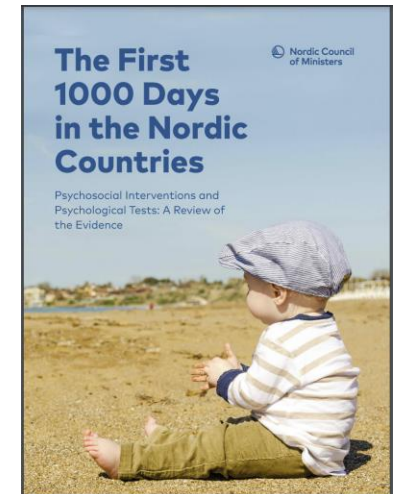
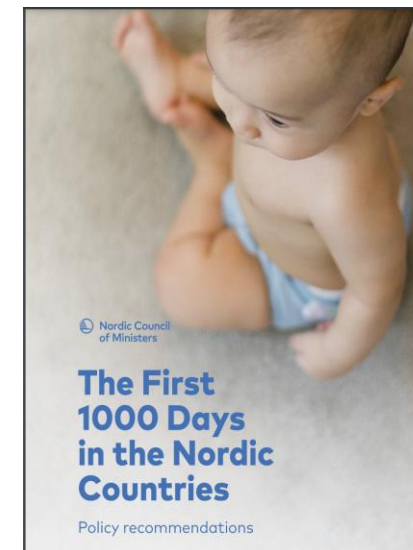


A photograph of a family of three playing in a field of tall grass at sunset. A woman on the left and a man on the right are holding the hands of a young child in the center, who is jumping or running. The sun is low on the horizon, creating a warm, golden glow and long shadows. The sky is filled with soft, colorful clouds. The overall mood is joyful and peaceful.

Nordic network about the child's first 1000 days – a healthy start in life

First 1000 days in the Nordic countries

- A three-year Nordic co-operation project launched in 2019 as part of Iceland's presidency in the Nordic Council of Ministers
 - **An extensive situation analysis**
 - Promoting mental health and well-being during pregnancy
 - Supporting positive parent-child relationships
 - Identifying and responding to early to risk factors
 - Supporting well-being among the youngest children in ECEC
 - **Review evidence-base of interventions and assessment tools**
 - **Development of policy recommendations**



The Network - First 1000 Days in the Nordic Countries 2019-2022

- Iceland: The Directorate of Health
 - Norway: The Directorate of Health & The regional centres for child and adolescent mental health and child welfare (RBUP- East-South region)
 - Finland: Itla Children's Foundation and The Finnish Institute for Health and Welfare
 - Denmark: The Danish Health Authority
 - Sweden: Public Health Agency of Sweden
- Supported by:
- National consulting groups
 - A Nordic Reference group, also with representatives from Greenland and the Faroe Islands

