



Photo credit:
© UNICEF/UNI35211/Siakachoma/OutSet Media

Nurturing care for early childhood development (NCfECD)

Updates on resources

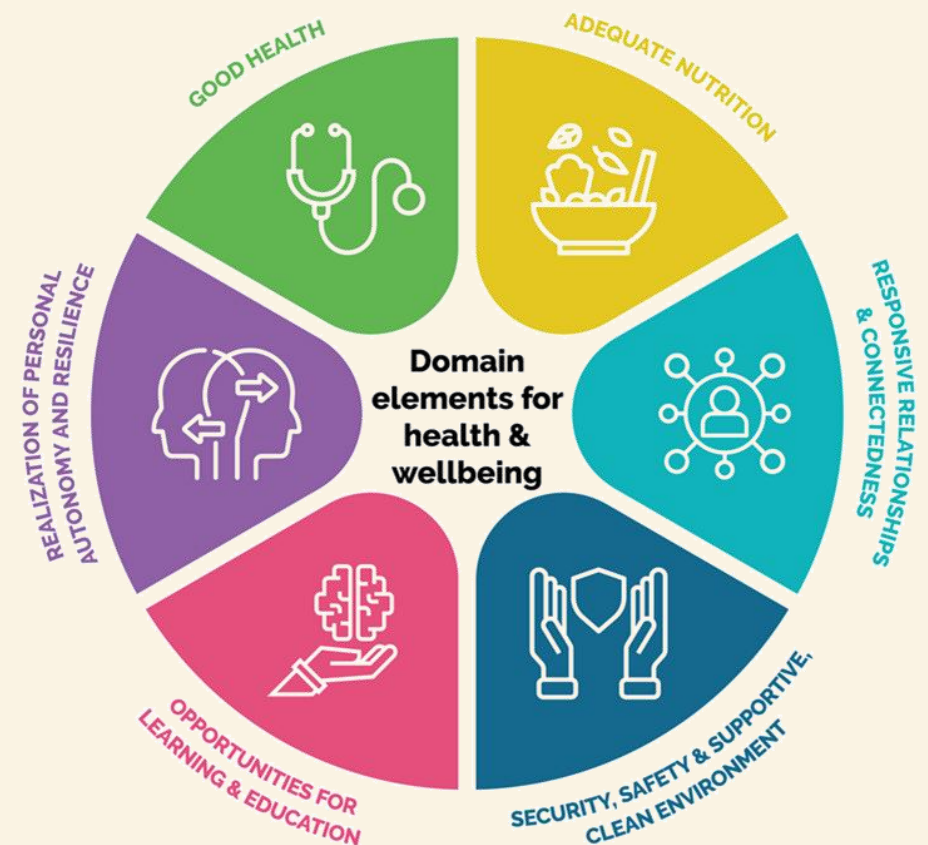
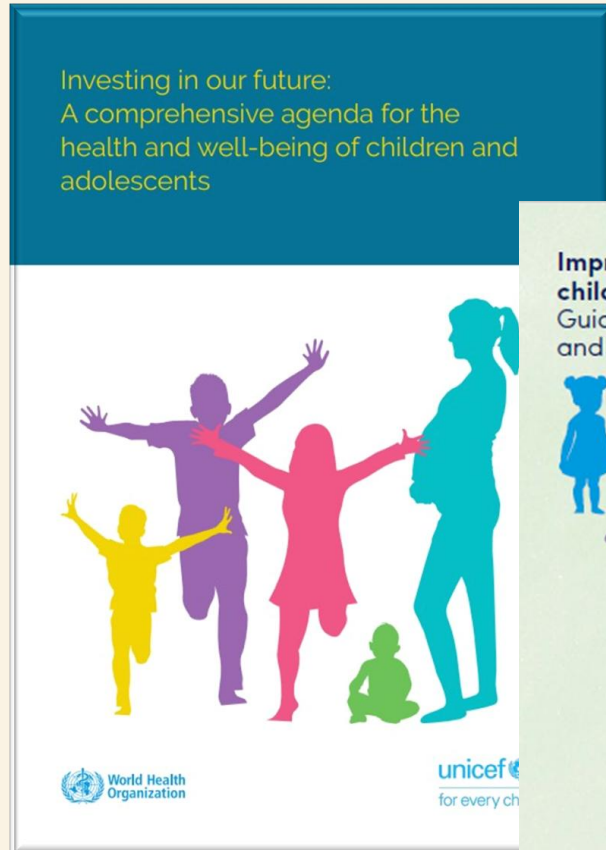
Day 3

Sheila Manji, ECD Specialist, WHO

Nurturing the Future
Technical Meeting to Enhance Nurturing Care for Early Childhood Development in the Health Sector
25-28 February
Nairobi, Kenya

