



Perinatal care in rural India has its own challenges. Although the health administration and the government aims to increase the number of institutional deliveries, in many parts of remote and rural India, access to the healthcare facility and the transport options to reach healthcare facilities is at times very much limited. This has a direct effect on the early years of the child. Due to delayed arrival to health facilities, the baby gets asphyxiated and develops sequelae secondary to perinatal asphyxia. All the early developmental milestones are delayed for the baby and the early years, especially the first 1000 days, which is supposed to bring joy in the life of parents becomes a difficult journey.

Above picture also summarizes the plight of poor in villages across the country. A pregnant woman is being shifted using some traditional method to a nearby health facility as she developed labor pains. There are people living across the river in rural areas and need to cross the river to reach health facility but there are no bridges or boat facilities to cross the river. These problems make them decide not to go to health facilities for their deliveries and this inturn increases the complications for both the mother and the baby.

We should dream of a new India, where in the people living in most rural areas of our country will also have good access and transport facilities to reach the healthcare facility, thereby the first 1000 days of the babies born in rural India in our country also can be made safe and secure.

# Celebration from pregnancy planning to 2<sup>nd</sup> Birthday of Baby

## Healthy Seed Make Healthy Plant = Healthy Mother Birth Healthy Baby

The health of your seeds begins with the plants that produce them. Seed producing plants should be robust and disease free. Strong, healthy plants produce healthy seeds. Similarly, health status of new born baby and health of mother during pregnancy have the Vital Link.

### Importation of First 1000 days for your Baby

First 1000 Days = 270 days (**mother's pregnancy planning**) + 365 days + 365 days (**Birth to 2<sup>nd</sup> Birth Day**)

The “**First 1000 Days**” are a period of rapid physical growth and accelerated mental development and offers a unique opportunity to build lifelong health and intelligence.

“*Many things we need can wait. The child cannot. Now is the time his bones are formed, his mind developed. To him we cannot say tomorrow, his name is today.*”

“**pregnancy planning**” = *The story of your baby begins much before birth.*

### Needs of mother

- |                          |                                                                                                                                                                                                     |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Good Nutrition</i>    | - diet should include Grains 36% + Vegetables 25%+Dairy product 19%+Fruits 14% + Protein 6%                                                                                                         |
| <i>Good Relationship</i> | - say bye bye to Domestic violence, manage and reduce stress                                                                                                                                        |
| <i>Good Environment</i>  | - Toxic chemical free environment, hygiene                                                                                                                                                          |
| <i>Good Habits</i>       | - Good sleep, good water intake, say bye bye to bad eating habits, eat on right time, eat in right amount, eat healthy food, take less tea and coffee, no junk food, no unwashed veggies and fruit. |

### How to celebrate from Day of Birth to 2<sup>nd</sup> Birthday

- First hours of baby's life –the golden hours
- Give mother breast milk immediately after birth
- First day milk (Colostrum) not to miss
- Care of umbilical cord
- Mother-baby bonding, skin-to-skin touch
- Exclusively Breast feeding till 6 months of age
- Immunization on time
- Hygiene – toxic free environment
- Observe child's expression
- Observe child's mile stone closely
- Stimulate your child – right stimulation at right time
- Complementary feeding after 6 months – at Right Time + Right Amount + Appropriate + Safe + Hygienic
- Talk with baby's doctors at every visit about the milestones of your baby

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TEXT

AKASH IS TRYING TO GET THE  
SPOON. HIS MOTHER OBSERVING HIM  
PRABAS KUMAR ©



ARATI IS IDENTIFYING ANIMALS AND BIRDS IN PICTURE  
BOOK. HER MOTHER HELPS HER. LANGUAGE SKILL  
DEVELOPMENT  
PRABAS KUMA ©