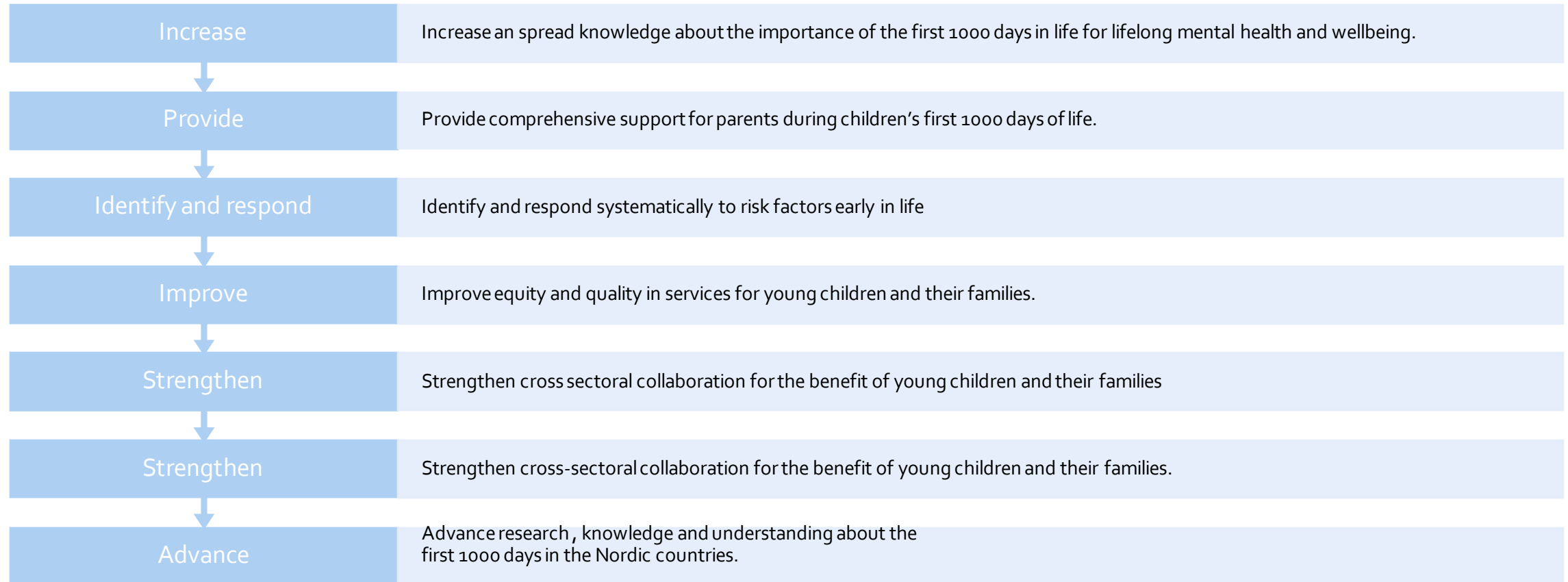


Situation analysis 2019

- **The Nordic countries have important strengths when it comes to supporting a healthy start in life**
 - Free healthcare and social service, high participation in prenatal care and infant and child healthcare, universal access to ECEC, substantial parental leave, growing emphasis on mental health and supporting the parent-child relationship
- **But also numerous areas for improvement**
 - Use of evidence-based methods, support for professional development, identification and response to early risk factors, early intervention, inequity in access to services, weaknesses in cross-sectoral collaboration and challenges relating to ECEC



Recommendations to policy level (option one)



Nordic Welfare Centre

Current knowledge
about welfare issues in
the Nordic region





DENMARK



FINLAND



ICELAND



NORWAY



SWEDEN



THE FAROE
ISLANDS



GREENLAND



ÅLAND



The Nordic Council of Ministers



Secretary General The Nordic Council of Ministers' Secretariat



■ The Nordic Council of Ministers consists of the ministers for Nordic Co-operation, **10 ministerial councils** covering different sectors and **one ad hoc Council of Ministers** for Digitalization. They are supported by 16 committees of senior officials and a high-level group (digitalization).

■ **The Secretary General** is responsible for the day-to-day running of the intergovernmental co-operation.

■ **12 Nordic institutions and the three Baltic offices**



Nordic cooperation

- One of the oldest and most extensive regional cooperations in the world
- Voluntariness and consensus
- Denmark, Finland, Iceland, Norway and Sweden, plus the Faroe Islands, Greenland and Åland Islands
- 26 million people
- Nordic Council 1952
- Nordic Council of Ministers 1971



Our vision 2030

A **green** Nordic region

Together, we will promote a green transition of our societies and work towards carbon neutrality and a sustainable circular and bio-based economy.

A **competitive** Nordic region

Together, we will promote green growth in the Nordic region based on knowledge, innovation, mobility and digital integration.



The Nordic region will become the most sustainable and integrated region in the world

A **socially sustainable** Nordic region

Together, we will promote an inclusive, equal and interconnected region with shared values and strengthened cultural exchange and welfare.



A Socially Sustainable Nordic Region

- Contribute to good, equal, and secure **health and welfare** for all.
- Give Nordic civil society, and especially children and young people, a louder voice and greater participation in Nordic co-operation.
- **Maintain trust and cohesion** in the Nordic Region, its shared values, and the Nordic community.



*"the Nordic Region must be
the best place in the world
for children and young
people".*



Mission

- Our mission is to contribute to the development of welfare initiatives in the Nordic region by compiling and disseminating knowledge on welfare issues
- Our target audience includes, among others, politicians, decision makers, and researchers



Focus areas

- Welfare policy
- Disability issues
- Integration
- Public health
- **Living conditions for children and youth**



Nordic added value - we are better and stronger together

- Focus on phenomena in the Nordic region
- Shared challenges/needs/shared solutions
- Transfer value/added value, generated through co-operation
- Address needs that are unique to the Nordic countries
- Increased efforts, reaching critical mass/or expertise.
- Build on strengths of Nordic researchers.
- Enhance scientific quality.
- Promising practice/uniquely Nordic registries/policy and recommendations
- Cost-effectiveness by sharing infrastructure or data.
- Regional mobility and networking
- Increase the chances of EU/international success.
- Nordic values and practice internationally



Living conditions of children and youth in the Nordic region

An interdisciplinary steering group, with representatives from the sectors of Nordic Council of Ministers secretariat

