# 10 Wins for the Next 1,000 Days

1. **Empower parents and caregivers with an understanding of the importance of early nutrition and knowledge of best practices for infant and young child feeding.**

2. **Educate and train medical and health care professionals, child care workers and others working with expectant mothers, babies and toddlers on the importance of early nutrition and optimal infant and young child feeding practices.**

3. **Establish evidence-based dietary guidelines for pregnant women and children under age 2.**

4. **Invest in the research, monitoring and surveillance of the nutritional status of pregnant women and children under age 2.**

5. **Support healthy pregnancies by ensuring access to high quality preconception and prenatal care, nutrition education and obesity prevention programs.**

6. **Improve support for mothers to breastfeed by creating breastfeeding-friendly communities, workplaces and healthcare facilities.**

7. **Invest in paid parental leave and family-friendly workplace policies to support parents to give their children the strongest start to life.**

8. **Encourage companies to follow the World Health Organization’s International Code of Marketing of Breast Milk Substitutes which provides guidelines for the ethical marketing and promotion of infant formulas and foods and beverages for young children.**

9. **Strengthen programs that reach low-income babies, toddlers and their families.**

10. **Ensure that healthy, nutritious foods are the affordable, available and desired choice for all families.**

To learn more download the full report at www.thousanddays.org