

FIRST 1000 DAYS

The period from time of conception of the baby till s/he attains 2 years of age is known as first 1000 golden days.

FIRST 1000 DAYS ARE VERY IMPORTANT TO BREAK THE CYCLE OF MALNUTRITION AND IT IS IMPORTANT TO UNDERSTAND THE NEED TO INVEST IN IT.

For more information, contact Self Help Group member of your area.



270 DAYS

Pregnancy

Maternal nutrition and antenatal care



180 DAYS

0-6 Months

Early and exclusive breastfeeding



550 DAYS

6-24 Months

Complementary feeding and continued breastfeeding



WHY FIRST 1000 DAYS?

- ✓ For the health of pregnant and lactating women
- ✓ For physical and mental development of children below 2 years
- ✓ For prevention of malnutrition
- ✓ For better livelihood of the family