

FIRST 1,000 DAYS: NUTRITION FOR HEALTHY BEGINNINGS

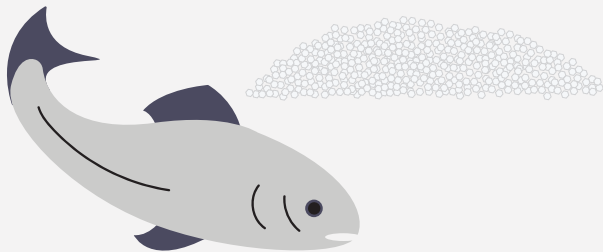
Good nutrition is necessary for babies and preschoolers to have healthy physical and brain growth. It's important for parents to know the nutrients that are necessary for their kid's growth and identify where they can find them. Below is a list (not complete) of necessary nutrients and foods for different age groups and where you can find them:

PREGNANCY

Iodine

Iodine can prevent bad birth outcomes such as low birth rate, poor brain development, and slow growth

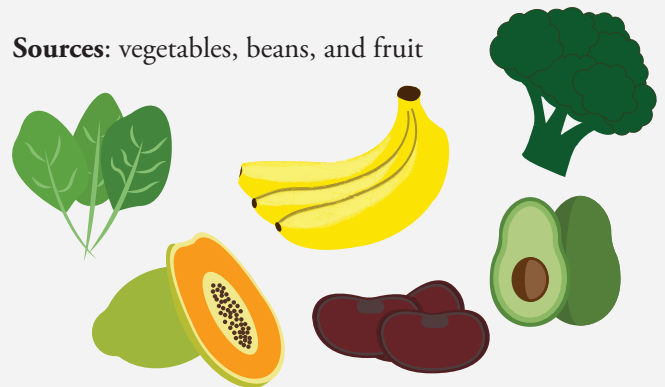
Sources: fish, seafood, and fortified salt



Folic Acid

Folic acid reduces the risk of brain and spinal cord issues in your baby, which could lead to paralysis and poor brain outcomes.

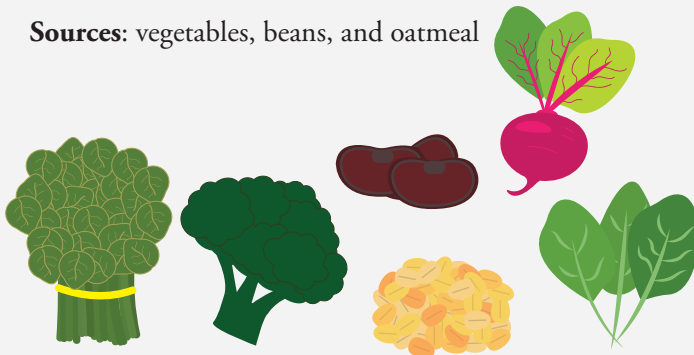
Sources: vegetables, beans, and fruit



Iron

Iron is good for your health and your baby's growth. It also reduces the risk of having an early birth.

Sources: vegetables, beans, and oatmeal



Vitamin A

Vitamin A is good for your baby's eyes and their growth and development. It also gives your baby a stronger immune system, so they don't get sick as often.

Sources: "yellow" fruits, animal liver, vegetables





0-6 MONTHS: BREASTFEEDING

Benefits of breastfeeding:

Breast milk is a “complete” food, so it contains all of the water and nutrients your baby needs to grow strong.

Breast milk also protects against stomach illnesses and helps your baby build a strong immune system.

It also reduces the risk of poor health outcomes like obesity, malnutrition, and allergies.

Breastfeeding creates emotional bonds between you and your baby!

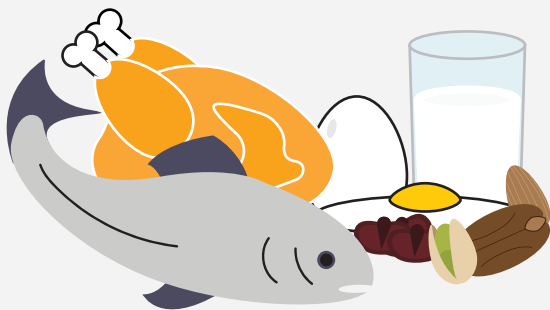
Breastfeeding is cost-effective (free!).

Health experts recommend exclusive breastfeeding until your baby is 6 months old. After 6 months, you can continue to breastfeed, while introducing solid foods, until your child is two or older. Breastfeeding with the addition of solid foods is recommended for at least a year.

AFTER 6 MONTHS

Protein

Protein supports the growth and development of your child's body and ensures they have strong muscles and healthy skin. Protein also helps your child protect themselves from diseases.



