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Nurturing care for early childhood development (NCfECD)

Key concepts

Day 1

Nurturing care for early childhood development (NCfECD)
in the health sector – foundations and progress

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Nurturing the Future
Technical Meeting to Enhance Nurturing Care for Early Childhood
Development in the Health Sector

25-28 February

Nairobi, Kenya



African Region



for every child

Discuss at your tables

1. How would you describe your early life experiences in your household?
2. How do these correspond to the five components of nurturing care?



Early Childhood Development - terminology

WHEN: 'early childhood,' conception to 8 years

- conception to birth
- birth to 3 years' (emphasis on the first 1,000 days)
- preschool and pre-primary years
- early grades of primary years

WHAT: 'development'

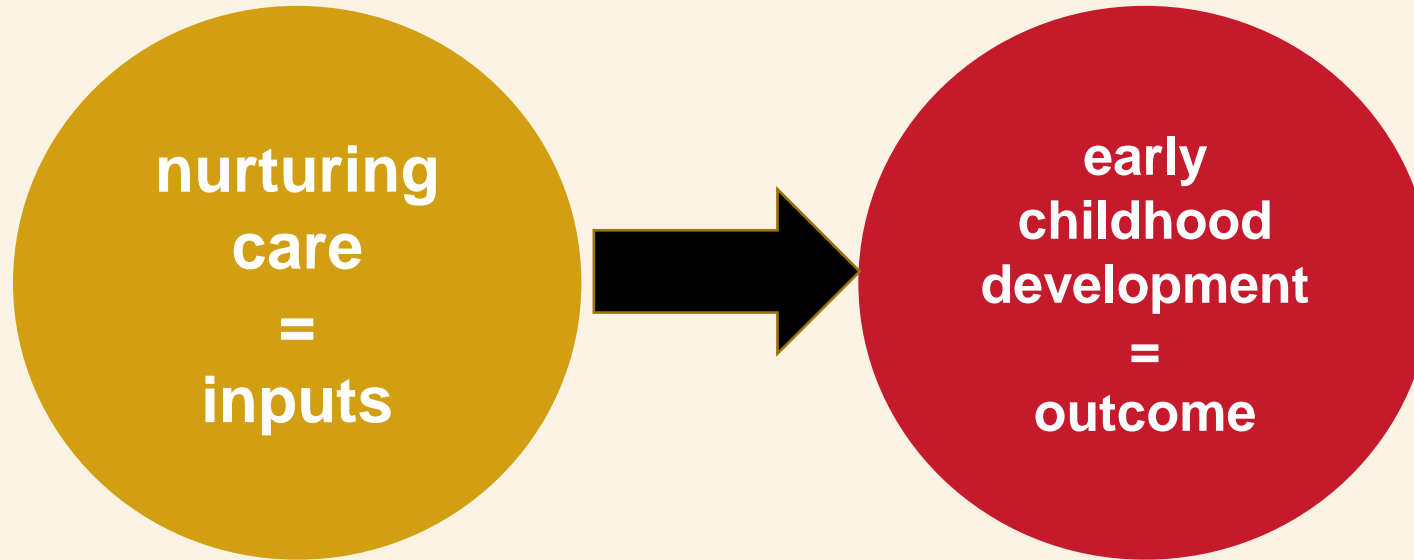
The continuous process of acquiring skills and abilities during early childhood, across the domains of cognition, language, physical, motor, social and emotional development.

HOW: nurturing care

Nurturing care refers to the inputs that equip children to attain their developmental outcomes.



Nurturing care for early childhood development



Incorrect

- ✗ nurturing care / ECD
- ✗ nurturing care / responsive caregiving
- ✗ do early childhood

Correct

- ✓ nurturing care interventions
- ✓ interventions for ECD
- ✓ nurturing care for early childhood development

Caregivers **provide** nurturing care

Everyone else **supports** caregivers to provide nurturing care

What the child's brain and body expects and needs



Enabling environments for nurturing care



Nurturing care components explained:

<https://nurturing-care.org/what-is-nurturing-care/>

Integration within existing health and nutrition services



GOOD HEALTH



ADEQUATE NUTRITION



RESPONSIVE CAREGIVING



OPPORTUNITIES FOR EARLY LEARNING



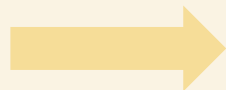
SAFETY AND SECURITY



CAREGIVER WELL-BEING

Health and nutrition services already support caregivers with two of the five components of nurturing care.

Strengthen



How can health and nutrition services better support caregivers with the other three components of nurturing care?
How can health and nutrition services support caregiver well-being?

Add

What is the difference?



