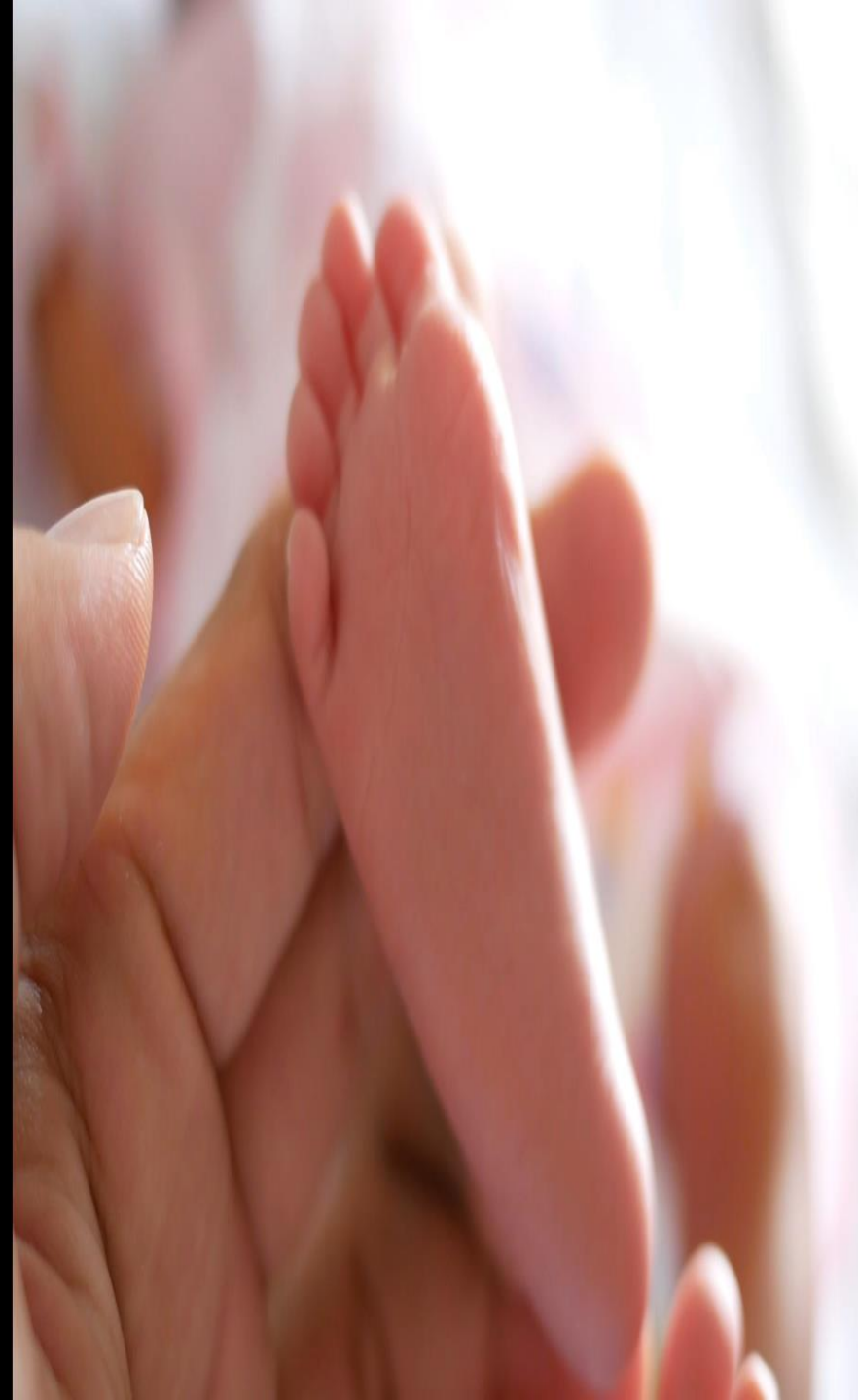
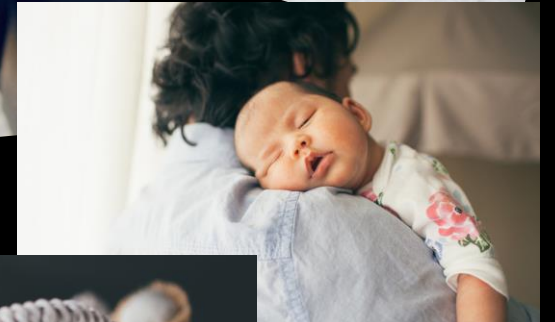
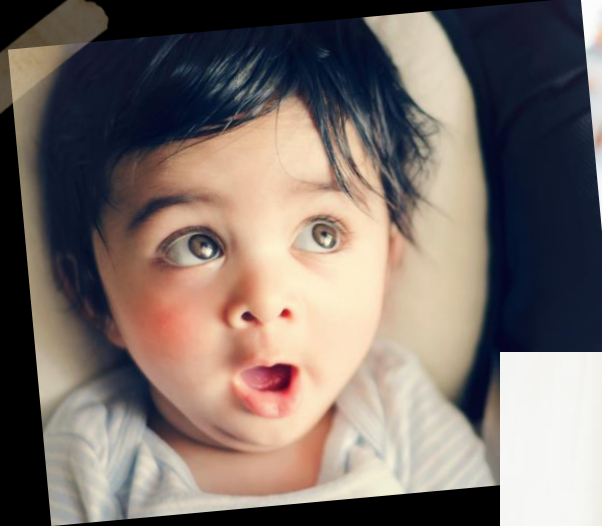