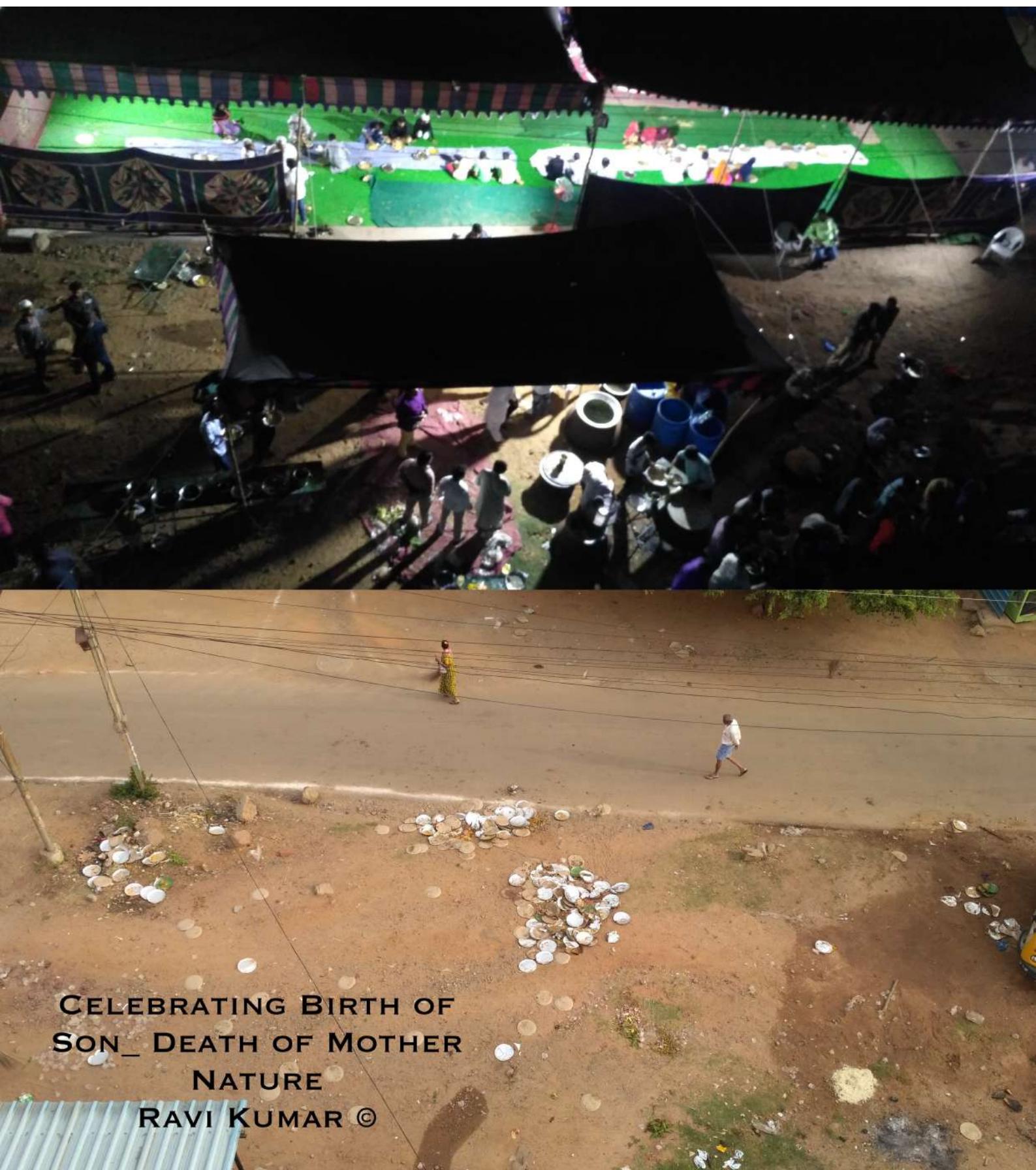
RAMYA  
TUNGA ©





SHIVANI©

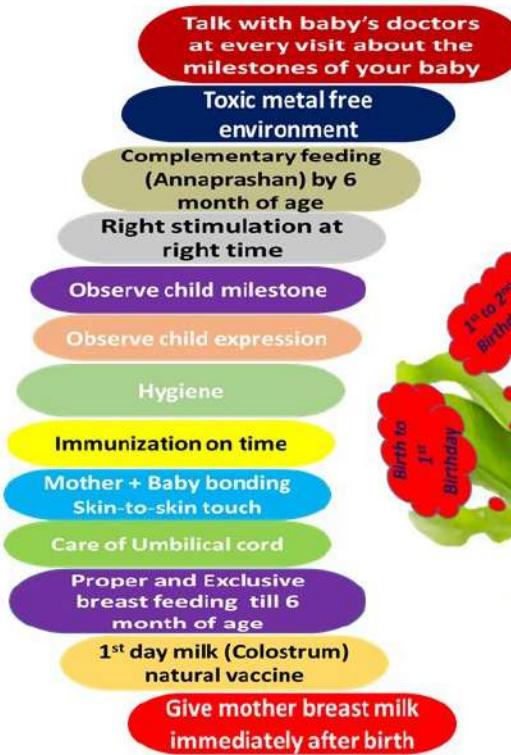
Shivani



**CELEBRATING BIRTH OF  
SON\_ DEATH OF MOTHER  
NATURE**

**RAVI KUMAR ©**

## Celebration from pregnancy planning to 2<sup>nd</sup> Birthday of Baby



### 4 pillars of complementary feeding to ensure optimal nutrition for baby



**CELEBRATION FROM  
PREGNANCY PLANNING TO  
2ND BIRTHDAY OF BABY  
DOLAT SHEKHAWAT ©**



**Good Nutrition**

**Good Relationship**

**Good Environment and habits**

365 (1<sup>st</sup> Birth day) + 365 (2<sup>nd</sup> Birth day)

270 days (woman's pregnancy)

# IMPORTANT MILESTONES IN CHILD'S DEVELOPMENT

-Taruna Saini



## SOCIAL DEVELOPMENT



It is a process to learn the ability to interact with other people and control your emotions.



Recognise themselves in the mirror or photograph

Imitate adult's actions and words



Understand words and commands and respond to them



Toddler Social Developments

Share a piece of food

CHILD DEVELOPMENT  
TARUNA SAINI ©



Play next to another kid



## ROLE OF FAMILY IN CHILD'S GROWTH

### Family Meal time

Family meal provides an opportunity for family members to come together and build better relationships.



### Support & Protection

Family members are responsible for building a protective and loving home environment.



### Skills & manners

Parents help their children develop social skills, and treat others with respect.



## BENEFITS OF BEING IN 'NATURE'

### Intellectual Benefits

Children love to experience the sights, scents, sounds and textures of the outdoors.



### Emotional Benefits

Children are free to explore, move about and make noise.

### Physical Benefits

The fresh air, exposure to sunlight contributes to a strong immune system.





