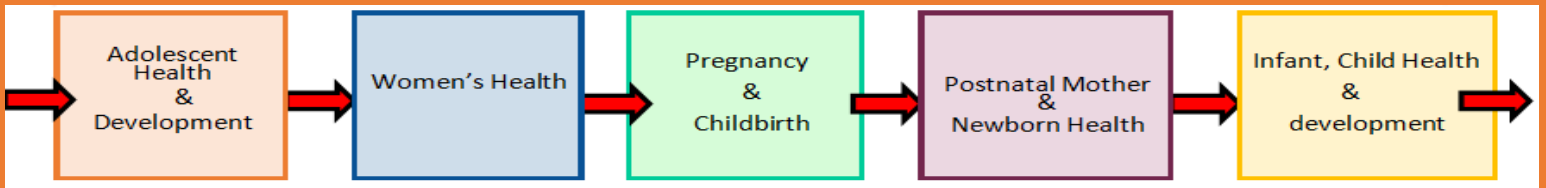


Nourishing the First 2,000 Days

The Critical period from Conception to Age 6 and Beyond



Nutrition + Early Learning + Protection From Trauma = Healthier Brains

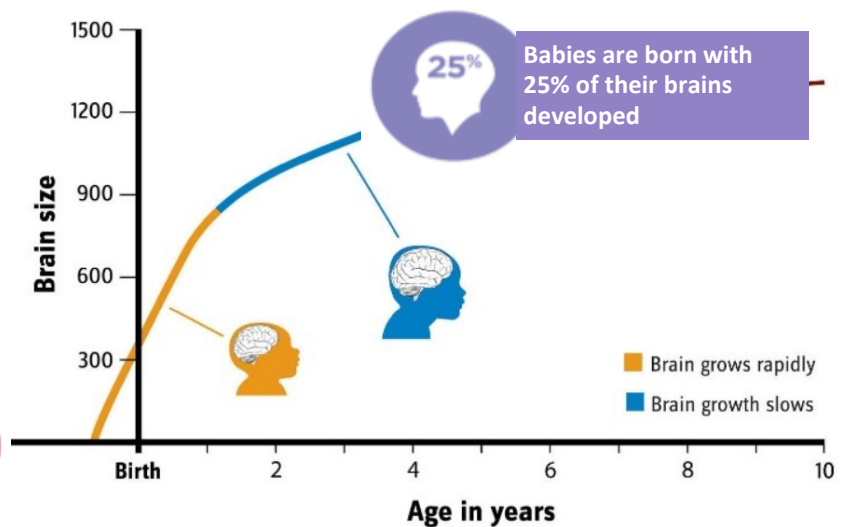
The Critical Period: The first 2000 days has more influence on a child's future than any other time in life. The right nutrition together with early learning opportunities and protection from trauma during the days from pregnancy to years 6 can have a profound impact on a child's ability to grow, learn and thrive. It can have a lasting effect on a nation's health and prosperity.

A Brain Story

Every parent has a story about the beginnings of their child's life. Many of them are joyful, some are heartbreaking, but all of them are important.

By age two a child's brain is 75% developed

75%



Nutrition

Nutritional health is essential.

Good nutrition during pregnancy and the first years of a child's life provides the essential building blocks for brain development.

Early Learning

Children need love and stimulation.

Offering our children a wide range of quality experiences in the early years can help children become their best – physically, socially, intellectually and emotionally

Protection From Trauma & Toxic Stress

Children need to be safe and protected.

Exposure to stress and trauma during pregnancy and infancy is detrimental to the health, wellbeing and brain function of a child for a life time.

