

# The Level of Parents' Understanding in Children Development Needs at the First 1000 Days of Birth

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**Abstract:** The purpose of this study is to know the level of parents' understanding on their children development needs at their first 1000 days because malnutrition and development delayed cases happened to babies in Malang. This study is done by using quantitative descriptive method. As the result, it is shown that parents' understanding level, especially mother, categorized as 'less understand'; parents' understanding level of needs and development in 0-6 months Period (180 days) categorized as 'less understand', and parents' understanding level of needs and development in 6-24 months (540 days) categorized as less 'understand'.

**Keywords:** development, parents' understanding, infant

## I. INTRODUCTION

Improvement of human resources is one of the ways to enhance physical and emotional potential which is shown by well-build body, good health, along with good cognition. The earlier age nutrition shall be very important in shaping up those things. Moreover, the quality of human resources will later on become the foundation of sustainable development for a nation. In our case, family—especially mother—hold very important role in keeping the development of their children at their 1000 days on the right track. The 1000 days period that consists of 270 days of pregnancy and 730 days of infants first day on their golden period. The golden period is later on more known as the Window of Opportunity because in this age, children will grow optimally? If we do not take the chance well, the children will later on gain the damages that permanently grow with them [1].

When malnutrition happened to children first days of living, the side effect is it will affect the quality of human resources. The child who has malnutrition usually born in low height and later on will grow slower—which leads to stunting. As the result, those previous things will affect their cognitive development. Moreover, another result that might be seen comes when the children come to school and unable to have good education. It leads them to the productivity decreasing on their grown-up time. Thus, the malnutrition becomes the main cause of children and infants death. This can be known by seeing the development delayed of fetus which is called as IUGR or Intra Uterine Growth Retardation. Besides, the thing that should be recognized is growth faltering. Although we can still fix the physical breakdown later by giving nutritious food, we have to know that sometimes it does not work the same to their cognitive. The other scientific facts show that malnutrition that happened to pregnant mother will continuously happen until the child turns to 2 years-old child. Then, it leads to their cognitive degradation. This golden period get less attention from family because their lack of background knowledge or their forgetfulness in putting the priority scale.[2]

Another children development problem in Indonesia on their first 1000 days also can be seen on

mothers' health problems. According to World Bank's report in 2017, in 1 day there are 4 died mothers in Indonesia because of baby delivering. In other words, there is 1 mother in Indonesia that might be died every 6 hours. In 2015, the number of mothers' death in Indonesia reached 305 people from 100,000. This number is three times bigger than the target of Millennium Development Goals (MDGs) of Indonesia, which is 102 people from 100,000. By this score, Indonesia takes place as the 2<sup>nd</sup> highest country of death number in South East Asia. The first place is taken by Laos with the number of 357 deaths per 100,000 people. In Indonesia, according to Riskesdas (2013), the prevalence of malnutrition infants is 13,9% under the prevalence of underweight, stunting, and wasting that reach 19.6%; 37.2%; and 12.1% along with low-birth-weight infants percentage that reaches 10.2%.

Environment—especially family—will take important role on determining the rate of growth and development on infants 1000 first days. Parent can help the development of brain by giving right stimulus. Of course it is very important to do to their first and second year because it is the first time when they know the world around them. On a family, woman as the expectant takes important role in learning how to maintain the health of infants and children.

The development problem that happened on the first 1000 days might be caused by some factors, one of which is the lack of knowledge about children development, both on their nutrition and stimulus. As Sanjaja (2000) previously established on his research that a mother with a good knowledge of health and nutrition will make children have high social skill ability, although they came from low-social status [3]. According to Sjahmien (1992), the malnutrition can be prevented if the mother has a good knowledge about nutrition [4].

Knowledge and good attitude towards health are very important to support that thing. The rate of individual nutrient knowledge affects the attitude and action in choosing the food menu that also affect the nutrition of the individual [5]. The low rate knowledge of woman might cause less affectionate person to nutrition, so that it leads to malnutrition. The malnutrition status, both before and after pregnancy,

will cause development delayed to fetus brain, anemia of new born baby, abortus, etc [6].

