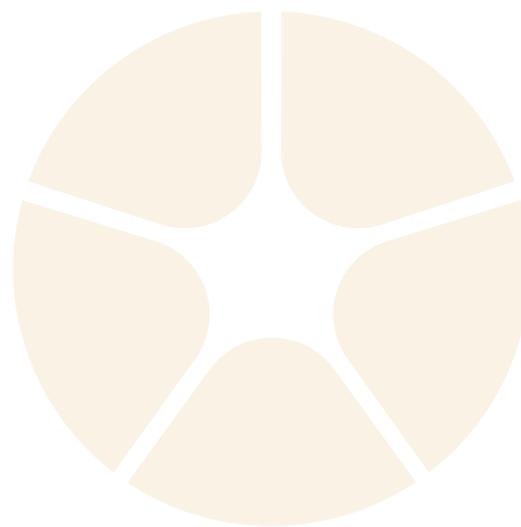


Annex 3. Strengthening nurturing care and support to caregiver well-being across the three levels of support

Caregivers, families and communities need different levels of support – universal, targeted and indicated – to be able to provide their children nurturing care and care for themselves.



All children and their caregivers need some support. Some children and caregivers need all the support they can get.

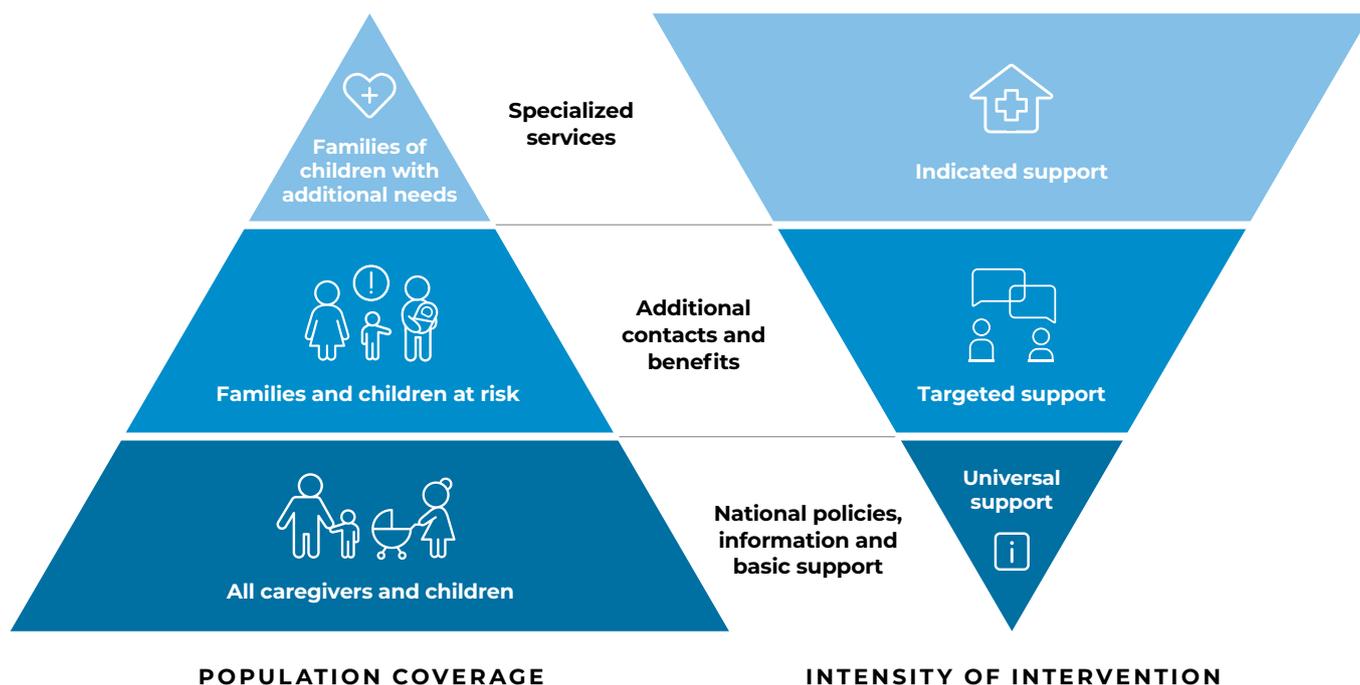




Table A3 provides illustrative examples of how providers can support caregivers' practices and well-being in the context of universal, targeted and indicated support.

