



Exceptional care in childcare settings for the first 1000 days

What is the first 1000 days



The first 1000 days starts as soon as a baby is conceived, up until the baby's second birthday. The first 1000 days of a baby are important to the child, it can affect the child for the rest of their life positively or negatively, the first 1000 days shapes the child's future. It is important to support the child and ensure the needs are met and receive the correct support, according to pregnancy birth baby.org (N/A) The first 1,000 days starts from when a child is conceived up until they are 2 years of age (24 months). During this time it allows the child brain, body and immune system to grow and develop.

Why is it important



During the 1000 days this is when the baby develops the most and grows. The child's brain develops and grows. Pregnancy Birth Baby.Org (N/A) state that the brain of a baby develops quickly more than any other time of life. The brain adapts to new environment and also will later lead to the sort of person they will grow into. While the baby is in the uterus it learns to move and kick when the baby is born the child learns to make noises, move, crawl, hold the head up, weaning and then feeding its self, crawling, walking and for some babies at the age of two start potty training. After a baby is born, their physical environment, nutrition and relationships can have a lifelong impact on their health and wellbeing. It is also what pregnancy birth baby.org (N/A) suggests. It is important that during this time babies needs are met. babies should be provided with the correct support and amount of love and care, pregnancy birth baby.org states that during their first 1,000 days, a baby will need healthy meals and loving relationships, safety, security, time to play and socialise in a healthy environment which is also including within the womb.

what is exceptional care



Exceptional care is an important type of care for children and young people, it allows children to receive the care and support that they need and that it meets every individual child's needs, the correct care and support begins for a baby as soon as conception this meaning that mothers should visit doctors appointments and go to scans to ensure the baby is safe and healthy within the womb, it then carry's on after birth with health visitors and midwives to ensure the baby is growing and developing at the right milestones, exceptional care isn't just hospital or doctors treatment these are important but it comes from day to day life exceptional care means to love your baby, give time to your baby, allow experiences and time to grow attachments with the child, it's important to form safety for the child to ensure they are happy and safe while playing , growing and meeting milestones.

(Exceptional care for children youtube video 2023)

Why is it important to promote exceptional care



It is important to promote exceptional care as the care given and shown to babies helps them to develop, the child should have the support that is needed to ensure the needs of that child are met and supported by professionals, it is important for families, organisations and professionals to work together to create the best plan for the child, it's crucial for the child to have the support that is needed from a young age to ensure the child has a healthy future and development. The health and wellbeing of the child should always be the centre of every decision, it's vital that the child is safe and happy, according to gov.scot (N/A) health and well being enables children and young people to make informed decisions in order to improve their mental, emotional, social and physical wellbeing, experience challenges and enjoyment, experience positive aspects of healthy living and activity for themselves.

What are the current challenges practitioners have to overcome when caring for babies



There are many different challenges that practitioners have to face when caring for babies, one of these challenges is the individual learning needs of the child, this can be a challenge as every child has different individual needs and it is important for practitioners to meet those needs to ensure the child is supported and understood within the settings environment. According to Janice Wearmouth (2017) it is important that settings and practitioners during and after their training to be able to address the needs of children and to understand their individual disabilities within schools and settings to keep in line with the code of practice. Another challenge practitioners have to face when caring for babies is relationships, relationships within a childcare setting should be positive, the relationship between the practitioners and children are important as they spend a lot of time together. But this can prove challenging as children could have attachment. When leaving their families, this can be challenging to children to build trust and to be comfortable in the care of practitioners, but by spending time together and using a child-centred approach it will enable the child to develop a positive relationship, according to nspcc.org (2021) for children to be able to feel safe and be able to grow it is important that children are in a safe and happy environment as this will be able to allow a child to open up and be confident in their self. It is important that parents have a good relationship with practitioners as this helps to ensure the child's needs are met and receive the correct support for the individual child. Children's routine can be a challenge to overcome when caring for babies as every child's routine is different and this can be challenging for practitioners as it's important every child's needs are met by keeping to their routines, practitioners should ensure the child keeps to the routine while in the setting, Pacey Org (2020) states that routines are important for children as they impact a child's physical development, by having routine it helps children to have structure to their day and enables a child to develop their organisation skills by having a clear day to day structured routine. Another current challenge is miscommunication as there could be a language barrier or the parents could have an ALN which may result in miscommunication as the parent could not understand the information the setting are sending out or could need a little assistance to go through information together, Raising Children .net.au (2021) states that by having good communication between parents and carers it will build trust between

the two parties and allow the child to see the trust bond to help the child within the setting to settle in and to feel comfortable and secure