**DOOR TO  
SUCCESS**  
**CHINMAYEE  
BAKSHI ©**

Chin  
Bakshi

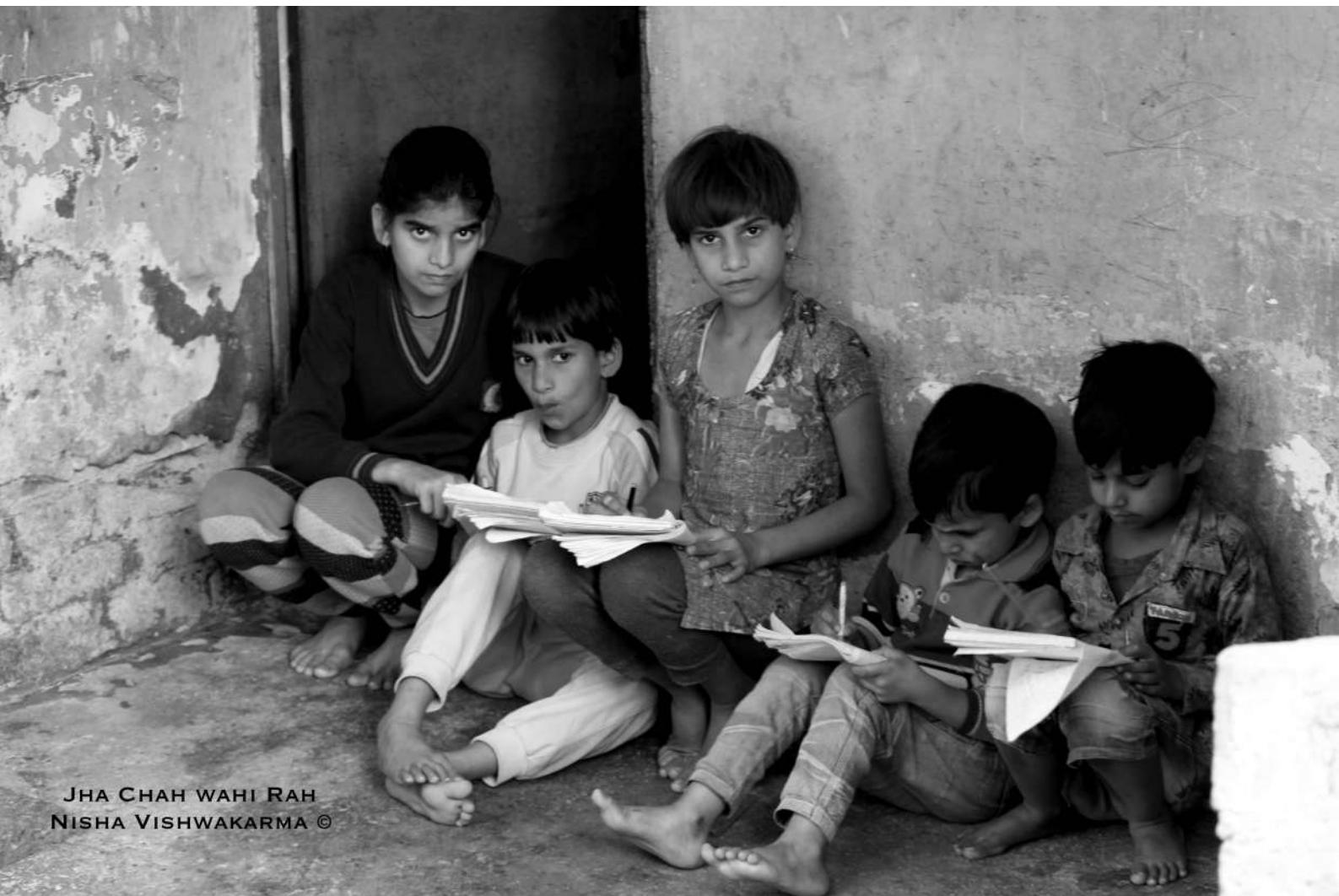


ACHU YSHAK ©



MOTHERHOOD AND CHILD CARE

NISHA VISHWAKARMA©



JHA CHAH WAHI RAH  
NISHA VISHWAKARMA ©

## First 1000 Days Of a Child's life in the MAASTHI birth cohort

Dr Girdhara R Babu\*, Deepa R\*, Maithili K\*  
\*Indian Institute of Public health foundation of India, Bengaluru

- MAASTHI is a birth cohort established in Bengaluru in 2016 to 2019, with objective of assessing the influence of maternal glucose levels and psychosocial environment on infant development.
- Gestational Diabetes results in high blood sugar that can pregnancy and baby's health.
- Oral Glucose Tolerance Test is mandatory during 24 weeks to 32 weeks or the third trimester of pregnancy.
- A total of 4918 pregnant women were screened, 2962 underwent Oral glucose tolerance test for diagnosis of gestational diabetes
- **The first 1,000 days of life** - the time spanning roughly between conception and one's second birthday - is a unique period of opportunity when the foundations of optimum health, growth, and neurodevelopment across the lifespan are established and the MAASTHI cohort aims to capture these essential phases and the influential factors in this time period
- The anthropometry measurements undertaken in MAASTHI help in assessing growth and development patterns during the first two years of a child's life. Also, these provide useful insights into the nutrition and health situation.
- **At birth** follow-up of mother and child is conducted within 48 hours of delivery. Around 92% follow-up has been done.
- **At 3 months**, most babies usually learn to coordinate their hands, feet and eyes. Follow-up at this stage assesses the growth, breastfeeding habits and developmental milestone of the child.

