

THE FIRST 1,000 DAYS OF A CHILD'S LIFE

Why Healthy Timing and Spacing of Pregnancies Is So Important



Pregnancy

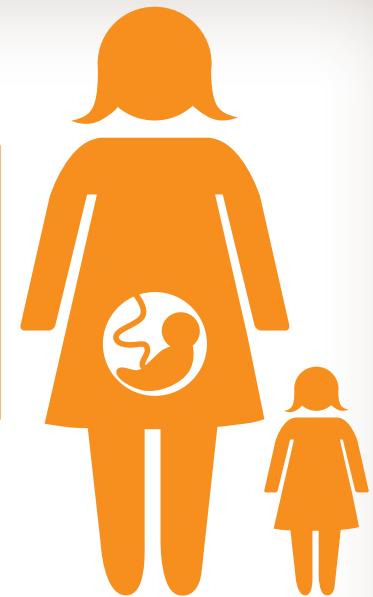
While in the womb, the developing baby draws all of its nutrients from the mother, making good maternal nutrition essential.



Infants and Toddlers (*birth to 2 years*)

Breast milk provides essential nutrients and immunity against disease.

After the 1,000-day window*, a mother can safely become pregnant again



Children (*2-5 years*)

Nutrients from milk and healthy foods help ensure brain development and reduce stunting.

*1,000-day window: from conception to age 2

What is HTSP?

Healthy Timing and Spacing of Pregnancies (HTSP) is an approach to helping couples time their pregnancies to occur during a mother's healthiest years (ages 18-34) and space pregnancies by 3 to 5 years, improving both maternal and child health.

Why are the first 1,000 days of a child's life so important?

The first 1,000 days of a child's life are measured from conception to age two (2). The 1,000 days between conception and the child's second birthday offer an opportunity for the mother to breast-feed, provide healthy foods, and care for the child without having a new baby competing for nutrients.

What are the four (4) key HTSP messages?

1. Delay the first pregnancy until a girl is 18
2. Wait until a child is at least 2 before trying to become pregnant again
3. Wait at least six months before trying to become pregnant again after a miscarriage or abortion
4. Limit pregnancies to a mother's healthiest years—ages 18 to 34

For more information, contact:

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