

- CHP Background Information:

- <https://thousanddays.org/>
- https://thousanddays.org/wp-content/uploads/1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf

- Suggested handouts to have available for participants:

- Breastfeeding Best for Baby (IDHS 4171)
- Calcium and Vitamin D (IDHS 4443)
- Feeding Children the Right Message (IDHS 4599)
- Folic Acid (IDHS 4758)
- Iron (IDHS 444)
- Tips for a Healthy Pregnancy and Baby (IDHS 4595)

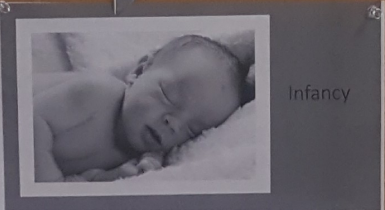
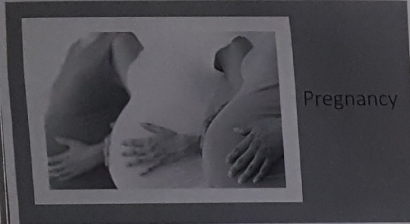
- Slide #2 is an example of how the display might look when put together.

- Instructions for slide placement are located in the “notes” section of each slide. Look for this image in the upper left corner of the slide.
- When printing the "1,000 Days Banner" you must select "poster" from the print options.



The First 1,000 Days

1,000 Days of Rapid Brain Growth



Did you know?

- 16 days after conception
- The baby's neural tube forms
- Grows into brain and spinal cord
- 4th week of pregnancy
- The baby's brain has 10 thousand cells.
- 24th week of pregnancy
- The baby's brain has 10 billion cells.

Important!

Take a prenatal vitamin daily that includes:

- Iron
- Iodine
- Folic Acid

Rapid Brain Growth Balance, coordination, and posture develop.

Cool Fact During this time, infants can create and remember memories!

Brain & Early Childhood

Brain Power!	Meals!	Iron & Vitamin C	Drinks!
<ul style="list-style-type: none"> • Brain growth is faster than any other time in your child's life. • Your child's brain makes more than 1 million neurochemical connections every second! 	<ul style="list-style-type: none"> • Offer meals and snacks every 2-3 hours. • Talk to your child's doctor about a daily multivitamin with iron. 	<ul style="list-style-type: none"> • Include iron rich foods like meat, WIC cereal, and beans. • Vitamin C rich foods (red peppers, oranges and WIC juices) help your body get iron from your food. 	<ul style="list-style-type: none"> • Milk with meals: • 1-2 year old's • whole milk • 2 years and up • 2% or skim milk • Water between meals for thirst

Neural tube defects are birth defects of the brain, spine, or spinal cord. They happen in the first month of pregnancy, often before a woman even knows that she is pregnant.

TAKE FOLIC ACID BEFORE PREGNANCY TO REDUCE BABY'S RISK OF BIRTH DEFECTS

It's only 9 months- Avoid Alcohol during pregnancy

No amount of alcohol is safe

- While trying to get pregnant
- Or during pregnancy

Alcohol can cause:

- lifelong brain damage
- miscarriage

BREASTMILK – Nature's Superfood

- Contains growth factors and hormones for brain development.
- Is a living substance that is unique to each infant.
- It is recommended that all babies use breast milk for the first 6 months of life.

WIC's Brain Building Foods

Dark Green and Leafy Vegetables (broccoli, kale, spinach, Brussels)

Milk

Whole Grain Bread (cereal, bread, pasta)

Eggs (scrambled, soft-boiled, hard-boiled)

Other Brain Building Foods (not from WIC) (chicken, turkey, beef, pork, lamb, salmon, tuna)

Fats
Copper
Folate
Protein
Zinc
Iron
Iodine

Lift


Lift

Lift

Lift



Pregnancy



1,000 Days of
Rapid Brain Growth



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Fats

Copper

Protein

Iron

Folate

Zinc

Iodine



Important
for the
development
of baby's:

- Brain & Spine
- Eyes
- Organs
- Immune system
- Bone strength
- Red and White blood cell's

WIC's Brain Building Foods:



Dark Green and Leafy Vegetables

(Spinach, Kale, Lettuce, Broccoli)

Milk

Whole Grain Foods

(Cereal, Bread, Pasta)

Eggs

(Especially egg yolks)

Tuna and Salmon

Other Brain Building Foods (not from WIC):

(Nuts & seeds; Shellfish (oyster, crab, lobster, shrimp);
and meats-liver, beef, pork, chicken, turkey)





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Take a prenatal vitamin
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that includes:

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- Iodine
- Folic Acid



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- miscarriage



You Need Extra Iron!