Exceptional Care in the First 1000 Days



Introduction



What are the first 1000 days?



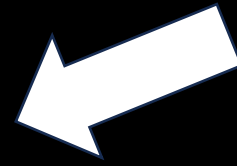
The first 1000 days is the child's life from conception to 2 years of age. Within the first 1000 days the baby's experiences can have an impact on the children's growth and development throughout their life. (pregnancybirth&baby 2022).

The first 1000 days are a significant period within a child's growth and development. This period can be of rapid development in which a holistic approach is required.

To promote exceptional care practitioners should be trained and DBS checked this ensures that the most exceptional care is being provided to the children.

Practitioners as well as parents/carers should have exceptional care when taking care of children. Exceptional care is ensuring the best interest of the child is at the front of everything. This ensures that the children can grow and development to their best capabilities.





Take a look at this clip
talking about the first
1000 days.

According to 1000 days (no date) within the first 1000 days poor nutrition can cause irreversible damage to children's growing brains. This can affect the children's ability to achieve in school and earn a good living in the future, which becomes harder for the children and their families to leave poverty behind. As part of Maslow's hierarchy of needs the children cannot have the best outcome in life to grow and develop without the basic needs like food and water. So, to provide exceptional care it is important for practitioners to provide healthy snacks and lunches as for children living in poverty this could be their only food of the day.

A vertical white line with a rough, torn edge texture runs down the left side of the image, starting from the top and extending towards the bottom. It appears to be a tear in a dark surface.

Current challenges

Current challenges

While trying to care for children there are many challenges that practitioners could face. For example, parents may not agree with the ways that the setting arranges their day like settings that follow the Montessori approach will have a very neutral and organised space where the children can have access to everything the setting has out.

Another challenge that can occur is challenging behaviour, a child with challenging behaviour can cause disruptions for other children within the setting it can also cause problems for the practitioners as they may not know what to do or they won't know how to control the said behaviour.

Another challenge is the environment in which the setting is based for example, the setting may not be able to provide equipment that other settings could, the environment could also be small or no outdoor space which is important for a child's continued growth and development.

There are also challenges concerning the lack of staff or not having trained staff, it is necessary for settings to have trained professional to ensure the best care and support is provided for the children in their care along with the children's families.

Also, a challenge could be a child with additional needs, they may need one-to-one support which if the setting is underfunded, they may not be able to provide the support necessary for that child.

Current challenges

This could be the first time the child is being separated from their primary caregiver which the child would then have separation anxiety. The child could also be used to the routine they have at home or even no routine so by now having a new routine could cause the child some distress so by having the best possible support from the practitioners it could help with a good transition for the child.

Activity ideas

- Loose parts play
- Messy sensory play
- Water play
- Reading stories together

What are the benefits of these activities? How do they contribute to development? Link to theory here, who talks about the importance of language development? Who promotes the curiosity approach?



(the test pit, 2016)



(earlyyearscares, 2016)



Activity ideas

When planning activities, a lot of the time settings will set out adult led activities. These activities are where the activity is chosen by the adults which encourages a part in children's learning. This also gives the opportunity for the practitioners to choose something that relates to a specific child's interest. According to the curriculum in Wales, it suggests that there should be a balance between structured learning in which child-initiated activities are provided and those activities that are adult-led. (Pacey, no date)

'Child initiated events and activities arise when children choose freely from their learning environment – indoors and out – and select and organise resources, picking their own companions on the way.' (Lindon, 2010)

There are many activities in which children can participate in for example sensory play is a great way for babies and young children can learn about different objects this can help develop the children's fine and gross motor skills. Sensory play is any activity that involves stimulating the child's senses this helps the children interact with the many senses and make sense of the world around them (action for children, 2022).