According to Suiraka (2012), the good education of health will have positive effect to the people because they will actively participate to maintain the health independently [7]. Awareness, attitude, and ability can be improved by using the health promotion. Health promotion is a process where we can improve people awareness in maintaining and improving their health. Besides, it is also important to reach a well-positioned health condition, whether physically, emotionally, and socially [8]. The increasing of awareness and attitude about the first 1000 days related to prenatal is expected to be a help for a woman in fertile condition, which is 15-49 years old (Depkes, 2003), to pay more attention to her nutrition so that her pregnancy might resulting a good quality of health, both psychically and mentally [9].

According to Health Office Malang City, the malnutrition cases claimed decreasing year by year. In 2015, there were 111 malnutrition infants which decreased to 66 infants in 2016 and 50 infants in 2017. The Head of Health Office Malang City explained that the infants with malnutrition might be caused by low-social status of the family and also their awareness about health, especially the mother. Thus, there might be high chance of malnutrition infants. The exclusive breast milk on the first 1000 days after the birth will be the child's asset in physical and intelligence development. The working mother cannot do so because the 3 months-period of furlough only. According to the background, this study establishes the level of parents understanding in children first 1000 days of development.

## II. THEORETICAL FRAMEWORK

### A. First 1000 Days of Life

The first 1000 days of life is a very important phase in children development. It begins on the fetus and up to children 2<sup>nd</sup> year birthday. The 270 days of pregnancy plus the first and second year—each 365 days—equal to their first 1000 days of life. It will be their golden period to shape up the brainy and healthy children. Thus, another very important thing that should be paid attention is their nutrition. The first 1000 days of live is one of the programs that walk side by side with the program that has been conducted by United Nations which is called as Scaling up Nutrition (SUN).

There are 2 main interventions, which are specific intervention and sensitive intervention. Specific intervention is a critical point where we shape a good quality of human resource—that mainly take focus on a pregnant mother, infants under the age 0-6 months and 7-23 months. In other side, sensitive intervention aims to support the external factors, such as health [10]. The first 1000 days of live consists of 270 days of pregnancy and 730 days of their first ages—that also known as golden period. Parent should take their maximum opportunity in maintaining their children health, so that there will be no serious permanent damage.

### B. The Pregnancy (280 Days)

The beginning of pregnancy is the first point where a mother should give her affection to a child. The thing that we should think about in the first 1000 days of life is the optimal nutrition, so that we can prevent the malnutrition since the beginning of time [11]. The pregnancy can also be called as the period of fetus development in mother's womb. In the first 8 weeks of pregnancy, the vital organ—such as brain, heart, bones, etc.—will be shaped up and moreover on the next 9 weeks until the birth is the period of full body development [12]. A fetus depends so much on mother's health and nutrition during the pregnancy. The malnutrition gives bad effect to the mother herself and her child [13].

The awareness and understanding that should be understood by husband-wife are: (1) doing the marriage and having pregnant maturely, for a woman, it is best for them to get married and have a baby in from 20 years old up to 30; (2) having a health test, both for mother and father; and (3) maintaining the nutrition by consuming healthy food. After the pregnancy, for a mother there are some things should be paid attention: (1) checking up the condition of pregnancy, at least four times during the pregnancy; (2) consuming a nutritious food during the pregnancy; (3) keeping up the mood swing that might be happened during the pregnancy; and (4) giving the stimulus to the baby, by playing music, talking to the babies, etc.

As the labor getting close, parents should do things as below: (1) cherry-picking the place of labor, along with medical personnel; (2) preventing the lateness in knowing the signs, realizing the danger, taking the decisions, and even the lateness in receiving the health service; (3) consuming healthy food, which resulted high quality breast milk, and the wound labor will be normal soon; (4) ensuring the health service from medical personnel, it should be three times at minimum, at the first day, third day and two weeks after; and (5) choosing the most suitable contraception after 40 days of the labor.