Ongoing projects and Nordic cooperation:

- Consequences of the pandemic and the right to be heard
- The first 1000 days in the Nordic
- National initiative- Cross-sectoral co-ordination of services and policies for children and young people in challenging life situations

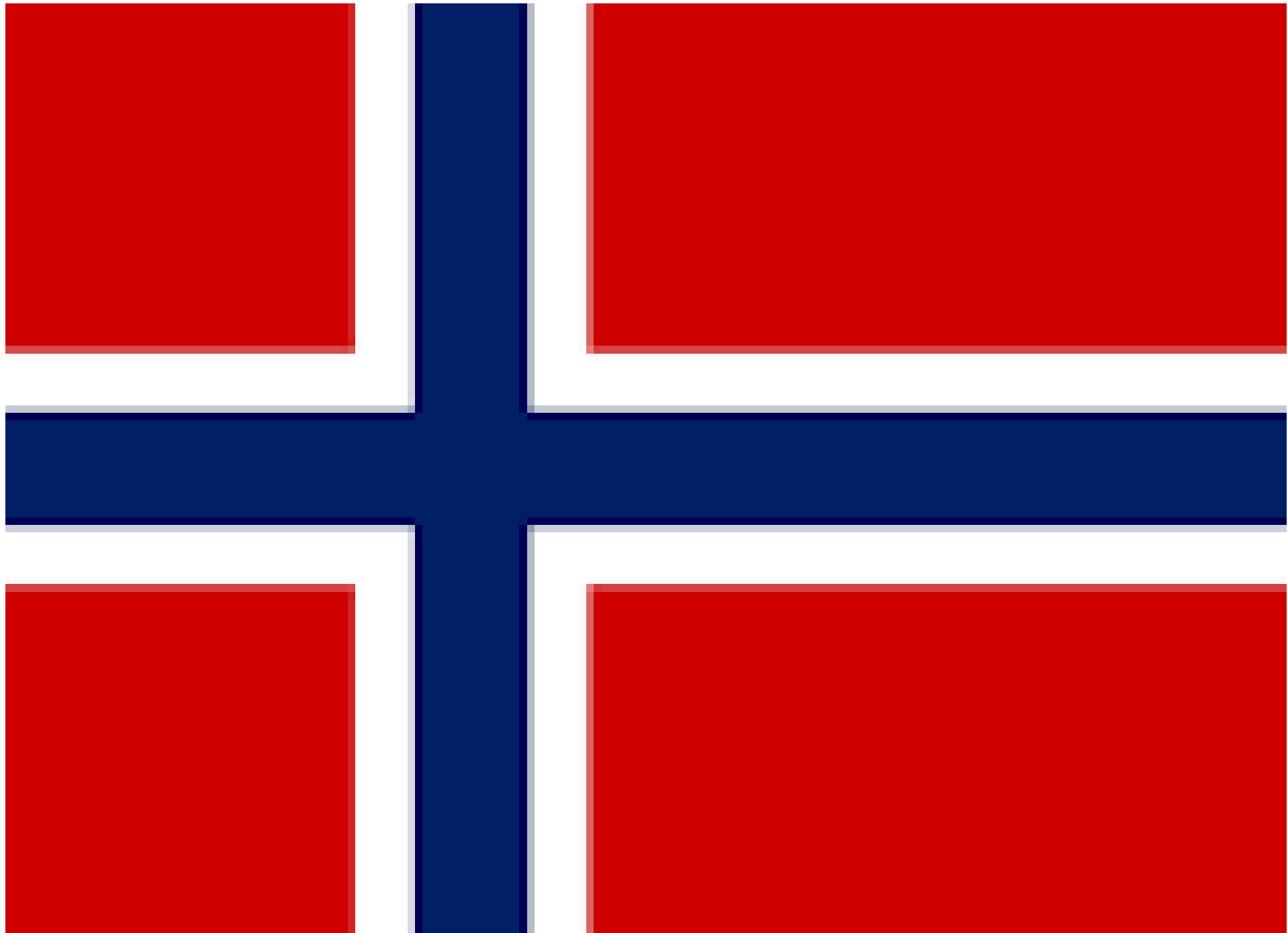
New projects in 2024:

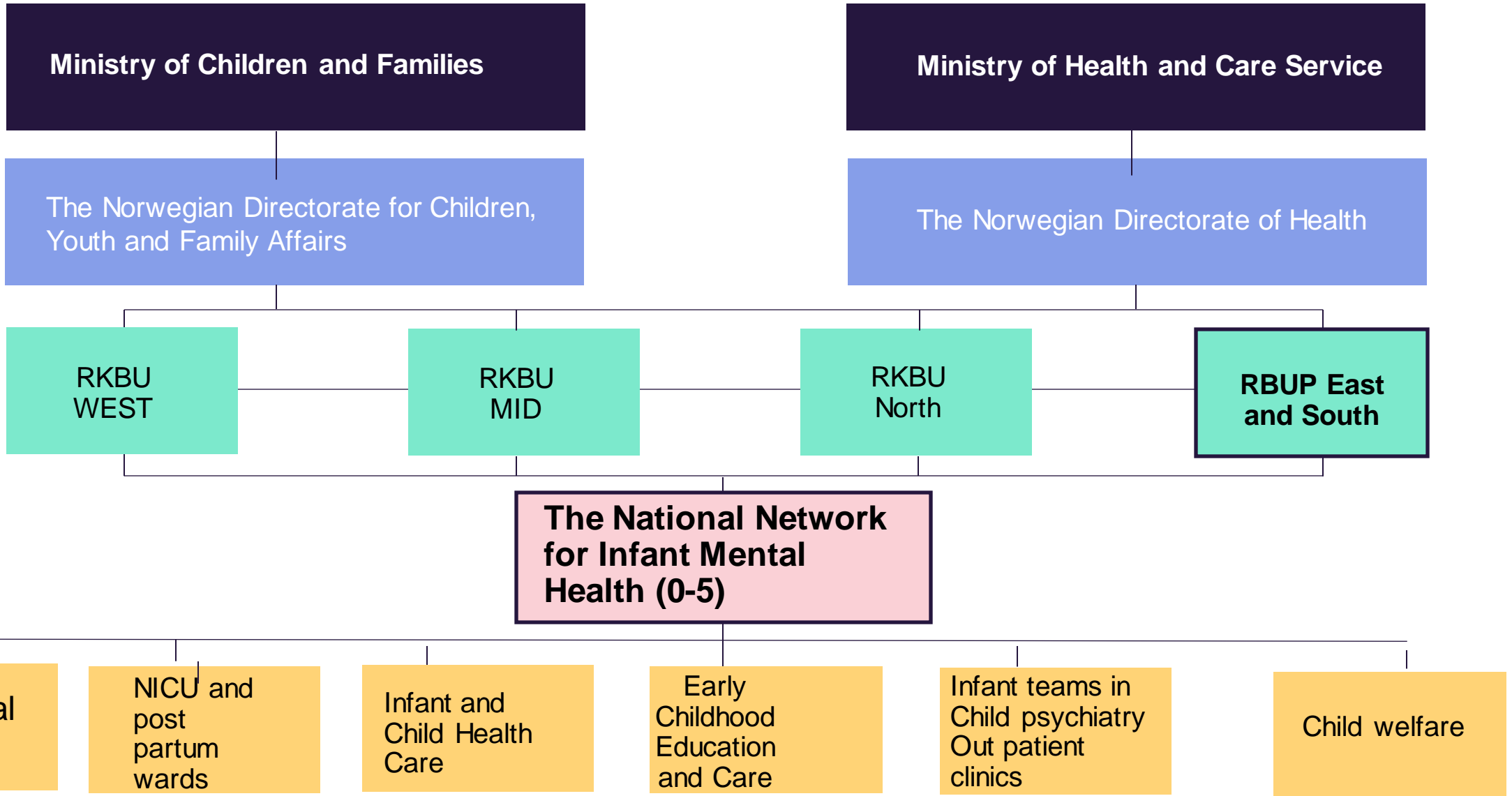
- Child poverty in the Nordic region, recommendation from the Nordic council 2024 - 2025
- A safer democratic space online 2024 - 2025



Nordic network about the
child's first 1000 days







Strategi for RBUP/RKBU's satsing på sped- og småbarnsfeltet

2023-2027



Regionalt kunnskapssenter for barn og unge,
Nord (RKBU Nord) - psykisk helse og barnevern

RBUP
Regionsenter for barn og
unges psykiske helse
Øst og Sør

NTNU
Institutt for psykisk helse
Regionalt kunnskapssenter
for barn og unge - psykisk
helse og barnevern

NORCE
RKBU VEST

What we do

We advise and collaborate with leaders and employees to develop high qualitative services

We conduct applied research and systematic reviews

We provide post-graduate /supplementary training and education such as 1-3 day courses and 1-3 years study programmes


