

Pregnancy to 2 Years

THE FIRST 1000 DAYS
- A CRITICAL PERIOD OF DEVELOPMENT



A child's brain develops more quickly in the first 1000 days than at any other time in their life

Children thrive in healthy environments and communities with access to what they need, where they need it



Children need nutritious food to grow and develop. Pre-birth, a baby eats what their mother eats



It is the experiences and relationships children have that assists their brains to grow

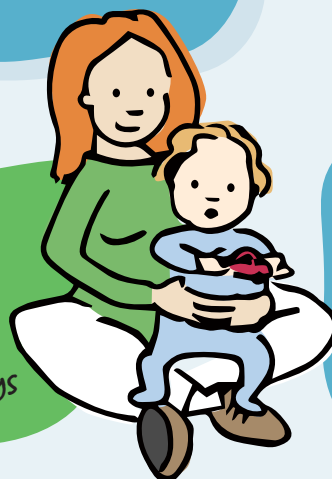


A baby begins hearing and listening to voices in the womb - it's never too early to talk, read or sing to your child

Playing together helps brains develop. Let's have some fun exploring and learning together



A loving, secure and safe relationship with one or more caring adults is the biggest protective factor for children in the first 1000 days



The first 1000 days of a child's life is a key period which shapes their development and wellbeing, now and for the future

