

# The Vision for the First **100** Months of Development





# The first 100 Months nurture lifelong happiness.

When you hear the phrase "the first 100 Months," what comes to mind?

From the prenatal period through the first grade of elementary school is roughly 100 Months. During this period, children repeatedly encounter various people, things, and environments for the first time as they develop.

That is precisely why it is vital for society as a whole to support and encourage children as they take their first steps in life.

Realizing a society in which children are the center of society will also lead to the happiness (well-being) of all members of society.

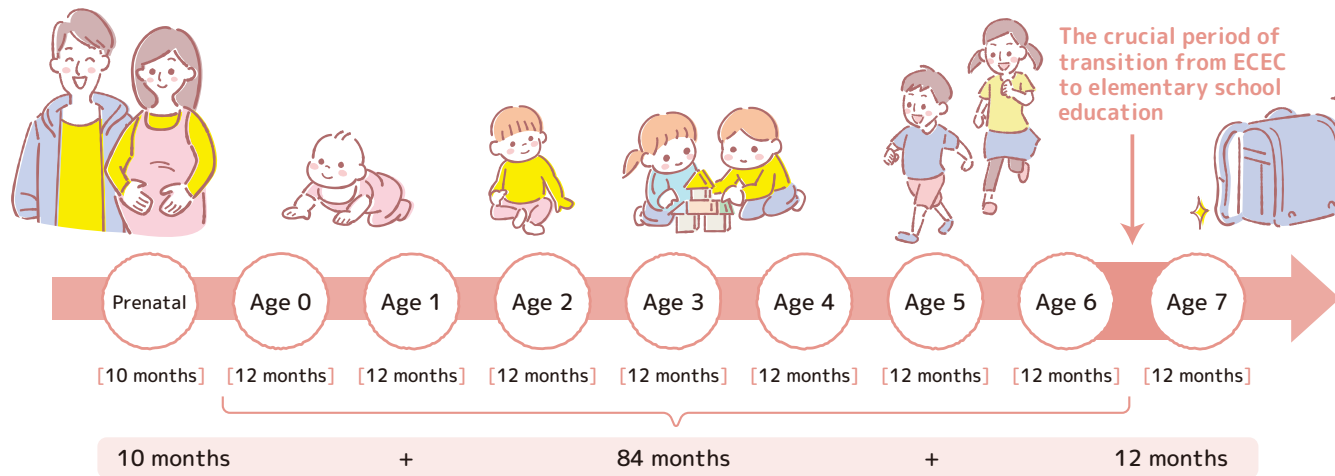
Regardless of their circumstances, the agency believes it is important for all children to have their first 100 Months valued by everyone. Therefore, the agency has compiled the "Vision for the First 100 Months of Development."



Respect the First  
100 Months All  
Together



# What is "The First 100 Months"?



- The first 100 Months\* is a particularly important period that leads to lifelong well-being (physical, mental, and environmental (social) happiness).
- The agency has compiled five visions representing the key ideas we should uphold.

\*Varies depending on the month of birth. 94-106 months ⇒ Generally 100 Months.

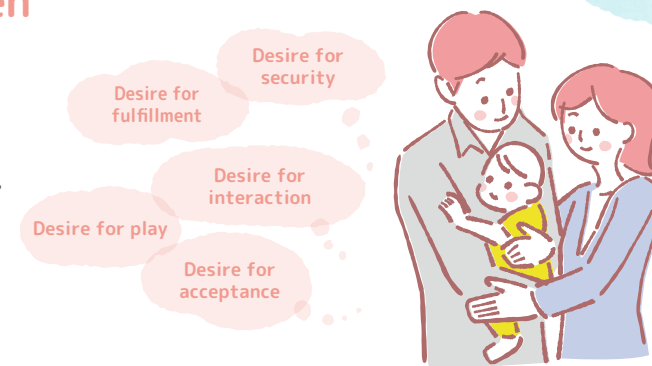
Vision  
**01**

## Protect the rights and dignity of children

**All children have rights.**

**We will respect the views and feelings of every child.**

- All children have rights from birth. We will respect the rights of all children.
- We will ensure the protection of the lives and standard of living of all infants and young children, regardless of their circumstances.
- We will respect the views and feelings of infants and young children and value their autonomy.