### C. The 0-6 Months Period (180 days)

This period is the time where a mother should give exclusive breast milk to their child. Things such as, early breast feeding (*Inisiasi Menyusu Dini – IMD*) have to be done at least for an hour after the labor [14]. The breast milk (*Air Susu Ibu – ASI*) is the best food for the baby because all of the nutrition is on it. According to *Warta Gizi* and KIA (2013), WHO recommended the breastfeeding for fully 6 months.

The lack of mother's awareness in giving exclusive breastfeeding is basically because the lack of information given [15]. The better the knowledge of a mother, the greater the opportunity that will be get both from mother and to the baby. The same thing previously studied by Yolanda (2014) [16] that stated that there is a meaningful relationship between mother's education and the exclusive breastfeeding. The result of Suyanto study [17] there is a significant effect of counseling to mother's attitude toward nutritious food and health. On the other hands, the study by Nurazizah [18] established that there is significant effect of counseling through

media about early breastfeeding and exclusive breastfeeding.

Parents and children need to have a strong emotional bond. Building it up can be done by maintaining the relationship among them. The emotional bond that has been constructed since the very young age will be a good foundation for the children. Some things that should be done by the mother after the labor are as below: (1) immediately do the early breastfeeding or *Inisiasi Menyusui Dini*; (2) give the colostrum to the infant, colostrum is milk secreted for a few days after childbirth and characterized by its high protein and antibody; (3) for the first 6 months, give only breast milk to the infant; (4) if infant's height is less than 2,500 grams, do the Kangaroo method—where the mother holds the infants close to the breast and tight to the skin; and (5) note everything about the child since they were born. This is very important.

Other than the breastfeeding, parents—especially the mother—should pay attention more to the development, too. Development is the act or process of growing or causing the infant grows larger. As the examples of development, we might see the changing of head circle, the height, weight, etc. There are several ways to see children's development: (1) measuring the weight, it is the most accurate way because if something occurred firstly, it is the weight that decreases first; (2) measuring the head circumference, on their first 6 months, the infants head will grow rapidly; (4) paying attention the body shape from they are the new born up to their grown-up age; and (5) paying attention to their teeth growing.

#### **D. The Period of 6-24 months (540 days)**

During this period, the food—other than breastmilk—can be given continuously until the children reach the age of 2 years old. In this period, we can see that children digestive system has been relatively grown. The giving of food, others than the breastmilk, should be done step by step and gradually increasing as the infant grows. When parents shaping up the habit, it means they are shaping up the consistency of giving the watery food up to the solid food to the infants [19].

Other than nutrition, in this period parents should pay attention more to the development. Development itself is a continuous process occurred step by step. Furthermore, the development of infants in this period begins with mental development, and behavior development. On their first 5 years, the development goes rapidly. As the result, we can see that the children start to find their inner characteristics that be brought until they are mature.

Top stimulate the development, there are some activities that can be done. They are listed as below:

1. Stimulate the mental development, by paying more attention to their mental process—such as, how they touch, smell, and taste the objects. Child starts to observe the objects, situation, and people. Their emotional ability is increasing gradually as they are able to think and see deeper connections.
2. Stimulate the psychosocial development. The social development of infant affects their social

relationship later on when they are grown up. Infants give social reaction to the adult, for examples by giving voice or laugh or smile. Their psychosocial development of child and their friends improve steadily every year. This can be seen by how many hours that they can spend just for having interaction with their friends or playing with them.

