

Supporting Neurodevelopment With Brain-Building Nutrition

Guidelines for Healthcare Providers

American Academy of Pediatrics (AAP)

Policy Statement: Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health

↗ [\[https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000\]](https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000)

Policy Statement: Breastfeeding and the Use of Human Milk

↗ [\[https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of\]](https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of)

Key Publications

Nutritional Gaps and Supplementation in the First 1000 Days (2019)

Beluska-Turkan K, Korczak R, Hartell B, et al. *Nutrients*. 2019;11(12):2891. doi:10.3390/nu11122891

↗ [\[https://www.mdpi.com/2072-6643/11/12/2891\]](https://www.mdpi.com/2072-6643/11/12/2891)

Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health (2018)

Schwarzenberg SJ, Georgieff MK, Committee on Nutrition, et al. *Pediatrics*. 2018;141(2): e20173716. <https://doi.org/10.1542/peds.2017-3716>

↗ [\[https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000\]](https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000)

Clinician Resources

American Academy of Pediatrics (AAP)

Training Modules and Tips for Early Brain Development

↗ [\[https://www.aap.org/en/patient-care/early-childhood/early-childhood-health-and-development/early-brain-development/\]](https://www.aap.org/en/patient-care/early-childhood/early-childhood-health-and-development/early-brain-development/)

Child Mind Institute

Center for the Developing Brain

↗ [\[https://childmind.org/science/fundamental-neuroscience/center-developing-brain/\]](https://childmind.org/science/fundamental-neuroscience/center-developing-brain/)

Harvard Health

Crucial Brain Foods All Children Need

↗ [\[https://www.health.harvard.edu/blog/brain-food-children-nutrition-2018012313168\]](https://www.health.harvard.edu/blog/brain-food-children-nutrition-2018012313168)

Caregiver Resources

University of Georgia Extension

Fact Sheets on Early Brain Development

↗ [\[https://www.bbbgeorgia.org/fact-sheets\]](https://www.bbbgeorgia.org/fact-sheets)

UK Parent-Infant Foundation (parentinfantfoundation.org.uk)



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Baby Brain Facts

➔ [<https://parentinfantfoundation.org.uk/wp-content/uploads/2020/06/F1001D-Baby-Brain-Infographic.pdf>]

Centers for Disease Control and Prevention (CDC)

Content on Infant and Toddler Nutrition

➔ [<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/index.html>]



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