1.000 GIORNI DI NOI.
SOSTEGNO ALLA CURA
DI BAMBINI E BAMBINE 0-3

1,000 Days of Us

Supporting Parents, For the Well-being of Your Daughters and Sons

DGR NO. 115 – FEBRUARY 12, 2024

PR Veneto FSE+
2021-2027
Il Veneto verso il futuro.

www.millegiornidinoi.it

COESIONE ITALIA 21-27 FSE/FSC

Cofinanziato dall'Unione europea

REGIONE DEL VENETO

1000 days, 1000 opportunities for a fundamental stage of life

Dear Parents,
The latest scientific findings confirm that the first 1,000 days of life are a crucial period for your child's future health and well-being.
Epigenetics, the field that studies how the environment and experiences influence gene expression, helps us understand why this phase is so important. Think of DNA as a musical score: the genes are the notes, and epigenetics is how they're played, shaping overall development.

During the first 1,000 days, a child's body is especially sensitive and adaptable: more receptive, but also more vulnerable to external stimuli. That's why the project **"1000 Days of Us"** was created: to support you with tools, consultations, and strategies to navigate this complex and rewarding phase, while fostering a healthy family environment.

The program aims to strengthen parenting skills through sharing and peer discussion, encouraging the creation of local support groups focused on education and mindful growth. A child's environment plays a vital role in their development. Being a mindful parent doesn't mean being perfect it means being present, observant, and willing to adjust your behavior as needed.
Investing in the first 1,000 days means building not only your child's well-being but also the foundations of a healthier, fairer society.
We invite you to approach this stage with awareness and care because every action you take today leaves a lasting mark on their tomorrow.

Warm regards,

Ass. Manuela Lanzarin
Regional Minister for Health, Social Services, and Socio-Health Planning, Veneto Region

Hundreds of Activities to Support New Parents and and the Well-being of Young Children

"1000 Days of Us" is an initiative launched by the Veneto Region to strengthen the support system available to new parents during one of life's most delicate and important phases: from pregnancy through the early postnatal period, and up to a child's third birthday.

To make this possible, all **21 Social Territorial Areas (ATS)** of the Region have joined forces with a wide range of partners, including cooperatives and nursery schools. Together, we have developed **21 local projects** with a single shared purpose: to offer concrete, timely support to families.

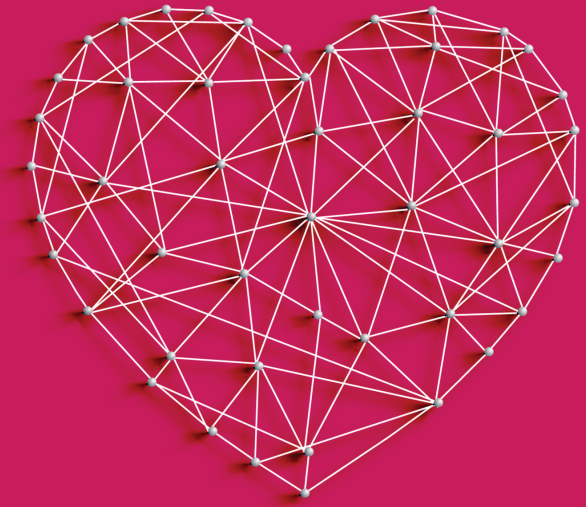
Across the Veneto Region and throughout the duration of the program, we have organized **hundreds of initiatives** from training sessions and informational meetings to hands-on activities, expert-led seminars, one-on-one consultations, and even home-based support.

This is a comprehensive, community-driven program designed to answer your questions, help you through challenges, and build a strong network of support around you grandparents, extended family, caregivers, and the professionals who care for children aged 0–3.

Because only by connecting **services, institutions, and communities** can we truly support families, those already formed and those just beginning, and promote the well-being of all our children.

What Are the Program's Objectives?

- **Support parenting** during the first 1,000 days of a child's life, setting a model for future family-focused policies.
- **Develop accessible** pathways for parenting support and counseling, including local family networks offering guidance, listening, and expert services.
- **Pilot a coordinated, community-based** model that links institutions and local networks through 21 tailored projects each designed to meet the unique needs of its ATS