**OPPORTUNITIES FOR
EARLY LEARNING**



**RESPONSIVE
CAREGIVING**



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OPPORTUNITIES FOR EARLY LEARNING



Refers to any opportunity for the infant or child to interact with a person, place, or object in their environment. Recognizes that every interaction (positive or negative, or absence of an interaction) is contributing to the child's brain development and laying the foundation for later learning.



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Opportunities for early learning

Early learning includes providing children with opportunities to :

- *Use* their bodies
- *Interact* with objects and people
- *Explore* their surroundings
- *Activate* their senses
- *Hear* and *use* language

Everyday routines and household objects are all you need!



- ✓ Smiling and eye contact
- ✓ Talking and singing
- ✓ Reading and telling stories
- ✓ Modelling and imitation
- ✓ Simple games like “wave bye bye”, or “peek a boo”

RESPONSIVE CAREGIVING

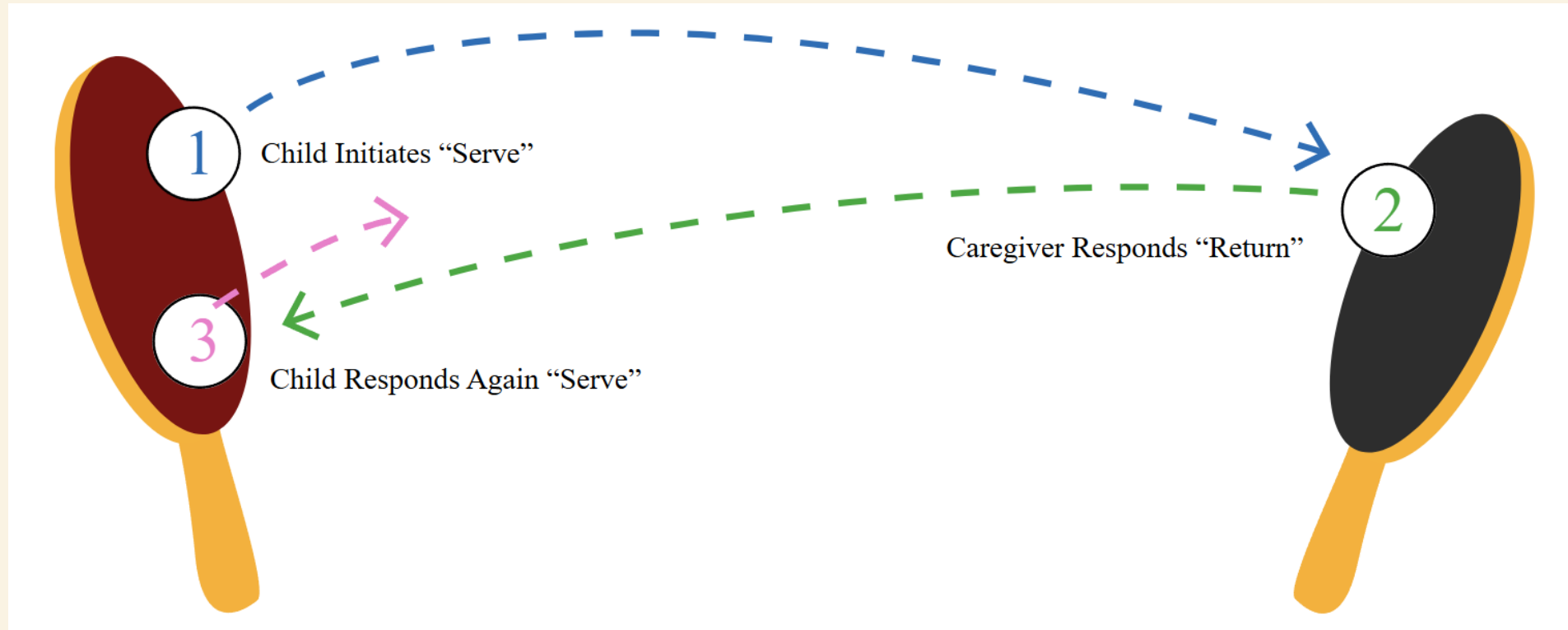


Refers to the ability of the caregiver to notice, understand, and respond to their child's signals in a timely and appropriate manner. Considered the foundational component because responsive caregivers are better able to support the other four components.



Photo credit:
Aga Khan Development Network/J-L. Ray

Serve and return (Back and forth)



A responsive interaction is characterized by the child making the "serve" and the caregiver "returning" the serve in an appropriate and timely manner.

Caregiver practices



RESPONSIVE
CAREGIVING

- Spend one-to-one time with your full attention on the child.
- Look closely at the child.
- Be aware of the child's signals (for example, hunger, discomfort, attempts to communicate, joy and need for affection).
- Respond appropriately and in a timely way to the child's signals and needs. These will differ when the child is well, sick or has special needs.



