



c. 6 to 24 months

Starting from 6 months of age – no earlier and no later – you can start feeding your baby complementary foods while continuing to breastfeed.

- Continue to breastfeed as long as possible – at least until the baby is 24 months old
- From 6 to 8 months, your baby can be fed solid/semi-solid foods two to three times a day, increasing the frequency and portions as the child gets older.
- Your baby will need nutrients from a variety of foods, especially animal-source foods such as eggs, meat, liver, and fish as well as fruits and vegetables.
- Handwashing with soap before preparing food and feeding helps safeguard your baby's health and safety.



To optimize your baby's growth,
do not miss the

1,000
golden days!





When are the 1,000 golden days?

The 1,000 golden days begin when you get pregnant and last until your baby is 2 years old. Investing in your baby's nutrition in this period (first 1,000 days) is the best investment for your baby's development and future



Children who are not properly nourished during this 1,000 golden day period miss the opportunity to reach their full physical and cognitive growth potential. If a child is stunted, he or she will also be short as an adult. If a young child grows well, the child will become a tall adult.

b. From birth to 6 months

Within 1 hour after birth

- Newborns should be breastfed within one hour of birth to ensure that they receive colostrum, also known as the 'first milk.'
Colostrum is like your child's first vaccine and is rich in vitamin A, antibodies, and other protective factors.
- Breastfeeding during the first hour after birth, especially if accompanied by mother/baby skin-to-skin contact, stabilizes the baby's temperature, respiratory rate, and blood sugar level and helps the child feel loved and protected.

From 1 hour after birth to 6 months

- In the first 6 months, babies should only receive mother's milk. No other food, formula or liquids – not even water – is required. Breastmilk contains enough water and all other nutrients such as protein, fat, vitamins, and minerals that the baby needs in the first 6 months. Breastmilk has enough DHA/ARA to help the brain fully develop.
- The more you breastfeed, the more milk will be produced. You do not need to feed your baby with water or formula or other fluids that will reduce breastmilk intake, interfere with the full absorption of nutrients in breastmilk, and increase the risk of illness from contaminated water and feeding bottles.

Your child's picture here!

Nutrition today
HEALTH
for tomorrow



Why are the 1,000 days “golden”?

Research has shown that:

- Proper nutrition will boost your child's immune system and promote optimal growth and development
- Optimally breastfed infants have 6 times greater chance of survival
- Proper nutrition can prevent 1 in 5 deaths of children under 5 years old
- Well-nourished children are 10 times more likely to overcome the most life threatening childhood diseases such as diarrhea, pneumonia, and malaria
- Well-nourished children have higher IQs, perform better at school, and earn higher wages as adults



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How should you and your baby go through the 1000 golden days?

There are three phases during the 1,000 golden day window:

- Pregnancy
- From birth to 6 months old
- 6 to 24 months old

a. Pregnancy

Proper nutrition during pregnancy is critical to your health and the health of your child. You only need to:

- Eat one additional meal per day
- Take a folic acid supplement daily
- Eat iron-rich foods such as red meat, fish, eggs, whole grain cereals, and green leafy vegetables to combat iron deficiency and anemia



The first thousand golden days of life with your baby are a wondrous time. Providing the optimum nutrition that your child will need during this period is the best investment you can make so your baby can grow up healthy, intelligent and happy. For your baby's future, give the best.