

Ensure the best start

for the brightest future for your child

FIRST 1000 days

Right Start. Bright Future.

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

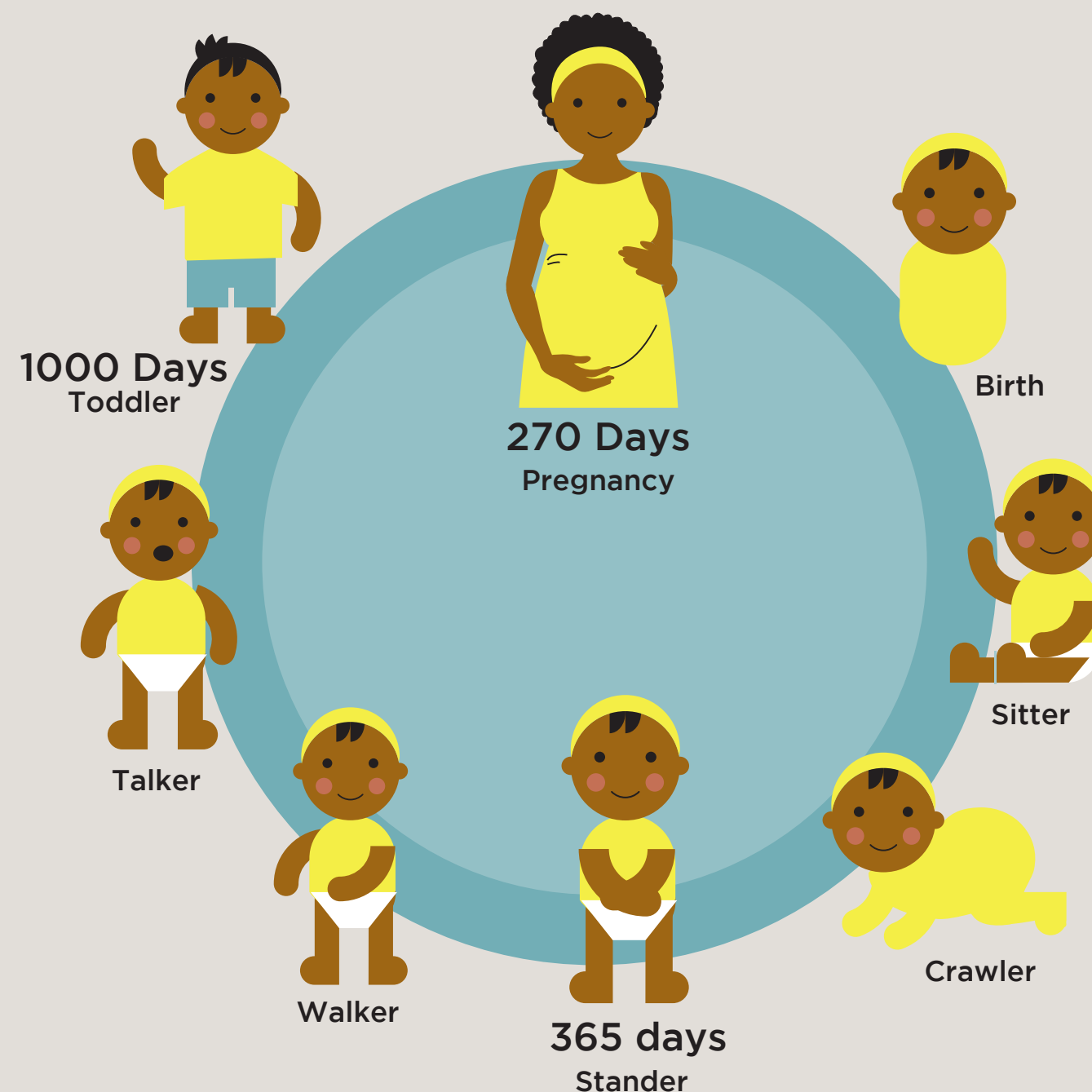


Creating awareness of the FIRST 1000 DAYS



What happens in the 'First 1000 Days'?

From the time of conception to the baby's second birthday: 270 days (9months in the womb)+ 365 days (1st Year) + 365 days (2nd Birthday) = 1000 days





Why is 'First 1000 Days' important?



