

The First
1000 Days



The essentials to The First 1000 Days

Making the unbreakable connection (1-2yrs)



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Why are the first 1,000 days so important?

The first 1000 days are critical in setting your child up for a happy, fulfilling and successful life. During this time, your child's brain is developing rapidly and they need lots of support to help them learn.

This is also the perfect time to focus on your child's Emotional Intelligence (EQ). Research shows that it's EQ rather than IQ that guarantees your child's success as a global citizen.

Making the unbreakable connection (1-2 years)

Between the ages of 1 and 2, your child will become more independent, confident and coordinated and their unique personality will start to shine through. This is an extremely exciting time in your child's mental, physical and emotional development.

As your child's brain rapidly develops, they will start to walk, talk and remember things. Before you know it, your little one will progress from walking to climbing, running and jumping. Your toddler will also become more aware of what's happening around them and more assertive as they learn how to express their wants and needs.

The emotionally intelligent toddler

Emotional Intelligence (EQ) is your child's ability to perceive, understand, express and manage emotions. EQ is vital for your child's happiness and success in life. It will help them build stronger relationships and make them more receptive to learning.

It's important for your toddler to feel safe, secure and supported. You can achieve this by acknowledging and being responsive to their cues and signals.

When they are anxious or afraid, offer lots of comfort and affection. When they master a new skill, do a happy dance and share in their joy.

It can be hard to understand your child's emotional and social needs at this age. They will form strong emotional attachments and might become upset when they are separated from you. At the same time, they will become increasingly independent and want to try things on their own.

While it's natural to want to shield your child from any hurt or harm, it's also important to encourage their independence and provide them with lots of opportunities for constructive stimulation.

Did you know?

By 18 months, the average toddler understands 10 times more words than they can verbalise. By their second birthday, they will probably be able to say over 50 words.



Supporting your toddler's learning and development

You are the most important person in your child's life and their most influential teacher. You can support their development in these simple yet effective ways.



1. Make storytime interesting.

Incorporating storytime into your daily routine will build your child's literacy skills and make them feel valued. Choose a quiet spot and let your child pick a book that interests them. While reading, try to use different voices for different characters and ask your child lots of questions.



2. Sing with them.

Singing nursery rhymes is a fun way for your child to learn new words and sounds. It also encourages them to develop their fine motor skills through movement, while boosting their confidence. Your child will love songs that are upbeat and include lots of repetition.



3. Prioritise playtime.

Play isn't just fun, it helps your child develop important physical and social skills, builds their confidence and stimulates their creativity. Encourage your child to play on their own and with other children. When selecting toys, choose simple puzzles, things that link together (e.g. a train set) and anything with knobs or buttons.



4. Engage them in conversation.

Ask your child about what they are doing, looking at or feeling. Engaging your little one in conversation teaches them new words and phrases while increasing their attention span. They'll also learn how to interpret facial expressions and gestures.

