



The first 1000

critical days of good nutrition and avoiding infection, prevent stunting



270 days
9 months Pregnancy



365 days
1st Year



365 days
2nd Year



1000 days



Prevent Stunting



Actions

- Ensure you are healthy before becoming pregnant.
- Attend antenatal clinic as soon as you know you are pregnant.
- Test for HIV.
- Eat well – different foods like vegetables, fruits, pulses, meats, milk and milk products.
- Sleep under an insecticide-treated net (ITN) to prevent malaria.
- Take iron and folic acid to prevent anemia.
- Take malaria tablets to treat and prevent malaria.
- Take deworming tablets to prevent anemia.
- Use iodated salt (salt with iodine).
- Use fortified foods (foods with added vitamins).
- Stop smoking and drinking alcohol.
- Do not abuse drugs.
- Exercise frequently.
- Rest as much as possible.



Actions

- Breast feed baby immediately after birth.
- Give baby only breast milk for 6 months.
- Start giving baby foods, fluids and water after 6 months & continue breast feeding.
- Include foods like milk, meat, fish, chicken, beans, groundnuts, vegetables and fruits.
- Feed baby 2 to 4 light meals and 1 or 2 snacks each day.
- Feed baby even when sick, and give extra food during recovery.
- Continue breast feeding even when your baby is sick or has diarrhoea.
- Use iodated salt and fortified foods.
- Take baby to the under-five clinic every month.
- Ensure baby is fully immunized and receives vitamin A and deworming tablets.
- Ensure baby sleeps under an insecticide treated net (ITN).
- Take baby to the clinic whenever sick
- Observe good hygiene practices.



Actions

- Continue breast feeding up to 2 years or beyond.
- Continue giving foods, fluids and water.
- Increase amount of food and variety as child grows, 3 to 4 meals and 1 or 2 snacks each day.
- Feed child whenever they ask for food.
- Feed child iron rich foods like liver, spinach etc.
- Continue feeding the child during any illness and give extra food as the child recovers.
- Continue breast feeding even when baby is sick or has diarrhoea.
- Use iodated salt and fortified foods.
- Take child to the under-five clinic every month.
- Ensure child is fully immunized and receives vitamin A and deworming tablets.
- Ensure child sleeps under an insecticide treated net (ITN).
- Take child to the clinic whenever sick.
- Observe good hygiene practices.

BENEFITS FOR YOUR CHILD

- Grows to full potential
- Less likely to die from preventable diseases such as malaria, pneumonia, coughs, diarrhea
- More likely to stay in school and learn

BENEFITS FOR YOUR FAMILY

- A healthy adult is more likely to have a healthy baby
- Mother less likely to give birth to an under-weight baby

BENEFITS FOR ZAMBIA

- Healthy children reduce family and government expenditure on health.
- Child grows into an adult who will contribute to national development