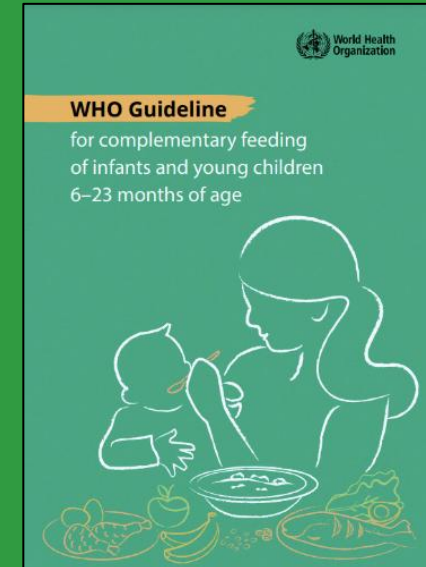
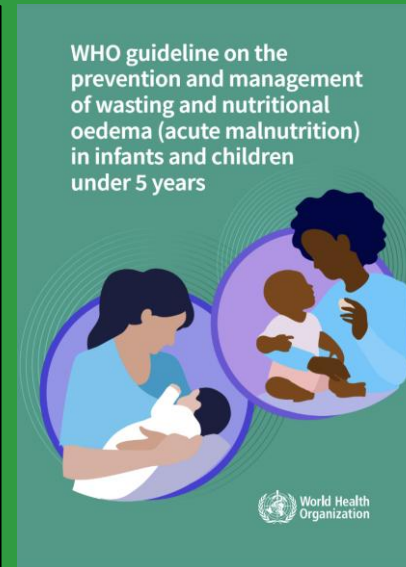
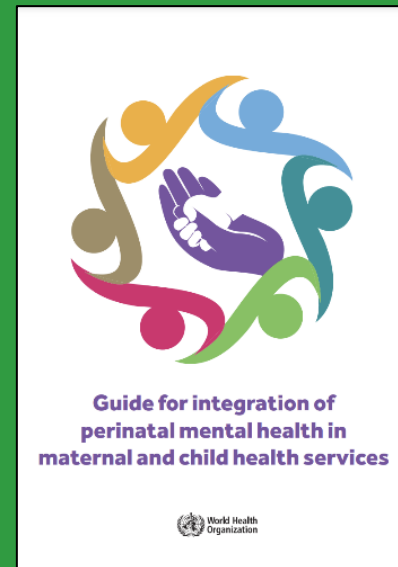
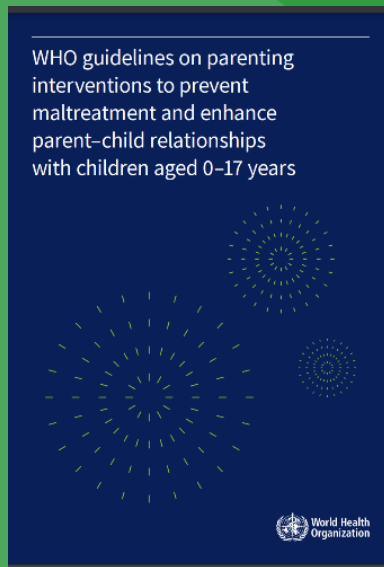


Extending nurturing care into adolescence



Six domains of child and adolescent health and well-being

Guidelines to support implementation



NURTURING CARE
FOR EARLY CHILDHOOD DEVELOPMENT

**IMPROVING
EARLY
CHILDHOOD
DEVELOPMENT:**
WHO Guideline



Source: Improving early childhood development: WHO guideline. Geneva: World Health Organization; 2020..

1 RESPONSIVE CAREGIVING

All infants and children should receive responsive care during the first 3 years of life; parents and other caregivers should be supported to provide responsive care.

Strength of recommendation: Strong
Quality of evidence: Moderate (for responsive care)



2 PROMOTE EARLY LEARNING

All infants and children should have early learning activities with their parents and other caregivers during the first 3 years of life; parents and other caregivers should be supported to engage in early learning with their infants and children.

Strength of recommendation: Strong
Quality of evidence: Moderate (for early learning)



3 INTEGRATE CAREGIVING AND NUTRITION INTERVENTIONS

Support for responsive care and early learning should be included as part of interventions for optimal nutrition of infants and young children.

Strength of recommendation: Strong
Quality of evidence: Moderate



4 SUPPORT MATERNAL MENTAL HEALTH

Psychosocial interventions to support maternal mental health should be integrated into early childhood health and development services.