Main aims

Reduce
variation in
procedures
and routines of
the services

Support
evidence-based
practice

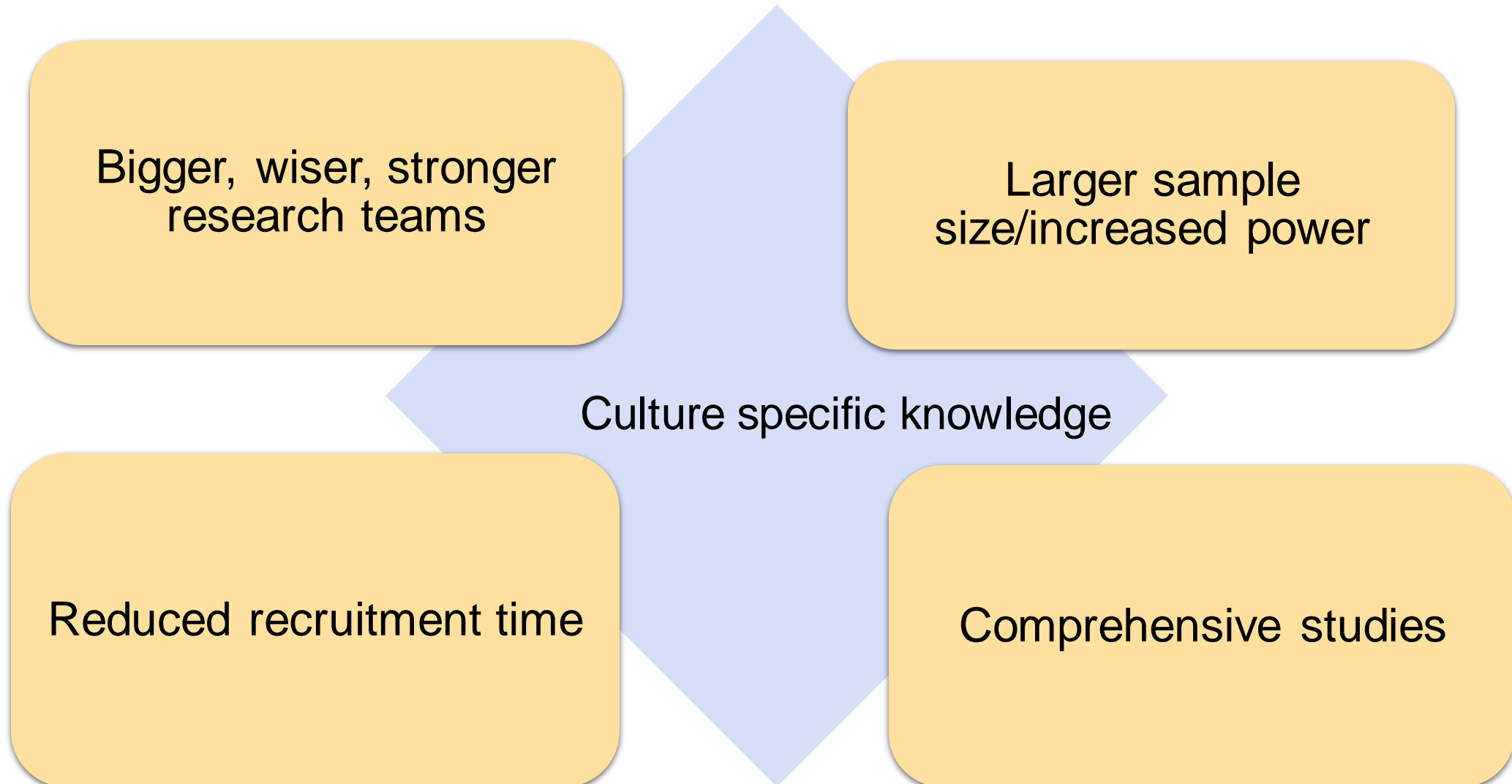
Standardize
training and
combine with
implementation
plans

