



Exceptional Care: The First 1000 Days

ECEY4005

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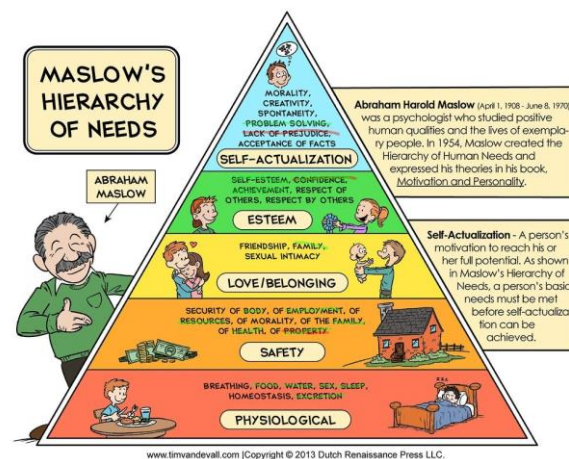
Introduction

(Parliament 2019) states that's The first 1000 days starts from conception, it's a vital time and forms the beginning of a child's social, emotional, physical, cognitive, and behavioural development. The health of a parent before conception can still impact the development of a child in the first 1000 days. Also, a child's development can be influenced by their surroundings and their families and can impact in a child's home life can impact their future development.

A pregnancy that is healthy ensure a great start to a child's development; the environment plays a factor during pregnancy as development starts from conception not when the baby is born. The foetus during pregnancy can hear through the mother, the foetus absorbs what the mother absorbs, and can detect if a mother is stressed, this could cause the child to develop emotional struggles. (Department of Health and Social Care, 2021)

In the first 1000 days if children are exposed to, neglect, mental health issues in the care giver, and abuse such as physical emotional and drug related. These factors can be harmful damaging to the development. Its vital that support is available to give children the best start in life. (Department of Health and Social Care, 2021)

Maslow's hierarchy of needs relates to the first 1000 days as it explains the important needs in order to grow and develop. Maslow states that needs at the bottom are deficiency needs and issues with these would be related to a child who has deprived or inadequate needs. The needs at the top are related to growth and development needs, these reflect the things a child would need in order to grow and develop. Maslow's theory not on focuses on those who may have been deprived but on healthy people as well. (First Discoverers 2022)



Prenatal nutrition is vital in the first 1000 days as it is essential that the foetus has enough calories to help with brain development. If there are not enough nutrients reaching the foetus then it can cause issues in the development of the brain such as deficits in the function of the brain. Neurological development is vital and most active in the first 1000 days, and it begins from conception. As the First 1000 days are so vital in relation to brain development children can be classed as vulnerable. There are numerous factors that relate to healthy brain development, such as the social and economic factors, family health and nutritional factors. (Schwarzenburg, et al. 2018)

Current Challenges

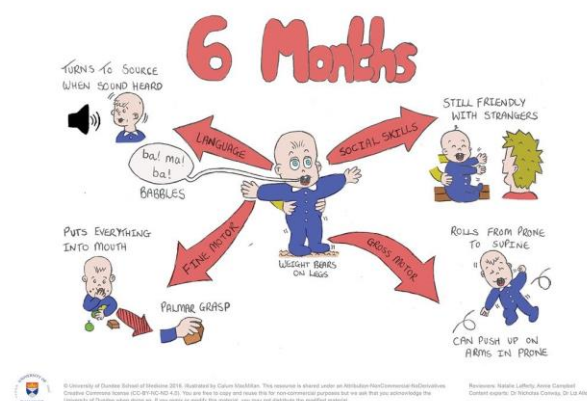
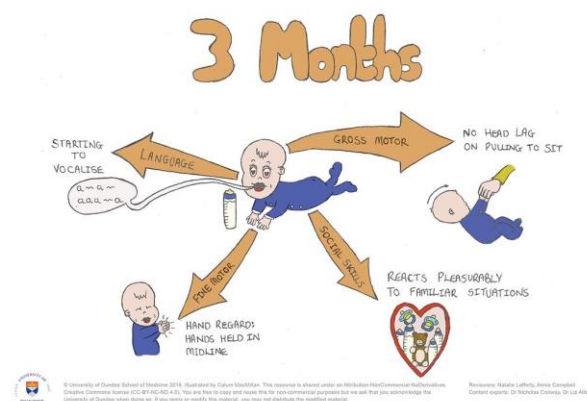
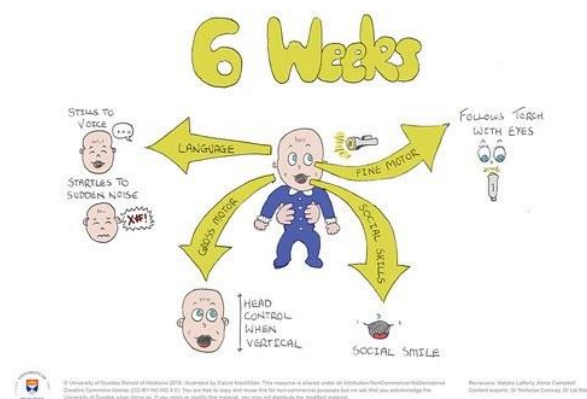


