

*A good environment
in the first 1 000
days of a child's life
includes loving care
and a nurturing, safe
space free from stress and
harmful substances.*



**How best can I care
for my baby?**

When you decide to have a baby, think about your child's care. Loving parents and an attentive, consistent caregiver can be a good team to ensure the best first 1 000 days.

**How should I nurture
my baby?**

Take care of your own health and well-being, and get support from your partner, family and friends. Your baby wants to see, touch and smell you. Smile, talk and sing and make frequent eye contact; and hold him or her close to bond. It will help them to feel safe and loved. Avoid situations where there is smoking, drinking and a chance for violence because it can interfere with the baby's development.

**How do I ensure a safe,
healthy environment?**

Check for the following at home and at the child's care centre: a care plan for sick children, enough space, ventilation and light, safe drinking water, clean toilet facilities, a clean area for food preparation and the safe storage of anything that could be harmful to children.

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