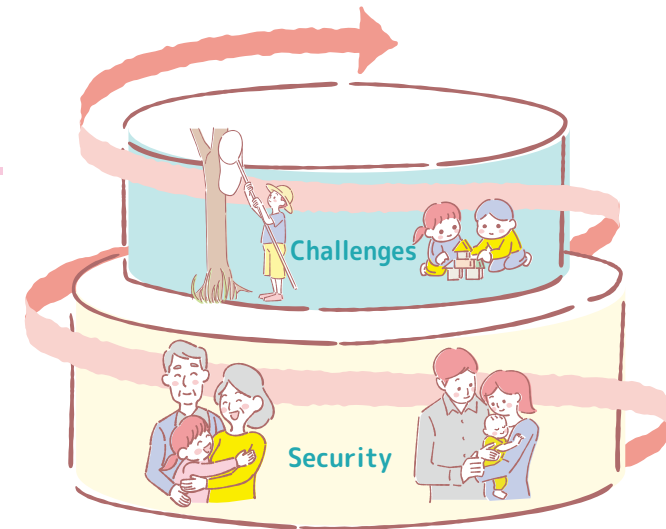


Vision  
**02**

## Enhance children's well-being through a "cycle of security and challenge"

**Children develop through repeated play and various experiences -challenges- based on attachment -security- with adults.**

- Children gain a sense of attachment -security- through repeated experiences of having a familiar adult by their side acknowledging their feelings when feeling anxious, allowing them to learn to trust themselves and those around them.
- Based on this foundation of -security-, children expand their world through play and various experiences -challenge-, in which they encounter a variety of children and adults and engage with objects, nature, picture books, and places.



### Vision 03

## Seamlessly support children's development before birth, through early childhood, and beyond

It is crucial for all parties involved to collaborate in supporting children's development so that changes in their developmental environment do not create gaps in their development.

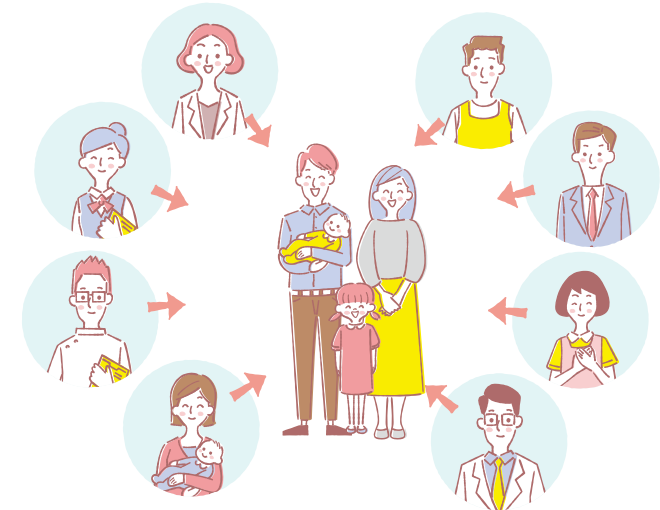
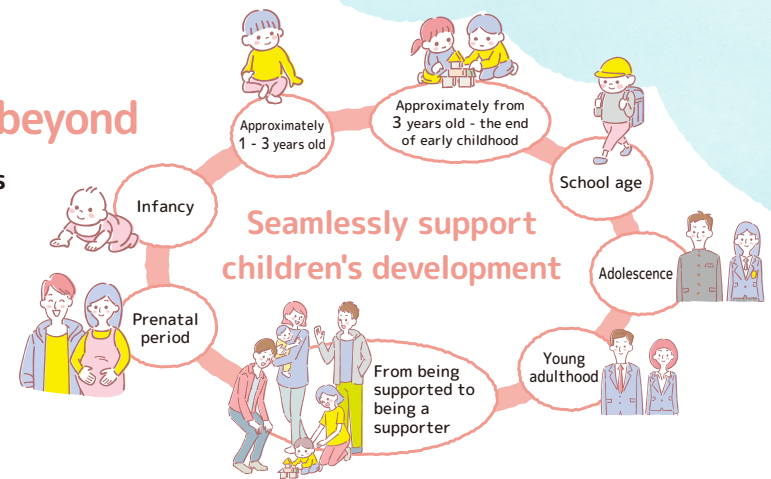
- We provide seamless support for children's development throughout the first 100 Months, starting from the prenatal period, which is the preparation phase for welcoming a child's birth.
- We will ensure that development up to early childhood connects to learning in the school-age years and beyond.
- Through childhood experiences interacting with infants and young children, we create a cycle where children who have been supported become the next generation of supporters.

