

Donderdag 23 mei 2024
Ecocentrum De Goren
Postelsesteenweg 71, 2400 Mol

NETWERKMOMENT "DE EERSTE DUIZEND DAGEN"

19u30 Onthaal

20u00 Verwelkoming

20u05 De eerste duizend dagen: Kinderen die gezond
opgroeien, bouwen later duurzamere samenlevingen op.

Door Prof. Dr. Tessa Roseboom, onderzoeker, hoogleraar en pleitbezorger.

21u00 Netwerkmoment met infostanden
bij een hapje en drankje

Georganiseerd door ELZ Baldemore vzw i.s.m.
Huis van het Kind Balen-Dessel-Mol-Retie
en GGGM vzw



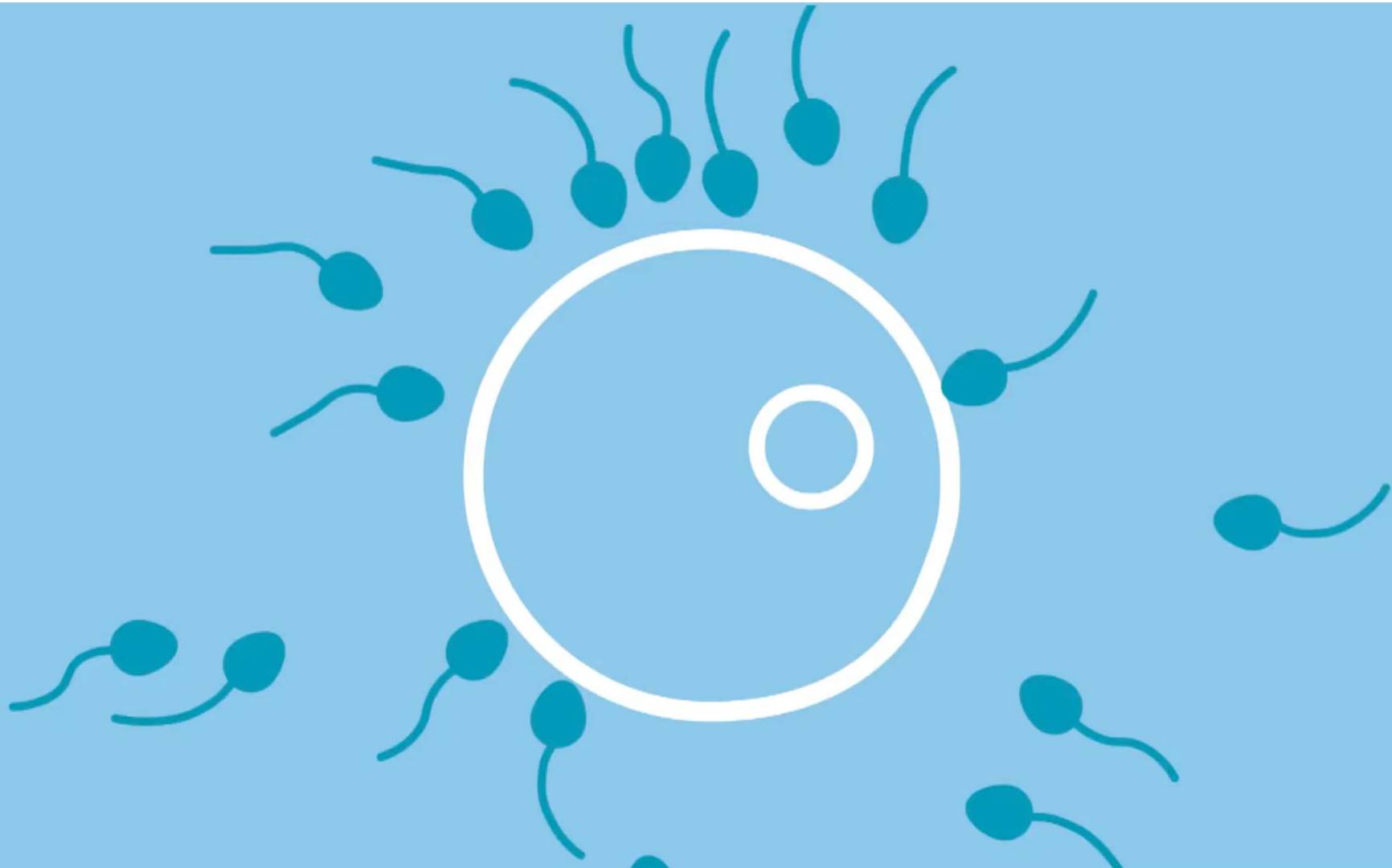


De eerste 1000 dagen

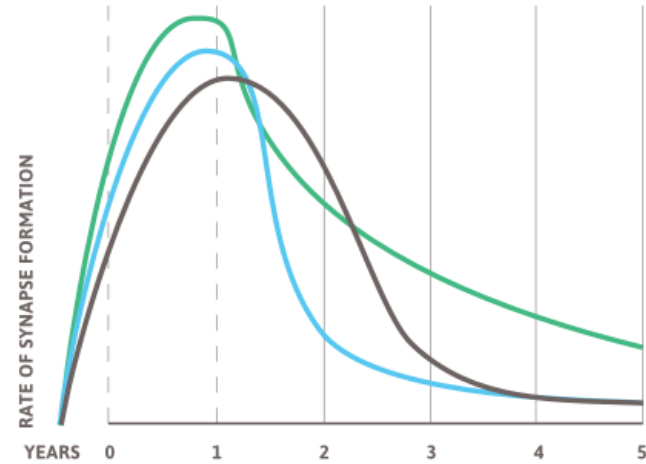
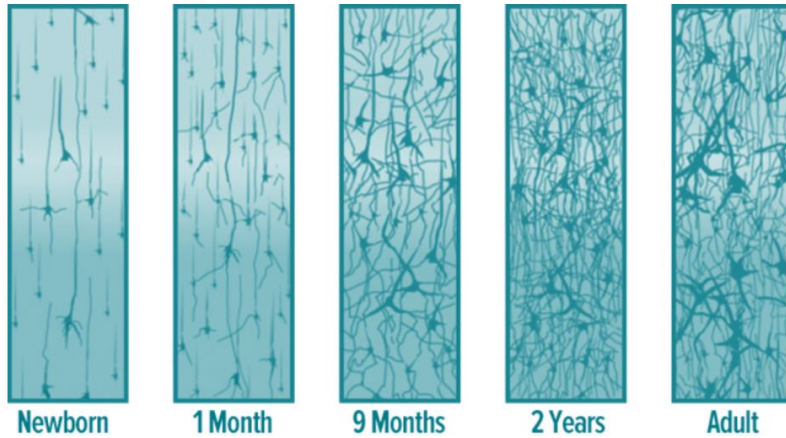
Investeren in een goede start

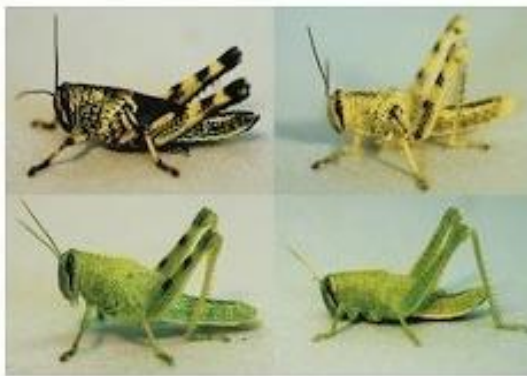
Prof. dr. Tessa Roseboom
Universiteit van Amsterdam
AmsterdamUMC





