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## **A solid start for the Dutch first thousand days-approach: insights into program adoption, monitoring and cross-sectoral collaboration**

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## Stellingen behorende bij het proefschrift getiteld

### **A solid start for the Dutch first thousand days-approach: Insights into program adoption, monitoring and cross-sectoral collaboration**

1. It is important to consider both risk and protective factors to vulnerability around pregnancy, as risk factors alone don't tell the full story. *[this thesis]*
2. In order to advance health equity for parents and children, we need to intervene early in life (adapted from National Academies of Sciences, Engineering, and Medicine, 2019)
3. Strangers are strangers until they meet (Chef'Special, in: Amigo). Getting to know each other is a crucial first step to collaboration. *[this thesis]*
4. Always look on the bright side – developing an integrated and population health-based care and support system is challenging, yet we take steps forward every day (adapted from Stein et al., 2022)
5. Learning is not a one-time event or a periodic luxury; continuous learning processes are essential (adapted from Amy Edmondson)
6. Monitoring a solid start requires longitudinal cross-sectoral data, and efforts should be made to enrich routinely collected data with data on self-reported health and experiences. *[this thesis]*
7. Balancing a top-down and bottom-up approach was key in the adoption of the Dutch first thousand days-approach. *[this thesis]*
8. Investing in programs for a good start in life remains justifiable even without conclusive evidence of immediate effects. *[this thesis]*
9. We have to safeguard a good start in life across all policies and legislations (adapted from the Dutch Council of Public Health & Society (RVS), 2023)
10. The Dutch first thousand days-approach had a solid start. *[this thesis]*
11. If we change the beginning of the story, we change the whole story (World Health Organization, 2018)
12. Knowledge derived from research, practice, and experience are all indispensable for a solid start.
13. A journey of a thousand miles begins with a single step (Lao Tzu). This applies to children's lives, monitoring, cross-sectoral collaboration as well as completing your PhD.