How to Create a Harmonious City from a 95cm perspective?

If you can get cities right for babies and families, you can get cities right for everyone.
Early experiences shape the brain...and the future

Health
A growing body of evidence links significant adversity in childhood to increased risk of a range of adult health problems, including diabetes, hypertension, stroke, obesity, and some forms of cancer. For example, having 7 or 8 serious adverse experiences in childhood translated to 3 times higher probability of having cardiovascular disease as an adult.

Education
In Jamaica, longitudinal studies have shown stunted children who received home visits promoting caregiver-infant play and verbal interaction were 5 times more likely to stay in school, achieved 0.6 years more of schooling, and were 3 times more likely to have some college-level education. They also earned 25% more income than children who did not participate in the programme.

Economics
Research by Nobel Laureate James Heckman has shown that high-quality early childhood programmes for disadvantaged children can deliver up to 13% return on investment through savings to health, welfare and special education as well as increased income. In cost-benefit terms, every $1 spent on early childhood development programmes can lead to a return of $7-10.
Building Healthy Connections

- Between neurons
- Between child & caregiver
- Between children
- Between caregivers
- Between caregivers & children with their surrounding space
- Between caregivers & children and their destinations

Source: NACTO
Cross – sector collaboration and planning
Easy access to services improves child-caregiver interactions and caregiver well-being
This is building healthy connections

Evidence from neuroscience, public health, education and economics shows that when babies and toddlers have stable, responsive caregivers, they can flourish even in the most difficult circumstances.
Healthy urban environments

- Reduce car dominance
- Social interaction
- Active & walkable streets
- Welcoming & inclusive
- Connection to nature
- Access to services & play

0 years

5 years
Low emission streets

London - UK
Storytelling in the public space

Tel Aviv - Israel
Young kids own the streets and learn to bike
Pushchair accessibility for all buses
Breastfeeding friendly spaces in bus stops

Se mudarmos o começo da história, mudamos a história toda.

Boa Vista-Brazil
Closing streets for children to play
Connection to nature
Safe and playful streets

Planting and caring for trees

Art and play activities

Painting murals

Bogotá-Colombia