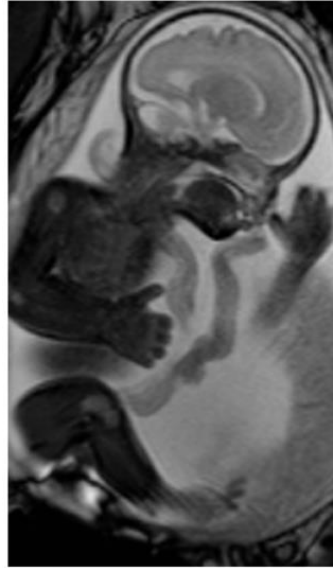
Hersenontwikkeling in eerste 1000 dagen





Alles wat leeft is gevoelig voor de omgeving

Voedingsbodem waarop we groeien





Bron: WHO



88 jaar



54 jaar



88 jaar

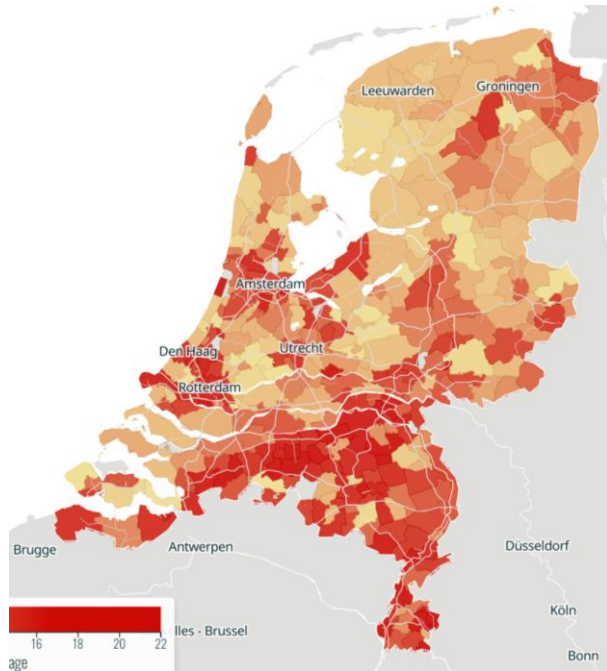




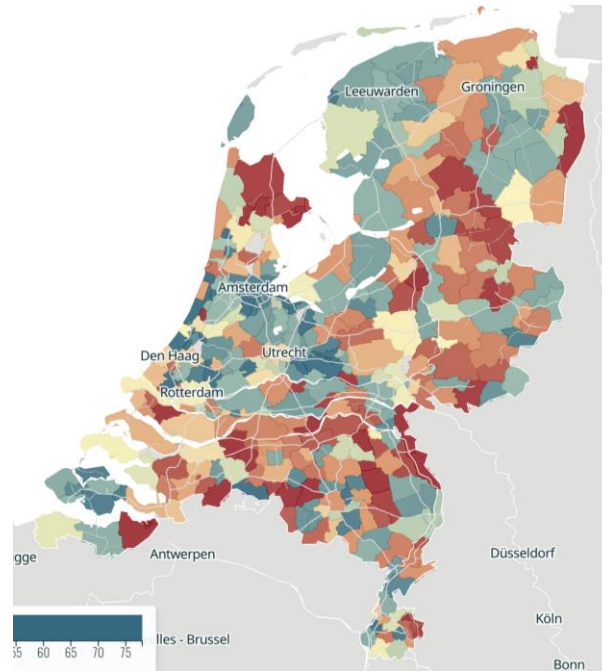
Centrum: 8‰
Zuidoost: 21‰

Kansen in Nederland

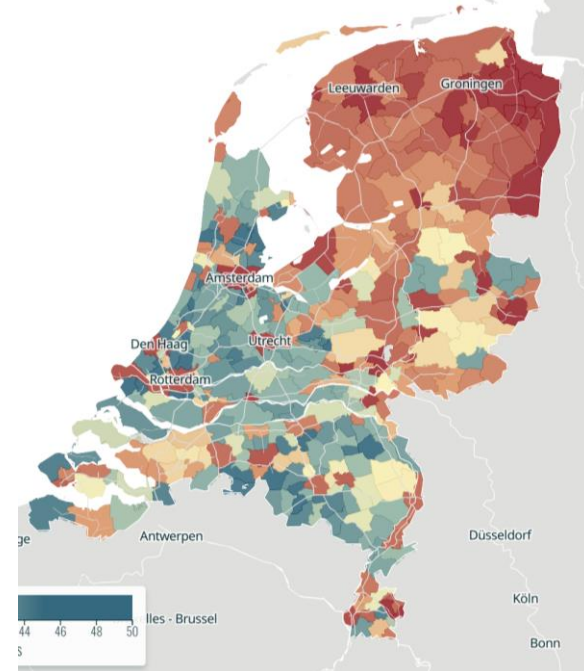
Geboortegewicht



Schooladvies



Inkomen





HET BELANG VAN VEILIGHEID

NEGATIEVE ERVARINGEN IN DE KINDERTIJD



Negatieve ervaringen



Mishandeling

- Fysiek
- Emotioneel
- Seksueel

Verwaarlozing

- Fysiek
- Emotioneel

Gezinsomstandigheden

- Mentale problematiek
- Familielid in de gevangenis
- Geweld in gezin
- Verslaving
- Echtscheiding