Many people are too afraid to let their young babies lay on ground, but it is a great way to teach the baby about the world around them.

Loose parts play is a great and cheap way for children to play. The use of guttering and tyres etc, can develop the children's imagination and is a great activity to be have a child-led approach.

Activity ideas

There are many benefits for children's development throughout participating in different activities such as developing their fine and gross motor skills. By having different activities can help benefit the children's holistic development.

Treasure baskets gathers everyday items for the child to indulge in to learn about different objects in which gives children a great sensory experience. This activity offers opportunities for the children to explore and make many different choices (Goldsmeid, 2004)

Tummy time is a great activity for the younger children this gives great opportunities for the children to learn to crawl and explore the world in their own way.

Some people may not consider snack time as an activity, but it is a great way for children to learn new words when parents or practitioners are interacting with them. They are also getting that vital one –on-one time. Snack time can also help the children to identify words with objects. This can then also help the child with learning to feed themselves as they are repeating what the adult does.

Environments

- How is the environment important?
- Enabling environment

What are the benefits of loose parts, curiosity and explanatory play-based environments? What are the challenges when caring for babies and young children?

Link to theory

Montessori Frobel



Environments

Having a good environment is essential in a child's development. The environment should ensure that the child can have engaging opportunities and promote enjoyment within physical activities, the environment should give the child a sense of belonging and by having the children's work proudly displayed on the wall that was completely child-led will give the children a sense of pride and encourage the children to engage within more activities in the future.

Play based environments are good for the children's holistic development the children can be independent and learn through play without even realising it. It can then stimulate the child's brain.

Through the environments the children should have the opportunity to explore and experiment with digital technology for a range of purposes.

Outdoor environments

Every child uses their senses when they experience the outdoors in which make the experience richer and more memorable for the child which can help with language development when talking about what they see, hear and smell it can also help children learn new and familiar noises and smells. By being outdoors, it will give opportunities for the children to enhance all aspects of their holistic development.

Environments

Froebel believed that young children possess unique capabilities and needs. In which adults should be the 'gardeners' of the children's potential. Froebel suggests that could learn best within an atmosphere that provides the children with a stimulating and prepared environment where the children could explore and learn their own perspectives of the world around them (Bates,2019).

Whereas the Montessori approach suggests the importance of the education of the senses before intellect. She suggest that young children have the potential of having an absorbent mind during which time the child's eagerness to learn is limitless. She also suggest that children will learn what they want to learn and to what interests the child. To have this in the setting the learning materials should appeal to a wide range of senses (Bates,2019).

A vertical white tear or crack runs down the center of the image, separating the dark grey background into two halves. The tear has a rough, irregular edge.

being Inclusive

Being inclusive

To be an inclusive environment they should celebrate and value diversity in which they demonstrate inclusivity. The environment within setting should promote a sense of belonging so that all children feel represented and valued. Settings should be communication orientated and have a focus on promoting developing communication skills in which will lead children to develop them further, which ensures all children have access to a variety of resources that will help build their limited vocabulary. (Welsh government, 2023)

To promote inclusivity within settings the different cultures of the children should be promoted throughout the settings for example, having displays around the setting that have people that look like them. This shows the children that there are people like them too. Settings could also celebrate different holidays other than the usual celebrations that are celebrated throughout the United Kingdom.

It is important for all settings to be inclusive as this will give the children a sense of belonging and will help support the child in developing self-confidence and self-esteem.

Practitioners need to ensure everything is considered. Are they considering the different children's values and language, for example children that speak Welsh throughout the setting there should be practitioners who can communicate with that child to give them a sense of belonging. Also, throughout the setting there could be phrases in both English and Welsh to show the other children the language so that they can learn too.

