

# FIND OUT WHERE YOU FIT IN THE FIRST 1000 DAYS JOURNEY...

*Early is great, but it's never too late!*

The first 1000 days refers to the time from pregnancy until 2 years. Experiences and environments during this time have a lasting impact on our **MIND**, **BRAIN** and **BODY**.

What we do during the first 1000 days can set strong foundations for lifelong learning, health and development. The great news is that positive changes at any stage of life can contribute to our wellbeing. The trick is to know what changes to make.

It is important to remember we ALL HAVE A PART TO PLAY in providing the best possible start to a child's life. Our future citizens are depending on us.



To get the best start to life, children in the early years need:



## The Journey...



Pregnancy:  
270 days



Baby: First year  
365 days



Toddler: Second year  
365 days



Citizen: As members of  
the community we all  
have a role to play

## Caring connections and responding to cues

- Babies are born ready and able to communicate with us. Face to face interactions are the best way to build a strong brain from birth.
- If we take the time to listen to babies, children and young people, they learn to feel valued and they will always come to us with their worries.
- Give and get as many hugs as you can. Hugs are good for your health.

### More support can be found here:

Burnie Child & Family Centre – Phone: 64304222  
Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

## Clean Environments free of toxins

- Breathing clean air means strong lungs and a healthy heart.
- Keeping our homes clean and free of bacteria means we will avoid sickness.
- Strive for a healthy body. What we put into our bodies either helps us or hurts us.

### More support can be found here:

Quitline - Phone: 13 78 48  
Alcohol & Drug Foundation – [www.adf.org.au](http://www.adf.org.au)  
Burnie Community House – Sustainability Book - 64333219

## Breaking the cycle of stress

- Stress in life is normal. Its how we manage stress that makes the difference.
- Shared stress is less stress. Talking can help.
- Find your stress busters.
- Find time to reconnect to nature, and nurture the things that bring you peace.
- Children notice how you react to stress. Tell them they are safe and loved.
- Know who is in your circle of support for when you need it.

### More support can be found here:

Lifeline - P: 13 11 44  
1800 Respect - 1800 737 732  
No Interest Loan Scheme - 1300 301 650

## Swap food and drinks for those that FUEL our BODY & MIND



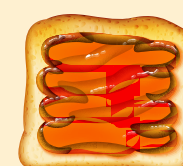
Sweet drinks



Sugary cereal



Water



Toast

### More support can be found here:

Burnie Community House – Ph: 6433 3219  
Start Them Right – <http://www.dhhs.tas.gov.au/healthykids>

### For more information please contact:

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