

Your unborn baby can hear you!

Moms and dads can tell stories, sing and speak

- to their unborn baby during pregnancy
- to babies even before they start to speak



Grow – Love – Play



www.westerncape.gov.za/first-1000-days/



Western Cape
Government

FOR YOU

Health and Wellness

FIRST
1000 days
Right Start. Bright Future

Jou ongebore baba kan jou hoor!

Ma's en pa's kan stories vertel, sing en praat

- met hul ongebore baba gedurende swangerskap
- met babas selfs voordat hulle begin praat



Groei - Liefde - Speel



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Wes-Kaapse
Regering

VIR JOU

Gesondheid en Welstand

EERSTE
1000 dae
Reg Begin. Blink Toekoms.