



At the very start of its life, a human being undergoes the most astonishing growth and development. A tiny human grows from a nearly invisible egg and sperm cell. Within 1001 days – from right before pregnancy until its second birthday – all the organs form, he learns to walk, talk, eat, and develop a personality.

The early stages of development influence a baby's lifelong health.

This is how a baby develops healthily:

Children need lots of **love** and **security**.

Babies and young children most enjoy contact with parents and people they know well.

Whilst moving, a baby discovers himself and the world that surrounds him. Give him space this opportunity and motivate him to **move** a lot.



Just like you and me, a baby needs **plenty of sleep** to process everything he learned during the day.

Of course, **eating healthy** is paramount, since a baby needs to grow and develop a lot.

Advice on a healthy baby

- Set an example: start early in life with healthy food, regular exercise, and good sleep hygiene, because as the twig is bent, so is the tree inclined.
- Do you look after yourself? Ask people close to you when things get rough.

Learn more?

For more reliable information about babies and early childhood, go to www.opvoeden.nl.