Strength of recommendation: Strong
Quality of evidence: Moderate



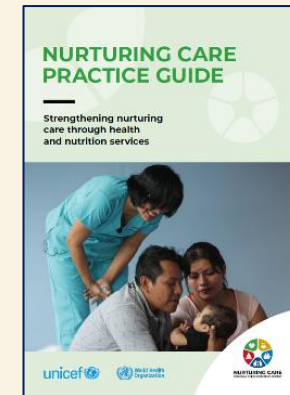
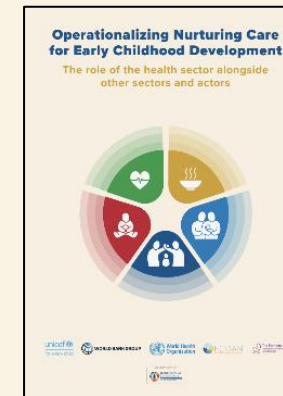
Resources to support implementation of the Nurturing Care Framework

Planning and implementing the 5 strategic actions

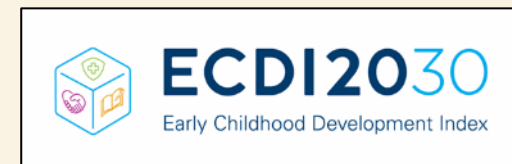
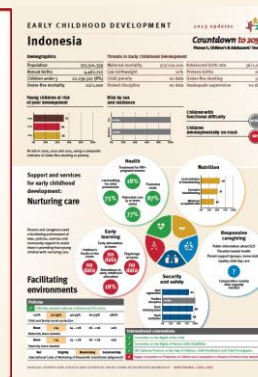
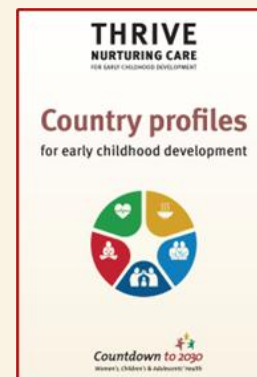
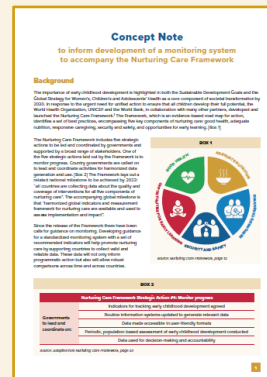


Nurturing care handbook

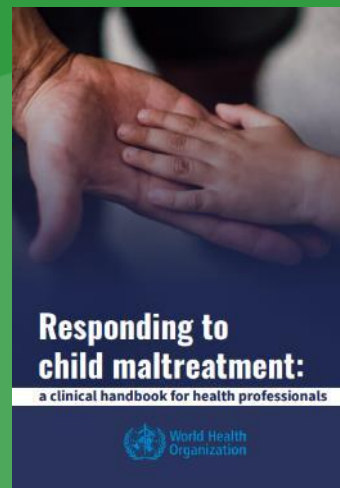
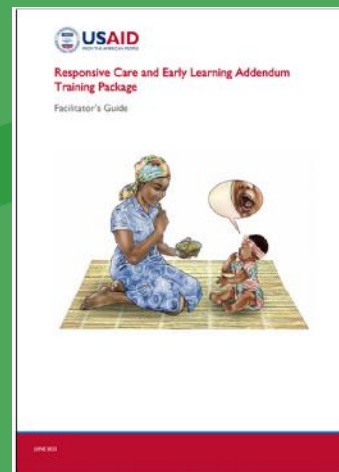
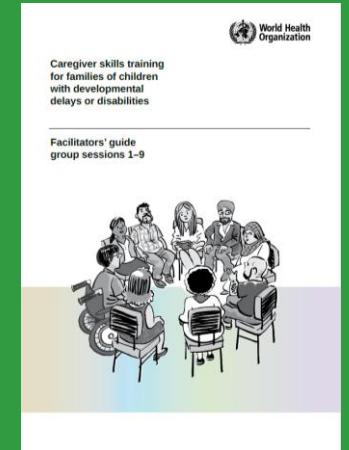
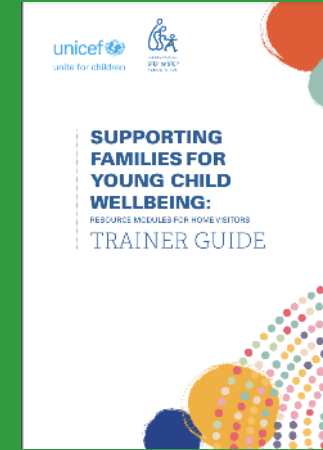
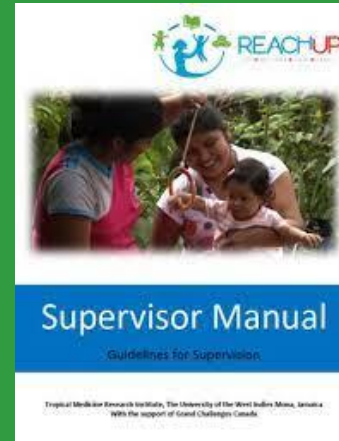
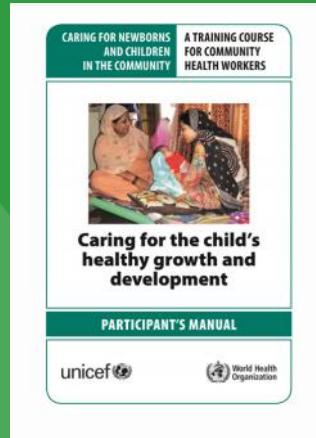
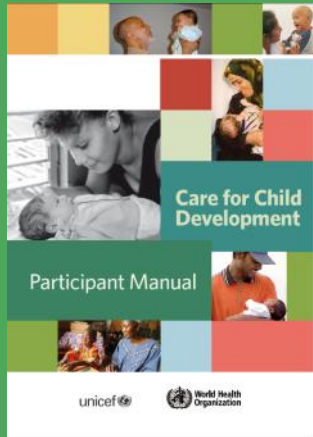
Strengthening the role of the health sector



