



# The First 1,000 Days (Pregnancy – 2 years) Interactive Bulletin Worksheet

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| Name: |  |
| Date: |  |

Review the “The First 1,000 Days” bulletin board. Answer the following questions and set goals to improve your baby’s first 1,000 days.

1. Good nutrition during pregnancy, infancy and early childhood is important for a child to grow, learn and thrive. Check the boxes next to the thing(s) you can do to improve your child’s nutrition during their first 1,000 days:

a. During pregnancy I can:

- Take a prenatal vitamin daily.
- Eat WIC brain building foods every day.
- Eat iron rich foods every day.
- Avoid alcohol - drink water, milk or juice

b. While my baby is an infant I can:

- Breastfeed my baby.
- Continue taking a prenatal vitamin every day.

c. When my child is between 1-2 years old I can:

- Offer WIC brain building foods every day.
- Offer iron rich foods every day.
- Offer my child meals and snacks every 2 ½ -3 hours at about the same time each day.
- Offer my child milk and juice with meals. Water anytime.

2. Two *Brain Building* WIC foods I plan to eat or offer to my child every day are:

- \_\_\_\_\_
- \_\_\_\_\_

3. Taking a multi vitamin with folic acid before pregnancy can reduce baby’s risk of birth defects. True False

4. Check the boxes next to the topic(s) you would like more information about<sup>1</sup>:

- Breastfeeding my baby
- Why I need foods high in calcium and vitamin D
- What, when, where and how of feeding my child
- Foods to offer my child
- Why I need folic acid
- How I can increase my iron
- Tips for a healthy pregnancy and baby
- Other information I’d like: \_\_\_\_\_

5. Tell us what you like best about: (fill in the box that best fits you)

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|-----------------|
| Being pregnant: |
|-----------------|

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| Having an infant: |
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|                   |
|-------------------|
| Having a toddler: |
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6. What questions do you have today?

7. Would you like to talk to a WIC nurse or nutritionist? Yes No

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<sup>1</sup> Agency use: #4: DHS provides handouts on these topics, if box checked offer a handout on this topic (see Bulletin Board directions for details).