

Key facts



- The **first 1000 days** is the period from conception, through pregnancy, until the end of a child's second year.
- A baby's experiences in their **first 1000 days** can have lifelong effects on their health and wellbeing.
- It is important to provide babies with good nutrition, loving relationships, safety and security, time to play and a healthy environment during the **first 1000 days**.
- Stress, trauma, poverty or violence experienced during the **first 1000 days** can have long term adverse health effects on a baby.



More information

littletasmanian.com.au

greatstart.tas.gov.au

raisingchildren.net.au

first1000daysaustralia.com

pregnancybirthbaby.org.au

B4.education.tas.gov.au

findhelptas.org.au

This resource draws from the Australian Government's Pregnancy, Birth and Baby Service website pregnancybirthbaby.org.au



Their **first 1000 days** last a lifetime.

What is 'the first 1000 days'?

The **first 1000 days** is the period from conception, through pregnancy, until the end of a child's second year.

What happens in the first 1000 days?

The first 1000 days is a period of rapid development when a baby's brain, body and immune system grows.

During pregnancy, the mother's health, nutrition and stress levels can have an effect on their baby's future.

After birth, a baby's physical environment, nutrition, experiences and relationships can have a lifelong impact on their health and wellbeing.



What happens in the first 1000 days impacts a child's wellbeing and development now and for their lifetime.

How does my baby's brain grow in the first 1000 days?

- A baby's brain develops more quickly during the **first 1000 days** than at any other time of life.
- Eating well (nutrition) during pregnancy and in early childhood will help a baby's learning, physical skills and emotions to develop properly.
- Being hungry, exposed to stress or abuse, or an unsafe or unhealthy environment during this time can have a lifelong effect on a child's development.



How can I give my baby the best start?

To support the best possible **first 1000 days** for your baby:

- Give your baby lots of love and attention so they feel secure.
- Eat well during pregnancy and after baby is born, as babies learn by watching people around them.
- Avoid smoking, alcohol or drugs.
- Seek help if you're experiencing violence or trauma.
- Breastfeed for at least 6 months, if you can.
- Make time to play, learn and have fun together.

It really does take a Tasmanian Village to raise a child to grow and thrive.