



# The First 1000 Days

*The first 1000 Days offer a critical and singular window of opportunity. What happens during this time largely determines the child ability to grow, learn, work, and succeed. These experiences help shape a healthy and successful child. The event was successful due to the panel of experts that came out to discuss why the First 1000 days are the most important.*



A lost chance at greatness for one child is a lost opportunity for all of us. If we want to shape the future, to truly improve the world, we have 1,000 days to do it, mother by mother, child by child.

*-Roger Thurow*

**WATCH THE VIDEO!**

<https://youtu.be/jvn0s66Hri0>

## PANELISTS

**Diana Ragbeer**  
Director of Public Policy & Community Engagement,  
The Children's Trust  
Co-founder  
First 1000 Days Florida Coalition

**Karen Weller, RN, BSN, MBA-HSM**  
Assistant Community Health Nursing Director  
Florida Department of Health in Miami-Dade County

**Vicki Vertich, IBCLC, RLC, ICCE**  
Maternal Family Health Liaison  
The Women's Hospital at Jackson Memorial

**Katherine Maughan, R.N., B.S., IBCLC**  
Lactation Specialist  
Holtz Children's Hospital & The Women's Hospital at Jackson

**Eriko Grover, MS-MPH, RD LD/N**  
Public Health Nutrition Program Director  
Florida Department of Health in Miami-Dade County

**Norma Bonet, LCSW**  
President  
Florida Association for Play Therapy