Measuring progress



Tools to strengthen existing services

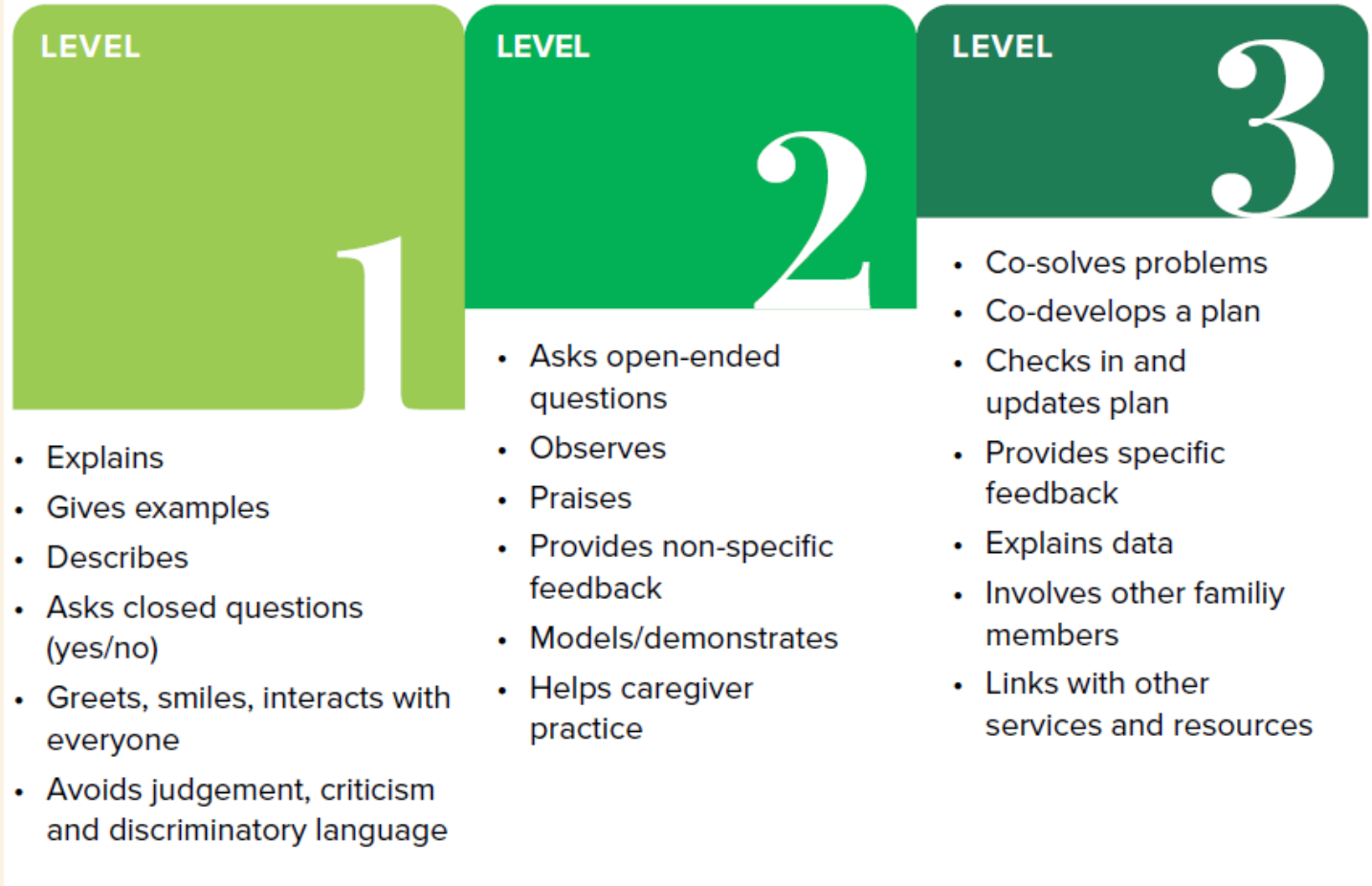


NURTURING CARE
FOR EARLY CHILDHOOD DEVELOPMENT

#Smart dIMCI, Self-Learning Course, [Enroll here](#)



