**TRANSLATION FOR ENGLISH SUB-TITLES**

**Importance of the First 1000 Days**

* The importance of first 1000 days has been discussed in this video. The people featured in this video are from Bhandaripasi and Dhobapatna village.
* Namaskar. I am Kuni patra, mini Anganwadi worker of Bhandaripasi village. Let’s go to the Anganwadi centre and see what is happening there.
* Namaskar. Today, I am going to discuss the importance of first 1000 days.
* Didi, what is 1000 days?
* Kindly focus on this diagram of first 1000 days.
* First 1000 days is the period which starts from pregnancy until 2 years after birth.
* Pregnancy is for 270 days.
* Child birth to 6 months is 181 days.
* 6 – 9 months 92 days.
* 9 to 12 is 92 days.
* 12 to 24 is 365 days.
* If we add these days, then it becomes 1000 days. This 1000 days are very important for a child.
* Question: What is first 1000 days?
* Answer: First 1000 days is the period which starts from pregnancy until 2 years after birth.
* Didi, can you kindly explain the importance of first 1000 days?
* Good question. Most of the physical and mental growth of a baby happens during this first 1000 days. If proper care is not taken during this phase, then the deficit in growth and development cannot be compensated in the later years of life. The infant is dependant directly for nutrition on mother from pregnancy until 6 months of age. Therefore, the nutrition and care during first 1000 days is crucial for the health of a mother and the baby.
* Question: What is the importance of first 1000 days?
* Answer: Most of the physical and mental growth of a child happens in first 1000 days.
* Didi, please explain the five phases individually?
* The first phase of this 1000 day is pregnancy which is up to 9 months or 270 days. In this phase, a pregnant woman should eat nutritious food, register her pregnancy in the Anganwadi centre, take 2 TTs, take IFA tablets regularly, take one extra meal each day, and take adequate rest.
* Second phase is from birth until 6 months of age, that is 181 days. The baby should be born in a hospital, the baby should be breastfed within one hour of birth, be fed with the first yellow milk called colostrum, and be exclusively breastfed until 6 months.
* Didi, should we not give a little water to the baby?
* For a baby, the nutrients and water needed can be fulfilled through breast milk alone. Therefore, water is not required during this period. If we give outside food, then there can be risk of infection to the baby.
* See the first picture - a nurse is helping in initiating breastfeeding in the hospital just after delivery.
* In the second picture - a mother is breastfeeding her baby and declining to give water to the baby as suggested by her mother-in-law.
* The third phase starts at 6 months. Complementary feeding is initiated at 6 months because during this period, the baby grows fast. Therefore, complementary feeding along with breast feeding is required to meet the increased nutritional requirements of the baby.
* See the quantity of food is increasing with the age of the baby, as shown in these pictures. The consistency, frequency, and food diversity also increases. We should take good care during this period and simultaneously continue breastfeeding. If we fail to do so, then the infant will be malnourished. On the other side, if we take good care, then we will have a healthy mother and a healthy baby.
* Now that I have told you about 1000 days, let’s know among us who are in which phase.
* As Pramila, Parbati and Anjali are pregnant so they are in the first phase.
* Your child is of 3 months age, so you are in the third phase.
* Binoda bhauja, your daughter is 12 months old, so you are in fourth phase.
* Janaki bhauja, your daughter is 24 months old, so you are in fifth phase.
* Pramila bhauja, you are pregnant, you are in first phase, so who in your family can help you to be healthy.
* My mother-in-law and husband.
* How can you help?
* I can support her in household work, remind her to take iron folic tablets and take adequate rest.
* Good, your mother-in-law will help in household work, will come with you while coming to Anganwadi centre. Your husband will help in providing nutritious food on time and also take you to the hospital for delivery.
* If everyone helps in the family, then we will have a healthy mother and a healthy baby.
* Thanks, didi, for discussing the importance of first 1000 days. Today I will discuss it with my husband and mother-in-law.
* Okay, Parbati, you will discuss. I will also discuss with them about it when I go for a home visit.
* Namaskar.
* Today we came to know about the importance of first 1000 days when most of the physical and mental development of a child occurs.

I request all family members and the community to extend their help and support to a pregnant woman during the first 1000 days, so that she will be able to take care of herself and her baby and give birth to a healthy child.