

# Investing in the emotional wellbeing of our babies is a wonderful way to invest in the future.

Giving children the best start in life.

Improving the mental and physical health of the next generation.

Reducing risky and antisocial behaviour and the costs they bring.

Building a skilled workforce to support a thriving economy.

Creating a compassionate society.



The **first 1001 days**, from conception to age two, is a period of rapid growth. During this time **babies' growing brains** are **shaped by their experiences**, particularly the **interactions** they have with their parents and other caregivers. What happens during this time lays the **foundations for future development**.



**Early relationships between babies and their parents are incredibly important for building healthy brains.**

I need a **secure relationship** with at least one sensitive, nurturing caregiver who can respond to my needs.



**Supporting my parents** and other important people in my life to develop this relationship will give me the best start in life.



**Stress factors** such as domestic abuse and relationship conflict, mental illness, substance misuse, unresolved trauma and poverty can make it harder for my parents to provide me with the care I need. The more adversities that my family experiences, the harder it can be to meet my needs.



**Healthy social and emotional development during the first 1001 days:**



- Lays the foundations for lifelong mental and physical health.
- Means I feel safe and secure, ready to play, explore and learn.
- Leaves me ready to enjoy and achieve at school, and progress in the workforce.
- Enables me to understand and manage my emotions and behaviours; which means that I can make a positive contribution to my community.
- Gives me skills to form trusting relationships and to be a nurturing parent myself; sowing the seeds for the next generation.



**Tackling adversity + supporting early relationships healthier brains + better futures**

References and further information can be found on <https://1001days.org.uk/resources>



First 1001 Days Movement