**Vier of meer negatieve
ervaringen betekent 20
jaar verlies**



Gevolg

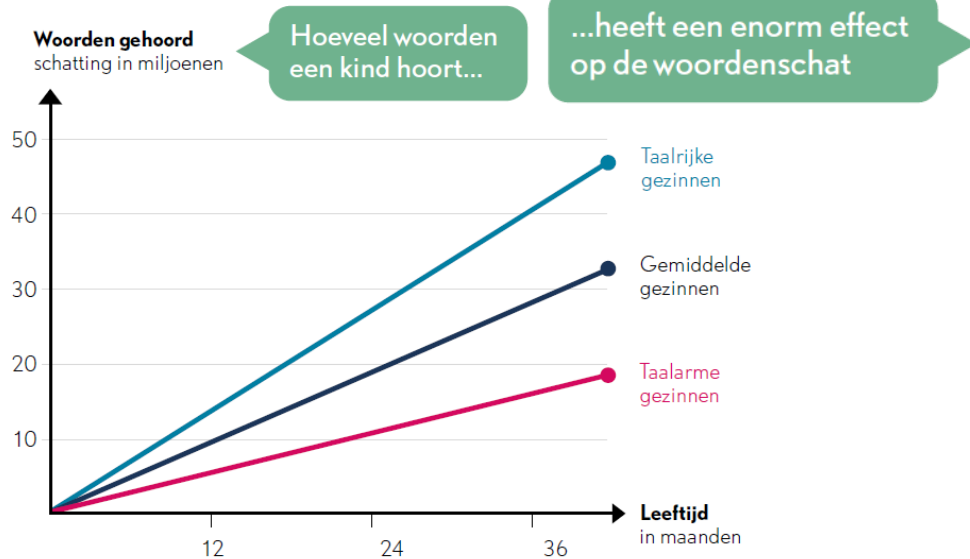
Gedrag

- Gebrek aan lichaamsbeweging
- Roken
- Alcoholisme
- Drugsgebruik
- Werkverzuim

Gezondheid

- Obesitas
- Diabetes
- Depressie
- Zelfmoordpogingen
- Soa's
- Hart- en vaatziekten
- Kanker
- Beroerte
- Longziekten
- Botbreuken

Waarde van woorden



Hoeveel woorden kent een kind
op zijn of haar derde verjaardag?



A young boy with short, light-colored hair is sitting on a cobblestone path, viewed from behind. He is wearing a light-colored long-sleeved shirt and dark pants. He is looking towards a bright, open area in the background. The path is made of irregular cobblestones, and a concrete wall is visible on the right side of the frame.

Het maakt niet echt uit wat de stressor is, armoede, geweld, verwaarlozing.

Stress beïnvloedt de architectuur en de structuur van het brein, en daarmee de levenslange functie.

Nog voor je op deze wereld bent, kruipt armoede in je lichaam, je ziel en je organen, om je vervolgens nooit meer helemaal los te laten. Dat beperkt je groei en beïnvloedt zelfs je DNA. Kinderarmoede gaat daarom om veel meer dan kinderen.

Armoede houdt je klein. Letterlijk

Stress onder de allerkleinsten

Maar hoe zit dat met die vier volle Johan Cruijff ArenA's met kinderen die de eerste duizend dagen hebben doorstaan?

Kinderen die opgroeien in armoede lopen een grote kans om blootgesteld te worden aan chronische stress. Dat is zeker het geval als het de ouders onvoldoende lukt om de nodige veiligheid te bieden, bijvoorbeeld door het inzetten van een ondersteunend sociaal netwerk.

Daarbij komt dat met name bij langdurige armoede of generatiearmoede de kans op langdurige deprivatie groot is.

