

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.