Driscoll's Model of Reflection

What?	What ...	
	... is the context? ... is the problem/situation/difficulty/reason for being stuck/reason for success? ... was I/we/others trying to achieve? ... was the outcome of the situation? ... was my role in the situation? ... was the role of other people in the situation (if others were involved)? ... feelings did the situation evoke in me? And in others (to the extent you know)? ... were the consequences for me? And for others? ... was good/bad about the experience?	This week I learned about the strategy for the critical period during the 'first 1001 days' (Department of Health and Social Care, 2021). I reflected upon brain development, and how experiences and genes shape childhood. I learnt about the foundations of cognitive, emotional and social capabilities and the impact of stress and adverse experiences. (47 words)
So What? You might want to supplement your own knowledge and thoughts with other people's ideas, references, and theories. This can be to show what helped shape your thoughts and further explore them. This comes down to how much you are looking to formalise your reflections. This can especially be important if the reflection is assessed.	**So what...** ... does this tell me/teach me/imply about the situation/my attitude/my practice/the problem? ... was going through my mind in the situation? ... did I base my decisions/actions on? ... other information/theories/models/literature can I use to help understand the situation? ... could I have done differently to get a more desirable outcome? ... is my new understanding of the situation? ... does this experience tell me about the way I work?	I was particularly interested in the theoretical ideas of Bowlby (Bowlby, 1997) and the different attachment styles. It gave me a new understanding of relationships considering the importance of the connection between the parent and child. I better understand the impact of interconnections between humans and effect on children's emotional development. Maternal mental health intrigued me (Filippetti, Clarke and Rigato, 2022). I had not realised how much maternal mental health impacts upon emotions, behaviours and attitudes. I learnt that the way we think influences how we behave and the approach we might take. I have developed my skills in the use of CHATGPT, I had not realised the benefits of different technology. (112 words)
Now what? Ensure that you are concrete in your action plan and not only saying generic comments such as 'I will do things differently/better'. The more concrete you can be regarding what you want to do, how you will do it, and how you will remind yourself, the easier and more likely it will be to implement.	**Now what...** ... do I need to do in the future to do better/fix a similar situation/stop being stuck? ... might be the consequences of this new action? ... considerations do I need about me/others/the situation to make sure this plan is successful? ... do I need to do to ensure that I will follow my plan?	As a result of my learning this week I am going to: • raise awareness with prospective parents that I work with about the risk factors within pregnancy, such as smoking, alcohol, substance use and obesity. I aim to support them to make healthy changes. • undertake the DFE Module 2 on brain development. This will help to improve my knowledge even further. • I am going to use ChatGPT as a tool to develop knowledge and understanding. It will improve my own knowledge and the knowledge of those who I work with. (90 words) Total words (249)

Reference List

Bowlby, John (1997) Attachment and loss. Volume 1: attachment. London: Pimlico.

Department of Health and Social Care (2021). *The Best Start for life: a Vision for the 1,001 Critical Days*. [online] GOV.UK. Available at: https://www.gov.uk/government/publications/the-best-start-for-life-a-vision-for-the-1001-critical-days.

Filippetti, M.L., Clarke, A.D.F. and Rigato, S. (2022). The mental health crisis of expectant women in the UK: effects of the COVID-19 pandemic on prenatal mental health, antenatal attachment and social support. BMC Pregnancy and Childbirth, [online] 22(1). doi:https://doi.org/10.1186/s12884-022-04387-7