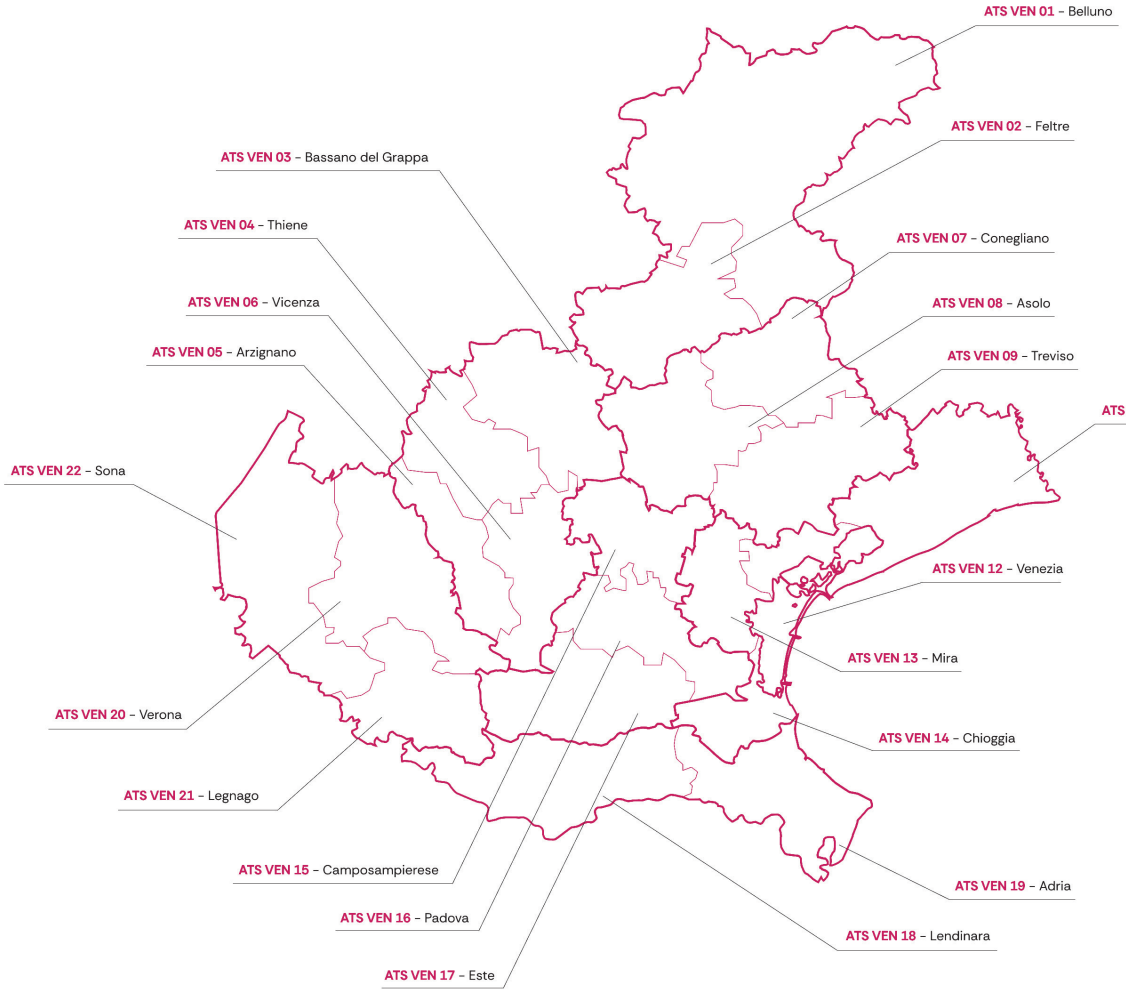


Many Local Areas, One Network Supporting Families

At the heart of **"1000 Days of Us"** are the **21 Social Territorial Areas (ATS)** of the Veneto Region. With the involvement of partners such as cooperatives and early childhood services, each area contributes to building a widespread, community-based network that supports families and all those who care for young children.

Each ATS has launched services, activities, and pilot projects tailored to its own community's specific characteristics. These initiatives are based on real family needs and aim to strengthen coordination among institutions, professionals, and local communities.

To find out which ATS your municipality belongs to, consult the map below or visit the project website:
www.millegiornidinoi.it/progetti



Note: *The map reflects ATS divisions in Veneto at the time of the project's launch (September 30, 2024). Any changes made after that date are not included. For up-to-date information about your municipality's reference ATS, use the search tool or browse the individual project pages on the website.*
www.millegiornidinoi.it/progetti.

All the “1000 days of us” projects.

ATS VEN 01 - Belluno

METÀLOGOS

1000 Days of Magic: Educating and Growing Together

We have planned dozens of family-focused initiatives to help build a more welcoming and connected community one that leaves no one behind. These include group and individual counseling sessions, seminars, webinars, and coordination meetings.

ATS VEN 02 - Feltre

FONDAZIONE ENAC VENETO C.F.P. CANOSSIANO

Family Meeting: Supporting Parenthood in the First 1000 Days

We aim to support families and strengthen the networks around them through individual and group counseling, seminars, workshops, webinars, activities, and training sessions. There will also be peer support for mothers and vital involvement of fathers.

ATS VEN 03 - Bassano del Grappa

IRECOOP VENETO S.R.L.

Becoming Parents: 1,000 Days of Us

We have organized group meetings, webinars, and seminars for new parents, as well as warm, welcoming spaces to share experiences and questions with professional counselors. For those needing more personalized support, one-to-one expert consultations are also available.

ATS VEN 04 - Thiene

IRECOOP VENETO S.R.L.

Families in Progress

We are addressing the most common questions new parents have through a series of group meetings, seminars, and webinars. Dedicated spaces offer dialogue with professional counselors and activities to explore family relationships together. Individual sessions with experts are also planned.

ATS VEN 05 - Arzignano

C.C.S. - CONSORZIO COOPERATIVE SOCIALI

1,000 Days for Early Childhood Well-being

Our project supports parents throughout their child’s first thousand days with a range of initiatives designed to also strengthen the service networks that support families, in coordination with local social services.

