



*The first **1000** days*

Introduction



During this assignment one will be creating a digital scrapbook to convey what a student feels exceptional care could look like, this will then be backed up with theories and factual basis of research.

(unicef.org) 2017 states that the child's potential to develop, learn, and escape poverty depends on the nutrition and care received during the first one thousand days of life, in addition to whether the infant survives. As a result, it supports the long-term wellbeing, stability, and prosperity of society.

A child's entire future is built on the first one thousand days of their life, the countdown begins at conception and lasts until the child is two years of age. Strong data demonstrates the importance of making investments in the first one thousand days to provide every child the greatest possible start in life.

(House of Commons Health and Social Care Committee) 2019 publication also states that if a child experiences stress or difficulty during this time, their development may lag behind that of their peers. If unresolved, traumas like parental conflict or abuse can affect children for the rest of their lives, harming both them and others and possibly passing on to future generations.

The current challenges of caring for an infant within a setting



There are many challenges that are being faced when caring for an infant such as lack of childcare professionals, rising staff and service costs, and a chronic lack of accessible, affordable childcare for families all contribute to the childcare issues faced by facilities, families, and providers (Gov.wales, 2018).

According to (Nursinginpractice.com, 2022) Nursing staff continue to campaign for babies, young children, and their guardians to receive quality care despite increased need and ever-shrinking resources, but they want greater government assistance and funding.

Homes are still significantly impacted by the cost-of-living crisis, and health visitors and nurses who accompany infants, children, and parents are having more difficulties than before. The need for programmes that help families with infants and toddlers is growing, but the resources needed to provide those services are shrinking. Nurses have reported funding reductions and inadequate resources.

There are also many other challenges that one may face when giving care in a setting, such as: -

- **Aggressive behaviour from a child** – (Parentingscience.com) 2017 Children can act out when they are angry over an issue that is too big for them to handle. They still need to develop their impulsive behaviour and socially acceptable dispute resolution skills.

In other situations, children may be dealing with unique challenges, such as traumatic life experiences, issues regulating their emotions, concentration deficiencies, autism symptoms, or hyperactivity.

If your child is misbehaving, that does not mean that you are to blame. Sometimes children have an increased risk of having problems due to genetic factors.

(U.S national library of medicine, 2007) states that as far as genes predispose a person to aggressive behaviour, including aggression toward others, parents and offspring will exhibit comparable behaviour and attitude in this area.

- **Financial strain** - on the parents which may lead to the child being inadequately clothed, seeming underfed or hygiene level are poor.
- **Covid -19** – A major challenge which is continuously a topic amongst professionals at the moment, is the effects of the COVID-19 pandemic on children and in particular early years children. There is a large belief that in the near future data will show how children have negatively been affected through a social element as well as academical.

The (Delphi study, 2021) is an early indication of the negative impact upon children, its states that as a whole, professional participants indicated that COVID-19 will have the greatest detrimental effects on young children's social and emotional development. Development of spoken and written language, physical development, health, and then cognitive development came next. Additionally, scientists thought that COVID-19 would have the greatest harmful influence on children aged 4-5, with that impact diminishing as the child's age declined.

Supporting the Delphi study is the (Babies In Lockdown, 2021) which states that nearly half (47%) of parents said that one's child had grown increasingly attentive. 26 percent of parents said one's baby was crying significantly more frequently than normal. The percentage of parents experiencing an elevation in their child's crying, tantrums, and clinginess was twice as high among those with the lowest incomes as it was among those with the greatest incomes. Babies weeping and being clingier than normal were reported by more parents who are 25 years old or younger.

- **A child with a disability** – If a child has a disability, then this may put a challenge on staff as they would need to be adequately trained in regard to the disability also the child may need extra care and support which would put potentially further strain on resources available, further examples may be the potential for accessibility such as ramps or wider corridors for wheelchairs.
- **Medical procedures needed for the child** – It is not uncommon for children now to have some allergies such as a peanut allergy and sometimes staff need to be extra trained for this event and provided with the adequate first aid supplies, all of which will come at a cost.
- **Communication with parents** – One challenge might be the communication with parents or guardians, it is important to have an open and honest dialogue in order to build up trust however this also goes both ways.

