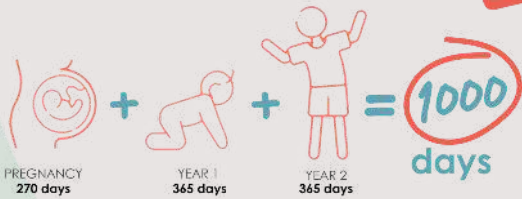




# Did you know?



The First 1000 Days of a child's life are from conception to a child's 2nd birthday



A baby's brain starts to develop in the womb!



At 16 weeks baby can hear mom and dad's voice in the womb



All baby needs to thrive in life is 5 crucial building blocks



GOOD HEALTH



LOVE



NUTRITION



SECURITY



STIMULATION



When baby is exclusively breastfed (given ONLY breastmilk for the first 6 months of life) he/she is 14 times less likely to die in the first six months. Mom is also has increased protection from breast and ovarian cancer



When mom or dad plays with baby – even if for only 10min a day, by singing, talking – it builds baby's vocabulary even before baby can speak and helps baby feel safe and loved



Dads who play playdough with their daughters before the age of 2 years help her grow up with a strong sense of security when she is a teenager (whereas the same does not happen when mom plays with her).



Having an engaged father can aid in ensuring children's access to health and education and serves as a buffer against abuse, neglect, and violence. If dad is involved in caregiving activities it predicts improved cognitive achievement in preschool children and decreased behavioural problems in pre-school