Figure 1. Key skills of health workers to be mastered at each level



- 8 competency areas
- Three competency levels per competency area
- Defined responsibilities for supervisors and trainers



RESPONSIVE CAREGIVING



OPPORTUNITIES FOR EARLY LEARNING



SAFETY AND SECURITY



CAREGIVER WELL-BEING

Video: <https://akflearninghub.org/instructional-video/video/early-childhood-development/a-competency-framework-for-health-workers-supervisors-and-trainers/>

Framework: <https://akflearninghub.org/document/a-competency-framework-for-health-workers-supervisors-and-trainers/>

Nurturing care practice guide

- Targets **providers and managers** of health and nutrition services
- Is relevant for **humanitarian and emergency** settings



<https://nurturing-care.org/practiceguide/>

NURTURING CARE PRACTICE GUIDE

Strengthening nurturing
care through health
and nutrition services



unicef 

 World Health
Organization



Part 1

Nurturing care: another look

Rationale for strengthening support for responsive caregiving, opportunities for early learning, safety and security, and caregiver well-being in health and nutrition services

Part 2

Preparing health and nutrition services

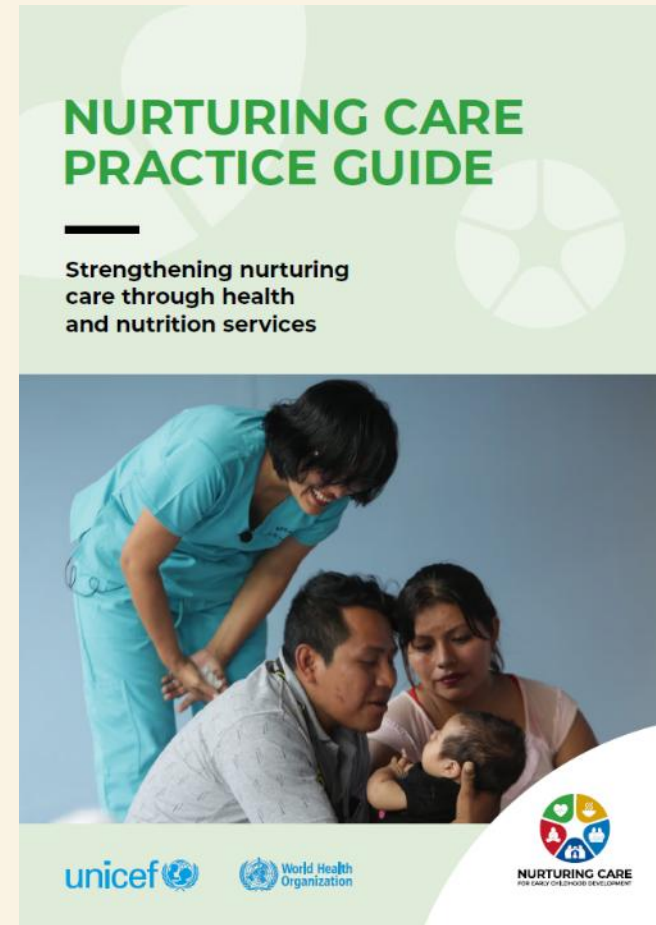
Role of managers to reduce barriers, build skills of providers, identify resources for additional support

Part 3

Supporting families in existing services

Practical examples of what providers can do in existing services throughout the lifecycle

<https://nurturing-care.org/practiceguide/>



RESPONSIVE
CAREGIVING



OPPORTUNITIES FOR
EARLY LEARNING



SAFETY AND
SECURITY



CAREGIVER
WELL-BEING

Table 2.1. Skills providers need to strengthen caregiver practices for nurturing care

SKILLS FOR INTERPERSONAL COMMUNICATION

For all caregiver-provider contacts

- Ask open-ended questions, listen attentively and observe interactions and practices.
- Praise and reinforce the efforts of families to care for their children.
- Identify family difficulties in providing care at home or using health services.
- Empathize with caregiver concerns and assist caregivers in solving problems through shared decision-making.
- Coach or guide caregivers in practising new skills, identify difficulties they might have and help solve problems.

SKILLS TO SUPPORT CAREGIVER PRACTICES



For responsive caregiving

- Observe cues as children interact with caregivers (e.g. expressions of hunger, discomfort, fear, needs for affection and interests).
- Observe the responses of caregivers to their children's cues.
- Engage caregivers in practising responsive interactions, starting before the child is born and continuing through the early years.
- Emphasize the importance of responsive caregiving to support children who are acutely ill or have chronic conditions, and help caregivers interpret and respond to their cues.
- Demonstrate responsiveness when asking about caregiver concerns.
- Model responsiveness with the child during the visit while weighing, immunizing or taking the child's temperature. Actively engage, explain and respond to the child's cues of fear and curiosity, and encourage the caregiver's help.