Types of play and activities



Play is a major role within children's development, as play improves the holistic development of children and babies. By Watching a group of young children or babies playing you will see them making use of the environment around them as a learning centre of shapes, words, objects, sounds and people. Stated by (Doherty and Renton ,2009,p . 179). Children develop skills during play such as fine and gross motor skills, socialising, speech, language development, as stated by benefits of indoor play by interacting with other children it helps language development while creating a space where they can share ideas and express their feeling , build positive long lasting friendships. children develop an understanding of the world around them by playing in different environments, we identify the result of research with teachers and children while using the three different types of play , these being play based learning, open ended play, modelled play, Stated by (cutter et al. 2014, p.1). Indoor play is important for babies and young children as it helps them develop their creativity skills and social skills within a safe environment, it is important that children have the right resources to be able to develop. there are different types of play that can be done inside such as, messy play , a soft play , role play , this can be when the children copy an adult such as their parents or a teacher, a sensory Conner where babies and children are able to develop their 5 senses these being sight, smell, hearing, taste, and touch. According to The seven senses (2014) there are two less known senses which are vestibular and proprioception , these senses are linked to the tactile senses of touch and vestibular sense is involved in movement and balance. Outdoor play is as important as indoor play as it allows children and babies to develop independence and self awareness, children become aware of their boundaries and risk within their play. There are many benefits to children playing outdoors such as physical health benefits, emotional benefit, gross motor skills, social skills

as seen by reading (Wilson, 2018, chapter.5) this states that The outdoor environment and children's use of natural materials often prompt different forms of communication , and then the healthy children. Org (2022) states that outdoor play is linked to improving motor development and lowers the rates of obesity. By playing outdoors Children develop cognitive development and increase concentration. the benefits of outdoor play in early years are physical fitness, provide a break , reduce anxiety and stress, tops up vitamins D , supports emotional , social skills, and facilitates discovering the natural environment, stated by eyalliance.org (2022) . There are many activities that can be done outdoors such as mud kitchens , painting, sand pits, chalk, running, biking,. It is very important for children to have child led play and free play as this is where the children's creativity comes out as they use their imagination this is seen by looking at Froebel' play theory for early years he believes that, this is the basis for physical, intellectual, social , emotional and spiritual development he believes that play is a high form of human expression in childhood (7 reasons why children need to play outdoors youtube Video, 2020)

Who promotes the curiosity approach



The curiosity approach is inspired by Montessori , the meaning of the approach was that the pair wanted children's creativity to flow by being mindful and respectful. Instead of telling children what to do, the curiosity approach is based on child-led learning. This means , children can make their own choices, and figure things out for themselves which leads them to confidence, critical thinking, and problem solving skills. Stated by (the learning journal,2023,p.1) Montessori school (2022) suggests that Maria Montessori developed the approach she believed that education and learning should be tailored to each child's unique needs and their interests. The approach Also promotes children's academic success and social and emotional development.

Environment- how and why are environments important



Environments are important to children by having a healthy and safe environment children grow and develop. As seen by reading (Wilson, 2018, chapter.5) states that Environments for young children should be designed with the healthy development of the whole child in mind and that This requires attention to each of the developmental domains as well as to the child's emerging curiosity, imagination, and senses of wondering mind . It is important to be organised when looking at children's safety within a environment as its important to check for any risks or danger and to report any issues straight away to a manger, ukessays.com (2017) was a useful source of information as It provided a list of things to consider to create a safe environment for children, this being checking the fire exits regularly , enough space for physical activity, the setting layout should help child interest. Practitioners are responsible in settings to create respectful environment for children this is stated by reading it is Practitioners duty in early year settings to be responsible for creating environments that are rich and respectful of the diversity of all of the children within the setting. By having a safe environment it can benefit a child in many different ways as When a child or young person feels safe or supported, the child is more likely to engage in their learning, manage their emotions and ask for support when they need it within or outside the setting stated by Annafreud.org (2022).

A Curriculum for funded non maintained



Practitioners have a big role in the health and wellbeing of children and it is important for practitioners to create a connection with children. It is important for us to show kindness and we should demonstrate respect to the children and families. We have a role as practitioners to support children in day to day life and when there is an unexpected change such as transitions or major

change in home life , hwb.gov.wales (2022) points out that we have a positive impact on childrens wellbeing through our care , we should sensitively support children to cope with uncertainty and change such as transitions or family issues , preparing them to manage changes in daily routines. Non maintained settings are not funded to deliver early education but they are required under the national minimum standards for regulated childcare and must follow in practice with the statutory curriculum requirements. As practitioners we should create a balanced curriculum and make adaptations to meet the needs of the child , according to hwb.gov.wales (2022) Effective experiences will support children's cognitive development by providing opportunities , As practitioners we should allow Children to have opportunities to explore and experiment with digital technology for a range of purposes.

