

## Annex 2. Training resources to develop the skills of providers

Many training resources exist to introduce new skills to providers. **Table A2** lists theoretically strong, evidence-based and tested training packages to support the skills needed to implement the suggestions in the *Practice guide*. To be effective, generic guides and protocols should be adapted to the cultural context, delivery systems and category of providers, for incorporation into existing curricula and pre- and in-service training. Many of these materials have been adapted by users in different regions, for a range of service providers, and for humanitarian settings and health crises.

More information on these packages, videos and other supplementary training materials can be found on the nurturing care website (<https://nurturing-care.org>) and the Early Childhood Development Action Network (ECDAN) website (<https://ecdan.org>). As new resources become available, they will be added, with examples of how they are being used. These websites will also include tools to assess caregiving practices, monitor and evaluate programmes, and measure child development, especially appropriate for low- and middle-income countries.

Table A2. Training packages to develop the skills of service providers



RESOURCE	YEAR	DESCRIPTION	ADAPTATIONS & LANGUAGES
<p>Care for child development: improving the care of young children</p> 	2012	Designed to help families build stronger relationships with their young children and solve problems in caring for their children at home. Includes recommended play and communication activities for families to support children's early learning and provide responsive care.	<ul style="list-style-type: none"> <li>Used in over 40 countries.</li> <li>Translated into more than 17 languages.</li> <li>Adaptable for use in facility, community and home-based services, via group and one-to-one sessions.</li> </ul>
<p>Caregiver skills training for the management of developmental disorders</p> 	2015	Designed for families with children with developmental difficulties and persistent behavioural disorders. Helps caregivers use play and caregiving routines as opportunities for the child's learning and development.	<ul style="list-style-type: none"> <li>Undergoing field-testing in more than 30 countries worldwide.</li> <li>Also available as e-learning modules.</li> </ul>

Table A2. Continued




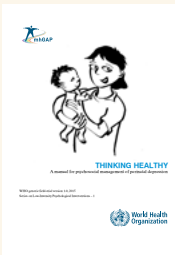

RESOURCE	YEAR	DESCRIPTION	ADAPTATIONS & LANGUAGES
<p>Caring for the caregiver</p> 	2020	Aims to build frontline workers' skills in strengths-based counselling to increase caregivers' confidence and help them develop stress management, self-care and conflict-resolution skills to support their emotional well-being.	<ul style="list-style-type: none"> <li>• Currently being validated and adapted in eight countries through implementation research.</li> <li>• Translation into multiple languages underway.</li> </ul>
<p>Caring for the child's healthy growth and development</p> 	2015	Equips community health workers with the knowledge and skills to counsel families to: i) breastfeed young children and give their children nutritious complementary foods; ii) play and communicate with their children to help them learn and to strengthen their relationships with their children; iii) prevent childhood illnesses and injury; and iv) recognize signs of illness and take their children to a health facility.	<ul style="list-style-type: none"> <li>• Adapted in Zambia and Bukhali, South Africa.</li> <li>• Can be used with other modules on newborn and sick-child care in the series <i>Caring for newborns and children in the community</i>.</li> </ul>
<p>Reach up and learn</p> 	1975	Based on the Jamaica Home Visit intervention. Equips front-line workers with the skills to model and demonstrate activities that caregivers can use to support their child's early learning and development.	<ul style="list-style-type: none"> <li>• Adapted for use in health, nutrition and social protection programmes in over 15 countries (e.g. Bangladesh, Colombia, Peru, the Syrian Arab Republic).</li> </ul>

Table A2. Continued

RESOURCE	YEAR	DESCRIPTION	ADAPTATIONS & LANGUAGES
<p>Thinking healthy: a manual for psychological management of perinatal depression</p> 	<p>2015</p>	<p>A low-intensity psychological intervention for use at the community level to address maternal depression during the perinatal period. Uses pictures for mothers to monitor their moods, identify negative thoughts, and recognize the consequences on themselves and others. Helps mothers set goals to practise activities to develop more positive thoughts and actions through techniques used in cognitive behavioural therapy.</p>	<ul style="list-style-type: none"> <li>Available in English, French, Italian, Spanish, Turkish and Urdu.</li> </ul>
<p>Responsive care and early learning addendum for IYCF counseling</p> 	<p>Draft 2021</p>	<p>A set of seven counselling cards identifies messages on responsive care and early learning to integrate with the UNICEF Community infant and young child feeding counselling package.</p>	

