than an adult would need as they have more development to do, it also falls into the category of health as sleep has a big impact on your health.

Esteem is such an important factor for any child especially in these days where they need to fit into the correct status groups, Self esteem is important to experience self gratitude and also achievement. Children can feel achieved from things such as hobbies or even at school with all the variety of goals they set out for pupils. It can also attribute for self independence and that's important for a child's development as without self independence they might not gain the development or basic skills more independent children would.

This poster will show any early years professional the understanding of the hierarchy of needs and also the significance in places in human development. Each section will support elements that are needed to be able to develop basic skills. This poster will give a structured detail on each step that puts the hierarchy of needs together.

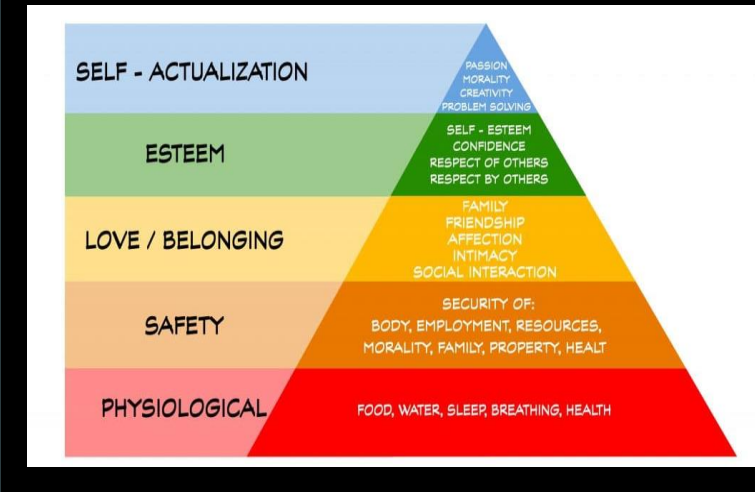
Maslow was an American psychologist who became particularly interested in humanistic psychology which concentrated on behaviour and psychoanalysis. Maslow created the hierarchy of needs as he believed that each individual human has a hierarchy of needs that should be satisfied from basic psychological needs such as love, self actualization and esteem. Maslow's belief was that humans that were self actualizers were the happiest health wise and were more successful throughout life.

Safety is an important one especially if you take into consideration a child in a setting such as nursery or school. Going into these settings they need to have that feeling of safety introducing safeguarding and taking the necessary procedures in a setting such as passwords when family members are picking up or even to the satisfaction of giving each individual the stability they need. An individual might have their setting as the only place of security for them. Shelter is also another safety aspect having somewhere that is a home is shelter.

Maslows Hierarchy of Needs



Self actualization completes the hierarchy of needs and links all factors together without all of the links children would not understand what contributes to self actualization. This is the realization of the child's potential to achieve anything they want to achieve whether it be so little as using cutlery properly to eat food or something big as starting a new settlement such as nursery or school. It also encourages personal growth so attributes of their personality will grow gaining confidence. Self actualization gives a child the need to develop whether it be by learning or play. It encourages the child to be more adventurous with play whether it be outside or indoors. Children's play is not all about fun it is also about exploration and creativity it allows the child's imagination expand.



Social belonging is one that is so fundamental for humans. From birth everyone is surrounded by family and understand the meaning of what family love is. Then further throughout their development they will be introduced to the social world. From a child's perception they have to learn how to socialize for future obstacles such as nursery, school, college or university and then later in life getting ready for employment. Also children might only sense love and belonging from their settings other than home so sometimes their sense of belonging could be challenging which is why it is so important for schools or setting to give children the sense of belonging they need. Also in these current times some children are going through difficult times perhaps moving from their home land such as Ukraine and having to come to Wales not knowing anyone or anything and they will have a sense of social belonging from early years professionals.

This assignment will concentrate on three different early years practices and see how the Maslow’s hierarchy of needs fall into place with the practices. From previous examples we can see how much the hierarchy helps a child development with so many attributes of skills. From an early practitioners point the three different practices that will be analysed in this assignment will be Eating, Play and place of learning whether it be nursery, flying start or school. These are big developments for children and can give a wide range of ideas and links with the hierarchy of needs.

The first practice that will be investigated is eating a necessary skill that every child needs to be able to physically and mentally develop without being able to eat the body would not be gaining the essential vitamins and sources it needs to function. Babies learn that they need food and they are known to have milk from either a bottle or breast and without that essential feed babies would not be able to develop. Meal times can also help gain relationships with family or friends as they are usually spent together at the table . The younger years of children is where they really learn about eating as babies we are programmed to only be able to have milk then from 6 months the weaning stage is introduced which is a challenge for the child as its new tastes and textures which at first would be strange for the child to adapt into their life. From weaning stages drinking cups are introduced as well as plates and cutlery which for a child would be a massive challenge. Once the child adapts to be able to eat not only with their hands bur also with cutlery their self esteem would be higher as they have achieved an enormous milestone and a great achievement. A sense of belonging would also come into meal time as most families are sat down together having food and also socio cultural could be introduced as different cultures eat in different ways. Eating also prepares a child for a routine as the day would be planned starting with breakfast in the morning followed by dinner , pudding then tea having a structured meal time helps children psychology and shows self actualization when they are understanding of meal times. Meal times will also help children with good manners being able to wait for food , eating properly with cutlery which gives them their independence. A balanced diet is key for a child to develop physically and mentally.

