

# The First 1000 Days

- The first few years of a child's life are the most important in ensuring that they have the best chance in life.
- By the time a child turns 6 their brain is almost fully developed.
- Brains are built and grow through touch, talk, sight and sound during early childhood experiences.
- As a caregiver you can help your child explore the world and make sense of it.
- Breastfeed if you can and give your child healthy food.