- Your baby's brain needs the most iron while you are pregnant and even up until 3 years of age.
- Low iron levels could lead to decreased brain development causing children to have a harder time:
 - Learning
 - Paying attention
 - Showing their feelings and emotions



Infancy

Rapid Brain Growth

Balance, coordination, and posture develop.

Cool Fact

During this time, infants can create and remember memories!



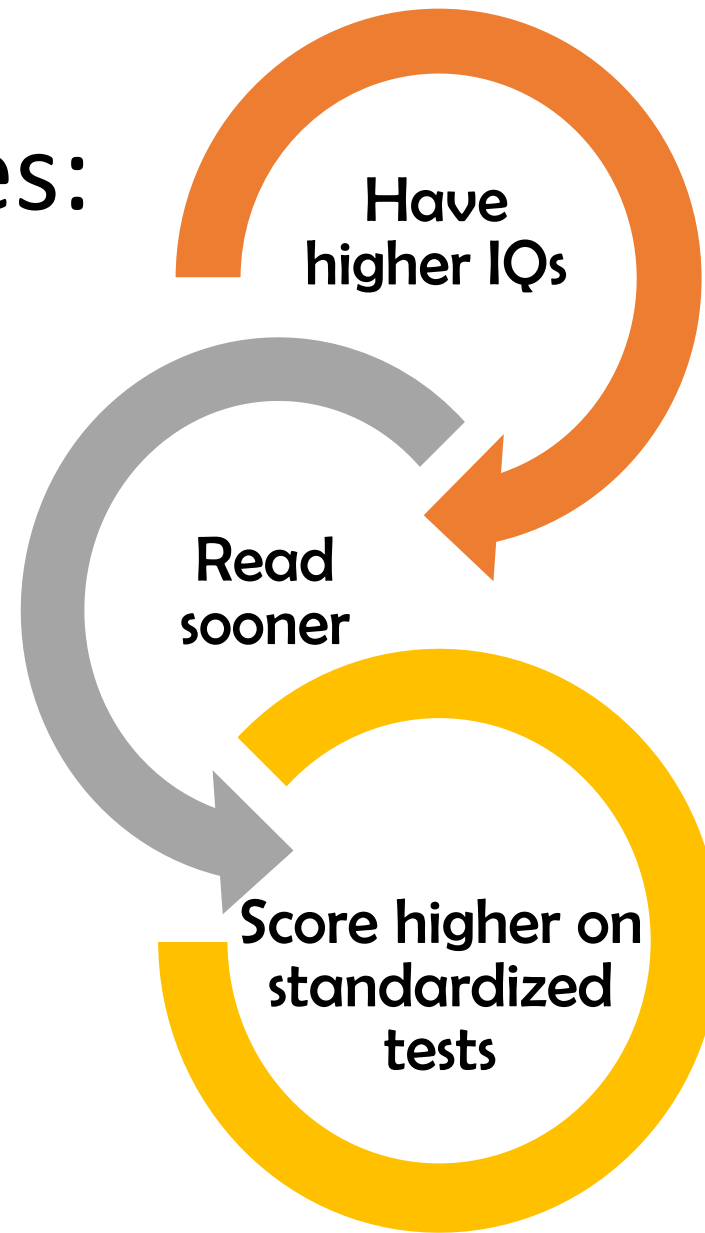
BREASTMILK – Nature's Superfood

Contains growth factors and hormones for brain development.

Is a living substance that is unlike infant formula.

It is recommended that all babies are fed only breastmilk for the first 6 months of life.

Breast Fed Babies:





Early
Childhood:
1-2 year old's

Brain & Early Childhood

Brain Power!

- Brain growth is faster than any other time in your child's life.
- Your child's brain makes more than 1 million connections every second!

Mealtimes

- Offer meals and snacks every 2 ½ -3 hours at about the same time each day.
- Talk to your child's doctor about a daily multivitamin with iron.

Iron & Vitamin C

- Include iron rich foods like meat, WIC cereal, and beans.
- Vitamin C rich foods (red peppers, oranges and WIC juices) help your body get iron from your food.

Drinks

- Milk:
 - 1-2 year old's
 - whole milk
 - 2 years and up
 - 1% or skim milk
- Offer milk or juice with meals and snacks. Water anytime.