



## Nutrition in the First 1,000 Days Driving Early Development

3-PART ONLINE CURRICULUM

Earn CE/CME credit for each course. Complete all 3 and receive a special certificate of completion. Additional information, including CE/CME details, at [pnce.org/Thriving-1000](http://pnce.org/Thriving-1000)



### Nutrition in the First 1,000 Days: Vitamin D

**Carol L. Wagner, MD**

Medical University of South Carolina

- Importance of vitamin D beyond bone health
- Role of vitamin D in growth and development
- Monitoring vitamin D
- Supplementation plans in pregnant women and infants

**Go to this course: [pnce.org/1000-VitaminD](http://pnce.org/1000-VitaminD)**



### Nutrition in the First 1,000 Days: DHA

**Susan E. Carlson, PhD**

University of Kansas Medical Center

- Importance of DHA and long-term cognitive outcomes
- Low intake levels of DHA indicated in NHANES data
- DHA dietary recommendations and guidance for mothers and infants

**Go to this course: [pnce.org/1000-DHA](http://pnce.org/1000-DHA)**



### Nutrition in the First 1,000 Days: Iron

**Michael K. Georgieff, MD**

University of Minnesota

- How iron deficiency hinders brain development
- Long-term consequences of iron deficiency
- Managing iron deficiency in pregnant women and infants

**Go to this course: [pnce.org/1000-Iron](http://pnce.org/1000-Iron)**



ANNENBERG CENTER FOR HEALTH SCIENCES  
AT EISENHOWER

*Imparting knowledge. Improving patient care.*

Chairperson Stanley A. Cohen, MD

Founder, CEO and Chair of the Medical Advisory Board  
Nutrition4Kids

The overarching goal of this curriculum is to improve the clinician's ability to guide mothers and children toward nutrition that supports optimal growth and development during the first 1,000 days.

Developed for pediatric physicians, nurses, nurse practitioners, dietitians, and other healthcare providers who have an interest in newborns, infants and toddlers.

Each course is designated for:

- 1.00 AMA PRA Category 1 Credit™
- 1.00 ANCC Contact Hour
- 1.00 CA-BRN Contact Hour
- 1.00 CDR Contact Hour



Made possible by an educational grant from **Mead Johnson Nutrition.**