3. Stimulate the emotional development. When an infant is just a new born, we can only see the emotion in a very simple way. It is just like angry, scary, happy, and joy. However, the emotion grows stronger so that the child will get emotional explosion. As a parent, it might be difficult to guide them. They will have their own belief. Later on, they should be able to handle it, and try to interact it to others positively. To stimulate the children, we can teach them how to control emotion, what kinds of emotions there are, and how to understand it in different situation.
4. Stimulate their psychosexual development. Ever since the infant was born, they were actually had learned their sex. Infants will be differentiating by the material of its clothing, the toys, and how people around them treat them. For those who successfully handle this part, will have a well-behave character. To stimulate this development, we can give them the suitable clothes, the toys, and how should we treat them.
5. Stimulate the moral and spiritual development. This development consists of how children see the right or wrong things later on. Moreover, they can later on understand the moral conflict and face the right things to do. They can develop their own knowledge, understanding, characteristics, and so on. The most important part in the end of this development is to make them feel responsible of what they have done before.

Other than their development, children also have some needs that should be recognized by the parents. All children have common needs, whether physical needs or psychological needs. it should be fulfilled so they can develop their potential maximally. On their life, they will learn much behavior of humanity, which are talking, thinking, socializing, and many more. Some others are, such as: (1) give a safe and comfortable place; (2) give healthy food that suitable to their age; (3) give them good clothes; (4) give them the cares of health, both physically and mentally; (5) prepare the healthy and clean surroundings; (6) set their rest and play activity; (7) give them love and parents consistency that can be trusted by children; (8) give them the security and trust on their daily life; and (9) give them the time to play, so that they can do exploration and experiment.

### **III. METHODS**

#### **A. Type of Study**

In this case, the study uses quantitative descriptive research. The study can be done by using analytic observational technique by using cross sectional approach in which the date collected directly in one period from the object.

**B. Time and Place**

The study conducted on January 2018 in 10 different *Posyandu* or hospital in five districts Malang.

**C. Population and Sampling**

Populations in this study are mothers who have children in age of 2 years old that live in Malang. The sample of the study is mother who has infants in age of 2 years old who comes to the *Posyandu* in Malang. By using the area probability sampling, the population determined is each district in Malang should have at least 20 people as representative. In the end, we might have 100 mothers all around Malang who have infant in age of 2 years old.

**D. The Data Collection**

All the data about identity, parents' level of understanding to children development needs on their first 1000 days will be taken by using questionnaire.

**E. Data Analysis**

The technique of data analysis in this study is analysis descriptive of percentage in which the researcher measures the level of understanding by using the answer frequency in the questionnaire. Afterwards, the data will be collected and arranged, so that it can be edited. The score will later on be given after the grouping and analyzing the percentage. There are some criteria's of parents' level of understanding. It is written as below (Table 1).

**Table 1**  
**Criteria of Understanding**

No	Score	Category
1	25% - 45%	Not understand
2	46% - 65%	Less understand
3	66% - 85%	Understand
4	> 85%	Very understand

**IV. RESULTS AND DISCUSSION**

**A. Parents' Understanding of Needs during The Pregnancy**

1. The understanding about daily needs that should be known by husband-wife in preparing the pregnancy

According to Table 2, it can be seen that the level understanding of needs from both husband-wife in preparing the pregnancy is 51%. It can be categorized in the category of 46%-65% or 'Less Understand'. The lowest level of understanding can be seen in X1.1.2 which is taking the health test, both for father and mother before the pregnancy which gained 37%. It can be categorized as 'Not Understand'. Those things occurred of some things, especially the lack of awareness in preparing the health before pregnancy. Moreover, the high rate of death and diseases also can be caused by the low rate of education. Our people tend to have a traditional habit to maintain their health, but that way is not well-facilitating them [20].

**Table 2**  
**Criteria of Understanding Level in Facing the Pregnancy**

Indicators	Frequency				Category
	Yes	%	No	%	
X1.1.1	53	53%	47	47%	Less Understand
X1.1.2	37	37%	73	73%	Not Understand
X1.1.3	63	63%	37	37%	Less Understand
Means	51	51%	49	49%	Less Understand

- X1.1.1 Married and have the baby in suitable age. For women, it is approximately on 20-30 years old
- X1.1.2 Take the health test for the father and mother
- X1.1.3 Maintain the healthy by controlling nutrition and healthy food

The highest level of understanding is on X1.1.3 which is maintaining nutrition by consuming healthy food which is 63%. It can be categorized as 'Less Understand'. That is because the need and the desire to eat during the pregnancy—especially on the last 3 months—are increasing. People start to understand the importance of living in healthy style, although we can see that many of them did not do it because many factors, such as weak economy factor or lifestyle. Knowledge or awareness is one of the important factors that might affect people consumption [21]. It can be affected by education, mass media, sociocultural, economy, environment, and experience [22]. Thus, a mother should correctly choose her diet by using right awareness of nutrition.