Research dream

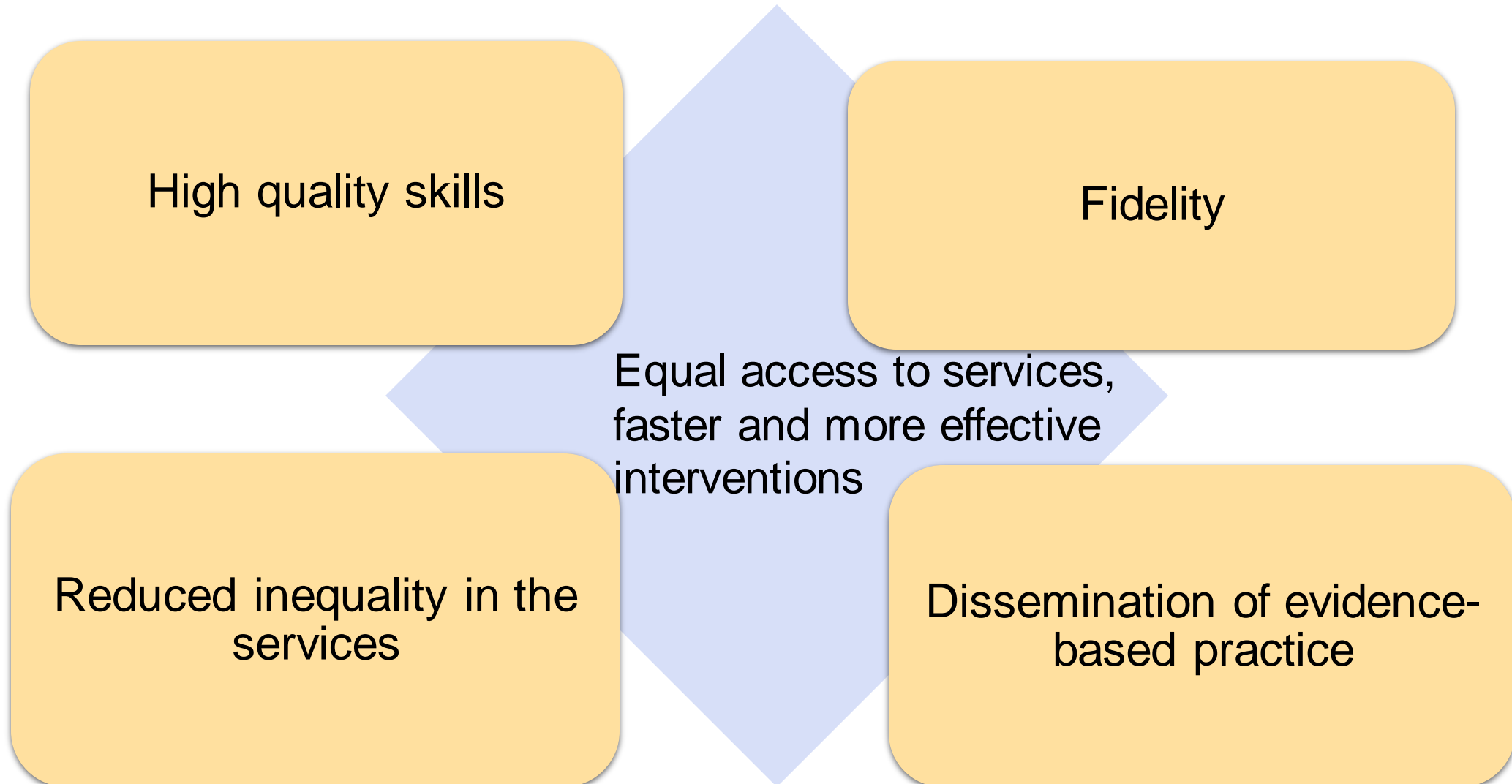


Nordic
Research
programs for
Perinatal and
Infant mental
health

Benefits of a nordic research collaboration



Benefits of standardized training and full-scale implementation programs



Promizing start :)

