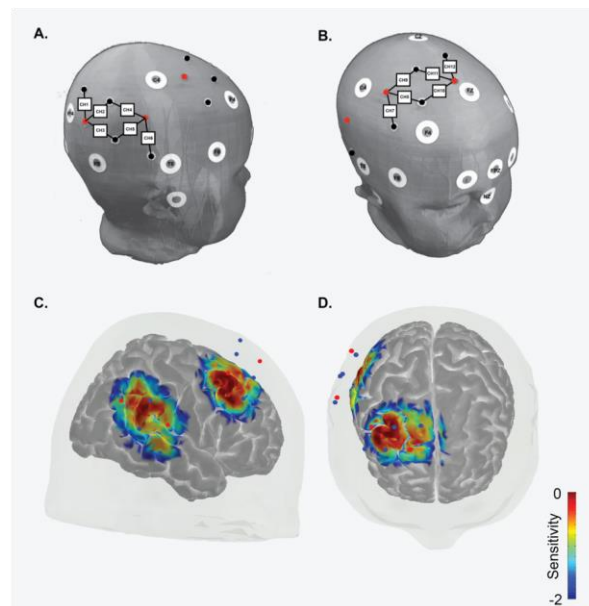


Exceptional care in the first 1000 days

What is the first 1,000 days?

The first thousand days in a child's life is from when the child is conceived. During conception the sperm fertilizes the egg, the egg implants into the uterus pregnancy begins, the fertilised egg now begins growing a cluster of 100 cells called blastocyst until they reach 2 years old. The Blastocyst attaches to the lining of uterus the Endometrium. The Implantation happens the cells continue to divide some cells develop into a baby and the remaining cells begin to form the placenta. Hormones begin to release to allow the body to know the uterus is developing a baby.

(<https://myclevelandclinic.org/health>). during pregnancy your health, nutrition and stress levels can have effect on your baby's future". (<https://www.pregnancybirthbaby.org.au>).



1 - this images of the brain of infant.

Why is it important?

Exceptional care in the first 1,000 days is extremely important because this is the period of time that a child's brain, body and immune system grows and development significantly. looking particularly at pregnancy a women's health, nutrition and stress levels can have effect on your baby's future.

(<https://www.pregnancybirthbaby.org.au>). it is vital that a baby has a source of good nutrition, safety and security at home. During pregnancy women need to take folic acid because "when the baby is developing early stages during pregnancy folic helps the neural tube. Folic acid is very important because it helps prevent major birth defects.(<https://www.cdc.gov/about>). It has been suggested that major defects of a babies spine happens within the first 3-4 weeks after a baby has been conceived. This is why it is suggested that women trying for a baby should start taking folic acid and throughout the first 3 months of pregnancy. The folic acid helps make new healthy cells. (health.qld.gov.au)

" good nutrition is important for everyone, but particularly importance for pregnant women". Folic acid is man-made form of B vitamin "folic acid is vital for healthy bodily growth and development".

Folic acid helps your baby develop its nervous system and neural tube. Neural tube is one of the 1st things your baby will grow it becomes your baby's brain and spinal cord and the bones that surround them". (health.qld.gov.au).

A defect is suspected when the development within the babies neural tube does not form accordingly. The effect this has can cause disabilities such as loss of bladder and bowel control and sometimes paralysation. Another neural tube defect is spina bifida this is a condition that affects the spine. This is when the neural tube doesn't close all the way, the backbone that protects the spinal cord doesn't form and close has it should". (cdc.gov).

Spina bifida might cause physical and intellectual disabilities, the range may vary from mild to severe. The three common types of spina bifida are spina bifida occulta, meningocele and myelomeningocele.



What is Exceptional care ?.

Exceptional care is to provide a loving caring environment for a young person, allowing them to feel a sense of safety and feeling secure, supported and loved. It enables a child to build positive attachments.

To understand attachments its important to look at attachment theorists, looking at attachment theorist John Bowlby, Bowlby shared the psychoanalytic view that early years experiences Bowlby believed that "early childhood experiences have an important influence on development and behaviour in later life.

Attachment can be defined as a unique emotional bond between career and child that involves an exchange of comfort pleasure.

enclosed is the you tube link > professor Carlin's you tube page).

[John Bowlby](#)

Why is it important to promote Exceptional care?.

Promoting exceptional care is really crucial putting the person at the centre of their care and assistance by working in a person-centred manner so they may decide how it should be provided. Every person has a set of values that determine how we perceive the world and how we respond to different circumstances and situations and other people. Delivering care that is risk free. (<https://careadvice.buckinghamshire.gov.uk/...why-is-equality-diversity-important>). Having children and working with children can be very rewarding yet also very challenging. We try to provide love, dedication, passion be a good listener and communicator. Be attentive to their needs, have an understanding of empathy. Being there for them understanding their needs making sure that we can do the best ability by them. These roles can be very challenging and frustrating. Their may not be

funding available or endless lists and challenging lists and challenging roads ahead, often feeling there's a battle ahead and not enough support given to provide the children with the correct facilities equipment or poor staffing.