What are the benefits of loose parts curiosity and exploratory play based environment



The benefits of curiosity play based environment is that children can take risks, by using their imagination it allows them to be creative and to explore by using their senses. The edvocate (2022) states that Exploring their physical environment contains a great deal of learning for toddlers and infants. Some benefits of exploratory play include, problem-solving , critical thinking , increased self-confidence, increased self-esteem, and early childhood cognitive development.

Inclusivity



Inclusivity is when everyone is apart of something, everyone has a place of belonging, it means to involve everyone and to not leave anyone out for any reason this is supported by the Oxford language (2023) the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those having physical or intellectual disabilities or belonging to other minority groups. (Don't put people in boxes youtube video 2018)

Why is inclusivity important



Inclusivity in practice provides a better education for every child and is fundamental in the change of discriminatory attitude, schools are the first point of contact for a child's first relationship in the world outside their families and primary caregiver care, enabling interactions and developing their social relationships CPD online college (2022).

Best interests of the child uncrc



It is important to put the child first . Convention on the rights of the child (2013) states that article 3 , paragraph 1, of the convention on the rights of the child give the child the right to have their best interests taken into account as a primary consideration in all actions or decisions that concern them , both in public or private, it expresses one of the fundamental values of the convention.

Professional partnerships or relationships



It is important within the early years to remain professional at all times and to form a positive, healthy professional partnership with the children, staff and parents . It is important to work together, its important to have the childs health and safety in consideration and as the most important part of your role. Education.gov.uk (N/A) states that Working in partnership with parents and carers is central to the early years foundation stage (EYFS). The relationship might begin with them visiting your setting. This will help inform you how to sensitively settle the child. As a practitioner it is important to communicate with parents and involve them in the child's learning

and care, it is important to share information with parents and allow them to ask you questions and to speak to you, Parents and carers want to be involved in their children's learning. They will often ask for information to be shared with them. They like to see videos or photos of their child too. Stated by [education.gov.uk](https://www.education.gov.uk) (N/A).

Babies learning to feed themselves



Around 10 to 12 months a baby will start to show signs of wanting to feed themselves as they reach for the fork or spoon during feeding time, they will sometimes grasp on to the spoon or fork with you to feed themselves. The child uses fine and gross motor skills to feed themselves. [Raising children.net.au](http://Raisingchildren.net.au) (2022) states that Most babies won't be able to use a spoon or a fork until they're

about 18 months old. Usually babies will let you know when they want to start, by reaching for the spoon or fork. During this time it allows the child to use grasping, tight grip.(how to teach a baby to eat alone youtube Video 2021)

The importance of interacting with babies

Routines are important for babies as they can't communicate, it is important for a baby to have a clear routine, babies who stick to their routine are more at ease and know when it is food/milk time, play time, story time, bath time or even nappy changing time, communication with babies is important as they listen to you and understand what you say, it is important to constantly speak with your baby as it helps them develop. Care for kids.com (2012) states that Talking with children while changing the nappy using correct vocabulary and respectful language; communicating with children during the process helps them understand what is going on and what will happen next. Language development is important as it helps children to communicate, it allows them to speak, and express their thoughts and feelings. ACTFL.org (N/A) suggests that Language learning has been shown to improve cognitive function, Problem Solving Skills, Verbal and Spatial Abilities, Memory Function (long & short-term), Creative Thinking Capacity, Better Memory., More Flexible and Creative Thinking.

Forest school

Forest school is an outdoor learning environment where children learn about the outdoor environment, it allows children to take risk, and gives opportunity to have fun within a safe environment, forest school provides children with outdoor activities that involve day to day life skills as part of their learning, this links to the first 1000 days as it allows children to take risk and to explore the outdoors from a young age. Forest schoolsnpt.org.uk (N/A) say that We want all children and young people to have the chance to be able to look back on their childhood with magical memories of playing in the woods or outdoors, getting muddy, discovering bugs and eating food cooked on the fire they made(forest school youtube Video 2021)

