



## Nutrition Care for Early Childhood Development

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### DESCRIPTION

In a child's neurodevelopment and long-term mental health, maternal prenatal nutrition and the child's nutrition in the first two years of life is important. Nutritional status at this period may programme child and adult health risks such as obesity, hypertension, and diabetes. Calories are required for both foetal and child growth, but they are insufficient for appropriate brain development. Although all nutrients are necessary for brain development, protein, zinc, iron, choline, iodine, vitamins A, D, B6, and B12, and long-chain polyunsaturated fatty acids are important. Failure to deliver vital nutrients during this important stage of brain development may result in lasting brain function deficiencies, despite nutrient replacement. Understanding the complex interplay of micro- and macro-environments with WHO UNICEF has developed the Care for Child Development (CCD). Package to provide knowledge to healthcare providers Skills to help caregivers provide responsive care early learning activities by age Communication and play recommendations Child. Intervention Support CCD has been integrated into Health Services in some settings and government programs. Worldwide they help primary care workers, with a pediatrician to increase support for the family. When implemented with high quality Proven to improve nursing practice and learning home opportunities protect children from difficulties corporal punishment, abuse and negligence, and improvement Results of child development. Pediatricians play an important role in this. You can bid Support for all elements of care in daily life Practice and manage interdisciplinary care for them Families and children with special needs. Pediatricians can see and learn their strengths and skills Family and child weaknesses open dialogue Supporting caregivers in and about child development Take care of your child lovingly. They can take care of it. Newborn and pediatric care during hospitalization a positive experience for children and

their parents, and it is the criteria for developmental support care or Support is important in interacting with each family and for all children have suboptimal developmental or developmental disabilities hindrance, because nurturing care is so embedded in everyone's life. Family, children and the community itself can play an important role its role in creating a fostering environment that benefits both Caregivers. Understand the value Community strengths and community realization Participation is feasibility, effectiveness, and Sustainability of strategies to deal with early childhood development. With the community Facility-related services are essential to continued care. Medical professionals at all levels of the system contribute Responsibility to achieve this. You can connect your family Existing services in the community help foster support Identify and bring visibility to the network and locally Master.

Epigenetic changes occur that have negative consequences on a person's abilities and that can be transferred into the next generation. A solid foundation is laid early in life when children receive nurturing care. This means that they are raised in a stable environment that is sensitive to their health and nutritional needs, with protection from threats, opportunities for early learning, and interactions that are responsive, emotionally supportive, and developmentally stimulating. Nurturing care can also restore optimal development when there is adversity. It protects Children by lowering stress levels and encouraging Emotional and cognitive coping mechanisms. Especially Important for children with developmental disabilities, with parents other caregivers are the focus of care taking care of small children. For this they need knowledge time and resources community, service, Policy is essential to create a helping environment this allows caregivers to take good care of their child.

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