

## First 2000 Days of life

The first 2000 days of a child's life (pregnancy until their 5th birthday) has a huge impact on how they grow, develop, and learn. We want all children to have the best possible start in life. The early years lay the foundation for good child health and wellbeing now and in the future.

There are **10 key messages** that will support you, your family, and community to help a child thrive in their first 2000 days.



Scan the QR Code to learn more about the First 2000 Days key messages