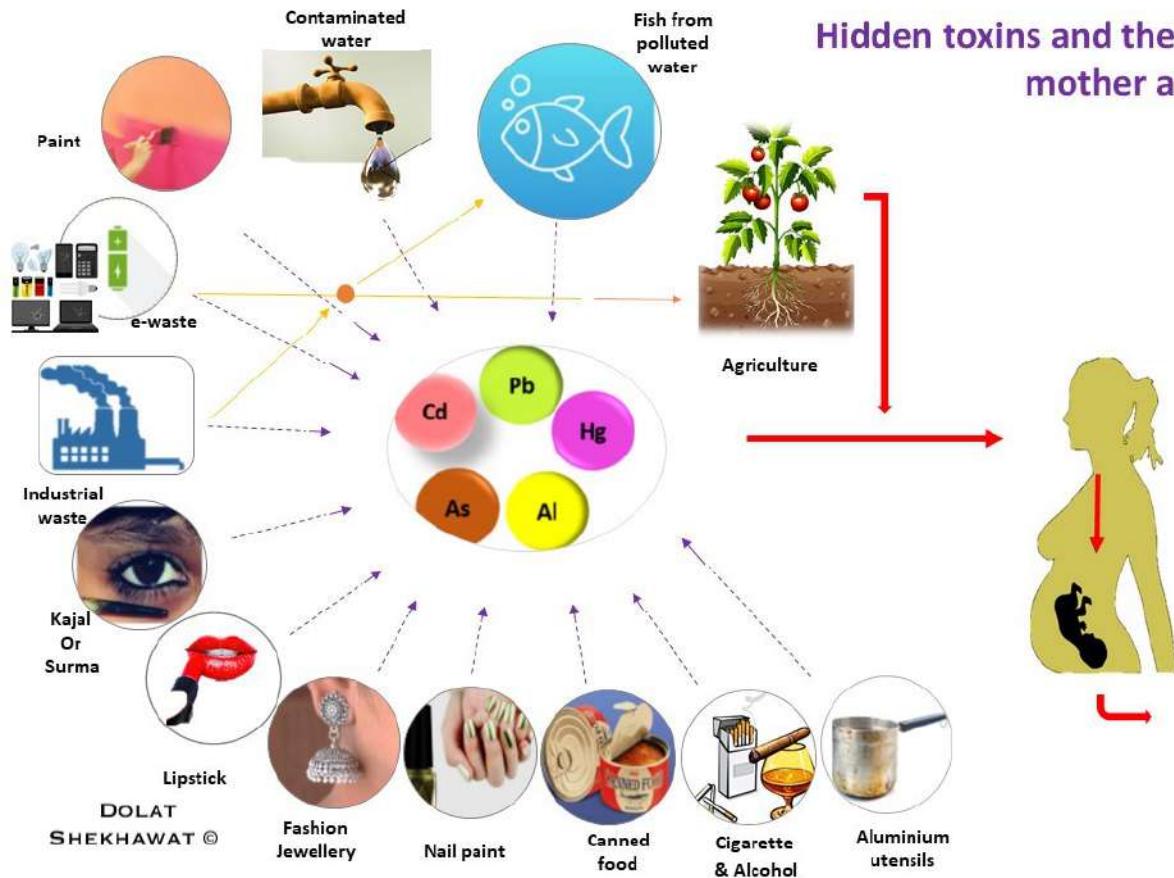


- **At one year**, babies have grown considerably, at follow up we assess their eating habits, milestones, and autism risk.



- **At two years**, the child is assessed for their physical activity, eating habits at home, screen time, and anthropometry.

## Hidden toxins and their effect on pregnant mother and child



**Effect on Infant !**

- Delay in brain development*
- Low IQ*
- Low motor development*
- Low hemoglobin*
- Low weight and height*
- Growth retardation*
- Low social- emotional development*
- Low language development*
- Hearing loss*
- Metabolic disorder*