It's an important period of time to ensure your child's development is the best it can be.

Whatever IS DONE will affect the baby throughout his/her life.

Whatever is NOT DONE will affect the baby throughout his/her life.

By the 1000th Day (second birthday) your baby's brain has reached 80% of his/her adult weight.




First 1000 Days identifier

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What's in the bowl?

	Unborn babies draw nutrients from the mom
	Baby can be born with a strong body and smart brain if mom eats healthy food (not fast food)
	Say NO to alcohol, tobacco and drugs
	Take folic acid as recommended
	Give only breastmilk for the first 6 months. Dads can support moms to breastfeed.
	Read Road to Health Booklet (how child is growing, feeding, danger signs)
	If undernourished then the baby's growth and brain development is stunted





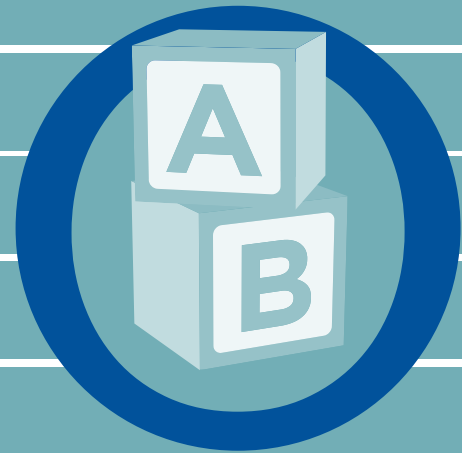
What does the heart stand for?

	Mental wellness and care for the mother is essential for a healthy mom, baby, dad and family
	A child needs a caring mom, dad, family and friends to provide the best start.
	Your child needs a safe and clean and caring environment
	Seek help if feeling sad or cannot cope
	Show love and good parenting skills
	Gradually introduce your child to a caring, consistent caregiver before going to work
	Your baby picks up stress before birth – domestic violence is harmful for baby’s developing brain.





What do the Blocks mean?



Pregnant mom and baby are influenced by a safe, nurturing environment.

Your baby can recognise mom and dad's voices even before birth.

Your baby needs to hear you, feel your touch, have eye contact and see you smile.

Babies can calm down when mom and dad talk quietly and hold baby close for comfort.

Feeling safe and loved is important for baby's emotional and brain development.

The different ways moms and dads play and talk to baby helps baby learn more without needing expensive toys.

Mom can respond more in a caring way if she has a supportive partner.

A safe environment helps baby to explore and learn.

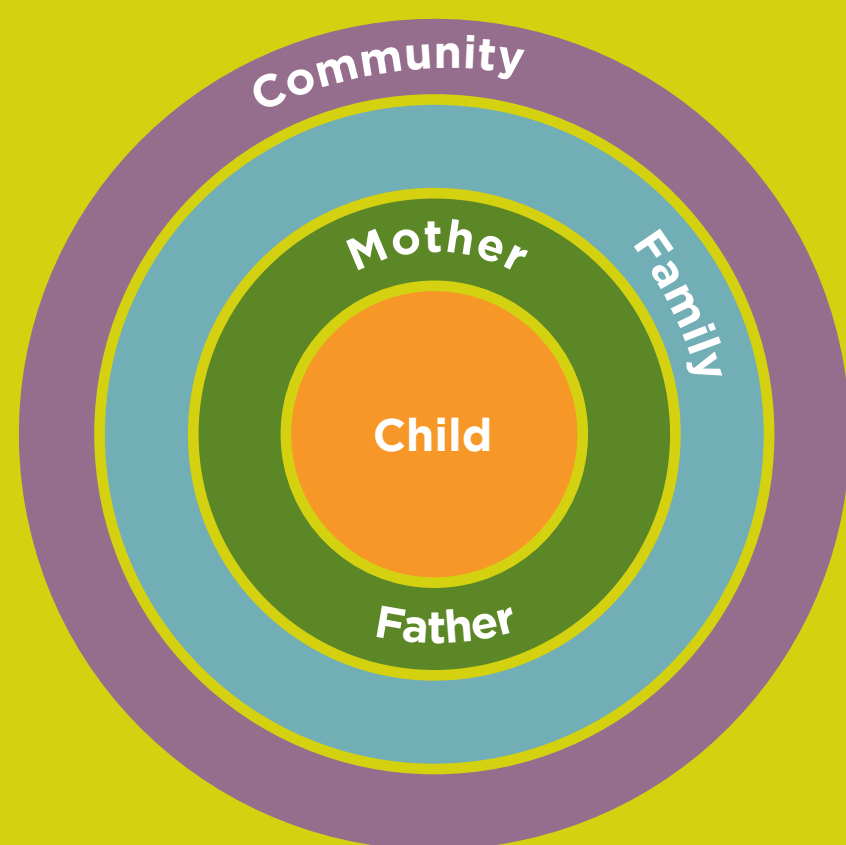
Read, sing, talk to your unborn baby.





