



# How do we know if we are promoting nurturing care in health facilities?

Day 3

How do we know if we are promoting nurturing care?

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# HOW DO WE KNOW IF WE ARE PROMOTING NURTURING CARE IN HEALTH FACILITIES?

## *Background*

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- Driven by the Tanzania country team asking: *“how do we know if what we are doing is promoting nurturing care?”*
- Translating guidance and recommendations for nurturing care into action
- Health facilities as the starting point



# WHAT ARE WE WORKING TOWARDS?

10-15 key actions for promoting nurturing care in health facilities (a resource similar to the Baby Friendly Hospital Initiative's Ten Steps)



## The TEN STEPS to Successful Breastfeeding

### 1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...

- Not promoting infant formula, bottles or teats
- Making breastfeeding core standard practice
- Keeping track of support for breastfeeding

### 2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...

- Training staff on supporting mothers to breastfeed
- Assessing health workers' knowledge and skills

### 3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...

- Discussing the importance of breastfeeding for babies and mothers
- Preparing women in how to feed their baby

### 4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...

- Encouraging skin-to-skin contact between mother and baby soon after birth
- Helping mothers to put their baby to the breast right away

### 5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...

- Checking positioning, attachment and sucking
- Giving practical breastfeeding support
- Helping mothers with common breastfeeding problems

### 6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...

- Giving only breast milk unless there are medical reasons
- Prioritizing donor human milk when a supplement is needed
- Helping mothers who want to formula feed to do so safely

### 7 ROOMING-IN

Hospitals support mothers to breastfeed by...

- Letting mothers and babies stay together day and night
- Making sure that mothers of sick babies can stay near their baby

### 8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...

- Helping mothers know when their baby is hungry
- Not limiting breastfeeding times

### 9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...

- Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers

### 10 DISCHARGE

Hospitals support mothers to breastfeed by...

- Referring mothers to community resources for breastfeeding support
- Working with communities to improve breastfeeding support services

# HOW DO WE KNOW IF WE ARE PROMOTING NURTURING CARE?

*What should we focus on?*

Caregiver  
mental health  
and  
well-being

Antenatal,  
childbirth and  
postnatal care

Caregiver  
and child  
nutrition

Care  
seeking and  
illness  
prevention

Management  
of child  
illness

Responsive  
caregiving

Health, growth  
and  
developmental  
monitoring

Opportunities  
for early  
learning

Child safety  
and  
protection

Three-level  
support

# How do we know if we are promoting nurturing care **IN HEALTH FACILITIES?**

*What can we do?*

1. If we provide support for caregivers' well-being (mental and physical health)
2. If we provide good quality antenatal, childbirth and postnatal care
3. If we support caregiver and child nutrition
4. If we prevent illness and support timely care seeking for illness
5. If we appropriately manage childhood illness (including malnutrition)
6. If we support caregivers to foster secure relationships with their children
7. If we support caregivers to be sensitive and responsive to their children's cues
8. If we support caregivers to provide their children with opportunities for age-appropriate play and early learning
9. If we support caregivers to use supportive discipline
10. If we support caregivers to keep their children safe and protect them from neglect or violence
11. If we monitor and respond appropriately to concerns about children's health, growth and development
12. If we identify families in need of additional support and respond with more targeted or intensive services

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# GROUP WORK: PROVIDE FEEDBACK ON THE COMPLETE LIST

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As a group, please review the draft list with 12 actions.

*Have we covered the key activities that will successfully promote nurturing care?*

*Do we need to change any of the items or the wording?*






# A CLOSER LOOK

*How do we know if we are promoting nurturing care?*

## 1. If we support caregiver mental health and well-being

To support caregiver well-being, **health facilities need to:**

- Assess and attend to caregivers' well-being during antenatal, childbirth and postnatal care, as well as during well-child and sick child visits.  • Training and supervision
- Screen for and respond to risks for caregivers' well-being (mental health; intimate partner violence; substance use).  • Training and supervision  
• Referral systems
- Enable support from caregivers' support systems (e.g., partner and family involvement; social peer support).  • Training and supervision  
• Hospital policies



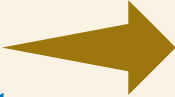


# A CLOSER LOOK

*How do we know if we are promoting nurturing care?*

## 7. If we support caregivers to be sensitive and responsive to their children's cues

To support caregivers to be sensitive and responsive to their children's cues, **health facilities need to:**

- Support **responsive feeding** (recognition of and responding to babies' satisfaction and hunger cues). 
  - Training and supervision
  - Hospital policies (e.g., BFHI)
- Provide caregivers with counselling and guidance on understanding and responding to their children's signals (non-verbal and verbal). 
  - Training and supervision
- Respond to and address **caregivers' concerns** about their children's health, growth or development. 
  - Training and supervision
  - Referral systems
  - Information systems

# GROUP WORK: UNPACK ONE OF THE 12 ACTIONS

As a group, please unpack one item from the draft list in more detail. Discuss:

*What are health facilities already doing that supports this action?*

*Remember to consider:*

- Policies
- Management procedures
- Services and interventions
- Key clinical practices
- Provider competencies
- Physical resources



# REFLECTIONS AND CLOSING

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# Thank you

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