2. Understanding of taking care the pregnancy

Based on Table 3, it can be seen that the level of parents' understanding in taking care the pregnancy is 58%. It can be categorized as 'Less Understand', since it includes in the range of 46%-65%. The lowest

understanding is on X1.2.4 which is giving the stimulation to the fetus, which is only scored 37%. It can be categorized as 'Not Understand'. This is because the rate of mother awareness about health and baby is low. The Ministry of Health [23] stated that pregnancy is reproduction process that needs special treatment so that the mother and baby will be in very good condition.

The condition of fetus during the pregnancy can make brilliant children. The highest rate of understanding level is on X1.2.1 which is checking up the pregnancy regularly, at least 4 times during the pregnancy. It scored 85% and categorized as Very Understand. This because they are already understands the importance of checking up the pregnancy medically. Moreover, many of them have already had regular schedule. The service and facility is easier and accessible in every district so it helps them a lot in doing the regular checkup during their pregnancy. The effect of this regular checkup will prepare mother physically and mentally to face the labor, after labor, prepare the breastfeeding, and after [24].

**Table 3**  
**Criteria in Understanding of Taking Care the Pregnancy**

Indicators	Frequency				Category
	Yes	%	No	%	
X1.2.1	85	85%	15	15%	Very Understand
X1.2.2	62	62%	38	38%	Less Understand
X1.2.3	47	47%	53	53%	Less Understand
X1.2.4	37	37%	63	63%	Not Understand
	58	58%	42	42%	Less Understand

- X1.2.1 Checking up the pregnancy regularly, at least 4 times during the pregnancy
- X1.2.2 Consuming proper diet during the pregnancy
- X1.2.3 Controlling emotional changing that might occurred during the pregnancy
- X1.2.4 Giving stimulations to the fetus

**3. The understanding of preparing the labor**

According to Table 4, it can be seen that the level of understanding in preparing the labor is 52% and categorized as Less Understand (on range 46%-65%). The lowest understanding level is on X1.3.3 which is consuming the good diet to maximize the breast milk quality and fasten the recovery which is 40%, and it is categorized as Not Understand. This because the lack of

awareness on a mother. Based on the *Riskesdas* Data in 2010, the breastfeeding in Indonesia was awfully recorded, which only 15.3% up to 6 months [25]. The highest rate of understanding is cherry-pick the place (X1.3.1), which is 68%. This meth is caused by the awareness of the mother and her family to the safety and health of mother and children, along with the facility they will receive during the service.

**Table 4**  
**Criteria of Understanding in Preparing the Labor**

Indicator	Frequency				Category
	Yes	%	No	%	
X1.3.1	68	68%	32	32%	Understand
X1.3.2	42	42%	58	58%	Not Understand
X1.3.3	40	40%	60	60%	Not Understand
X1.3.4	67	67%	33	33%	Understand
X1.3.5	41	41%	59	59%	Not Understand
	52	52%	48	48%	Less Understand

- X1.3.1 Cherry-pick the place to labor and midwives since the beginning of the pregnancy
- X1.3.2 Prevent the lateness in knowing the danger, lateness in making the decisions, lateness in reaching the hospital, and lateness in receiving the service
- X1.3.3 Consume good diet to maximize the breastmilk quality and fasten the recovery
- X1.3.4 Ensure them to receive a good service from the paramedic, at least 3 times—at the first day, third day, and the next 2 weeks after the labor.
- X1.3.5 Choose the suitable contraception after 40 days of labor