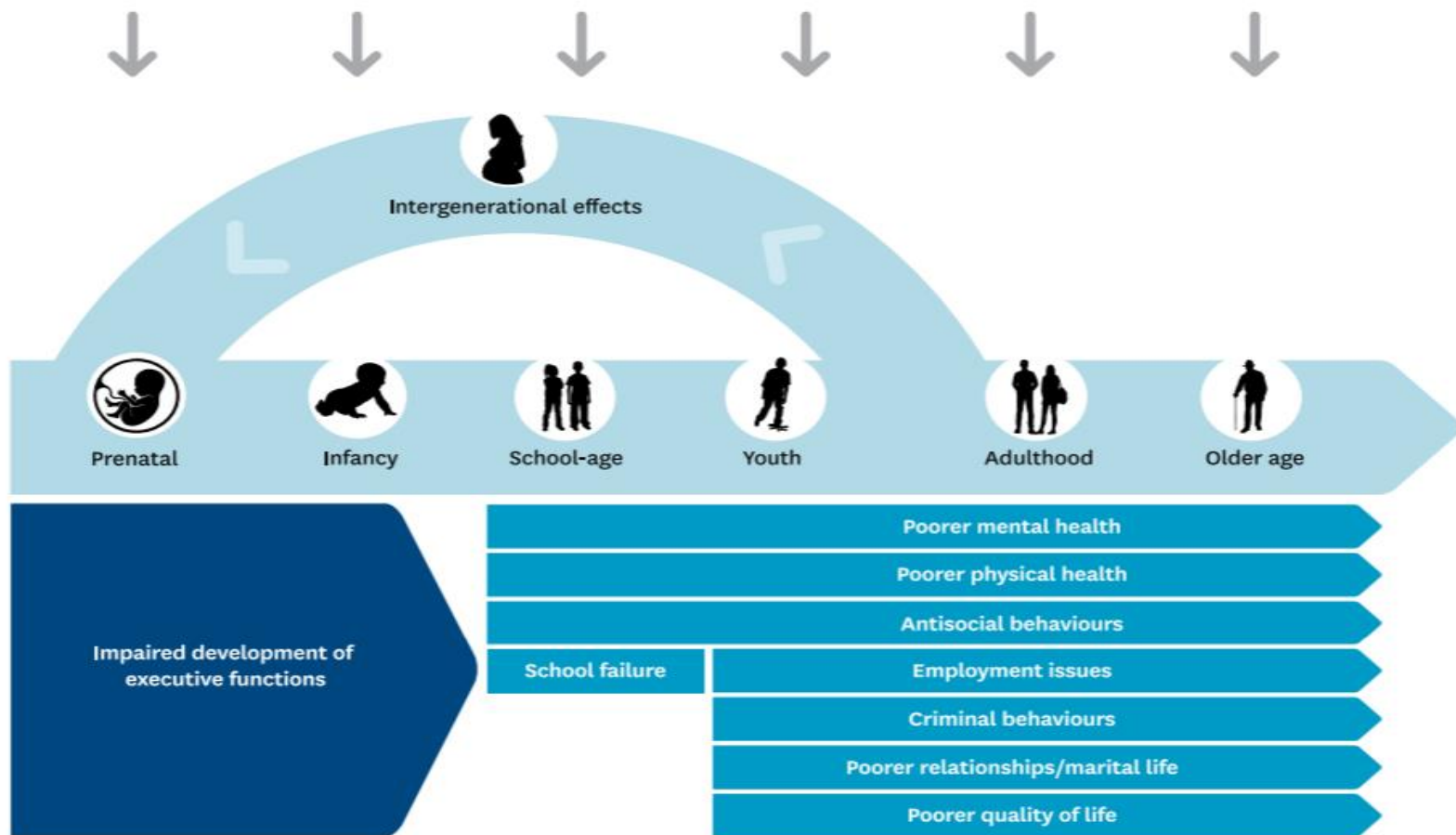
Shit begint dan te clusteren: huiselijk geweld, onderwijsachterstanden, middelengebruik in het gezin, ongezonde leefstijl – want een goed ontbijt is een tijdrovende luxe – psychische problematiek en verwaarlozing of afwezigheid van de ouders. *

Als dit het geval is, dan wordt de jeugdige blootgesteld aan wat we *early-life stress* noemen. Onschuldig is dat niet. Kinderen die verregaand te maken hebben gehad met *early-life stress*, hebben vaker verstoorde hormoonhuishoudingen en immuunsystemen, en gaan op cognitief en sociaal-emotioneel niveau disfunctioneren.

Je zou kunnen zeggen: de samenleving heeft er baat bij als ieder mens zijn potentieel kan ontwikkelen. Dat niemand geremd wordt door een tekort aan voedingsstoffen, liefdevolle aandacht en stimulatie. Want veel van de zorgkosten nu komen voort uit het verhelpen van vroeger opgelopen schade. Het is armoede die zich genesteld heeft in ziel en organen.