VIDYADHAR KUMBHAR ©



VIDYADHAR  
KUMBHAR ©



RIYA  
BHATTACHARYA

©



RIYA BHATTACHARYA ©

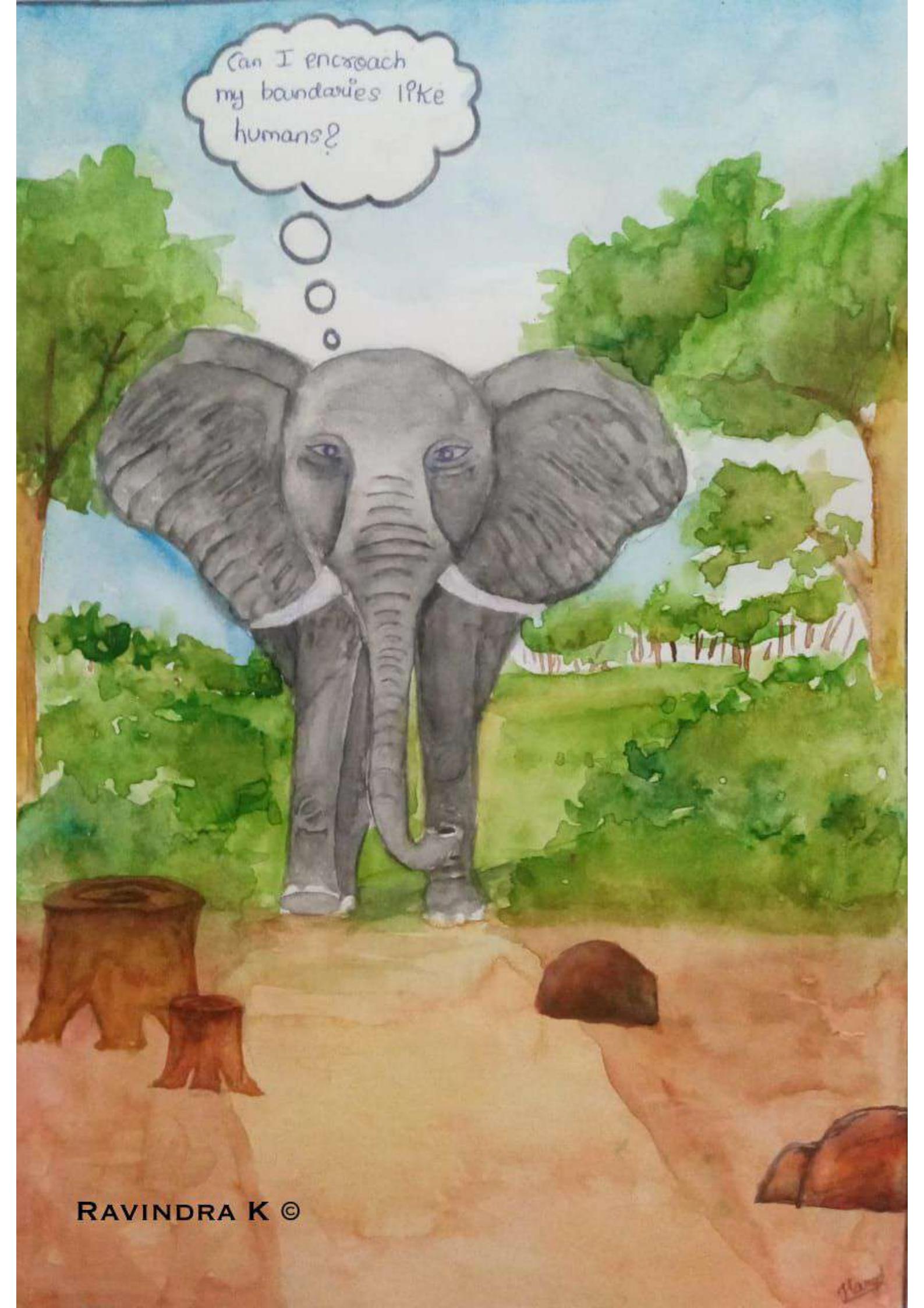


DEIVA ©

**"How dare them to abandon  
my creation , They don't  
know the consequences " God  
furiously says.**