Nordic
Association
for Infant
Mental Health

NFSU

Nordic Marce
Society

Nordic
Attachment
network

Nordic task
board
DC:0-5

Nordic work
group
WMCI

Nordic work
group
ADBB

Norwegian-
swedish
workgroup
CPP

3 Norwegian reference groups

**Perinatal care
and
Child health care**

**Infants and
parents at risk**

Early education



ICELAND

Embætti landlæknis





Health promoting projects at the Directorate of Health Iceland

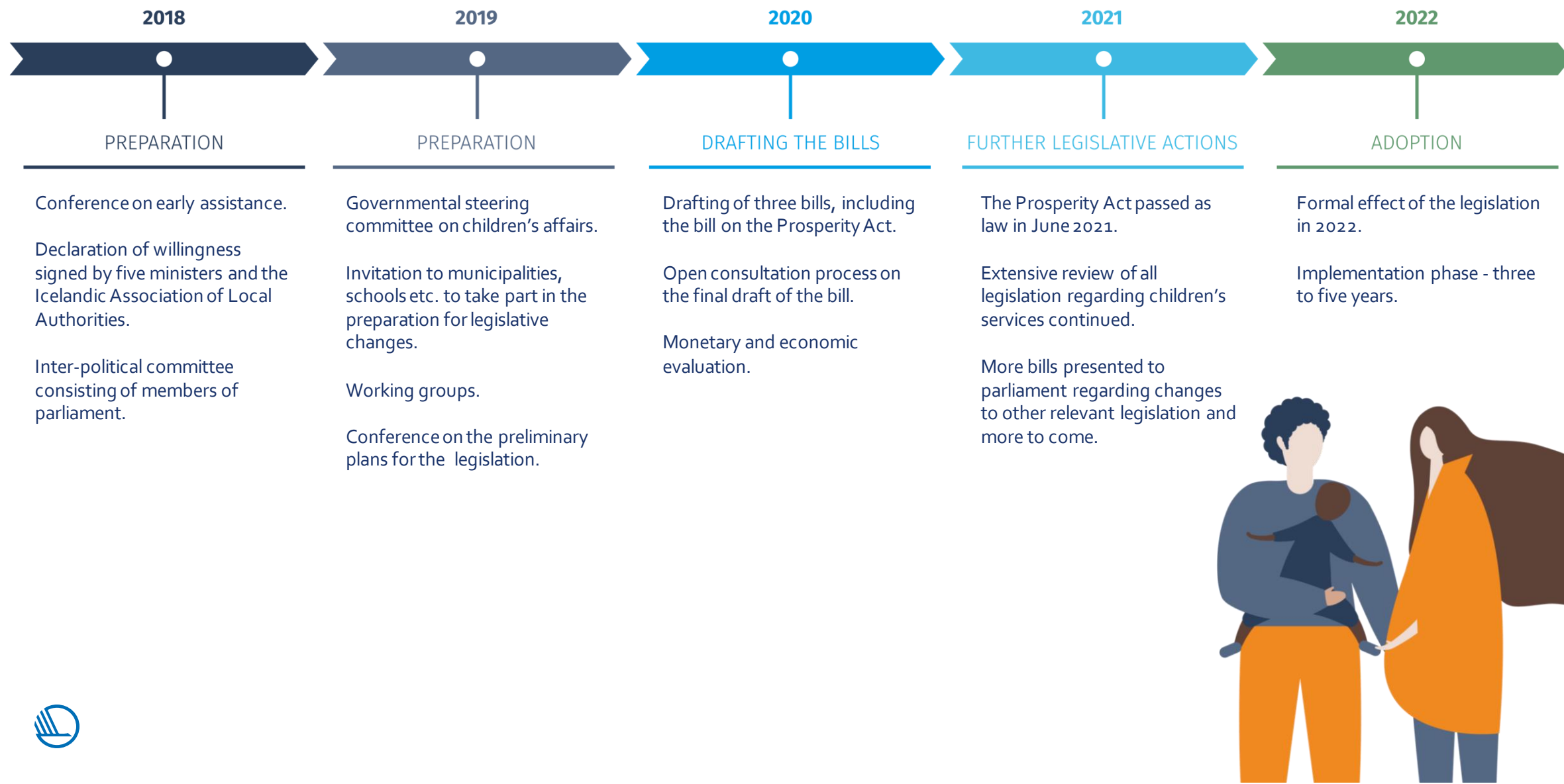
Embætti landlæknis

Some of the building blocks:

1. The Ottawa Charter (WHO, 1986).
2. Health in all policies and the wellbeing
3. Schools for health in Europe
4. WHO Healthy Cities
5. Various EU-projects
6. Previous health promotion work in Ice