*de
Correspondent*









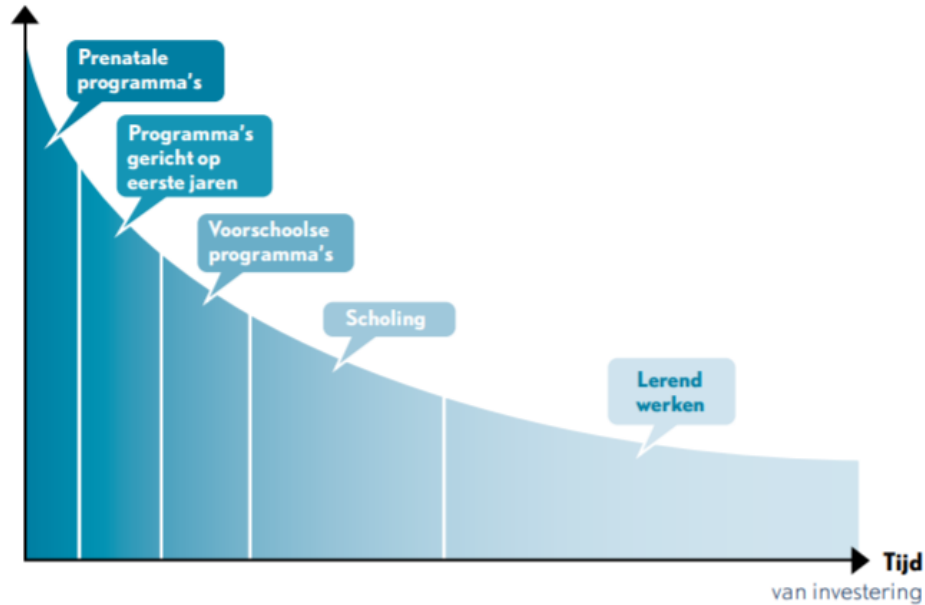
Sommige kinderen maken een valse start...

... en hebben daar levenslang last van.



HOE EERDER JE INVESTEERT HOE GROTER HET RENDEMENT

Rendement
van investering



Everyone gains when we invest,
develop and sustain the early
development of the world's greatest
natural resource – its people.
James Heckman

Argumenten voor creëren van klimaat waarin kinderen kans krijgen hun potentieel te ontwikkelen



UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

IN CHILD-FRIENDLY LANGUAGE



On page number 18 how special rights
in children

ARTICLE 2

All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.



ARTICLE 5

All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

ARTICLE 6

The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.



than you
the right to be
same place.

ARTICLE 11

You have the right to be protected from trafficking.

ARTICLE 12

You have the right to give your opinion, and for adults to listen and take it seriously.



ARTICLE 13

You have the right to find out things and share what you think with others. In school, at home, or in any other place, you should be able to express your views.

ARTICLE 14

You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

ARTICLE 15

You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

ARTICLE 16

You have the right to privacy.

ARTICLE 17

You have the right to get information that is important to your well-being, from newspapers, books, computers and other sources. Adults should make sure that the information you see is correct and helpful, and help you find and understand the information you need.

ARTICLE 18

You have the right to be raised by your parents. If possible:



ARTICLE 19

You have the right to be protected from being hurt and mistreated, in today or tomorrow.

ARTICLE 20

You have the right to special care and help if you cannot live with your parents.

ARTICLE 21

You have the right to care and protection if you are abandoned or in distress.

ARTICLE 22

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

ARTICLE 23

You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

ARTICLE 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.



ARTICLE 25

If you face a new situation, you should be able to get help and support.

ARTICLE 26

Your education should help you develop your talents and abilities, and give you the skills you need to live peacefully and work together.

ARTICLE 27

You have the right to practice your own culture, language and religion - or give it up. Minorities and indigenous groups need special protection of the right.

ARTICLE 28

You have the right to play and rest.

ARTICLE 29

You have the right to protection from work that harms you, and a fair day for your health and education. If you work, you have the right to be safe and healthy.

ARTICLE 30

You have the right to protection from harmful drugs and from the drug trade.

ARTICLE 31

You have the right to be free from sexual abuse.

ARTICLE 32

You have the right to be raised by your parents. If possible:

ARTICLE 33

You have the right to protection from any kind of exploitation (being taken advantage of).

ARTICLE 34

No one is allowed to punish you in a cruel or harmful way.

ARTICLE 35

You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

ARTICLE 36

You have the right to help if you are lost, kidnapped or taken away from home.

ARTICLE 37

You have the right to be treated fairly and to live in peace.

ARTICLE 38

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

ARTICLE 39

If you face a new situation, you should be able to get help and support.



UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

IN CHILD-FRIENDLY LANGUAGE



ARTICLE 1
Everyone under 18 has special rights as children.

ARTICLE 2
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

ARTICLE 3
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

ARTICLE 4
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

ARTICLE 5
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

ARTICLE 6
You have the right to be alive.