The other factor that is important for a child’s development would be play time which does not just mean out in the yard playing chase . Play has such a wide range of importances for a child especially with social skills. Some children may not be as confident as other’s and could play in different ways to children . If you look at nature play there is a whole range of things that attribute to a child’s development. Something as simple as looking at a tree out in the nature can lead to endless possibilities of play for a child and also can be challenging for a child. Climbing a tree for a child could be fun but then they are introduced with challenge of how will they get back down, children will always show a way of conquering hurdles and have a lot more confidence to explore these challenges . Play time also attributes into social skills and also expands their knowledge of other cultures as well because in this era there are so many different ethnic groups which is important for children to learn about and adapt to the different ethnic groups that they are around. Imagination play is so important for children’s development and it is so important for a child to be able to explore freedom of imagination. Planning activities for children in an early years setting is not difficult something as simple as a messy play activity on a tuff tray can set a child’s mind free for imaginative play and early years practitioners should always encourage this play and expand future activities with observations of how the child use their play in the activity.

Lastly is place of learning which is key for a child’s development this is where they will learn added skills that family have taught them. Although a child will have a sense of love and belonging in a home environment , they will sense a feeling of belonging in their place of learning. They will be able to identify how a relationship with an early years practitioner is a different relationship than home, some children might seek more of this belonging at school as they might not receive the sense of safety or shelter at home. They will also begin to learn what there likes and dislikes will be whether it be down to a subject or even meal times. There place of learning should be like a second home where they feel like they can trust the people around them and feel safe, these places should also have procedures to ensure the child’s safety such as safeguarding policies and even things like security and if visitors come to the setting then they would need to sign in and out and have valid identity in place. Some children in different settings may take a comforter or something to help them become more settled they will understand why they need to have these things and why they are so important to them . Language and communication skills will develop as perhaps some children may not socialise other than school so being in that setting will encourage confidence in speech and looking back on different cultures some children may only be able to speak their own language so being in a consistent learning environment they will be able to learn a different language quicker which will progress them to develop socially. Also going to an establishment of learning where uniform is required will boost their esteem as they will want to look smart for themselves and to represent their place of learning.

This assignment will be an outlook of how Maslow's hierarchy of needs is used for an individual's needs especially with young children. There are so many aspects to a child's development that can be linked into the Maslow's hierarchy. The breakdown of the hierarchy needs can put into place what each child needs to help develop physically emotionally and mentally. Children from such a young age are constantly learning and developing by themselves as well as with influences around them such as family, friends and professionals.

Children from as young as babies are developing their basic needs. Babies need to learn their needs for feeding as when they are in the womb, they get all the vital nutrients they need from the umbilical cord, they are then brought into the world with a blank canvas of how things work . They need to have a way of people around them knowing what they are wanting so their only way of communicating this is by crying. From a parent's point of view babies will have a different pitched cry for different things such as feeding or they need changing. Babies also thrive from having a safety place from everyone around them . Researchers show that if parents speak to the baby in the womb from the third trimester it will then be able to recognise parents voice , this is so beneficial for the baby as it is laying their foundations for their social and emotional development and also their memory and language skills.

The bottom of Maslow's hierarchy of needs is the psychological element to a child's development , from a young age a child would have to learn how to eat. As a baby they need to learn how to take their milk whether it be by breast or bottle , then they will reach the weaning stage where they become explorers of food with different tastes and textures. As the child becomes older then they will be introduced to solid foods and then things like how to use cutlery will be implanted into their life skills, and also they will be drinks such as water and needing to be able to use a cup to drink it with . In Wales we are very lucky to be able to have access to clean water from taps which unfortunately not every child will have access to that. Also in Wales if children are in the poorer income group they have the access for food banks and free school meals meaning that this meal could be their only warm meal of the day. Children also need to understand the meaning of pain and how there are different ways of managing pain .

Maslow then says the next stage of the hierarchy of needs is safety which for a child is a big implement of life. They need a stable home to feel safe and sometimes if a child does not have that at home then they could have it in a setting whether it be nursery or school. Safeguarding Wales is introduced to make sure each pupil is safe within their environment whether it be in a nursery or school and each staff member should be known to the safeguarding policy and what to do if they had any concerns over a child's safety.

Above safety is then love and belonging which contributes to so many different factors . So many relationships are included into a child's life and helps with their social skills , development and physical as well as mental skills . As noted above that babies are introduced to parents even before they are welcomed into the world they have been communicated through the womb by either mother or father. Then once the child is born then they will be introduced to a wider family connection . They also have a sense of belonging and love when they start in a setting some children may not have been in a social circle and have to build that relationship with other children and the professionals that are caring from them in an early years settlement. The feeling of love is a strong one for a child it helps with feeling content and confident in their social groups. Once they can feel that love they will express their love through different ways. Love can also link into feeling secure knowing that child has people around them that care for them. Love is a basic instinct emotion and feeling and its presented in early years , as children learn more it progresses and they know who to confide in and trust.

Self esteem is the feeling of being proud of yourself and with children they can achieve plenty of time where they are proud of themselves. Childhood presents with so many challenges and hurdles that children have to work against or with to achieve a positive outcome and once that child achieves that then their self esteem will be boosted. Sometimes the smallest of achievements would be a massive moment of proudness for a child . If you think about it children really have to learn about the world around them quite quickly and they have challenges thrown at them from different ages. Things adults would find easy to achieve might be a lot more difficult for a child. They have to go through life learning these different basic skills to develop.

The last and most important one to the hierarchy of needs is self actualization which is everything all put into one context really. Self actualization takes into consideration how each individual child learns and develops their own skills . Some children could express themselves using an artistic or creative way. Some children would benefit their development and skills by using outdoor play such as forest school which would then also be using other skills of the hierarchy of needs and other with indoor play. Self actualization is doing something that you are supposed to believe in which encourages a child's imaginative and creative play.

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