Circles of Support

Circles of Support



Mother's mental and physical health

Perceptions In health facility

It takes a village/community to raise a child

Role of Fathers

Pregnant Youth + Young Fathers





Look after your baby before (s)he is born



The first 1000 days starts before conception

Include dads in all stages of pregnancy, birth and beyond

Mothers should seek help before falling pregnant if in a stressed situation or has feelings of sadness and isolation as these conditions will affect the development of the baby

The unborn baby's developing brain needs the mother to be healthy and to be able to give love and attention

Mothers need the support of fathers, family and friends



What can Mothers do? 'First 1000 Days'

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Make the right choices before falling pregnant

Use contraceptives correctly so that each baby is a planned, wanted and loved baby.

If you even think you are pregnant then book an antenatal appointment at your nearest clinic.

Say NO to alcohol, tobacco and drugs

Eat healthy food

Do safe physical activities

Build healthy supportive relationships



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Health and Wellness

Maternal Mental Health



1 in 5 pregnant women can experience sadness/anxiety.

Mom can care for baby and herself if anxiety is well managed.

An unwanted pregnancy can cause stress.

Lack of support from father, family and friends can cause anxiety.

Abuse, violence, poverty, lack of food can cause stress.

Alcohol and drugs can make mental health problems worse.

Prevent mental illness by talking to someone you trust.

If you are a mother struggling with depression/anxiety remember that you are not alone, you are not to blame and you will get better with the support of others.





Roles of fathers



Dads should support moms to eat healthy food, and to do safe physical activities. Dads should help moms not to drink alcohol, not to smoke and not to use drugs.

Dads have a powerful influence in promoting healthy babies and stable families.

When the dad is present during pregnancy and at birth, it reduces moms smoking, stress, high blood pressure, likelihood of birth complications, and of babies dying in the first year.

Children with involved, loving dads are more likely to do well in school, avoid drug and criminal behaviour, avoid teenage pregnancy, and less likely to live in poverty or suffer from depression.

The involvement of both parents can ensure a nurturing and secure home environment; encourage play, exploration and learning leading to positive developmental outcomes.

A nurturing mom can help her baby overcome stress and adversity that he/ she may be exposed to.

Many moms face stressors and need psychosocial support, information about parenting and social assistance which they can get at antenatal and clinic visits.

During the First 1000 Days, caregivers need to be responsive and nurturing so that they form strong attachments with their babies and ensure their intellectual, social and emotional development even after the First 1000 days.



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How can health services support the mom and dad?



We will try to listen to you.

Appreciate that mental wellness of mom affects the development of her baby.

Need to recognise signs, symptoms and manifestations of poor mental health in moms.

Make sure that dads are encouraged to come with moms for antenatal and postnatal appointments and to be present during birth.

Refer appropriately.

Learn how toxic stress affects the developing baby.

Be an interactive caregiver

Have compassion for pregnant women including teenagers.

Understand how to communicate better as a parent (parenting skills).

First 1000 Days is a broad umbrella of all we do.



Clean air

warmth,
care &
love

smoke free
environment

talk

touch baby

Did you know -
'FIRST 1000 DAYS'
is like growing a
plant?

stimulation & play



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Health and Wellness

Keep pests out (alcohol, drugs & stress)

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Health and Wellness

Thank you