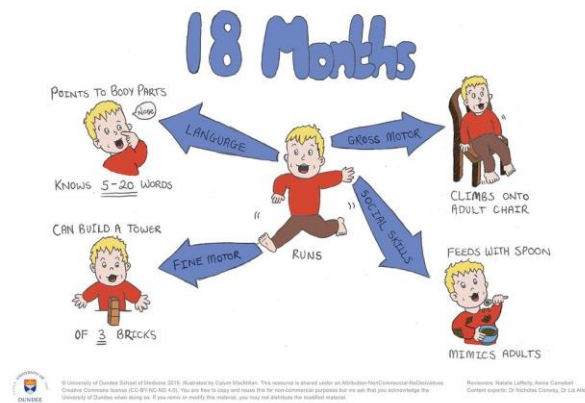
High quality care comes from a numerous of things, for one a practitioner will commit to giving quality care and being professional. Settings will all have an inspection report so a parent or care giver could view the reports to see if care is of high expectations. Children and babies need to form a strong bond with their carer or practitioner and have enough attention someone who will meet all of their needs. Quality care also looks like a safe and clean environment, equipped with toys and

resources to encourage opportunities of learning and play, as well as routines, healthy meals and positive interactions. (Pacey 2009)

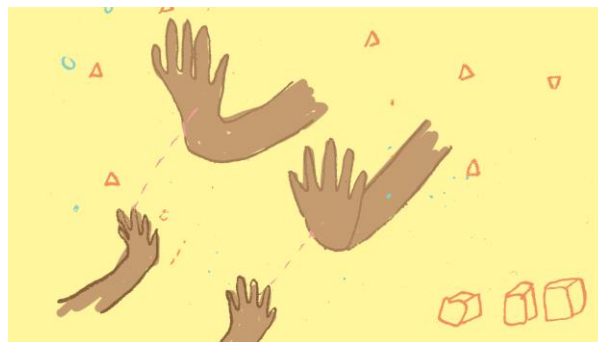
In Wales and England there is support for families and care givers such as, health visitors, midwives, GPs. This support is available during and after pregnancy. In more locally can be breastfeeding support and mental health support, with support like these it can help give a child the best possible start in life. However the impacts of Covid has had a major impact on lives and many support services and there were less services available. Covid has had a severe impact on the wellbeing and development on children and babies as well as a major decrease in social interaction, with some never having interaction with others of similar age. (Department of Health and Social Care, 2021)

Supporting children in their changes and transitions in the change to their routines is important. As well as observations to notice changes in their behaviours and emotions. (Welsh government 2022)





Attachment theory is the emotional bond they have with their primary caregiver. Is a bond is effected it can effect a child emotionally and physically, and can even still leave effects in adulthood. Its vital for practitioners to understand attachment and how to support parents and caregivers if there is issues with attachment. Howe says that bonds are important between children and parents or carers as it can give them a better understanding into a child's specific needs and recognising the signs to their needs. Attachments don't happen instantly, its something that forms and builds over a period of time. A bond and attachment can be formed even when a baby is in the womb. (NSPCC 2021)