Children's prosperity act in Iceland





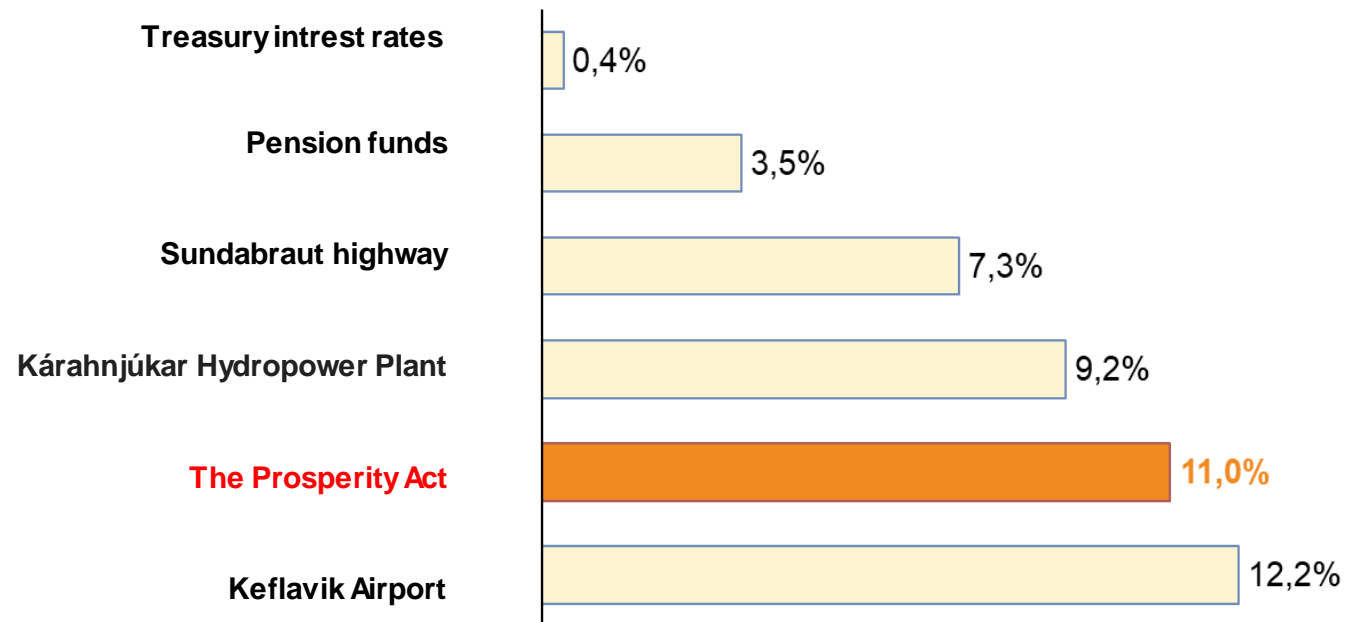
The first 1000 days network, the situation in Iceland

Embætti landlæknis

- National reference group
 - relevant stakeholders
- High on the agenda in Iceland:
 - gap between parent leave and childcare and the preparedness of preschool to enrol children under 2years old.
 - act on the integration of services in the interest of the children's prosperity



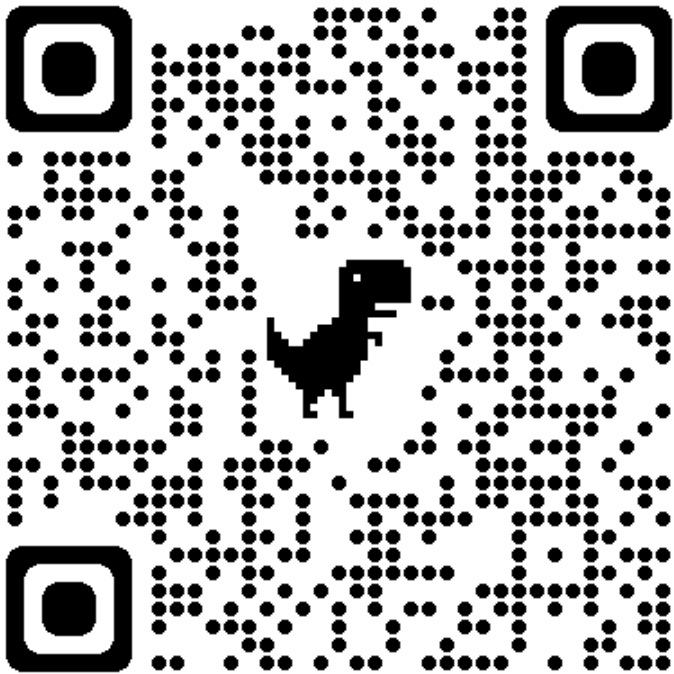
Cost effectiveness and economic impact



During the first years of the Prosperity Act's implementation, costs will be higher than returns. In the long run, returns will far outweigh the costs. The economic analysis concludes that in or around the year 2070, returns should reach 11%. In addition, the Prosperity Act will have no negative environmental impact and only a positive impact on the lives of children and their families, leading to increased overall well-being and prosperity of the nation



Videos from the final conference are available on YouTube



The First 1000 Days in the Nordic Countries

Supporting a Healthy Start in Life

**Nordic Conference on Mental
Health and the Early Years**

June 27th 2022 in Reykjavik, Iceland



Plans for future work in the network

Promote Nordic research and knowledge by supporting research collaboration in the Nordic region, on the first 1000 days of life, and identify the need for further research

- Initialize national dialogues with national reference groups.
- Promote and disseminates results, for instance by arranging webinars, national meetings/seminars.
- Push for new and more Nordic research
- Push for more research nationally



Plans for future work

Advocate for the recognition of the importance of the first 1000 days of life for lifelong mental health and wellbeing

Enhancing and strengthening the awareness by communicating our available knowledge to key actors, such as decision makers.



Nordic network about the
child's first 1000 days

