The 10 Building Blocks for Nutrition During the First 1,000 Days

1. A nutritious diet for mothers during pregnancy
2. Good care for all mothers during pregnancy
3. Exclusive breastfeeding for the first 6 months
4. Nurturing, responsive care and feeding of babies and toddlers
5. The right foods introduced to babies at the right times
6. A healthy and nutritious diet for babies and toddlers
7. Paid time off for working parents to care for their newborns
8. The right knowledge and skills for parents and caregivers to properly nourish young children
9. Consistent access to enough nutritious food for families of young children
10. Societal investments in the well-being of every baby and toddler