**" She loved me , she used  
to sing for me . That  
wasn't her fault " Aborted  
girl child speaks.**

**\*Thunder strikes at the  
very moment, whole City  
burnt down except that  
mother\***



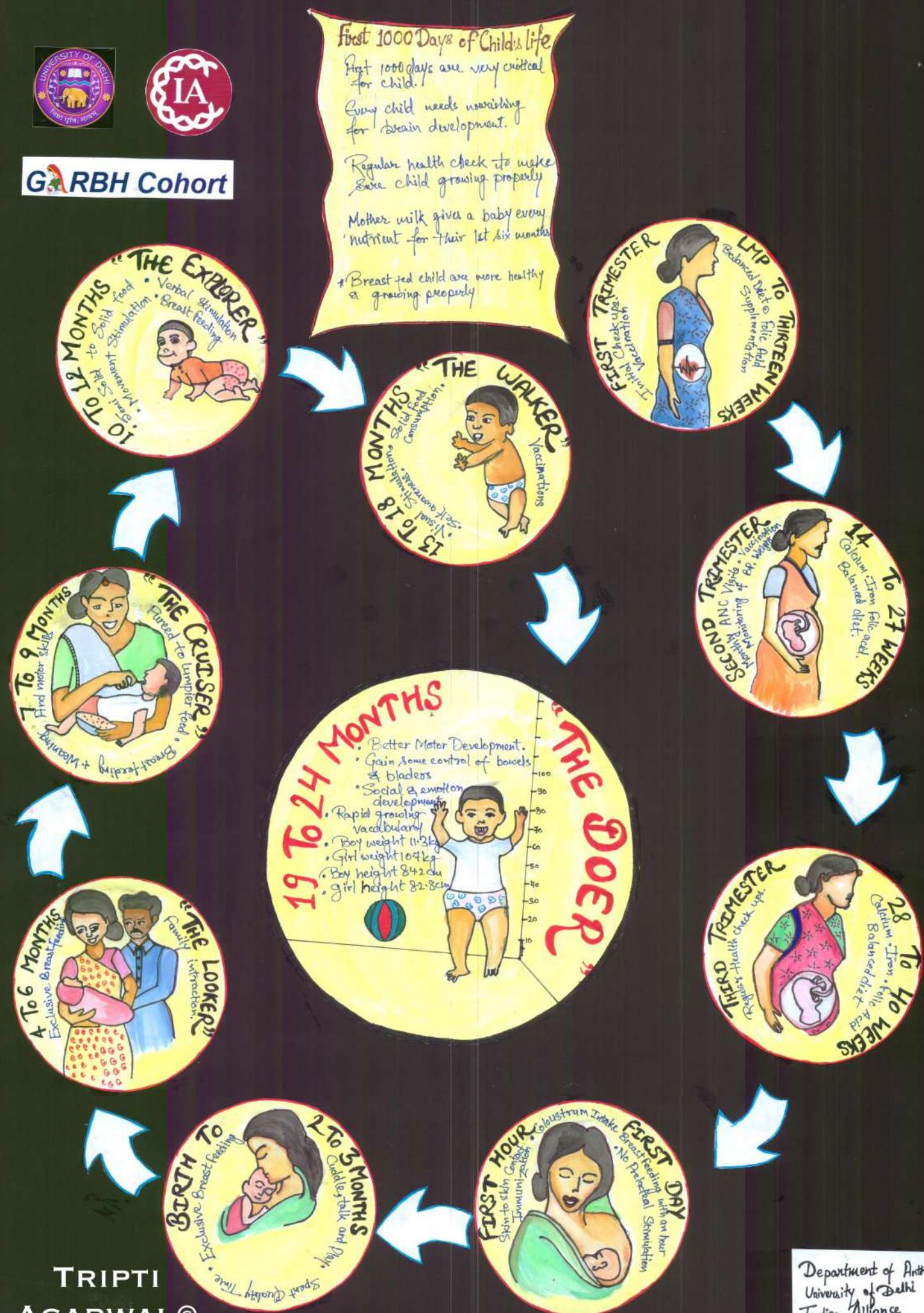
Can I encroach  
my boundaries like  
humans?