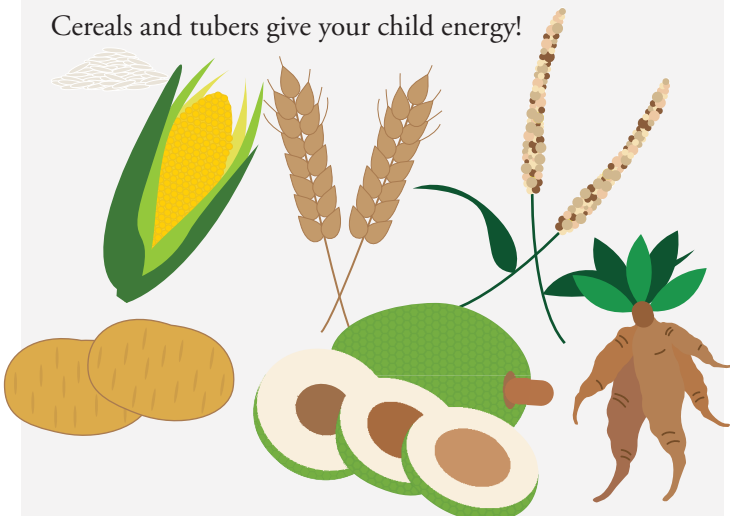
Fruits and Vegetables

Fruits and vegetables are great sources of water and nutrients.



Cereals and Tubers

Cereals and tubers give your child energy!



Fats (Lipids)

Lipids provide your child with healthy fats and give them the energy they need to stay active.



FIRST 1,000 DAYS: PARENTING FOR SUCCESS

Words and actions matter. Harsh words and corporal punishment negatively affect a child's development. Children can learn to be respectful and obedient through positive discipline. It takes patience, love, and time. We all make mistakes, but you can learn these techniques to help your child grow up to reach his or her potential.

WHAT YOU CAN DO

A young baby has a tendency to interrupt your day. Maybe she is crying or not sleeping. Whatever the stressor is, it can be frustrating. Remember the most important things you can do for your baby in these moments.



Hold and comfort your baby when he or she cries.



Feed your baby when he or she is hungry.



Pick your baby up and sing and talk to him or her. Smile and remember to practice serve and return with your baby!

When there are challenges, your patience may run out, and you might be tempted to have a harsh reaction. When this happens, try to remain calm, count to five, and take deep breaths.

FIRST 1,000 DAYS: SCHOOL READINESS

Even from a young age, you can help your baby develop the skills he or she will need to succeed in school and later in life! Through simple actions and activities you lay the foundation for your child's ability to plan ahead, meet goals, prioritize tasks, exhibit self-control, follow directions, and keep their focus even when there are distractions.

WHAT YOU CAN DO



Establish simple routines at home. Modeling good routines helps your child learn and practice them, so when they go to school, they can develop a routine on their own.



Talk with your baby. It seems simple, but a short conversation helps your baby work on their attention span, develop their working memory, and practice self-control.

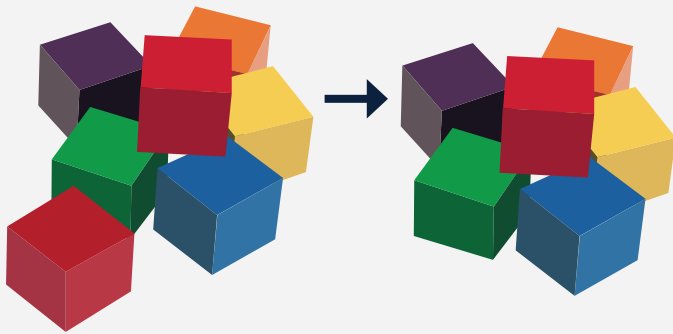


Play a simple game of peek-a-boo with your baby. When you play peek-a-boo, your baby works on their memory and self-control as they wait for the surprise!

Play lots of games with your baby or child! When these games encourage imagination, creativity, role-playing, following rules, and controlling impulses, you set your child up for success for their first years of school and beyond!

Our motivation to learn and curiosity starts when we are just babies. As parents, you can encourage your child's motivation and foster their natural and healthy curiosity! There are lots of ways you can set your child up for success in school.

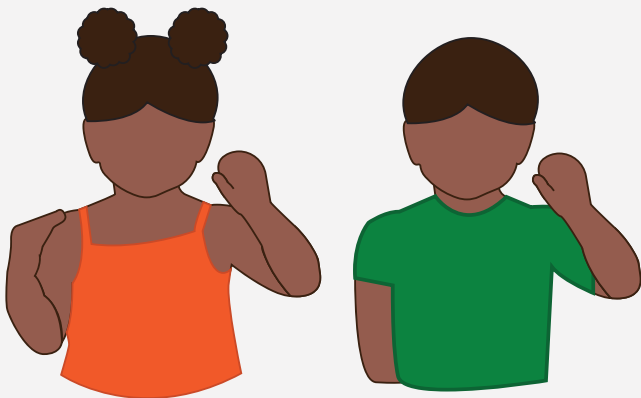
WHAT YOU CAN DO



Use play, games, and household chores to introduce your child to colors and shapes. Help your child learn to count by introducing objects one at a time. Tip: addition and subtraction can be taught in the same way! Show your child two objects, then take one away.



Praise your child's efforts rather than just the outcome. Failing is a healthy part of growing and learning. If you can teach your child to enjoy the process and not just the final outcome, you encourage their capacity to work hard and their self-confidence!



Set-up times for your child to play with other children. Playing with other kids helps your child develop important social skills.



Read to and tell your child stories. Doing this from a young age will increase your child's vocabulary.