**B. The Level of Parents' Understanding in Children Developments Need on 0-6 months period (180 days)**

**1. Parents understanding of treating the newborn infants**

According to Table 5, it is shown that parents' level of understanding about treating their newborn baby is on 46% which included in range of 46%-65% and categorized as Less Understand. The lowest

understanding is on X2.1.5 which is taking the identity record of the child. It might be caused by the lack of people awareness in keeping their identity safe. The idea same noted as The Office of Demography and Civilian Registry recorded that people are not discipline enough in registering their identity [26]. The highest level of understanding is on X2.1.4 which is the category of baby weight that less than 2,500 grams, which gained 58% and categorized as Less Understand.

**Table 5**  
**Criteria of Parents Understanding Level in Treating their Newborn Baby**

Indicator	Frequency				Category
	Yes	%	No	%	
X2.1.1	45	45%	65	65%	Not Understand
X2.1.2	53	53%	47	47%	Less Understand
X2.1.3	37	37%	63	63%	Not Understand
X2.1.4	58	58%	42	42%	Less Understand
X2.1.5	35	35%	65	65%	Not Understand
	46	46%	54	54%	Less Understand

- X2.1.1 Immediately do the early breastfeeding
- X2.1.2 Give the colostrum to the infant
- X2.1.3 For the first 6 months, only feed the baby using the breast milk
- X2.1.4 If the baby weight less than 2,500 grams, take the Kangaroo method
- X2.1.5 Take the identity record of the child

2. The level of parents understanding in measuring children's growth

Based on table 6, we can see that the understanding level of measuring the children growth is 54% and included in the range of 45%-65%. It is categorized as Less Understand. The lowest rate of understanding is on X2.2.3 which is observing the shape of the body. It scored only 37% and categorized as Not Understand. This is because the lack background knowledge of body shape and development or growth.

Moreover, to the parents who have tight schedule, it might be more difficult for them to observe such thing. The highest level of understanding is on X2.2.1 which is measuring the weight that scored 88% and categorized as Very Understand. This might become the most sensitive measurement because it is the weight that firstly decreases when the infants get diseases. Moreover, there is also a supporting program from *Posyandu* that held once in a month.

**Table 6**  
**Category of Parents Understanding Level in Measuring Their Children Growth**

Indicator	Frequency				Category
	Yes	%	No	%	
X2.2.1	88	88%	12	12%	Very Understand
X2.2.2	45	45%	55	55%	Not Understand
X2.2.3	37	37%	63	63%	Not Understand
X2.2.4	46	46%	54	54%	Less Understand
	54	54%	46	46%	Less Understand

- X2.2.1 Measuring the weight  
 X2.2.2 Measuring the head circumferences  
 X2.2.3 Observing the body  
 X2.2.4 Observing the teeth growing

### C. The Parents Level of Understanding on Children Needs in Development at 6-24 Months (540 Days)

1. Parents level of understanding in stimulating the children development

According to table 7, it is shown that parent's level of understanding in stimulating the children development is 75% and included in category of Understand. The lowest rate of understanding is one X3.1.4 which is stimulating the psychosexual

development that only scored 63% and categorized as Less Understand. This is caused by the lack of parent's awareness in psychosexual development that start since the baby was born up to their maturity. It need more and certain stimulus so that it can optimally develop [27]. However, it is a taboo among people to teach the sexuality to their children. The highest rate of understanding is on X3.1.2 which is stimulating the psychosocial development that scored 87% and categorized as Very Understand.