Activity Ideas



Experiences offered to children should be engaging, have meaning and be purposeful, they should encourage a child's independence as well as offering the child the opportunity to explore, take risk and have opportunities of challenge. Experiences should be in real life, authentic experiences so that child have deep levels of engagement as well as uninterrupted learning time. Children need to learn through practical experiences as well as objects, symbols and images. These experiences will support a child cognitive development as well as communication. Multisensory provides a range of opportunities to be creative, to think critically and develop skills in problem solving. When children are outside it enhances the experience and development. (Welsh Government 2022)



Located in the muscles are nerves for Kinaesthesia and when muscles are stretched it sends signals up to the brain. Activity that encourages movement helps as it stimulates the brain making focusing better. (Mills 2014)

Roll ups with a blanket is a useful activity as all that is needed is a blanket and floor space, it uses all of the senses. The child can pick a soft blanket, and begins to roll, in doing so the child is using muscles, from this signs would be sent to the brain. This activity uses sensory and muscles, which can also support physical fitness. (Mills 2014)



1 - Blanket roll ups



2 - Sensory



3 - Fine Motor Skills

Sensory activities encourage children to explore senses and their environment. Sensory activities can be indoor or outdoor and can be messy play or tables and baskets, there are endless possibilities. Sensory play is something that activates one or more sense. Sensory play can encourage cognitive development and can enhance knowledge, it helps develop fine gross motor skills, it can be calming and can improve communication and language. (Hitchinson 2020)



The curiosity approach is the child's natural curiosity to explore their surrounding and world around them. Its based on children leading their learning and making independent choices, this supports them to becoming confident, critical thinkers and problem solvers. The curiosity approach looks different to a normal setting, it tends to be neutral in colours, not plastic toys, wooden and natural toys to encourage free play and use their senses. (Learning Journals 2023)

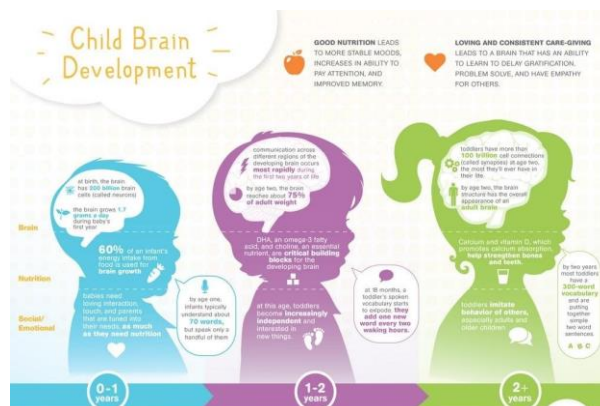




Environments



In the first 1000 days from conception babies are susceptible to the environment around them they are vulnerable and reliant on adults to care for them. Having a loving and caring environment and attachment to their care giver is the base of their development not only as a child but throughout their life. Experiences are essential in the development of a babies brain, and most of which comes from the relationship or attachment to the parent/care giver. babies learn from adults through observations and interactions and they depend on adults to fulfil their needs. (Department of Health and Social Care, 2021)



There are numerous factors that relate to healthy brain development, such as the social and economic factors, family health and nutritional factors. It shows that a supportive environment and a nutritional diet the brain will develop effectively, but it shows that stress neurological, infection, and poor emotional support is associated with inadequate brain development, and with an impact such early on it can cause long term or life long medical and issues. This shows the adverse effect an environment can have on a child's development. (Schwarzenburg, et al. 2018)

An adult working in a setting plays a significant role in the early learning, and ensuring children have an emotionally safe environment with the freedom and support to express their emotions and behaviours in a constructive way. Adults should model exciting ways to learn and promote curiosity. Adults should support children with the changes and transitions into the changes with their daily routines, as well as support their decisions and choices. (Welsh government 2022)

