

## DEVELOPMENT MEDIA INTERNATIONAL SPRING Project, Burkina 1000 P1 DAYS

### Promoting behaviors

**Each family: acknowledge the importance of good nutrition during the first 1,000 days of a child's life. The 1000 days start from the beginning of pregnancy until the second birthday of the child.**

**A child who lacks good nutrition during those 1,000 days will be a stunted body and mind we can never catch up. Invest in 1000 days ... for a good start, a good foundation for a prosperous life, healthy children who will grow up strong and intelligent adults ... for love, to protect, to ensure that your children will help you when you old ...**

**Good nutrition includes: pregnant and lactating women eat diverse foods in larger quantities - as it feeds two people - and the infant takes only breast milk until the age of 6 months. The nursing mother needs nutritious food to recover after pregnancy, to use his strength and well feed her child. At 6 months, the child continues to breastfeed but also eat nutritious complementary foods (such as enriched porridge and other semi-solid foods).**

### Background

The period of 1,000 days between conception and a child's second birthday is critical to its intellectual and physical development. If nutrition is not adequate, the damage caused by stunting during this period are irreversible majority. Stunting can reduce intelligence and health problems in the long term. A child with growth failure be less productive adulthood and contribute less to the future of his family, community and countryfood.

The nutritional status of the child is not just about It is optimized when mothers have access to a diversified food, health services, and when they adopt good hygiene behavior and health, in a healthy environment (with clean water, latrines).

### Barriers to behavior change

The Pregnant women often have poor nutrition, due to work overload, lack of access to proper nutrition, lack of desire to eat following the nausea, infections such as malaria, fear of overeating due to fear of having a big baby that will cause a difficult delivery.

Failure of the immediate and exclusive breastfeeding of fears that the baby will be sick without receiving water, herbal teas, etc.

A good proportion of women not know **when** they introduce complementary feeding, and does not know / not appreciate the nutritional value of local foods. It will therefore enhance its food, such as eggs (in most regions, egg consumption is prohibited for children).

Few women prepare enriched porridge, because 1) they (think they) do not have the means to buy all the ingredients; or 2) because they believe not to have the time to prepare the slurry; or 3) because they do not know what the nutritious foods they should be used to enrich porridge.

The stepmothers and joint influence food. The stepmother is involved in the choice of food. The spouse plays an economic role: it must provide the necessary products á his familyyears..

### elements favoring

Most women breastfeed up to two From 6 months, almost all children are porridge(**but** a simple porridge, sweet).

During weighed by health workers, some mothers show how to prepare enriched porridge. Most women trust the health workers to learn about the child's diet. Each resort offers nutritious food, although women do not always know.

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In some areas (Ouahigouya, Djibo, Bogandé and Kantchari), affected by the food crisis, households with children between 0-5 years will receive food aid Emergency (enriched flour mixture). This information specific to regions can be incorporated into the long modules formatsFaso.