

# the first 1000 days

Welcome. Here you can find information and practical advice about the first 1000 days of your child's life.

You can read, download and print these materials for yourself or for the service you work with.



Sistema Socio Sanitario



Regione  
Lombardia

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# this is also being a father

In the first 1000 days, the father's presence matters. Identical roles are not necessary: what matters is a concrete, attentive and shared **presence**.

## What can you do?

**Change** the diaper, give the bath, accompany sleep

**Take part** in visits, ultrasounds and pediatric appointments

**Learn** to understand what is needed, without waiting to be asked

**Remember** deadlines, documents, medicines and things to bring

**Prepare** the bag, organize the change, plan the day

**Join** the daycare chat, read the notices, attend meetings

**Support** the mother in daily fatigue: rest, meals, breastfeeding

**Set aside** every day a moment just for the two of you

Being present is not only helping:  
**it is sharing care.**



# safe home

## child-sized

A safe home is built by observing spaces through the eyes of the child and adapting them to the different stages of growth. Many domestic accidents involving children can be prevented by rethinking spaces to suit children. Some **daily precautions** significantly reduce risks:

### Elevated surfaces

**Close supervision** during changing or when the baby is on beds or changing tables.

### Risky substances

Medicines, detergents and chemical products stored in **high or closed places**.

### Prevention of burns and falls

Protected electrical outlets, secured stairs, active attention in the kitchen.

### Small objects and foods

**Tidy** spaces and selection of objects and foods appropriate to the child's age, to reduce the risk of ingestion or choking.



[Age-based guide](#)  
[Ministry of Health](#)



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# in the car

always protected!

Protection starts from the very first journey, even for short trips. Many accidents happen precisely in cities, on usual routes. And in case of impact, holding a child in your arms is not enough: the forces involved are too strong to hold them.

*A 10 kg child, in a collision at 50 km/h, develops a force equal to about 200 kg!*

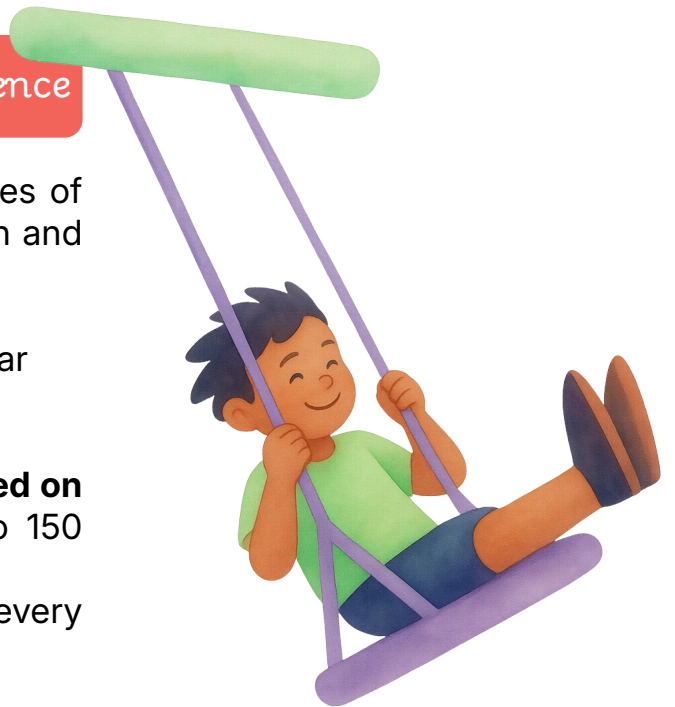
## The right car seat makes the difference

Road accidents are among the main causes of death in childhood. The car seat, if chosen and used correctly, reduces:

- up to 90% of serious injuries
- up to 70% the risk of death in the first year
- up to 50% between 1 and 4 years

The restraint system must be chosen **based on weight and height** and is required up to 150 cm.

It is a simple action that **truly protects**, every time you get in the car.



For younger children, regulations also require the use of **anti-abandonment devices**, a technological support that helps prevent unintentional forgetting.



[Car seats and safety  
Lombardy Region](#)



[Anti-abandonment  
Lombardy Region](#)



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# toys!

choose and play with care

Play is **discovery, growth** and **imagination**.

Choosing toys carefully means offering children a **free, stimulating** and **age-appropriate** play space. Safety does not take away spontaneity from play: it supports it.

## Before purchasing

Some elements help guide the choice:

### ✓ **Visible CE marking**

Indicates compliance with European safety requirements.

### 🔋 **Battery-operated toys**

For younger children, they are generally more suitable than those connected to the mains.

### 🎂 **Indicated age range**

It is an important reference: it considers size, materials and complexity.

### 📖 **Clear and complete instructions**

A sign of a traceable and compliant product.

### 🚫 **Reliable sales channels**

Reduce the risk of counterfeit or uncertified products.

## Pay attention to details!



Resistant and well-assembled **materials**



**Smooth** surfaces, **without sharp edges** or points



Components, accessories and moving parts **suitable for the child's age**



Tents and playhouses with an exit that can be easily opened from the inside



[Learn more](#)



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# in movement

Growing step by step

In the first years of life, **movement is experience**, discovery and self-construction. Every spontaneous gesture nourishes body, brain and confidence.

**Safe surfaces, unhurried time, adult presence:** in the first thousand days these three elements encourage exploration and growth!

## 0-12 months: Rolling is already exploring!

Floor mat, tummy time, objects to grasp. Rolling and turning are already great achievements.

## 12-24 months: The body discovers balance

Crawling, standing up, pushing a walker, small soft paths. The body learns balance and coordination.

## 24-36 months: movement and autonomy grow together

Walking, climbing steps with help, running, throwing a ball. Where there is freedom of movement, confidence grows.

Every child follows **their own pace** of growth: without haste or comparison, with encouragement and trust. And the **outdoors** is always a good ally in this path!



# First readings & first screens

In the early years, **books, voice and relationships** help children grow. ATS Brianza offers families three useful tools: to read together, to value the home language and to use screens consciously.



**Nati per  
Leggere**

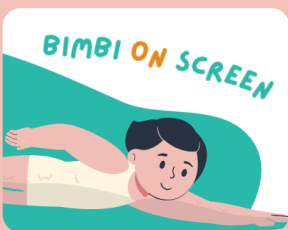
**Here you can find** advice, age-appropriate books and simple ideas to read with your child every day.

Find out more:  
[natiperleggere.it](http://natiperleggere.it)

**Here you can find** books and stories in multiple languages, to read together in the home language.

Find out more:  
[mammalingua.it](http://mammalingua.it)

**MAMMA  
LINGUA**  
STORIE PER TUTTI  
NESSUNO ESCLUSO



**Here you can find** practical guidance on time, rules and good habits to use screens consciously with children aged 0 to 6.

Find out more:  
[padlet.com/spaziogiovanionlus/bimbionscreen\\_genitori](https://padlet.com/spaziogiovanionlus/bimbionscreen_genitori)



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## May 2026

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