

Ensure the best start

for the brightest future for your child

What is “First 1 000 Days” and why is it important?

The first 1 000 days mark the period of conception until your baby’s second birthday.

Caring for your baby should start even before they’re born. Body and brain development occur rapidly during the 1 000 day period – the brain grows up to 80% of its size in this time! Taking care of yourself and your baby during this time will give your child the best chance of being healthy, happy and able to learn well.

The Western Cape Government wants to support mother and baby in the “First 1000 Days” journey. We believe that the right start is crucial for a bright future.

There are 3 important aspects in the First 1000 days:

Health and nutrition

It is very important not to smoke, drink alcohol or use drugs if you are expecting a baby or breastfeeding. Breastfeeding is best for your baby’s health. Mothers should visit the Antenatal clinic before they are 14 weeks pregnant. Mother and baby should visit the baby clinic monthly for weight checks, follow feeding advice in the Road to Health Booklet (RTHB) and ensure that baby gets all immunisations up to 18 months.

Love and attention

Mother and baby need the support and love from dads, partners or family. If mom is feeling stressed or sad, please ask for help at the clinic. Get information about parenting and care-giving options for working moms.

Play and stimulation

Talk to baby, play with baby and read to baby. Protect babies from harm, stress and neglect by creating a safe environment for them. Follow the advice on the inside/back cover of the baby’s RTHB.

Contact the following numbers for more information:

Department of Social Development: 0800 220 250

Violence and abuse: SMS INFO to 35395

Where to find a registered ECD Centre: 0800 220 250

Parent information: The Parent Centre 021 762 8116

Health Hotline (for information and/or complaints)

0860 142 142 or send a Please Call Me to 079 769 1207



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Western Cape
Government

Health

BETTER TOGETHER.

FIRST
1000 days

Right Start. Bright Future.

Yintoni “iintsuku zokuqala ezili-1 000” kwaye kutheni zibalulekile?

Iintsuku zokuqala ezili-1000 ziphawula ixesha eliqalela ekuzalweni kosana lude lube ngumntwana omyaka mibini.

Ukukhathalela usana lwakho kufuneka kuqale ngaphambi kokuba luzalwe. Ukuzikhathalela wena nosana lwakho ngexesha leentsuku zokuqala ezili-1000 kumnika umntwana ithuba elihle lokuba sempilweni, onwabe kwaye akwazi ukufunda kakuhle.

URhulumente weNtshona Koloni ufuna ukuxhasa umama nosana “kwiNtsuku zokuQala ezili-1000” kolu hambo. Sikholelwa ekubeni esona siqalo silungileyo sibalulekile kwikamva eliqaqambileyo.

Zintathu (3) iinkalo ezibalulekileyo kwiintsuku zokuQala ezili-1000:**Impilo nesondlo**

Musa ukusela utywala, ukutshaya kwaye ungazisebenzisi iziyobisi
 Ukuncancisa ibele kokona kulungileyo
 Ukujonga ubunzima esikalini rhoqo ngenyanga
 Ukugonya ade abe neenyanga ezili-18

Uthando nokuhoya

Umama nosana lwakhe bafuna uthando nenkxaso
 Luyafuneka uncedo xa umama ekhathazekile okanye edakumbile
 Omama abasebenzayo bayalufuna nabo uncedo

Ukudlala nodlamko

Thetha, udlale nosana ulufundele
 Mazikhuselwe iintsana zingenzakali, zingadakumbi kwaye zihoywe
 Yenza imeko ibe yekhuselekileyo

Tsalela ezi nombolo zilandelayo ufumane ezinye iinkcukacha:

ISEbe loPhuhliso lweNtlalo: 0800 220 250

Ubundlongela nokuxhatshazwa: SMS INFO ku- 35395

Xa ufuna ukwazi nge-ECD Centre ezisemthethweni: 0800 220 250

Xa abazali befuna ulwazi: The Parent Centre 021 762 8116

I-Health Hotline (yeenkukacha kunye/okanye yezikhalazo)

Tsalela ku- 0860 142 142 okanye uthumele u-Please Call Me ku- 079 769 142



Lo myalezo niwuziselwa nguRhulumente weNtshona Koloni. | Sindwendwele ku-www.westerncape.gov.za



**URhulumente
weNtshona Koloni**

EzeMpilo

UBAMBISWANO NGAMANDLA.

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