Early-life contributors to child well-being

Diet plays a key role in supporting healthy physical and cognitive development

The gut-brain axis is bi-directional. A deeper understanding of this two-way relationship creates opportunities to change the focus of healthcare from the diagnosis and treatment of illness to the fostering of well-being.

FACTORS SUPPORTING PHYSICAL AND COGNITIVE DEVELOPMENT

MOTHER’S DIET

Vaginal delivery

Caesarean section

Diet influences...

...mother’s intestinal microbiota

TYPE OF DELIVERY

Microbiome transferred

Microbiome not transferred

Increased risk of:
Neonatal infection,
allergies, asthma,
obesity, type 1 diabetes

BREAST-FEEDING

Breastfeeding increases the abundance of Bacteroides and Bifidobacterium in the infant’s gut

FACTORS SUPPORTING THE DEVELOPMENT OF HEALTHY BEHAVIOURS

Maternal factors, feeding practices and healthy food choices contribute to optimal physical and cognitive development and support child well-being.

Early-life contributors to child well-being

for Healthcare Professionals only