

# FEED THE CHILDREN— THE FIRST THOUSAND DAYS



A MOTHER'S LOVE IS UNIVERSAL. EVERY MOTHER WANTS HER CHILD TO HAVE A FUTURE OF POSSIBILITY. STARING INTO THE EYES OF A YOUNG CHILD BRINGS HOPE AND RENEWS THE PROMISE OF A NEW TOMORROW. BUT WHEN A CHILD IS CHRONICALLY HUNGRY OR IN PAIN, MOTHERS FEEL LOST AND ALONE. THEY EXPERIENCE AN OVERWHELMING SENSE OF DESPAIR WATCHING THEIR CHILDREN SUFFER EVERY DAY. BUT WITH YOUR HELP, WE CAN FIGHT HUNGER AND MALNUTRITION. THE MOST CRITICAL PERIOD IN A CHILD'S DEVELOPMENT IS FROM THE WOMB TO THEIR SECOND BIRTHDAY. THESE FIRST THOUSAND DAYS ARE WHEN NUTRITION HAS THE GREATEST LONG-TERM IMPACT ON THE CHILD'S FUTURE HEALTH AND POTENTIAL. IF ADEQUATE NUTRITION ISN'T PRESENT, BRAIN DEVELOPMENT SLOWS AND OVERALL PHYSICAL GROWTH IS STUNTED. A LACK OF FOOD AND ACCESS TO HEALTH CARE CAN HAVE A SIGNIFICANT IMPACT ON A MOTHER'S ABILITY TO CARE FOR HER CHILDREN. BUT, THERE ARE THINGS WE CAN DO TO HELP. WE PROVIDE HYGIENE LESSONS ON HAND-WASHING TO PREVENT DIARRHEA AND SICKNESSES, NUTRITION EDUCATION, VITAMIN SUPPLEMENTS AND AN EMPHASIS ON BREAST-FEEDING AND ITS BENEFITS FOR YOUNG CHILDREN. PROPER NUTRITION IN THE EARLIEST YEARS OF LIFE CAN INFLUENCE AND NURTURE A CHILD'S ABILITY TO GROW, LEARN AND WORK. IT ALSO CAN DETERMINE THE LONG-TERM HEALTH AND PROSPERITY OF CHILDREN, FAMILIES AND COMMUNITIES. A MOTHER'S LOVE IS DEEP. IT IS STRONG AND ENDURING. BUT IT NEEDS YOUR HELP. YOU HAVE A UNIQUE OPPORTUNITY TO HELP BUILD A STRONG FOUNDATION THAT WILL NOT ONLY HELP THE CHILDREN THAT NEED IT RIGHT NOW BUT ALSO ONE THAT WILL STRENGTHEN FOUNDATIONS FOR GENERATIONS TO COME. LEARN MORE AT [FEED-THE-CHILDREN--DOT--ORG](http://FEED-THE-CHILDREN--DOT--ORG).