Challenges....

There are many challenges when providing exceptional care, these can be language barriers as children come from different cultures. Families traditions and beliefs may be different, the language barriers may be there because the parents have little or no understanding of the English language. Interruption is not available makes it harder to build a professional relationship.

Covid also became one of the biggest challenges parents felt alone as the rules meant they had to isolate from others. Pregnant mothers had to have babies quite often without anyone being there to support them. Midwives and hospitals felt this was safer, although this has had an impact on the mothers mental health. midwives and health visitors struggled with staffing at this time due to people being afraid of the impact this would have on them and their families. midwives and health visitors were over pressured, understaffed and depression arise (according to tv document by Emma Willis) . [Emma Willis](#)

Mental health can cause all sorts of trouble depression, anxiety and separation issues. Mental health becomes so overwhelming not everyone understands it, this causes them to not accepting that mental health is an illness itself. People with mental health can feel isolated, overwhelmed not wanting to participate in normal day to day activities. This can have a significant impact on a child's life especially if the mum is not able to build an attachment bond with their own baby, Mental health can affect a Child's life as the parent maybe overwhelmed not being able to participate in groups like playgroups, parent support groups. This may also have an impact on a child's attendance if a parent feels so low that that they cannot even get up and wash and get dressed in the mornings then they often feel they cannot face the world then this results in them not taking the child to school or playgroups which are detrimental in having a stimulating input in a child's development.



Child development;-

A Childs development differs from the Child's ability and the support provided to them.

"your child's experiences in the early months and years of life affect their life affect their health and wellbeing for the rest of their life. Your caring nurturing, and safe parenting help ensure your child's healthy development. (<https://www.healthlinkbc.ca/healthlink-bc-files/your-child's-development-birth-3-years>).

A Childs development recognises parents voices, right from birth, a baby begins babbling, holding eye contact smiling, staring at people, crying when their hungry or soiled their nappies, want to be comforted, jumps at noises that maybe unfamiliar, becomes happy when recognising familiar faces.

A baby begins to lift their head up, roll over, use fine motor skills, follows moving objects, lifts head up unaided sits with and without support, reaches for object, takes first steps recognise words repeats words, learns to walk.

there are a variety of activities that can be used to stimulate a child's development, children are often interested in messy play, water play, sand, play dough, dress up, drawing, painting, craft activities, dancing and singing creating child led activities allows the child the ability to develop into their own sense of being. Children love participating in things they have chosen themselves.

"Allowing a child to participate in dancing activities allows them to use balancing skills, singing, movement, physical fitness". (<https://www.nvrc.ca>>5 benefits).

Theorist Maria Montessori uses an educational approach. Maria's theory supports child development, "it is based on the belief that children are naturally curious and capable of learning independently". (<https://rms.wa.edu>>what-is-maria).

Maria Montessori developed her theory as she believed that each child is unique and that educational learning process should be focussed around children and their capability.

Although Maria Montessori believes "that children learn naturally in the right environment", theorist Vygotsky disagrees and believes "children learn best in teams". (<https://www.duplinschool.nd>>libel, moral development of preschool).

Vygotsky believes that teachers have an important role within development, and suggest children learn from the environment they are in.

looking briefly at a third theorist Piaget he truly supports the "discovery learning with little teacher invention". (<https://www2.education.uowa.edu>>...).

The environment does have a detrimental impact within a child's development. Although it has been suggested that in the nature/ nurture debate that it is in fact down to both. The environment a child comes from could be in poverty but does that mean that although there are limitations within financials that a child would not develop accordingly to their full potential. Regardless of finance if a parent is educated and able to support their child's developmental needs they will create opportunities for their child to learn with using a variety of resources from the home environment.

Professional partner relationship;-

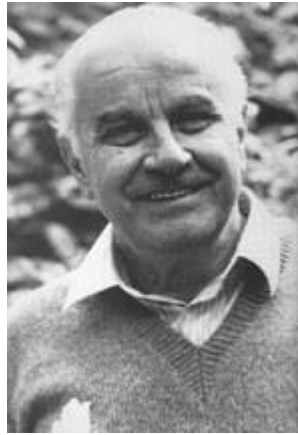
it is important the exceptional care is given to support the child's development. keeping professional allows for everyone to know where they are, allowing the child to feel support, safe and secure. Setting boundaries that will protect both the child and the person giving professional care.

Partnerships are created so multi agencies can work alongside one another and allow each other the support to assist the child's developmental needs in accordance to the individual needs.

Partnerships may be created with social services, seances, midwives, health visitors, child's parents, guardian, caregivers, speech and language therapists known as s.a.l.t. . Everyone working alongside one another gives the child the best care and opportunities of maintaining support of the child's developmental needs. Everyone interconnecting builds a supportive relationship within the child's life.

Reggio Emilio approach highlights "children are viewed as competent, curious, full of potential". (<https://immaculatetols.co.uk>>Reggio).

'We parents and children, work together in the process of learning. You as a parent is a vital resource for your child's learning". The environment has potential to enhance children everyday learning process.



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