ARTICLE 7
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

ARTICLE 8
You have the right to an identity - an official record of who you are. No one should take this away from you.

ARTICLE 9
You have the right to live with your parents, unless it is bad for you. You have the right to live with a family who cares for you.



ARTICLE 10
If you live in a different country than your parents do, you have the right to be together in the same place.



ARTICLE 11
You have the right to be protected from kidnapping.



ARTICLE 12
You have the right to give your opinion, and for adults to listen and take it seriously.



ARTICLE 13
You have the right to feel our things and share what you think with others. By talking, drawing, writing or in any other way unless it harms or offends other people.



ARTICLE 14
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.



ARTICLE 15
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.



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You have the right to privacy.



ARTICLE 17
You have the right to get information that is important to your well-being, from radio, newspapers, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.



ARTICLE 18
You have the right to be raised by your parents, if possible.



ARTICLE 19
You have the right to be protected from being hurt and mistreated, in body or mind.



ARTICLE 20
You have the right to special care and help if you cannot live with your parents.



ARTICLE 21
You have the right to care and protection if you are adopted or in foster care.



ARTICLE 22
You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country, as well as all the rights in this Convention).



ARTICLE 23
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.



ARTICLE 24
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.



ARTICLE 25
If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.



ARTICLE 26
You have the right to help from the government if you are poor or in need.



ARTICLE 27
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be discouraged so that you can't do many of the things other kids can do.



ARTICLE 28
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.



ARTICLE 29
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.



ARTICLE 30
You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.



ARTICLE 31
You have the right to play and rest.



ARTICLE 32
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.



ARTICLE 33
You have the right to protection from harmful drugs and from the drug trade.



ARTICLE 34
You have the right to be free from sexual abuse.



ARTICLE 35
No one is allowed to kidnap or sell you.



ARTICLE 36
You have the right to protection from any kind of exploitation (being taken advantage of).



ARTICLE 37
No one is allowed to punish you in a cruel or harmful way.



ARTICLE 38
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.



ARTICLE 39
You have the right to help if you've been hurt, neglected or badly treated.



ARTICLE 40
You have the right to legal help and fair treatment in the justice system that respects your rights.



ARTICLE 41
If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.



ARTICLE 42
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.



ARTICLES 43 TO 54
These articles explain how governments and other organizations will work to ensure children are protected with their rights.

Eraan herinnerende dat de Verenigde Naties in de Universele Verklaring van de Rechten van de Mens hebben verkondigd dat kinderen recht hebben op bijzondere zorg en bijstand, Indachtig dat, zoals aangegeven in de Verklaring van; de Rechten van het Kind, „het kind op grond van zijn lichamelijke en geestelijke onrijpheid bijzondere bescherming en zorg nodig heeft, met inbegrip van geëigende wettelijke bescherming, zowel vóór als na zijn geboorte”,

Bij alle maatregelen betreffende kinderen, ongeacht of deze worden genomen door openbare of particuliere instellingen voor maatschappelijk welzijn of door rechterlijke instanties, bestuurlijke autoriteiten of wetgevende lichamen, vormen de belangen van het kind de eerste overweging.

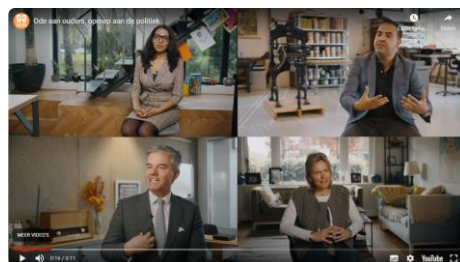
De Staten die partij zijn, doen alles wat in hun vermogen ligt om de erkenning te verzekeren van het beginsel dat beide ouders de gezamenlijke verantwoordelijkheid dragen voor de opvoeding en de ontwikkeling van het kind. Ouders of, al naar gelang het geval, wettige voogden, hebben de eerste verantwoordelijkheid voor de opvoeding en de ontwikkeling van het kind. Het belang van het kind is hun allereerste zorg.

Om de toepassing van de in dit Verdrag genoemde rechten te waarborgen en te bevorderen, verlenen de Staten die partij zijn passende bijstand aan ouders en wettige voogden bij de uitoefening van hun verantwoordelijkheden die de opvoeding van het kind betreffen, en waarborgen zij de ontwikkeling van instellingen, voorzieningen en diensten voor kinderopvang.

EVERY CHILD HAS SOMETHING IN COMMON - THEIR RIGHTS!