OPPORTUNITIES FOR
EARLY LEARNING

- Talk with your child.
- Play with your child.
- Engage your child during your household routines and tasks.
- Follow your child's lead, and assist the child's interest in exploring and learning.

NURTURING CARE PRACTICE GUIDE

Strengthening nurturing
care through health
and nutrition services



unicef

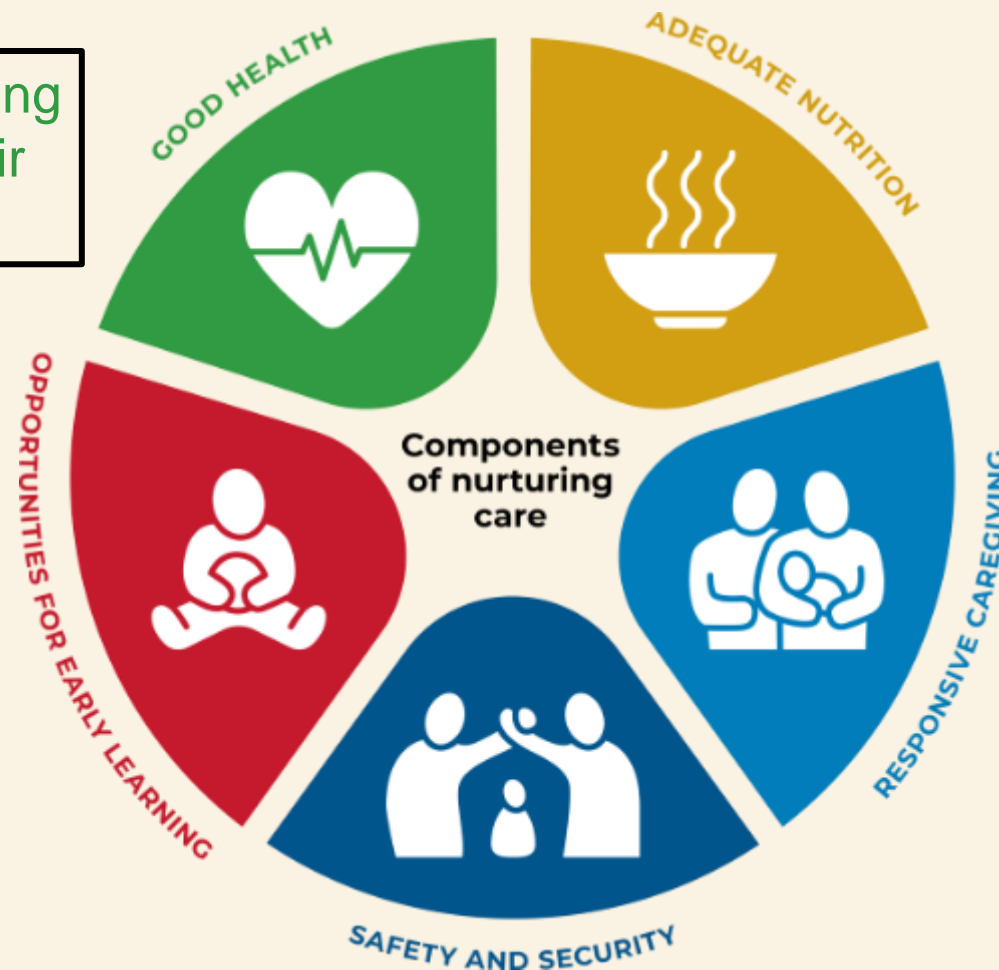
World Health
Organization



Nurturing care: what every child needs to survive, thrive and reach his or her developmental potential

The health and wellbeing of the children and their caregivers.

Any opportunity for the baby, toddler or child to interact with a person, place, or object in their environment.



Maternal and child nutrition.