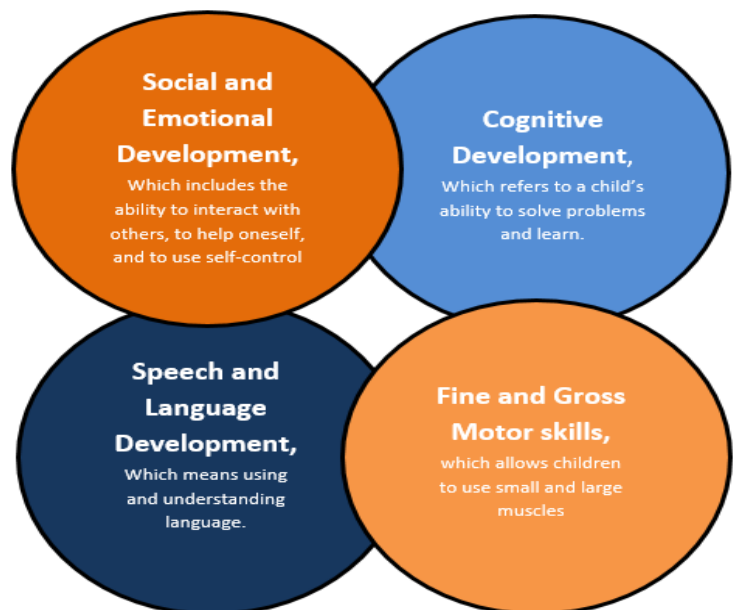
3 WINS

Brain Development

Early brain development is the foundation of adaptability and resilience. Experiences have a great potential to affect brain development.

Children are vulnerable to persistent negative influences during this period.

Impact of Early experiences

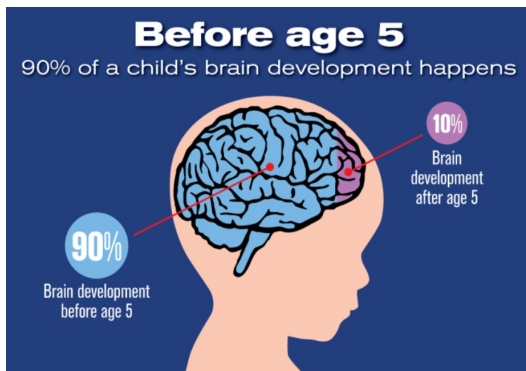


In infancy, 90% of nutrition is used by the brain. Inadequate nutrition has lifelong implications on the brain and the body

Nourishing the First 2,000 Days

The Critical period from Conception to Age 6 and Beyond

Nutrition + Early Learning + Protection From Trauma = Healthier Brains



The State of Childhood

- 1/5 children live in poverty in BC
- 1/3 children are vulnerable starting kindergarten in BC
- 1/3 requiring food assistance are children
- 1/2 of mothers receive mixed messages about what to feed their children
- 1/3 Canadians have experienced child abuse
- 1/3 children in BC are obese or overweight

Recommendations* to unlock the life-changing benefits of early brain development:

- 1. Start now!**
- 2. Invest Early :** To give every child a fair chance in life from the start.
- 3. Invest Equitably:** Because the children with the least, benefit the most.
- 4. Invest Smartly:** Because we can have the strongest impact when all three are addressed together, in all our programming we include:

NUTRITION, EARLY LEARNING & PROTECTION



Collective Impact:

Is a powerful and innovative approach to create social change that no organization can change alone.

* From Anthony Lake (UNICEF)

You want to know more about the First 2000 Days?

On May 1, 2017 **Growing gains – Advancing Early Childhood Development** presented findings from the recent Lancet series on early childhood development, and illuminated how Canada contributes to advancing this field nationally and globally. They were joined by experts and policymakers for a series of interactive sessions, engaging talks, and stimulating discussion.

Watch the webcast:

<https://www.akfc.ca/event/growing-gains-advancing-early-childhood-development/>

How are we doing worldwide?

UNICEF REPORT CARD 14: Child Well-being in a Sustainable World



The 2017 *UNICEF Report Card Building the Future* is the first report to assess the status of children in rich countries in relation to the Sustainable Development Goals (SDGs).

UNICEF ranks **Canada as one of the most unequal places to raise a child**, ranking 26th place out of 35 wealthy nations for “fairness for children”.

First place winner was Norway. Chile came last at 35.



Prepared by:

Hélène Dufour, RD Community Nutritionist & Kaley Ruel, RD Healthy Schools Specialist & Taryn Coates, RDH Community Dental Hygienist