- **Security of the children, the staff and building itself** – Another challenge is to always provide a safe and secure environment for the children to thrive in whilst feeling safe and to put parents or guardian's minds at ease.

Current Approaches to exceptional infant care



The growth of global and international education has undergone numerous transformations since the turn of the twenty-first century. Increased change of society and the uptake of digital technology in education are currently the most obvious phenomena.

Knowledge is the progression from learning something by reading to perceiving it visually as well as through classroom interaction.

Our approach to life, our means of communication, our thoughts and feelings, our ability to influence others, as well as our social abilities and behaviour, are all being changed by digital technologies all though it is not without its benefits, The way we live, work, and play has been revolutionised by digital technology. Many people's quality of life today is improved by technological advancements, which also open doors to opportunities never before available to humans (Missouri state university, 2022).

The Australian curriculum currently work towards a blended learning approach and placing the emphasis on teachers to adopt a functional approach, Different teaching strategies might be regarded as age-appropriate for introducing young students to the Australian Curriculum. The teacher's job requires making deliberate, intentional, and intelligent decisions and taking thoughtful actions to support children's natural desire for self-education while implementing a variety and balance of age-appropriate approaches (Early childhood education and care, 2019).

[Montessori school education](#)



The new education curriculum for Wales also has adopted some of Montessori's theory on education whereby the educational approach is centred on self-directed activity, experiential learning, and group play. Adolescents in Montessori classrooms make independent decisions about their education while the environment and the highly qualified instructor provide age-appropriate activities to support the process. Children explore the world both individually and in groups as they strive to reach their full potential (Montessori Education, No Date).

Sensory activities for infants



(Only About Children, 2022) states that primarily, sensory play would be any play that appeals to your child's senses. Touch, smell, sight, sound, and taste are all included in this. Mobility, equilibrium, and spatial awareness are also included. A child's senses are also not entirely formed when they are born. When infants, toddlers, and adolescents investigate their surrounding sensory environment, they only get more mature with time. So, every new sensory encounter they encounter expands the architecture of their brain by creating new neural pathways.

Why is sensory play important?

It encourages play through exploration using their curiosity whilst enhancing creativity and problem-solving skills, it is also crucially helps towards creating neural connections within the brain.

(Educational Play care, 2016) states that giving children the chance to start engaging their senses as they explore the environment through "sensory play" is essential for brain evolution because it helps the brain's circuits form neural pathways.

This promotes a child's capacity to accomplish more challenging learning tasks and fosters their cognitive, linguistic, gross motor, social, and problem-solving progression.

The brain expands significantly while a child is a baby. Synapse creation amongst neurons explodes in the early stages of neurodevelopment. Synaptogenesis is the term for this.

(Health line, 2018) Goes onto say that in the early years of life, learning, memory formation, and adaptation are all greatly influenced by this quick phase of synaptogenesis. The number of synapses reaches its peak between the ages of 2 and 3. However soon after this phase of synaptic expansion, the brain begins to eliminate connections that are no longer necessary.