Nederland investeert 23 miljoen euro per jaar
in een klimaat waarin kinderen kansen krijgen hun potentieel te ontwikkelen

De gezonde generatie van 2040: nu in de eerste 1000 dagen



Ouders verdienen volle steun en waardering
van de omgeving én de politiek,
zodat ieder kind een gezonde start krijgt

Daarom vroegen wij beleidsmakers:
hoe heb jij de 1e 1000 dagen als ouder ervaren?



Een gezonde wereld begint bij een gezonde jeugd



Dutch Youth are the healthiest in the world

TIME March 23, 2040
By Amanda Gardner

In a global assessment across 168 countries, the World Health Organization has ranked the Dutch Youth as the healthiest.



The international benchmarking is based on the health of 21-year olds across a number of key drivers of health (physical activity, nutrition, safe sexual practices, bullying, tobacco, alcohol and other substance use, and relaxation and sleep) – across which the Netherlands now ranks 1st in all categories.

Measuring the health of 21-year-olds as an indicator of youth health comes from the "Healthiest Generation" Program which was launched in 2018, one year before those 21-year olds were born. Youth-related illness (e.g. obesity, depression, anxiety, and sexually transmitted diseases) doesn't have to be a thing for the next generation.

DE GEZONDE GENERATIE

SOAIDS
Nederland



Diabetes
Fonds





TIME

By Amanda Gardner

Measuring the health of 21 year-olds as an indicator of youth health comes from the "Healthiest Generation" Program which was launched in 2018, one year before these 21-year olds were born. Youth-related illness (e.g. obesity, stress, depression, and sexually transmitted diseases) have all been declining steadily since the

63 DE GEZONDE
GENERATIE

DAT ALLE
KINDEREN VEILIG
EN GEZOND
KUNNEN
OPGROEIEN

63 THE GETTING
THE WAY

Een gezonde
wereld begint bij
een gezonde jeugd

GO DE GEZONDE GENERATIE



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Ouders zijn belangrijkste
mensen in omgeving van
kinderen



91% van de ouders in Nederland
vindt ouderschap een zware taak



Meer dan 50% van de ouders
voelt zich onzeker over het ouderschap
en zou het graag anders doen



67% van de ouders
voelt zich snel tot last en vraagt
daardoor niet om hulp

GO

**DE GEZONDE
GENERATIE**

**AAN ALLE
OUDERS**



Sociale steun buffer tegen stress





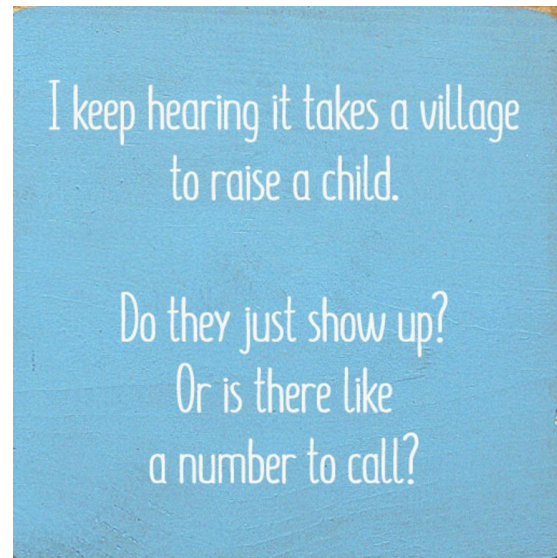
Klimaat waarin
kinderen kansen
krijgen hun
potentieel te
ontwikkelen



Do your little bit of good where you are
its those little bits of good put together
that overwhelm the world

Desmund Tutu

#watgajijdoen?





Bedankt iedereen!

Geniet nog van een hapje en een drankje!

Infostanden:

CAW De Kempen

CGG Kempen

Pangg 0-18

CKG Lentekind

Afdeling AIKO

**Gezinszorg
&
Kraamzorg**

Huis van het Kind
Balen-Dessel-Mol-Retie

Gezinscoachen

Moedertaal

Nachtzorg Kempen

Nachtzorg ouder-kind

Vroedvrouwen



Infoavond: (H)erken je mijn verlies?

(over rouw en verlies in de ruime zin)

- Datum: Dinsdag 19 november 2024
- Uur: 20u00
- Locatie: GC Den Dries, Kerkhofstraat 37, 2470 Retie
- Spreker: Lieve Gielen, Psycholoog bij PNAT

Graag tot dan!