For opportunities for early learning

- Identify existing and missed opportunities for caregivers to play and communicate with their young children at home.
- Counsel caregivers on how to start very early, even during pregnancy, to play and communicate with their young children.
- Identify developmentally-appropriate learning activities and use them to strengthen caregiver-child interactions.
- Model ways to praise and encourage caregivers in what they are doing well, and in trying out new tasks with their children.



For safety and security

- Help caregivers identify and correct environmental hazards to the child's health and development in the home and in the community.
- Observe for signs of potential neglect and abuse of children and their caregivers, and follow reporting protocols when necessary.
- Help caregivers stop unhealthy behaviours such as smoking, alcohol or other substance abuse.
- Help caregivers establish routines for eating and sleeping.

SKILLS TO SUPPORT CAREGIVER WELL-BEING



For supporting caregiver well-being

- Listen to the caregiver(s) and build a trusting confidante relationship.
- Work together to understand how caregivers feel about their children and identify stressors the caregiver is facing.
- Demonstrate relaxation exercises and other practices that can help caregivers cope with stress.
- Support caregivers in problem-solving and develop approaches for dealing with family conflict.
- Connect caregivers to peer groups and other community resources to support their own well-being and that of their children.

Table 1.1. Examples of caregiver practices related to nurturing care and provider support for caregivers

COMPONENT OF NURTURING CARE

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.

Safety and security



- Build your child's trust through a warm, responsive presence.
- Make a safe home environment for exploration and increasing independence.
- Protect your child from harsh discipline, neglect and abuse.
- Apply positive discipline methods.
- Establish routines for eating and sleeping.
- Protect the child from harmful substances.

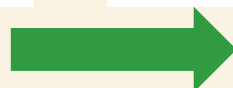
SUPPORTING CAREGIVER WELL-BEING

Supporting caregiver well-being



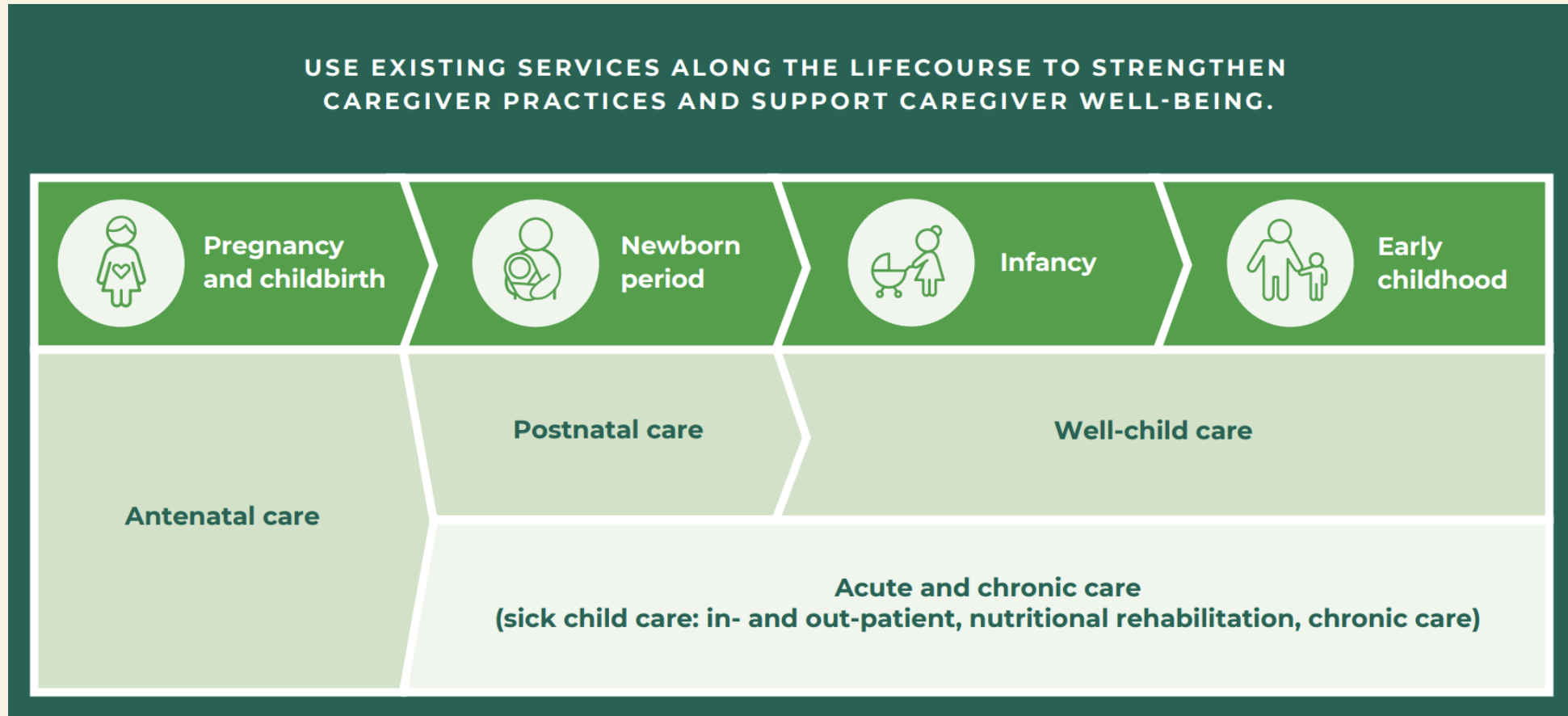
- Identify your feelings about having a baby – joys and concerns.
- Discuss your concerns and the help needed from your family.
- Maintain daily relaxing routines.
- Build the capacity to care for yourself.
- Know where to find help to problem-solve and organize support.
- Identify community services, support networks.