Holistic development, it's importance and benefits



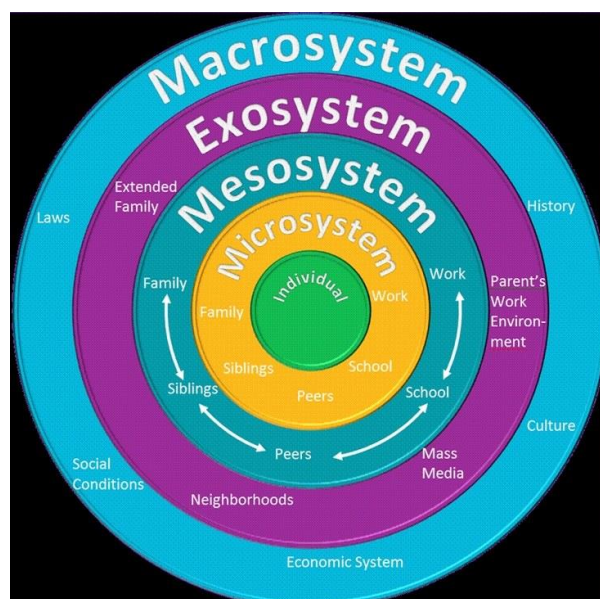
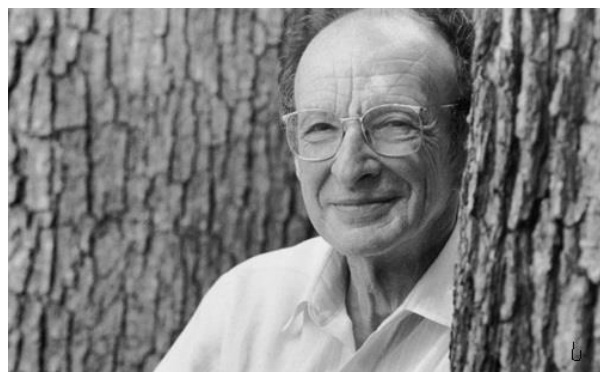
An educational strategy known as "holistic development" places a significant focus on children's physical, emotional, and psychological health. By learning in a fashion that is different from the traditional method of educating, it aids adolescents in making connections with the world around them.

(Child development, No Date) State that when determining a child's requirements and making plans for them, a holistic approach is crucial. By examining the connections between the developmental domains and how advancement in one domain can influence advancement in another, it enables oneself to evaluate the child as an individual and comprehend what they have accomplished and what they have not.

(Welcome to little steps, No Date) Supports this also, raising infants for future life is among the biggest objectives and advantages of holistic development in the early years, notably as they transition to primary school. Across a diverse range of activities, professionals educate children on important life skills such as independence, self-confidence, and communication.

Children are provided with the space and opportunity to grow their self-confidence, whether they are learning how to solve puzzles creatively or work successfully in a team. Furthermore, the holistic approach to education used in Early Years encourages students to participate in the learning process, which is crucial for their future success.

(Bronfenbrenner, U. 1996) Stressed the value of adopting a holistic perspective by examining people's behaviour and growth within the framework of one's lifestyles, settings, families, and surroundings instead of isolating them in clinical research settings.



According to Bronfenbrenner, in order to comprehend human development, one must also comprehend the complete environment in which it occurs. He divided this environmental system into five subsystems: the macrosystem, the microsystem, the mesosystem, the exosystem, and the chrono-system. These systems, according to him, are stacked inside of one another like Russian nesting dolls.

Importance of respectful care



It is crucially important to have respectful care in an early year setting as it can easily give not only oneself but also the setting a good reputation and a good name publicly, it can also benefit practitioners as parents or guardians are then more likely to trust oneself with their children due to the enhanced reputation of the setting itself.

(Teach early years, no date) Note that Pikler's approach wanted to guarantee the physical and mental well-being of new-borns and early children. In the 1930s, she realised that fostering solid connection was indeed the key to attaining this.

She realised that one of the key strategies for accomplishing this was to provide respectful care, especially when it came to personal hygiene.

She particularly recognised the value of enabling kids to initiate activities for themselves and the profound effects it has on kids' development, including their self-esteem, self-control, and numerous other traits.

Being inclusive and its importance for both the infant and family



It would be crucial to be open and honest when communicating with children's parents and guardians since doing so fosters understanding and trust. Individuals will all be capable of working together more effectively to enhance the wellness and development of children when you and parents or other carers understand and trust one another.

Because of this, building and sustaining healthy relationships with parents and carers relies on effective communication.

Strong partnerships between experts and parents or carers allow them to better comprehend a child's condition and may even lead to the creation of joint plans for the child's assistance.

(The hub, no date) Parents can participate actively in their children's development by receiving support and knowledge about how children are learning. One such contribution has the potential to have a significant and long-lasting impact on children's lives and subsequent outcomes.

