

**Lesson
No 10**

**Care of Children
in
Early Years**

SUMMARY

You learnt that children grow from the time of conception and their learning starts even before they are born. Researchers repeatedly conveyed that interactive environment, stimulation, warmth, care and experiences can have a positive influence on children's development. The first three years of a child's life set the stage for all future growth. It is therefore important to understand the impact of early care and to ensure its quality and accessibility.

The first three years are often called the foundation years as incredible growth takes place in all domains of development. It is imperative to ensure quality childcare as it has direct impact on how children will learn and build healthy relationships. You learnt the key principles of care giving to ensure quality childcare as follows:

**Principles of Care Giving
of Children Under Three**

- Principle 1:**
Supportive and Responsive Environment
- Principle 2:**
Responsive Relationships and Strong Life Skills
- Principle 3:**
Reduce Sources of Stress

In this lesson, you learnt about; what educators and other adults who work with children need to know. They also need to be aware with best practices that would ensure the holistic development of children during their early years.

IMPORTANCE OF MEETING PHYSICAL NEEDS

Build Your Understanding

- Keeping the principles of childcare in mind, it is important to understand the care practices in relation to domains of development.
- Children have different and diverse needs. So, it is important to know and address their needs for a healthy and comfortable journey through out the childhood.
- Let us look at some of the common physical needs of a child:

Table showing the age at which each vaccination has to be administered.

| Age | Vaccine |
|-----------|-----------------------------------------------|
| Birth | BCG, OPV, Hepatitis B, HPV |
| 6 Weeks | DPT, OPV, HiB, Pneumococcal, Hepatitis B |
| 10 Weeks | DPT, OPV, Hepatitis B, HiB, Pneumococcal, IPV |
| 14 Weeks | OPV, DPT, Hepatitis B, HiB, Pneumococcal, IPV |
| 6 Months | Rotavirus, Influenza, HPV |
| 9 Months | Measles |
| 12 Months | Varicella |
| 15 Months | MMR, Pneumococcal Booster, IPV |
| 18 Months | OPV, DPT, HiB Booster, Hepatitis A |
| 2 Years | Typhoid, Hepatitis A |
| 4 Years | MMR |
| 5 Years | OPV, DPT Booster |

Nutritious food



- Breast milk is best for babies.
- After six months transition from mother's milk to semi-solid foods followed by regular food.
- In addition, babies' need for the sense of touch and feel of comfort with their mothers.

Protection, Adequate Sleep and Exercise



- Children build their trust with the world with sensory inputs both in care and in interactions.
- Caregivers must ensure comfortable clothing, adequate sleep and exercise for children.

Immunization and Promotive Health Care



- Immunization is the process that makes a person immune or resistant to an infectious disease.
- It is given high priority in the care of infants as it can protect them from life-threatening diseases.

Cleanliness and Hygiene



- Keeping the eyes clean with a wet cloth
- Similarly, the nose, nails and toes should be wiped clean.

SENSORY STIMULATION FOR DEVELOPMENT

Build Your Understanding

- Infants use their senses to learn about the world around them.
- Different senses work together so that infants and toddlers can explore the environment, investigate, and behave in a typical manner.
- **Vision and Hearing** are the first sensory experiences



Visual

- Visual growth develops when children observe colours, shapes and



Auditory

- Talking to children
- Playing music
- Exposure to natural



Touch

- Identify objects by touch during tactile sensory play, which helps them develop their fine and gross motor skills such as squeezing, pulling, pushing and throwing



Kinesthetic

- Sense of movement
- Learning by movement.

EARLY YEARS AS FOUNDATIONS FOR LATER LEARNING: QUALITY PATHWAYS OF CARE

Build Your Understanding

- Early childhood is a period of rapid development.
- It is the foundation for lifelong learning.
- Early childhood care is sowing the seeds of strong roots and foundations for later life.
- Conditions that generally foster a safe, nurturing and stimulating environment for children are:
 - Low child/caregiver ratio
 - Small group size
 - Motivated and sensitive caregivers
 - Positive caregiver/child interactions
 - Age and developmentally appropriate activities and stimulating materials such as blocks, toys, colours, beads etc.
 - Good health, hygiene, and safety practices
 - Trained staff with regular professional development opportunities

THE SIGNIFICANCE OF CARE FOR YOUNG CHILDREN

| | |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Interest, Curiosity and Motivation | ■ Interest is a form of energy that leads to curiosity as well as motivates and guides children's engagement in the world. ■ Enthusiastic adult responsiveness to children's interests is the surest way to engage, sustain interest, curiosity, and motivation. |
| Forming Relationships | ■ Positive relationships help children to develop self-esteem, wellbeing, confident, secure and be able to trust their relationship ■ Cognitive stimulation influencing early brain development is strongly dependent on positive relationships. |
| Play and Playful Interactions | ■ Brain development emerges from engaging in sensory play ■ Language development is also rooted in play ■ Fine and gross motor skills are enhanced during tactile sensory play ■ Cognitive growth is supported by sensory play ■ Social interaction is fostered by group activities. |
| Rhythms and Care giving | ■ It is the biological clock and rhythms that cause children distress if there is too much change in their routines. ■ From the time babies are born, they like a predictable world and everyday rhythms and cycles of care giving provide the comfort of expectation and gratification. |

TYPES OF CARE SETTINGS

Familial – Parents, Aunts, Uncles, Cousins

Non-Familial –

'Home-Based Care'

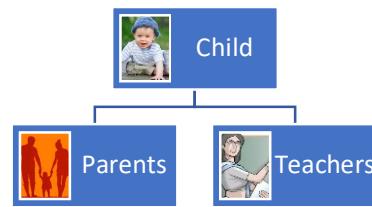
- Care for a smaller number of children in either the child's or the provider's home
- Babysitters who are in the home, neighbours, friends etc.

'Centre-Based Care'

- Serve a larger group in a non-home setting
- Crèches, Day Care Centres, Preschools, Childcare Centres, Nursery, Schools,

CAREGIVERS

Parents and Teachers



- Kindergarten and Pre-Primary Schools and
- Parents, Teachers and Child's a Dynamic Triad
 - Collaboration Between Parents and Teachers
 - Channels of Parent Teacher Communication
 - by appointment in case of special issues
 - at the time of drop off and pick up
 - through means of technology
 - social networking
 - text messages
 - phone calls
 - e-mail

EVALUATE YOURSELF

Q1. Discuss the importance of care practices in relation to domains of development in the first three years

Q2. Comment on the statement, “Early Years as Foundations for Later Learning”

PRACTICE YOUR KNOWLEDGE

Observe your surroundings and write a report on, “How do parents and teachers as a team contribute to the overall development of children?”