First 1000 Days of a Child’s Life

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 Roumdji, 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.
Since you now know that you are pregnant, you should eat at least one extra meal a day. Alright!

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!

You should also give birth in an institution. Alright. Understood? Yes, I have understood.

And you are now in the period of 1000 days.

The first 1000 days means from day one of pregnancy to the birth of the baby. And then from birth to 2 years of the child’s life.

Thank you very much madam. Alright! Thank you and God bless you! Amen! Thank you too and take care please. Sure!

What are the first 1000 days of a child’s life?

The first 1000 days means the time from pregnancy to 2 years of a child’s life.

Newly wed Zakiyya visits her friend

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

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.

I was at the health center and the health worker examined and informed me that I am pregnant.

The health worker gave me a message on the first 1000 days of a child’s life.

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.

All my congratulations, Wasila! Thank you!

I will see the health worker for more information on the first 1000 days of a child’s life.

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.

I am going now Wasila. Okay. Thank you.

Peace be with you! Peace be with you too! How are you all? We are fine. How are your children? They are all fine.

Today we will give you a comprehensive explanation on the message of the first 1000 days of a child’s life. Interesting! Thank you!

Scientific research has proven the importance of the first 1000 days of a child’s life.
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.
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
Digital Green and SPRING
Issoufou Adamou

10:51-10:52 - - STORY, CAMERA, LIGHT
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10:53-10:58:- LOCATION
Baourataoua village, Maradi
Niger Republic
OCT 2015
10:59-11:05-This video was produced by SPRING/ DIGITAL GREEN project Niger
Funded/ Financed by USAID
Acknowledgement
REGIS-ER,SAWKI, LAHIA