Table A3. Supporting caregivers' practices and well-being by type of support

| LEVEL OF SUPPORT: UNIVERSAL SUPPORT FOR ALL CAREGIVERS AND CHILDREN  | |
|---|---|
|  <p>Responsive caregiving</p> | <p>Before birth, ask the mother and father <i>Does your baby move and kick? Show me how you respond.</i> <i>Gently holding the abdomen where the baby is kicking and talking or singing means communicating with the baby while in utero.</i></p> <p>Soon after the birth, coach the parents on how to hold the baby <i>Support your baby's head. Look closely into your baby's eyes. See how your baby reaches for you.</i></p> |
|  <p>Opportunities for early learning</p> | <p>Ask the caregiver <i>How do you play with your baby? How do you talk to your baby?</i></p> <p>Encourage playful interactions and talking to the baby, long before the baby speaks.</p> <p>In the clinic Set up a playbox with sample toy items and a trained volunteer to assist caregivers and children in responsive play.</p> |
|  <p>Safety and security</p> | <p>In the clinic Make sure that the facilities are accessible and safe for all children, e.g. with clean toilets, child-appropriate furniture and supervised play areas.</p> <p>Ask <i>Does your child put things into her mouth? The mouth is sensitive for learning about an object (warm, cold, rough, smooth, hard, soft). Help your child explore different objects. Make sure they are safe and clean.</i></p> |
|  <p>Supporting caregiver well-being</p> | <p>Post a sign <i>If you feel sad and unable to respond joyfully to your child, seek help from your health care provider.</i></p> <p>During antenatal visits, discuss with parents: <i>How do you feel about having a baby? What help will you need from your family when the baby is born?</i></p> |

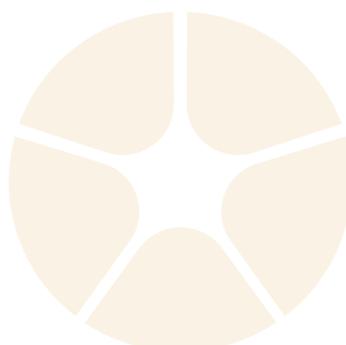


Table A3. Continued

| LEVEL OF SUPPORT: TARGETED SUPPORT FOR ALL FAMILIES AND CHILDREN AT RISK  | |
|---|---|
|  Responsive caregiving | <p>During scheduled clinic and home visits: provide regular support for mothers living with HIV and those with chronic illnesses to help them bond with their children and recognize how important they are to their children. Help them to overcome any insecurity about physical bonding, breastfeeding and other responsive practices.</p> |
|  Opportunities for early learning | <p>During nutrition rehabilitation services: provide a space with a trained volunteer to help caregivers feed, play and communicate actively with their malnourished children, and coach them as they try out new activities appropriate for the child's age and capacities.</p> |
|  Safety and security | <p>Provide regular home visits to children with physical, cognitive or behavioural difficulties. Help caregivers learn effective strategies for the new challenges they face as their children grow.</p> <p>Observe for signs of neglect and abuse, and refer families to special services if needed.</p> |
|  Supporting caregiver well-being | <p>Schedule clinic visits to save time and reduce stress. Hold specialized care and rehabilitation on the same days as children receive their primary well-child services (e.g. immunization, growth monitoring).</p> <p>Ask questions and observe for signs of poor parental mental health. Refer parents for special services if needed.</p> <p>Arrange home visits and group support for caregivers facing similar difficulties (e.g. with children with HIV, cerebral palsy, autism or learning difficulties).</p> |
| LEVEL OF SUPPORT: INDICATED SUPPORT FOR FAMILIES AND CHILDREN WITH ADDITIONAL NEEDS  | |
|  Responsive caregiving | <p>Engage families of children with developmental delays and disabilities in activities that help them recognize the variety of ways in which the child communicates. Help them to interpret and respond to the child's interests and signals. Help caregivers use painless, fun, home exercises for the child's motor and cognitive development.</p> |
|  Opportunities for early learning | <p>Refer caregivers to specialized services that can help them learn new activities appropriate for their child's needs and capacities. Encourage opportunities in the community for inclusive family activities, childcare, special education, and group support for learning.</p> |
|  Safety and security | <p>Identify appropriate social services. Refer caregivers to specialized services for substance abuse, mental health or violent behaviour. If necessary, work with social services to temporarily place at-risk children with a caring grandparent or other responsible family member.</p> |
|  Supporting caregiver well-being | <p>Map available community resources for specialized care, including mental health services, and set up referral networks for caregivers. Ensure caregivers receive counselling for the challenges they face and their need for self-care.</p> |