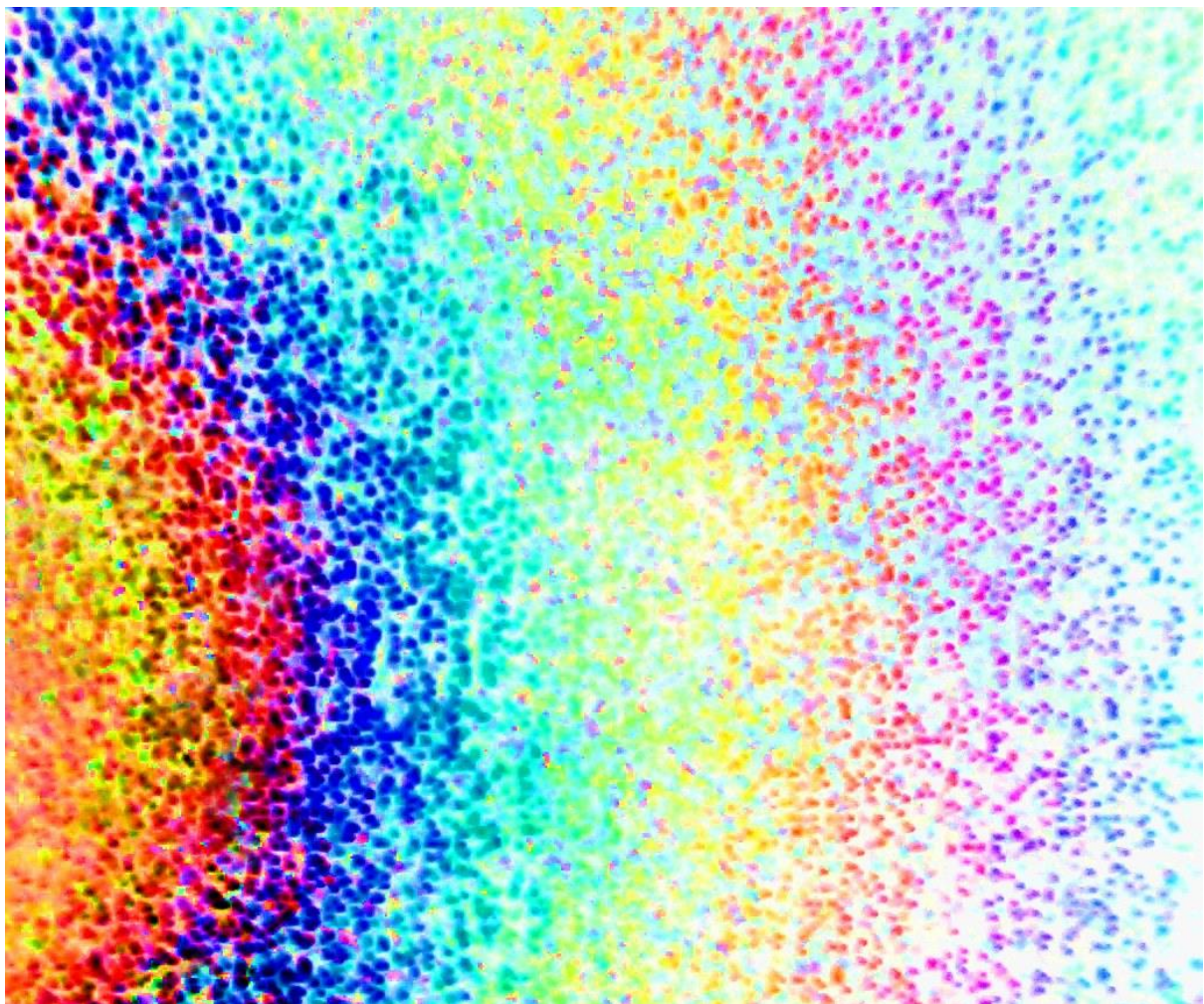
Reggio Emilio



The Reggio Emilia approach focuses on environment, problem solving and creative thinking, Reggio Emilio believe that natural light the outdoors , art, music and languages are really important to learning . children are individuals. This links to the first 1000 days as it encourages children from a young age to be independent and creative, The Reggio Emilia approach (2022) say that The Reggio Emilia Approach is an educational philosophy based on the image of a child with strong potentialities for development and a subject with rights, who learns through the hundred languages belonging to all human beings, and grows in relations with others.

(Reggio Emilia education youtube Video 2020)

Te whariki



Te whariki believed that children should have a sense of belonging within settings and families , it is believed that play and communication is at the centre of a child's learning and is underpinned by four principles, empowerment, holistic development, family and community, and relationships these principles are really important for a child's development, health ad wellbeing. education (ECE) settings and provides guidance. Te Whāriki is the vision that children are confident learners and communicators, healthy in mind, body and spirit, secure in their sense of belonging and in the

knowledge that they make a valued contribution. stated by education.gov.nz (2017). (Te whariki youtube Video 2019)

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