

First 1000 Days of a Child's Life

SUBTITLES

00:01-00:06- FIRST 1000 DAYS OF A CHILD'S LIFE

00:07-00:12- Today we are at the village of BAOURATOUA in Guidan Roundji, Maradi region.

00:13-00:16- Where we will learn the importance of the first 1000 days of a child's life.

00:17-00:22- And we will receive a comprehensive explanation about the first 1000 days of a child's life.

00:25-00:34 - Hello, Wasila ! Hi! You did not eat the food that was brought to you, what is wrong with you Wasila? You don't look too good.

00:35-00:42 – I don't feel well, I vomit when I eat food and I suffer from nausea. I have lost my appetite.

00:43-00:47 - I will send for your husband to come so that we can take you to the health center.

01:02-01:06 - Peace be with you! Peace be with you too! Good morning madam. Morning! How are you? Fine! How is work?

01:06-01:08 - Work is good. How is everybody? Everybody is fine.

01:10-01:13- My wife is not feeling well. Alright, have a seat!

01:14-01:18- Good morning. Morning! How are you? I am good! How is the family? The family is fine.

01:19-01:24- You can now wait for her outside, I would like to ask her some questions. Alright! It is okay.

01: 31- 01:38 - What is your name madam? My name is Wasila Aboubacar. How old are you? I am 18 years old.

01: 39- 01:46 - What are your problems? My problems include lack of appetite, vomiting, especially when I smell an odor of food.

01: 47- 01:50 – Since when did you start encountering these problems? Two days ago.

01: 51- 01:54 When was your last period? One month ago. Alright!

01:55 - 01: 57 – Go to that room please, I would like to examine you.

01: 58 - 02:00 - Five minutes later

02: 01- 02:09- The result of my diagnosis shows you are one month pregnant Wasila. Call your mother-in-law and husband, I would like to inform them too. Okay.

02: 15- 02: 21- Based on the result of my diagnosis, I happily inform you that Wasila is one month pregnant.

02: 22- 02:25 - Thank you very much! We are very happy to hear about this good news.

02: 27- 02: 32- We are grateful. Thank you for your dedication. Thanks to your work we received this good news.

02: 34- 02:42 - Since you now know that you are pregnant, you should eat at least one extra meal a day. Alright!

02: 43- 02:52- Pay attention to hygiene and come to the health center for prenatal consultations at least four times before the delivery. I will, by the Grace of God!

02: 54- 02: 59- You should also give birth in an institution. Alright. Understood? Yes, I have understood.

03: 00- 03:03- And you are now in the period of 1000 days.

03: 04- 03:10- The first 1000 days means from day one of pregnancy to the birth of the baby....

03: 13- 03:14-and then from birth to 2 years of the child's life.

03: 15- 03: 23- Thank you very much madam. Alright! Thank you and God bless you! Amen! Thank you too and take care please. Sure!

03: 30 - 03:37 - What are the first 1000 days of a child's life?

03: 40 - 03:48 - The first 1000 days means the time from pregnancy to 2 years of a child's life.

04: 16 - 04:20 – Newly wed Zakiyya visits her friend

04: 23 - 04: 27 - Peace be with you! Peace be with you too. Is this Zakiyya? Yes, I am the one. Have a seat! Okay. Thank you.

04: 29 - 04: 34 - I learned that you are not feeling well and you were taken to the health center. How do you feel now? There is improvement now.

04: 36 - 04:40 - I was at the health center and the health worker examined and informed me that I am pregnant.

04: 42 - 04: 49-The health worker gave me a message on the first 1000 days of a child's life.

04:51 - 04: 58- I advise you to go to the health worker for a comprehensive explanation on the message of the first 1000 days of a child's life.

05:00 - 05:03 - All my congratulations, Wasila! Thank you!

05:04 - 05:12 – I will see the health worker for more information on the first 1000 days of a child's life.

05:13 - 05: 20– I should go now to the health center, Wasila, to get a comprehensive explanation on the message of the first 1000 days of a child's life.

05:21 - 05: 24- I am going now Wasila. Okay. Thank you.

05:39 - 05: 45– Peace be with you! Peace be with you too! How are you all? We are fine. How are your children? They are all fine.

05:46 - 05: 53– Today we will give you a comprehensive explanation on the message of the first 1000 days of a child's life. Interesting! Thank you!

05:55 - 05:62 – Scientific research has proven the importance of the first 1000 days of a child's life.

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06:03 - 06:09 – Because it is the period during which mental and physical development of a human being takes place.

06:11 - 06:17 – 9 months of pregnancy becomes 270 days.

06:19 - 06:28 – From the birth of a baby to 6 months of life will be 181 days.

06:29 - 06:37– From 6 months of age to 9 months will be 92 days.

06: 38- 06:45– From 9 months of age to 12 months will be another 92 days.

06:46 - 06:54– From 1 year old to 2 years old will be 365 days.

06:55 - 07:03– All the days added together will be 1000 days.

07:04 - 07:10– Follow carefully, as I will show you important information on the 1000 days.

07:11 - 07:19– A pregnant woman should eat three to four times a day.

07:21 - 07:24– and should go for prenatal consultations.

07:26 - 07:31– A pregnant woman should give birth in an institution.

07:32 - 07:40– and immediately after birth give colostrum to her baby without any delay.

07:42 - 07:51– A breastfeeding mother should increase the quantity of food she eats from three to 5 times a day.

07:53 - 08:01– A baby should be exclusively breastfed for six months.

08:02 - 08:09– and should continue to be breastfed until he or she becomes 2 years old.

08: 11- 08:16– The type of food a baby eats after 6 months,

08:18 - 08:23– how a baby eats and the quantity of food he or she eats,

08:25 - 08:29– is important at any stage of growth.

08:32 - 08:39 – A child should be given food once it completes 6 months of age.

08:41 - 08:59 – The type and quantity of food given between 7 and 8 months changes.

09:01- 09: 07– From 9 to 11 months, from 12 to 24 months change.

09:09- 09: 14– Both mother and her baby should wash hands regularly.

09:16- 09: 22– Babies should be taken to the health center for vaccination.

09:24- 09:29 – And be weighed regularly to ensure proper growth.

09:31- 09:37 – When a baby is sick, he or she should be taken to health center without any delay.

09:38- 09:44 – Couples should avoid pregnancy before their youngest child reaches 2 years of life.

09: 46- 09:53 – For spacing between pregnancies, family planning can be used.

09:55 - 10: 01– 1000 days is important because it is the period in which mental and physical development takes place.

10:02 - 10:07 – This is known as the window of opportunity.

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10: 09- 10:14- What is the importance of the first 1000 days of a child's life?

10: 17- 10:24- This is a period in which mental and physical development takes place.

10: 27- 10:31- I appeal to my fellow men and women to encourage women to go to a health center...

10: 32- 10:35- ...and reduce their workload during pregnancy.

10:36 - 10:42- Also provide nutritious food to women during pregnancy and to their children.

10:43 - 10:46- In addition, give breastfeeding mothers proper care and support during lactation.

10:47-10:48- THANKS

- Aminatou Omar**
- Cima Musa**
- Wasila Abubacar**
- Zakiya Adamou**
- Bilyaminu Adamu**

10:49-10:50- EDITORS

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10:51-10:52 - - STORY, CAMERA, LIGHT

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10:53-10:58:- LOCATION

Baourataoua village , Maradi

Niger Republic

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