

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/



Western Cape
Government

FOR YOU

Health and Wellness

FIRST
1000 days

Right Start. Bright Future.