Even though practitioners should try their hardest with providing an inclusive environment there are many challenges that they could face. One being understaffed if the right training isn't provided the staff cannot provide the care that should be provided. There may not have staff that speak the child's language which gives difficulties when trying to include the child, but by having the parents come in and help teach the practitioners some of their language it can then encourage inclusive practice.

professional partnerships/ relationships

Watch this video explaining
what it means for children to
have relationships with others



Professional partnership/relationships

Babies need adults, the babies cannot do everything themselves when they are very young therefore, they will need some guidance to ensure they have the best start in life. The baby will depend on the parents and have susceptibility to the environment. The baby will also need their parents' dependency on social support (first 1001 days movement,2021). To then help the child everyone needs to work in partnership for example, if the parents and practitioners work together then the child needs are at the best interests of everyone.

Professional love

When practitioners are handed over the responsibility of looking after the child, they feel they should protect the child and treat them as their own. Professional love is about the adult's sensitivity towards a young child within their care where they are observing and reading what the child needs to ensure the child will feel loved and at any moment in time (University of Sheffield, 2015).

Peoples' descriptions of love should be taken seriously, love is what people describe it to be (Gratzke, 2015).

Professional love gives practitioners the language to appropriately describe the loving intimate and affectionate bond in which overtime is developed with the children within the practitioner's care.

Professional partnership/relationships

Bronfenbrenner developed the ecological system theory he suggests that a balance between nature and nurture (heredity and environment). Bronfenbrenner sees the world where the child grows as having a major influence on the child's development. This is a two-way influence where the personality and behaviour of the child will influence the way in the environment will interact with the child. He claims that his ecological system theory helps practitioners understand the importance of having positive relationships with the children in their care and their families and consider that the way they interact with the families and child in question will affect that child's development (Bates, 2019).

respectful
care and
meaningful
learning



Respectful care and meaningful learning

Pikler recognised that the key to achieving physical and psychic health in children was through creating a secure attachment. Pikler suggested that giving respectful care particularly during times such as nappy changes was one of the main tools for achieving this. Which also shows the significance of allowing the child-led activity and the deep influence it will have on children which could also include self-control and self-confidence. (Marlen, no date)

By communicating with the children during nappy changes it can benefit the children's language development, the child can listen to their parents or the practitioner as to what they are saying.

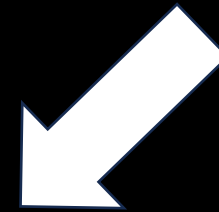
It is also important to provide routines for children such as snack time and nap time by having structure for example gives the children structure to their day which could be a big deal for a child with autism and so on.

During the first 1000 days children's social, emotional and language skills are rapidly increasing. It is essential that during this period that children are interacting with their peers and caring adults within the home environment and settings through reading, singing and play. Play is one of the most important and essential ways of children gaining essential skills and knowledge which suggests that opportunities and environments which incorporate play and exploration of hands-on learning are the core of effective pre-school settings.

Respectful care and meaningful learning



Look how the importance of respectful care routines can impact infants and toddlers



international approaches

Te whairiki



The Reggio Emilia approach

Reggio Emilia a small town in northern Italy which became internationally known for its community-based learning provision from infancy to six years. Loris Malaguzzi who is the founder of the Reggio approach was influenced by Maria Montessori, where her idea was educating the senses before intellect. The approach to teaching forms by Malaguzzi was to observe what the children know, what they are curious about and what challenges the children (Bates,2019).

When practitioners are supporting children within their settings, they should be encouraged to record their observations on the children. This can then be reflected on to help find appropriate ways to help encourage the children to expand their growth and development. (Bates,2019)

Malaguzzi argued that children are capable of their own learning in which they are driven by their own interest to understand the world around them. This also suggest that children form a sense of understanding within themselves and their part in the world through socialising with other children. The Reggio Emilia approach suggest that children search for knowledge themselves through their own observations in which the adult is not the giver of knowledge. (Bates,2019)

Throughout exploring the world around them, children use communication s their way of discovering things, using language as play and asking questions. The environment is the third teacher and is recognised for the potential to inspire children. In which the space encourages exploration, communication and collaboration this takes a child-led approach which develops when the child is interested rather than being planned in advance.



(Teachingbrave 2022)

Watch this clip on how Nido Early School describes what the Reggio Emilia approach is.



The Reggio Emilia approach views children as individuals to apply the Reggio Emilia approach within settings practitioners can;

- ❑ recognise their role as the children's role model where they should observe the children and listen to their questions and stories
- ❑ practitioners should see what interest the children have and provide opportunities for children to explore their interests further.
- ❑ practitioners should accept that activities provide the foundation of the children's learning experiences this is based on the strong convictions that learning by doing is of great importance.
- ❑ practitioners should encourage parents/carers to have an active participation in their child's learning experiences

(Bates, 2019)

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