

# THE POWER OF THE FIRST 1,000 DAYS



## PREGNANCY

Pregnancy - Birth

Babies developing in the womb draw all of their nutrients from their mother. Access to healthcare, nutritious foods and a stable environment are critical for a child's health and development.



## INFANCY

Birth - 6 Months

Breastmilk is superfood for babies and serves as the first immunization against illness and disease. Both mom's and baby's health and well-being are also essential during this period.



## TODDLERHOOD

6 Months - 2 years

This sensitive period or "window of opportunity" to eat healthy, nutritious diets protects against risk of childhood obesity and other chronic conditions.

Children who get the right nutrition in the first 1,000 Days:



ARE MORE LIKELY TO BE BORN AT A HEALTHY BIRTHWEIGHT.



HAVE A LOWER RISK OF MANY ILLNESSES AND DISEASES, INCLUDING OBESITY AND TYPE 2 DIABETES.



GO ON TO BE BETTER LEARNERS WITH FEWER BEHAVIOR PROBLEMS IN KINDERGARTEN.



ENJOY IMPROVED HEALTH AND ECONOMIC SECURITY AS ADULTS.