ATS VEN 06 - Vicenza

C.C.S. - CONSORZIO COOPERATIVE SOCIALI

A Thousand Days in the ATS

We promote initiatives that support parenting in the crucial early years of children’s lives. These actions aim to assist families and strengthen social services and networks to support birth and parenting.

ATS VEN 07 - Conegliano

INSIEME SI PUÒ - SOCIETÀ COOPERATIVA SOCIALE

From 0 to 1000: A Village Supporting Parenthood

Through our program of initiatives, we aim to build a network with public and private stakeholders to support parents in their essential caregiving role. Activities include training, webinars, community outreach, and both group and individual consultations.

ATS VEN 08 - Asolo

ACROSS SRL

1000 Opportunities for 1000 Days

We developed our initiative based on the real needs of families, including events focused on emotional and digital education, couple support, and conversations around returning to work after childbirth.

ATS VEN 09 - Treviso

CONSORZIO PROVINCIALE: INTESA - CCA

Ge.N.I. – Parents and New Beginnings

Our program is built on listening, presence, and practical tools: training sessions, individual and group counseling, webinars, focus groups, and seminars. We have also planned special initiatives such as music therapy for parents and newborns, and pelvic floor training to support mothers’ well-being.

ATS VEN 10 - Portogruaro

UMANA FORMA S.R.L.

N.O.I. – Nurseries Beyond Integration

We aim to strengthen the parental role and promote the well-being of those who raise and care for children every day. The program includes educational and informational events, individual and group counseling, specialized home interventions, meetings, and public events.

ATS VEN 12 - Venezia

ISRE

My First 1000 Days

Our program includes a wide variety of initiatives: webinars, workshops, training, group counseling, individual support, and home-based services throughout the area. A key goal is to reduce family isolation by creating strong family-to-family support networks.

ATS VEN 13 - Mira

GIUSEPPE OLIVOTTI SOCIETÀ COOPERATIVA SOCIALE

1000 Days Together: Supporting Parenthood in the First Three Years

Our initiatives include training, awareness-raising, and counseling led by qualified professionals. We also offer home visits, pet therapy, infant massage sessions, and mother-child psychomotor activities.

ATS VEN 14 - Chioggia

IRECOOP VENETO S.R.L.

Supporting Parenthood: 1000 Days of Us

We host group meetings, seminars, and webinars that address the most common questions and needs of new parents. One-on-one consultations with experts provide space to openly discuss essential topics like the early days after childbirth or raising a child with special needs.

ATS VEN 15 - Camposampierese

IRECOOP VENETO S.R.L.

Traveling Together as We Grow

We have organized group meetings, seminars, and webinars to answer new parents' questions, alongside opportunities to connect with professional counselors and share experiences. Individual consultations and expert-led sessions are also available.

ATS VEN 16 - Padova

C.C.S. - CONSORZIO COOPERATIVE SOCIALI

The First Thousand Days: Supporting Parents in the First Three Years of Life

Our initiative aims to inform, engage, and inspire through workshops, webinars, and short seminars. Our two key goals: to highlight the importance of the first thousand days and to gather ideas and experiences to strengthen the 0–3 years support network.

ATS VEN 17 - Este

FONDAZIONE I.R.E.A. MORINI PEDRINA PELÀ TONO

Edu.Co 0–3: Life Skills for New Parents

Guided by experienced professionals, we explore the journey of growth together through a shared path, with initiatives focused on family dynamics, emotional well-being, and parenting skills.

ATS VEN 18 - Lendinara

IRECOOP VENETO S.R.L.

A Village to Raise Children Aged 0–3

Our program includes group meetings, seminars, and webinars addressing topics such as weaning and sleep. We have also created spaces for dialogue with professional counselors and offer one-to-one sessions with experts.

ATS VEN 19 - Adria

IRECOOP VENETO S.R.L.

Growing Together: 1000 Days of Us

Our program offers group meetings, seminars, webinars, and experiential sessions with professional counselors, along with personalized expert consultations to support new parents in their evolving roles.

ATS VEN 20 - Verona

FONDAZIONE ENAC VENETO C.F.P. CANOSSIANO

Family Space: Together in the First 1000 Days

We have created a variety of activities for new parents, including a session on consent education, a music-based development path for children, and a psychomotor experience involving both parents and children.

ATS VEN 21 - Legnago

AGORÀ ASSOCIAZIONE PER LO SVILUPPO

Parents 0–3: A Network for Birth Support

Our project includes individual and group counseling, training sessions, seminars, workshops, and webinars. Each initiative is designed to foster connections, encourage dialogue, and offer guidance to families.

ATS VEN 22 - Sona

FONDAZIONE ENAC VENETO C.F.P. CANOSSIANO

Small Steps, Big Impacts: Investing in the First 1000 Days

Our activities are designed to reach families where they are, in their daily spaces, making essential services more accessible and ensuring support for mothers, fathers, and grandparents alike.

Discover full project details
and the calendar of events at
www.millegiornidinoi.it