Communication skills and physical skills are enhanced in the first 1000 days and its vital children and the right experiences, freedom and support in the right environment to support their development and their skills as well as support and encouragement from the parents or caregiver. (Department of Health and Social Care, 2021)

Authentic experiences is vital in supporting children to learn about their environment as well as to understand and appreciate the world we live in. from the experiences children should have a bank of knowledge and understanding of the way things work and how to problem solve as well as think critically and voice on their experiences and surroundings. The environments provided should give opportunities of indoor and outdoor, and allow opportunities for being physical, creative, imaginative and independent. (Welsh government 2022)



Being Inclusive



Each individual has the own cultures and traditions, and the UK becoming multicultural. Including inclusion can be difficult as there as so many different celebrations and each home is different and introducing them all to a child can be deemed as confusing, planning activities requires thinking if its teaching to learn or if the differences is just singling out one or two individuals instead of becoming inclusive. Liaising with a family about religion and family culture shows yours respect and willingness

to embrace a child's culture. Embracing your own culture and the culture of the community is as important. There may be different cultural norms so exploring and learning is essential to support inclusion. (Teachwire 2023)

Disabilities is a major barrier across education, all children with or without disabilities need an education to assist them in reaching their full potentials. Disabilities are overlooked in policies thus limiting their access and ability to get an education. Children with disabilities are restricted with their opportunities not being able to partake in communities such as activities and work. Inclusive education is essential and effective in giving all children the fair opportunities to learn and thrive. It gives all children the opportunities to grow and thrive together all as one from numerous backgrounds and not segregating. This gives all children the opportunities to learn from each other. (UNICEF no date)

Being inclusive is more than just treating people equally. Every family is different and has their own identity, identities can be built from values, knowledge, experiences and community. People can be highly influenced by social media and society; it effects people's beliefs and ideas. Practitioners can become aware and challenge misconceptions by engaging in relationships with families by learning and understanding the experiences and perceptions of individuals and their identity. Building awareness from experiences and interactions is a big part of becoming inclusive as well as challenge and wrong conceptions. (Birth to 5 matters no date)

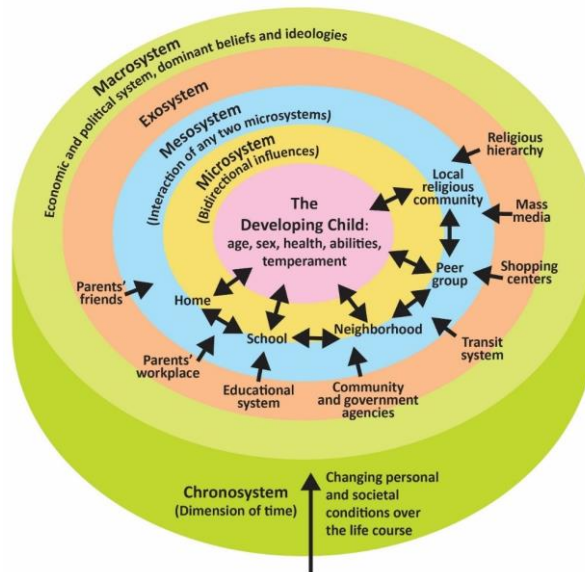


Professional Partnerships & Relationships



In the new curriculum adults have the responsibility of building strong relationships and connections with parents and caregivers and the community this supports a child's sense of belonging by connecting their experiences from past and present. (Welsh government 2022)

Bronfenbrenner's ecological systems theory looks at the interactions within an environment and how the child develops with certain interactions. His ecological system is structured on how much impact it has on a child. The first structure is the microsystem which is the direct contact with a child. Also in the microsystem is relationships and interactions they tend to be personal, and children can be influenced by others which supports their development. The mesosystem relates more to the interactions between parents and practitioners as well as a child's social interaction with peers. Good relationships between families and practitioners can have positive impacts on a child's development. The macrosystem focus on the cultural differences and how it could impact a child such as poverty, wealth and ethnicity. The chronosystem is changes in a child environment such as starting nursery or school, or changes to the home life, such as a house move or parents divorces, these things could pose negative impact on a child's development. The focus of the theory is developing the child and being active in learning as well as maintain healthy relationships to enhance a positive development of the child. (Guy-Evans 2020)