**Table 7**  
**Category of Parents Understanding Level in Stimulating the Children Development**

Indicator	Frequency				Category
	Yes	%	No	%	
X3.1.1	67	67%	33	33%	Understand
X3.1.2	87	87%	13	13%	Very Understand
X3.1.3	73	73%	27	27%	Understand
X3.1.4	63	63%	37	37%	Less Understand
X3.1.5	85	85%	15	15%	Very Understand
	75	75%	25	25%	Understand

- X3.1.1 Stimulating mental development  
 X3.1.2 Stimulating psychosocial development  
 X3.1.3 Stimulating emotional development  
 X3.1.4 Stimulating psychosexual development  
 X3.1.5 Stimulating the moral and spiritual development

2. Parents understanding in fulfilling the needs of 6-24 months old infants

Based on the Table 8, it can be known that the level of parents understanding in fulfilling the 6-24 months old needs cored in 63%. It is included in the range of 46%-65% or in the category of Less Understand. The lowest rate of understanding is on X3.2.10 which is giving the play time as much as possible to play, explore and experiment. It scored 2% and categorized as Not Understand. This because of the

parents' worry when their children do novel activities, for example: when the child started to walk, parents got afraid because their child might be fall or something. Thus, they tend to forbid and choose to hold them. It might be good, but it is actually limiting the playroom of the child. The highest rate is on X3.2.4 which is giving the suitable clothes that scored 86% and categorized as Very Understand. This because the good awareness among people about how to appeared as well-dressed.

**Table 8**  
**Criteria of Parents Understanding in Fulfilling The Needs of -24 Months Old Infants**

Indicator	Frequency				Category
	Yes	%	No	%	
X3.2.1	56	56%	44	44%	Less Understand
X3.2.2	76	76%	24	24%	Understand
X3.2.3	64	64%	36	36%	Less Understand
X3.2.4	86	86%	14	14%	Very Understand
X3.2.5	53	53%	47	47%	Less Understand
X3.2.6	67	67%	33	33%	Understand
X3.2.7	52	52%	48	48%	Less Understand
X3.2.8	83	83%	17	17%	Understand
X3.2.9	47	47%	53	53%	Less Understand
X3.2.10	42	42%	58	58%	Not Understand
	63	63%	37	37%	Less Understand

- X3.2.1 Adult that can be good example is expected on daily life
- X3.2.2 Giving safe place to stay
- X3.2.3 Giving the nutritious food that suitable with the age
- X3.2.4 Giving the suitable clothes
- X3.2.5 Giving the health treatments in form of prevention and treatments, both physically and mentally
- X3.2.6 Preparing the clean and healthy environment
- X3.2.7 Setting the balance between rest and activity
- X3.2.8 Giving the affection and parent's consistency that is reliable by the infants
- X3.2.9 Giving the security and belief to the environments among family
- X3.2.10 Giving the play time, infants need to have much time for them to explore and experiment

## V. CONCLUSIONS AND SUGGESTIONS

### A. Conclusions

1. Parents Understanding of The Needs During Pregnancy
  - a. The Understanding of Needs that should be known and done by husband-wife in preparing the pregnancy scored 51% overall and included in range of 46%-65% or in the category of Less Understand.
  - b. The Understanding of Treating the Pregnancy scored 58% and included in the range of 46%-65% or in the category of Less Understand.
  - c. The Understanding of Preparing the Labor scored 52% and included in the range of 46%-65% or in the category of Less Understand.
2. Parents Understanding in Children Development and Growth Needs at 0-6 months old (180 days)
  - a. The level of parents understanding in treating the new born baby scored 46% and included in the range of 46%-65% or in the category of Less Understand.
  - b. The Understanding of Measuring the growth of infants scored 54% and included in the range of 45%-65% or in the category of Less Understand.
3. Parents Level of Understanding About Children Development Needs in 6-24 months old (540 days)
  - a. The level of parents understanding in stimulating the infants scored 75% and included in the range of 66%-85% or in the category of Understand.
  - b. The level of parents understanding in fulfilling the children needs at the age of 6-2 months old scored 63% and included in the range of 46%-65% or in the category of Less Understand.

### B. Suggestions

Parents' level of understanding, especially mother, to their infants development needs on the first 1000 days still categorized in the low rate. Many reasons can support this, one of which is proven by the high number Less Understand category. Therefore, it is very important to conduct an educative program—such as counseling or campaign—about the importance of children development needs. By doing so, we can prevent the malnutrition cases and minimalize the number of Development Delayed (DD).

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