### Vision 04

## Support and encourage the well-being and development of guardians and caregivers

Various people and opportunities will support the guardians and caregivers closest to the children so that they can develop alongside the children.

- We will make it common practice for guardians and caregivers to receive support so they do not have to shoulder the burden of raising children alone.
- We will create points of contact through every opportunity to ensure all guardians and caregivers can connect with the support and encouragement they need.
- For the first 100 Months, precisely because this is the initial and critical phase of raising a child for guardians and caregivers, we provide reliable information and professionals will work alongside them.

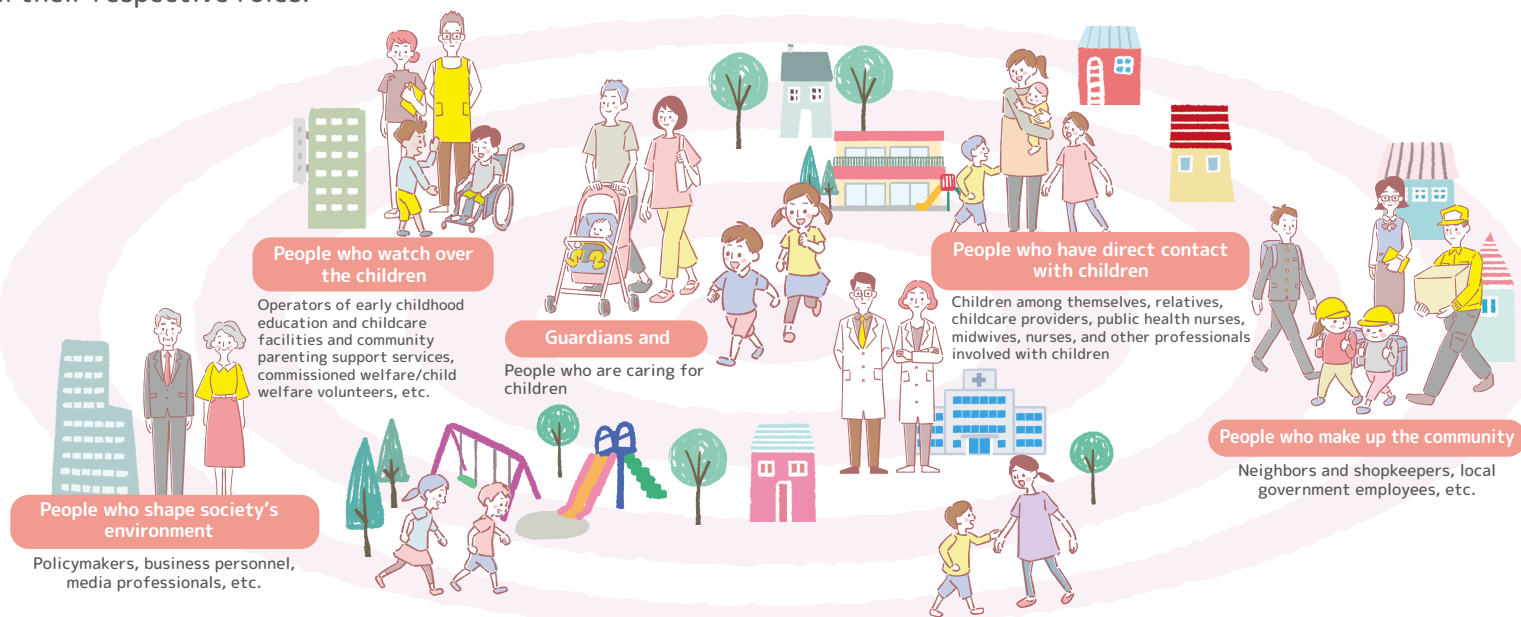


Vision  
**05**

## Enhance the environment and society for supporting children's development

Whether directly involved with children and parenting or not, everyone plays an important role in children's development.

- For children, everyone around them is a source of support and encouragement for their development.
- Within a community, as various people engage and connect with one another, the environment and social fabric that supports children's development becomes more robust.
- We aim to create a Children-Centered Society in which all members of society support and encourage the development of children from their respective roles.



# Respect the First 100 Months All Together





*Children-Centered*

# Children and Families Agency

Basic Vision for the Development of Children Up to Early Childhood (The Vision for the First 100 Months of Development) | Children and Families Agency Website

[https://www.cfa.go.jp/policies/kodomo\\_sodachi](https://www.cfa.go.jp/policies/kodomo_sodachi)