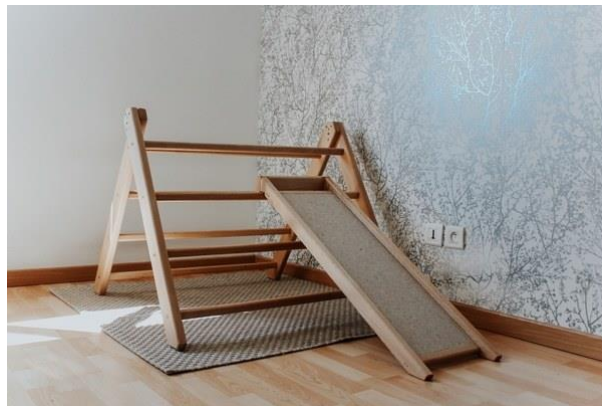


Relationships can be difficult in settings as relationships are vital and positive to a child's development and can help them to feel safe and secure. Sometimes a person can help a child feel secure rather than the setting, this could pose challenges as if a person takes annual leave or had a sick day, it way cause a child to be emotional and distressed. The term professional love is used to describe relationships between a child and a practitioner. Professional love is not about being a surrogate mum but having a professional relationship with mother like characteristics to uphold the rights of a child in everyday settings. (Heale no date)

Respectful Care & Meaningful Learning



Experiences for children should be challenging and give them the freedom to explore and be independent. Activities should be meaningful and pose challenges, multi-sensory experiences give children the opportunities to explore and be creative, they should be given lots of resources so they have the opportunity to choose from a range of items. This encourages thinking and fine motor skills and well as problem solving. (Welsh Government 2020)





The Pikler approach is based on the idea that children's ability to fully learn is when they are emotionally satisfied, it's a peaceful approach with trusting relationships between children and adults. The approach highlights practitioners should consider children as learners who are confident, unique. Independent, resourceful and curious. Pikler found that to enhance a child's development and education there needs to be certain conditions, thus she created the 7 guide principles for child development. The first is giving children their full attention, multi-tasking brings the attention away from the child, giving children 100 percent encourages love and peace. Which relates to the second of slowing down to encourage calm and relaxing environments. Relationships and trust are built through caring activities such as feeding, dressing, baths and nappy changing, bonds can develop as a practitioner should show respect during these private moments. Adults should work with a child not to them, this means giving them the time and experience to explore themselves, which ties in with the next principle that is adults shouldn't put a child into a position that they could not achieve on their own, this encourages free movement. Giving children uninterrupted learning and play time, this allows them to explore and to play independently and to develop their own skills. In relationships babies can be dependent on adults or certain things and adults should be respectful and responsive to cues that a baby gives. (Care for kids 2020)

International Approaches

The significant of the first 1000 days is noticed widely across the globe, focusing on ways to support families. Chile introduced a new start for life programme called 'chile crece contigo' it focuses on social development and since launching its seen massive reductions in developmental delay in two-year-olds. (Department of Health and Social Care, 2021)

Disabilities is a barrier in education around all the world, they are overlooked, and their access is limited, worldwide children with disabilities are likely to not be in school. They face barriers such as discrimination and stigma. (UNICEF no date)

The first 1000 days model in Australia focuses on improving nutrition and using a holistic view of health and wellbeing. The 1000-day movement was started up to help improve nutrition in the first 1000 days to support development. This movement has supported medical care and social help for families who are vulnerable due to economic and social inequalities. This movement has be adapted by other in the USA, Asia and Europe. There are clear outcomes from the interventions such as less cases of long-term diseases. (Ritte, et, al. 2016)

In South Africa the convention on the rights of the child came in to place in 1995 and it stated every child should have the right to basic food, shelter and health and social services. Children should also have the right to be protected from things like neglect, abuse and maltreatment, even though children have the right to these due to the numerous different backgrounds children are born into unfair opportunities, which lets them be affected by poverty, inadequate health and little to no access to education. (Benque 2021)

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