



# To Survive and Thrive: A Model First 1,000 Days

# Learning Objectives

- ~Describe the timeline and significance of the First 1,000 Days, and what a model program looks like
- ~Explain the benefits of a good first 1,000 days in brain, body, and immune system development
- ~Apply the First 1,000 days framework in any mission setting
- ~Compare the First 1,000 days framework to traditional prenatal, newborn and postpartum care
- ~Discuss the benefits of expanding the depth and range of maternity care on child survival
- ~Discuss Case Study and Seminary Doctoral Dissertation using Biblical language concerning the value of the first 1,000 Days

*I declare that I have no conflict of interest in this subject*



**“How well or how poorly mothers and children are cared for during the First 1,000 Days has a profound impact on a child’s ability to grow, learn, thrive, and even survive.”**

The thief comes only to steal and kill and destroy; I came so that they would have life and have it more abundantly. ~Jesus  
John 10:10

# Surviving and Thriving

## The first 1000 days

From conception to 2 years of age



-9 to 0 months  
**Pregnancy**



0 to 6 months  
**Breastfeeding**



6 to 12 months  
**Solid food  
Introduction**



> 12 months  
**Transition  
To family diet**

# The Unique Role of the Healthcare Provider

- Where do you fit into the First 1,000 Days Framework as a healthcare provider or educator?



# The First 300 Days are the concern of the maternity care provider...

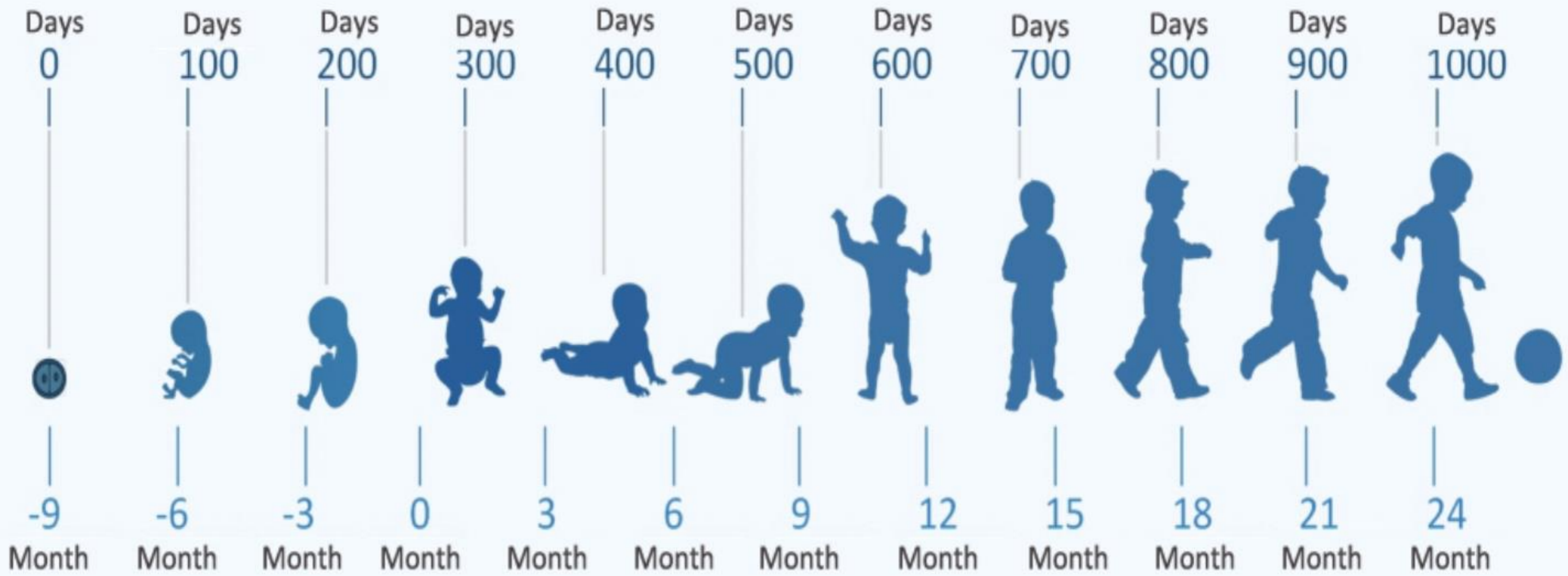
Early or pre-conception education, high-quality prenatal care, and a safe and respectful birth are key, as is colostrum and skin-to-skin in 1<sup>st</sup> hour



The next 700 days  
are under the family  
doctor or  
pediatrician, and  
community health  
visitors... ..

And, we all can influence  
this crucial time with our  
advice and support for the  
family in a myriad of ways  
during the entire first 1,000  
days.





# 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.



# 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

Breastfeeding provides the best nutrition for infants and helps protect them from infections and diseases. Exclusive breastfeeding for the first 6 months is recommended.



## 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 first 1,000 Days:

HAVE A LOWER RISK OF ILLNESSES AND DISEASES, SUCH AS OBESITY AND TYPE 2 DIABETES

ARE MORE LIKELY TO BE BETTER LEARNERS WITH FEWER BEHAVIOR PROBLEMS IN KINDERGARTEN

ENJOY IMPROVED HEALTH AND ECONOMIC SECURITY AS ADULTS

1000DAYS.ORG



# Building Brains

Good nutrition, love, and stimulation during the First 1,000 Days provide the building blocks for healthy brain development.