Skills providers need to....



strengthen caregiver practices + well-being

Services where providers can support caregivers to provide nurturing care and support caregiver well-being



Make antenatal visits more nurturing



RESPONSIVE
CAREGIVING

Be aware of child's signals.

Respond appropriately / timely.

Ask: Does your baby move and kick? How do you respond? What do you feel? How does the unborn baby respond to you when you touch it? Has the baby's father felt the baby move?

Ask (during an ultrasound test): What do you see? How does the baby respond to your movements and touch? How do you know your baby hears you?



OPPORTUNITIES FOR
EARLY LEARNING

Talk with your child, starting before birth.

Ask: How do you talk with your baby? What do you say? Do you think your baby can hear you?

Ask: How does the father or other caregiver talk to the baby?

Discuss: Talking to the baby before birth helps caregivers bond with the baby and vice versa. It will also help the baby recognize your voices at birth.

Make **antenatal visits** more nurturing



SAFETY AND
SECURITY

Make a safe home environment.

Protect the child from harmful substances.

Discuss: How can you prepare your home to be safe for the baby? Is there clean air in the house and a safe cookstove?

Ask: Is there any member in the household who smokes or uses alcohol or another substance?



CAREGIVER
WELL-BEING

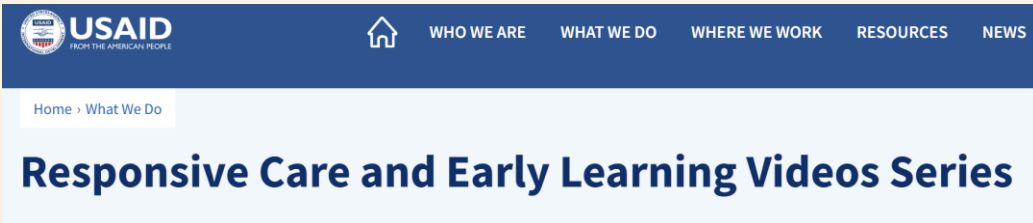
Identify your feelings about having a baby—joys and concerns. Discuss your concerns and the help needed from your family. Maintain daily relaxing routines.

Ask: How do you feel about having this baby? What concerns do you have?

Discuss: What help do you need, for example, to lighten household chores? Care for others in the family? Have enough sleep?

Ask: What types of food are you eating? How are you sleeping?

