

Ensure the best start

for the brightest future for your child

# Speak to someone you trust



If you are a mother  
struggling with sadness  
or anxiety remember:

You are not alone  
You are not to blame  
You can get better

I am happy when my  
mamma is happy.

She shared her worries  
when she spoke to  
somebody

[www.westerncape.gov.za/first-1000-days/](http://www.westerncape.gov.za/first-1000-days/)



Western Cape  
Government  
**FOR YOU**

Health and Wellness

FIRST  
**1000** days

Right Start. Bright Future.