



FIRST 1000 DAYS

- Children's experiences and interactions during the first 1000 days shape the way their brains, bodies, and emotions develop throughout life.
- In the Philippines, this is supported by the **RA 11148** or the "**Kalusugan at Nutrisyon ng Mag-Nanay Act.**" Through this law, mothers and their children will have access to a strengthened integrated strategy that covers maternal health, child health, and nutrition during the first 1,000 days of a child's life.
- Optimal early childhood development begins with adequate nutrition from conception onwards.

Pregnancy (270 Days)

Babies developing in the womb get all their nutrients from their mother. That's why a mother's access to **healthcare, nutritious food, and a loving and stable environment** are critical for a child's development.



0-5 Months (180 Days)

During this stage, mothers should be supported in breastfeeding their baby because breast milk is known as their **super food**. It serves as their **child's first defense** against illnesses and disease.

The **overall well-being of the mother and the baby** should also be maintained in order for them to have a strong and positive relationship. Lastly, families should be given **access to information** regarding developmental milestones and available immunization programs and services in order for them to properly support the mother and the child's early development.



6-23 Months (550 Days)

Once a baby gets introduced to complementary feeding (introducing solid food while breastfeeding up to two years old), the age from 6 months to 2 years old becomes the **“window of opportunity”** for a child to start having a **healthy and nutritious diet**. This will then lead to less risks of childhood malnutrition or obesity. Aside from this, **continuous monitoring and understanding of a child’s developmental milestones** can help families offer positive early learning experiences and a safe and stable environment.