Responsive Care and Early Learning (RCEL) Addendum Resource Collection



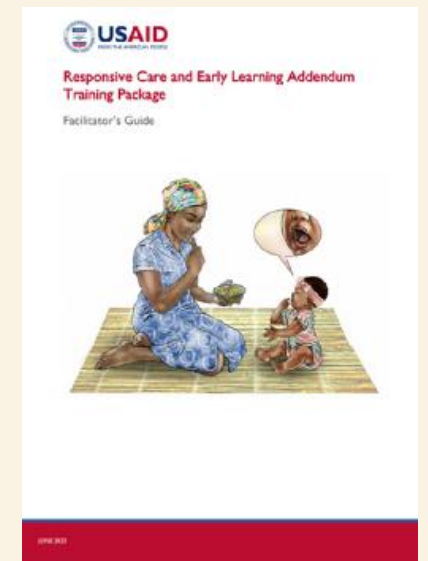
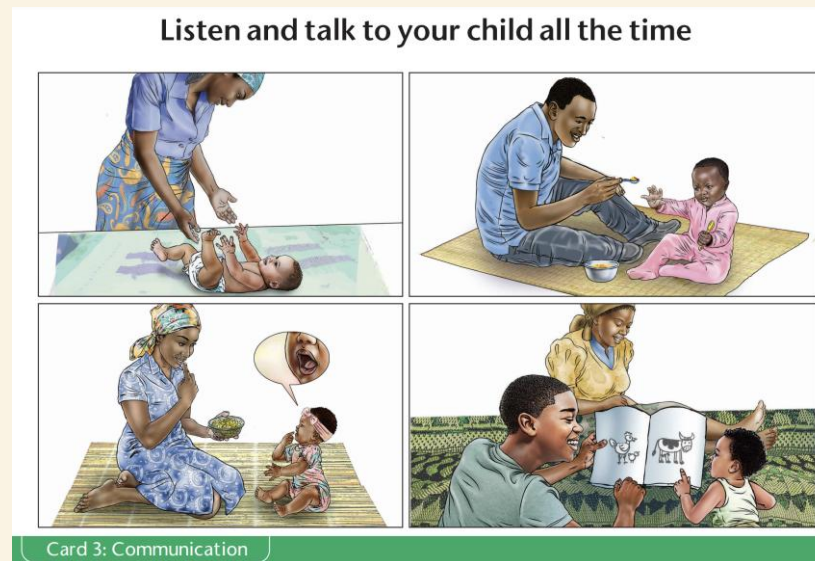
A set of 10 videos with scenes from Ghana and the Kyrgyz Republic

<https://www.advancingnutrition.org/what-we-do/activities/responsive-care-and-early-learning-videos-series>

Videos available in English, French and Portuguese

The collection: <https://www.advancingnutrition.org/resources/responsive-care-early-learning-addendum>

Responsive Care and Early Learning (RCEL) Addendum



Planning and adaptation guide, training package, counselling cards available in English and French

<https://www.advancingnutrition.org/resources/responsive-care-early-learning-addendum/english>

PATH ECD Knowledge Hub: <https://pathecd.org>

The Hub summarizes key lessons of PATH-supported 10+ years of ECD programming in PHC and beyond across Kenya, Mozambique, Ethiopia and Zambia, in over 30 briefs, for example:

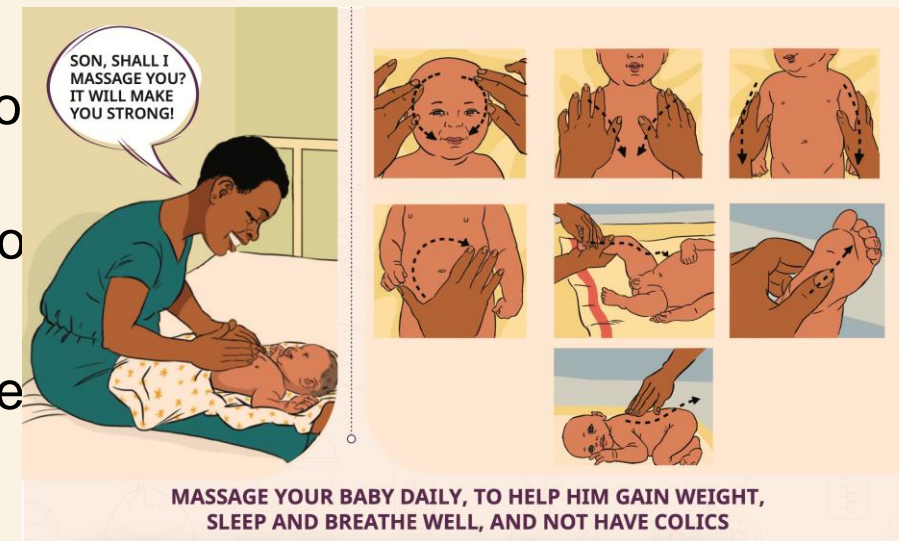
- How human-centered design can be used to improve ECD interventions in maternity wards, waiting rooms and well child visits
- How to optimize use of government tools such as home-based records, for ECD
- How to link ECD and nutrition in pediatric wards and community activities.

Search BRIEFS on the Resource page.



PATH ECD Knowledge Hub: <https://pathecd.org>

- The Hub is organized by **key services in primary health care**, with special attention to children with disabilities and to maternal mental health
- Downloadable tools include:
 - Job aids such as posters, flipcharts and SOPs
 - Training manuals & instructional videos, mentoring too
- The Hub also showcases government tools to which PATH & o partners contributed, such as:
 - National and subnational policies, strategies, guideline
 - Home records and HMIS registers
- Materials are available in English, Portuguese and Amharic.



Thank you

For more information:

nurturing-care.org

youtube.com/@nurturing-care/playlists

Join the conversation:

#NurturingCare

@NurturingCare



Key messages



Country experience



Country profiles for ECD



Frequently asked questions



Nurturing care explained



Quote cards



Advocacy 'how to'



Thematic briefs



Resource repository