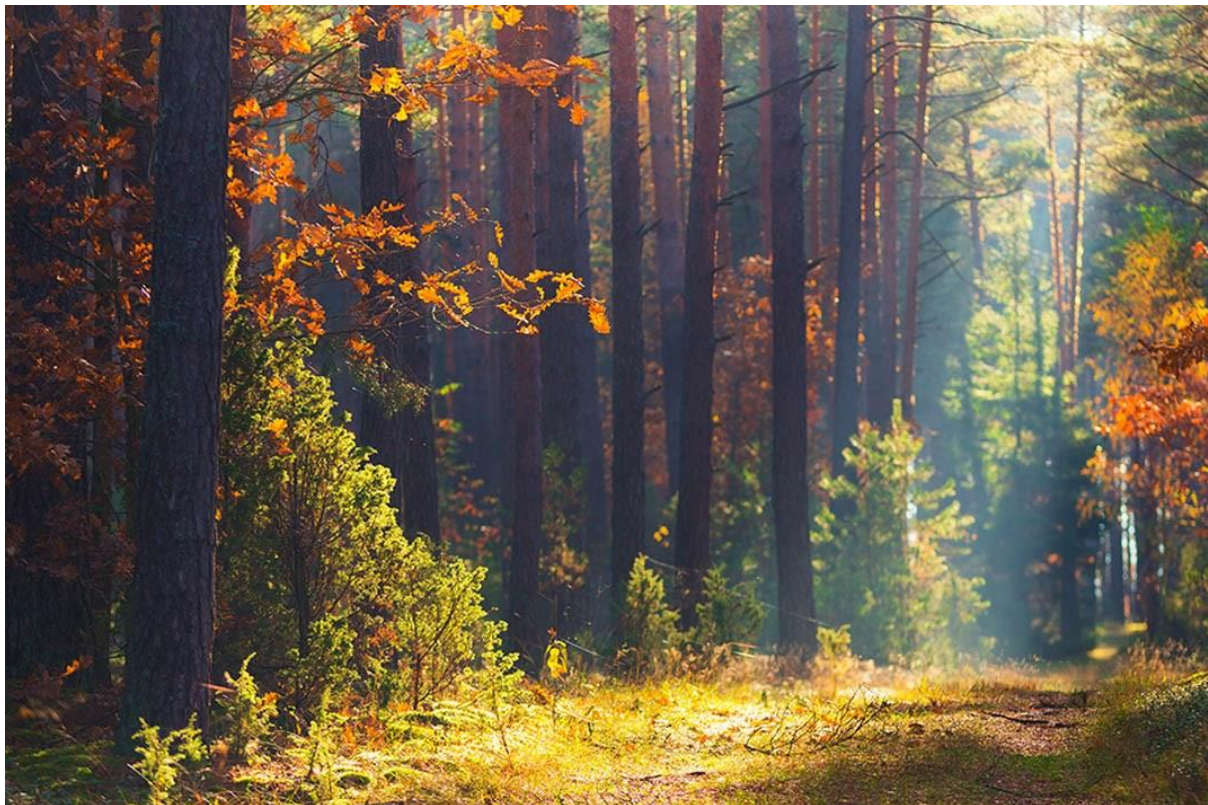
Throughout daily interactions, games, and rituals with parents and families, children acquire knowledge about the world including their own position in it. Parents and professionals can improve children's education and growth by collaborating.

Children learn more in their early years compared to any other time in their life, there are several possibilities to learn new things in daily life.

Children learn best and prosper when parents and carers work well together as a team being open and honest with one and other. Parents equally have a crucial role in their children's lives as the main decision-makers.

Practitioners must collaborate with one another in order to best serve the interests of the Infants. Children receive continuity of care in this way, and it prevents them from becoming confused by many rules and limits.

International Comparisons



Various educators and parents claim that children should not begin taking academic tests until they are four years old since it puts too much pressure on them at that young age. However, some people think that starting early educational testing is essential.

The testing procedures used on youngsters vary greatly throughout Europe. The primary emphasis on childhood development in Scandinavia is recreation. Eight out of every ten pre-schoolers (aged 1 to 5) will get an education that consistently emphasises playtime.

The Scandinavian pre-school curriculum is especially made to teach children and lay a solid basis for all subsequent academic years. It is crucial for a child's cognitive growth that they have several additional years until attending school at age six or seven.

Scandinavian primary school students are urged to be artistic even while studying the fundamentals of academics. This is advised that student's study in a creative, enjoyable way, whether through performing, singing, or educational activities (The PIE blog, 2019).

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