# Building Brains

Pregnancy



# Building Brains

Infancy



# Building Brains

Early Childhood

Cerebral cortex  
neurons as they  
develop over time



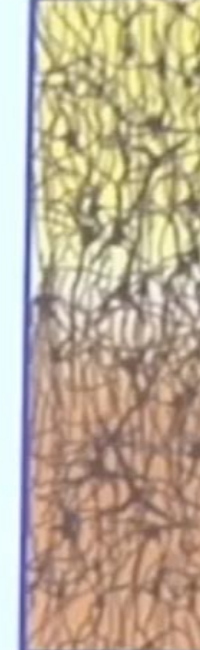
Newborn



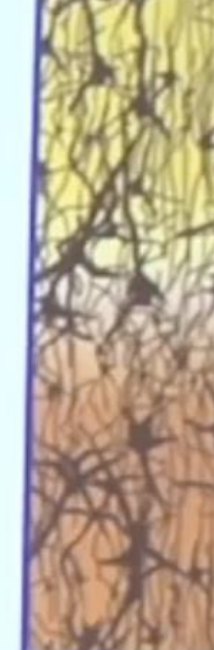
1 Month



9 Months



2 Years



Adult

Source: [www.urbanchildinstitute.org](http://www.urbanchildinstitute.org)

**TED<sup>x</sup>** Windhoek  
x = independently organized TED event



# THE POWER OF THE FIRST 1,000 DAYS

The right nutrition in the 1,000 days between a woman's pregnancy and her child's second birthday builds the foundation for a child's ability to grow, learn and thrive.

## 1 Pregnancy: Pre-pregnancy to birth

Babies developing in the womb draw all of their nutrients from their mother. If mom lacks key nutrients, so will her baby, putting the child's future health and development at risk.



## 2 Infancy: Birth to 6 months

Breast milk is superfood for babies. Not only is it the best nutrition an infant can get, but it also serves as the first immunization against illness and disease.



## 3 Toddlerhood: 6 months to 2 years

Nutrients from a variety of healthy foods are an essential complement to breast milk to ensure healthy growth and brain development.



The impact of good nutrition early in life can reach far into the future. Children who get the right nutrition in their first 1,000 days:

ARE 10x MORE

likely to overcome the most life-threatening childhood diseases<sup>1</sup>



COMPLETE

4.6 more grades of school<sup>2</sup>



Go on to earn

21% more in wages as adults<sup>3</sup>



Are more likely as adults to have healthier families<sup>4</sup>



### SOURCES

1. Save the Children, Nutrition in the First 1,000 Days: State of the World's Mothers 2012.
2. Hodinott, J. et al "Adult consequences of growth failure in early childhood." American Society for Nutrition, 2013.
3. Ibid.
4. Ibid.



# Building Health

The first 1,000 days  
set the foundation  
for health for all the  
days that follow





## The first 1000 Days of Life



**270 Days + 365 Days + 365 Days = 1000 Days**

# Building A Fair Start

The first 1,000 days are  
a window of opportunity  
to enable all children to  
reach their potential







**But what if some have to start farther back than others? Can they win?**



WHAT YOU DO AND EAT IN THE FIRST 1000 DAYS, MAKES A  
DIFFERENCE FOR THE REST OF YOUR LIFE

# Early Investments!

As healthcare workers in any field, our concern should be for pregnant mothers and newborn babies. The investment in the First 1,000 Days starts at the beginning of life!



# Babies are the Future

A nation's future is determined by the quality of nutrition and loving interaction in the first 1,000 days!



# Lost Potential

Millions of children globally do not have the opportunity to reach their full potential due to irreversible damage to bodies and minds during the time when both are developing, the physical and mental effects of poor nutrition and interaction in the earliest months of life.



# Ano ang First 1000 days?

Ang First 1000 Days ang pinaka-kritikal na panahon para sa isang sanggol. Dito nade-develop ang pisikal at mental niyang kalusugan.



**Day 1**  
(0 month)

Conception o Pagpupunlay



**Day 2 to 270**  
(0 months to 9 months  
ng pagbubuntis)

Pagbubuntis



**Day 271 to 450**  
(First 6 months ng bata)

Pag-aalaga sa Sanggol



**Day 451 to 1000**  
(7 months to 24 months  
ng bata)

Pag-aalaga sa Bata

**Ito ay nagsisimula sa sinapupunan hanggang mag-2 years old si baby**



# A Model for Ministry

Mercy In Action's First 1,000 Days Project  
in the Philippines









MERCY IN ACTION



Healthy Babies  
Bright Futures











**BABIES OF THE BIBLE**







Every human is  
created with  
equal potential in  
the “Imago Dei”  
image of God

Let’s make it our life’s  
mission to make sure  
that no child gets robbed  
of their life’s potential.



THE FIRST  
1,000  
DAYS



A CRUCIAL TIME  
FOR MOTHERS AND  
CHILDREN—  
AND THE WORLD

ROGER  
THUROW

*author of* THE LAST HUNGER SEASON



**One Start**

**One Chance to get it Right**

**Help parents make the most of it by teaching them  
about the importance of the First 1,000 Days**



# Questions?

On the First 1,000 Days Model