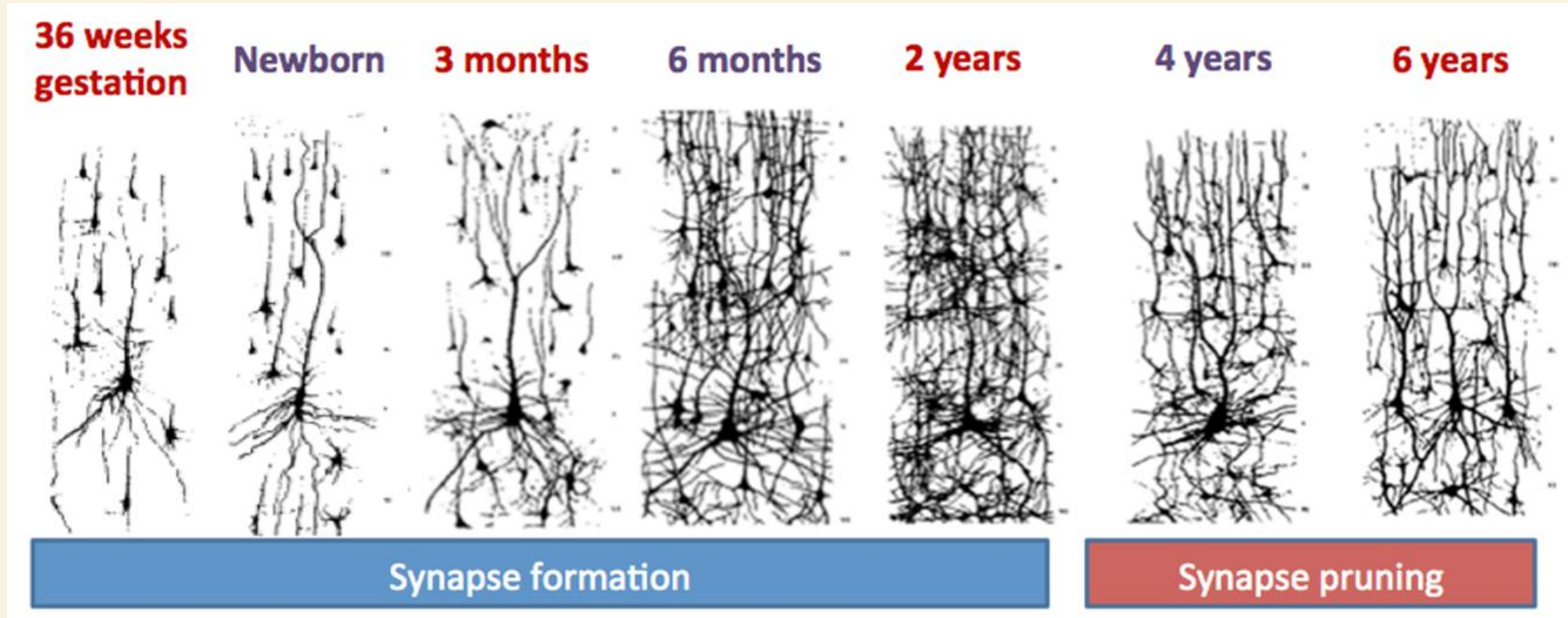
The ability of the caregiver to notice, understand, and respond to the child's signals in a timely and appropriate manner.

Safe and secure environments for children and their families.

More details:

<https://nurturing-care.org/what-is-nurturing-care/>

We have one opportunity to build the brain.



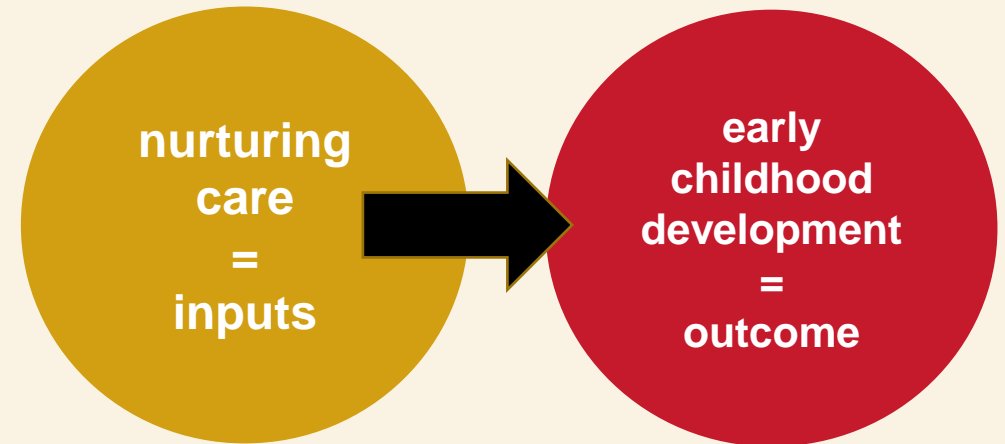
- During late pregnancy the brain starts to wire itself forming connections
- In the months after birth over 1,000-10,000 new connections are made every second as the baby “senses” her environment.
- As babies get a little older, their brains begin to eliminate rarely used pathways and to reinforce those that are used often

Nurturing care for early childhood development

Nurturing care is what young children need to develop physically, mentally and socially

In the first years of life, **caregivers** are the closest to the young child and thus the best providers of nurturing care.

At the beginning of the parenting journey, the first point of contact are health and nutrition services and thus the **health sector has an important role to play.**



Nurturing care for early childhood development



**“If we change the beginning
of the story, we change the
whole story.”**

Raffi Cavoukian

#NurturingCare @NurturingCare

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NURTURING CARE
FOR EARLY CHILDHOOD DEVELOPMENT