NEHA  
RAMTEKE ©



## GARBH Cohort



TRIPTI  
AGARWAL©



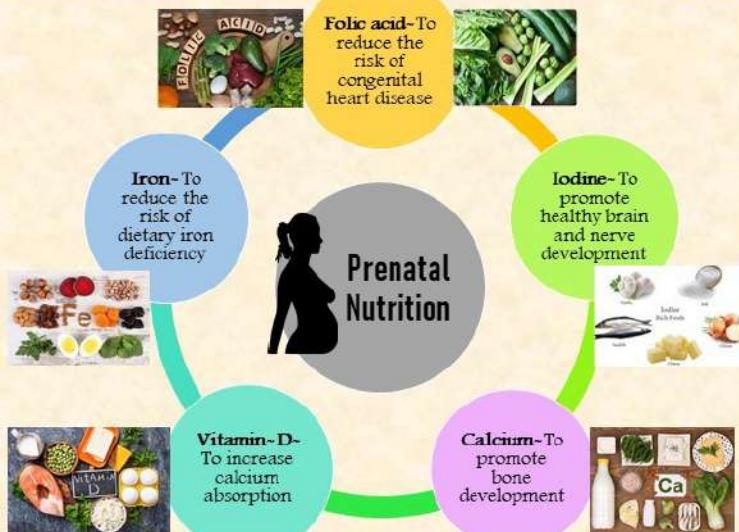
**LOVELY AND HER COUSIN SISTER  
PLAY WITH LOCALLY MADE PEG-  
BOARD . HER MOTHER MINATI  
OBSERVING AND GUIDING THEM**

**PRABAS ©**

# NUTRITION AND CARE PRACTICES OF A PREGNATAL

- Taruna Saini

A pregnant woman's diet should have a variety of food and beverages to provide essential nutrients for baby's growth and development.



## Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA)

The Pradhan Mantri Surakshit Matritva Abhiyan has been launched by the Ministry of Health & Family Welfare (MoHFW), Government of India. The program aims to provide assured, comprehensive and quality antenatal care, free of cost, universally to all pregnant women on the 9th of every month.

## FOOD AND DRINKS TO AVOID DURING PREGNANCY

Alcoholic Drinks	Raw Seafood	Too much Caffeine	Uncooked meat	Raw Sprouts
Alcohol may cause deformities in new born.	The risk of ingesting bacteria and parasites is too high.	Caffeine must be avoided to reduce the chance of miscarriage.	Raw meat may cause infection from <i>Salmonella</i> and <i>Listeria</i> bacterium.	Raw sprouts are linked to <i>E.Coli</i> and <i>Salmonella</i> .

### Breast Feeding

Breast milk provide ideal nutrition for infants. It contains antibodies that help the baby fight off bacteria and viruses.

### Vaccination

Vaccination boosts the immune system. It stimulates the body cells to defend against and remove harmful pathogens.

### Steps for Early Childhood Development

#### Responsive Care

Awareness of a child's act and vocalization and parents response to these signals.

#### Social and Environmental Development

Child will learn social skills like how to share, how to respect others, personal hygiene and many more.

#### Responsive Care

Awareness of a child's act and vocalization and parents response to these signals.

TARUNA  
SAINI ©



61

FROSO  
PAPADIMITRIOU ©



SGHBOYFISH  
ARJUN KAMDAR ©

A close-up photograph of a young child with dark skin and short hair, wearing a yellow long-sleeved shirt with "Champion" printed on it. The child is smiling and pointing their right thumb towards the camera. They are being held by a person whose face is partially visible on the right side of the frame; this person has dark skin, is wearing a black top, and has a small gold stud earring. In the background, there is a yellow sign on a wall that reads "BOTTLED WATER COMMUNICATION ROOM".

BOTTLED WATER  
COMMUNICATION ROOM

SHOTS AND  
DROPS

ANILA VARGHESE

©



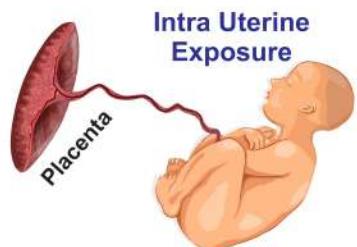
PRIYANKA S ©

# **Effects of Endocrine Disrupting Chemicals (EDCs) on maternal & foetal health**

## Daily Exposure to EDCs



## EDCs exposed pregnant Woman



## Possible Effects in Foetus

- IUGR?
- Under developed Sex organs?
- Developmental disorders?
- Hormonal imbalance?
- ADHD?
- Obesity?

## Possible effects on Pregnant Mother

- Pre-eclampsia (PE)?
- Abortion?
- Gestational Diabetes?
- Uterine Fibroids?
- PCOS?
- Breast Cancer?