



A good start for children

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.

Healthy development starts in the womb!

When a mother eats healthily and varied, the baby will profit from these nutrients whilst in the womb.



The health and hormones of the mother influence the development of the baby. It is crucial that a pregnant woman stays active, gets a sufficient amount of sleep, and doesn't experience too much stress.

A pregnant woman benefits from support from her social environment
Because living a healthy life isn't always easy!



Learn more?

For more reliable information about living a healthy lifestyle during pregnancy, go to www.deverloeskundige.nl.