

Bringing it all together

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IPA Webinar

Fragile Beginnings: The impact of conflict and displacement on early childhood development

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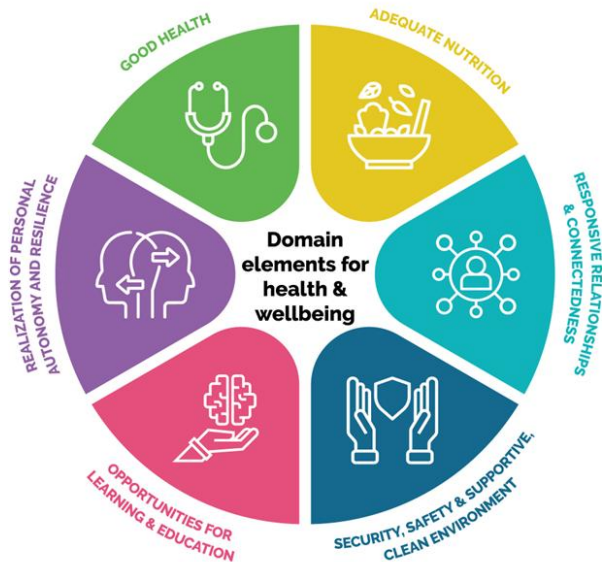
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What children need to survive and thrive

Enabling environments for child health and well-being



Early childhood



The first two decades



Onset of crisis

Actions to promote nurturing care



GOOD
HEALTH



... involves minimizing disruptions in essential health services and providing psychological first aid or basic emotional or psychological support for caregiver mental health.

ADEQUATE
NUTRITION



...means ensuring the availability of and access to nutritious food for caregivers and children and promoting breastfeeding.

SAFETY AND
SECURITY



...includes shelter and warmth; adequate, accessible and safe water and hygiene facilities; cash transfers and child grants; and minimizing violence and stress.

OPPORTUNITIES FOR
EARLY LEARNING



...means providing materials such as books, learning and play materials; and emergency childcare for frontline workers.

RESPONSIVE
CAREGIVING



...means preventing separation and reducing caregiver stress.

Protracted crisis

Actions to promote nurturing care



GOOD
HEALTH



... involves preventing and managing illness; developmental monitoring and counselling to identify children at risk of sub-optimal development or experiencing delay or disability; psychosocial support for caregivers.

ADEQUATE
NUTRITION



...means ensuring food security, preventing and managing malnutrition, counselling on infant and young child feeding

SAFETY AND
SECURITY



...means ensuring financial security; practicing good hygiene; child protection; supporting families experiencing high levels of stress; and alleviating family conflict

OPPORTUNITIES FOR
EARLY LEARNING



...involves providing culturally-relevant and developmentally-appropriate play and learning materials; creating opportunities for children to play and learn with their caregivers and in organized spaces; supporting children with disabilities;

RESPONSIVE
CAREGIVING



...means encouraging positive and responsive interactions between caregivers and children; and reducing caregiver stress.

Parents are at the frontline ...

COVID-19 Stress Taking Toll on Parent-Child Relationships

Nearly Half Of Parents With Young Kids Battling Severe Stress During COVID-19

The parents are not
experiences of pare
pandemic

SINGAPORE

#CORONAVIRUS | #MENTAL HEALTH

Some driven to
during coronav

Millions of children rely on schools
meal. Feeding them safely requires
extensive changes this year.

Family mental health crisis: Parental depression, anxiety during COVID-19 will affect kids too

Parenting in a Global Pandemic: A View From Kenya

Navigating survival needs while trying to protect your family
COVID-19.

Posted May 14, 2020

COVID-19 Pits Full-Time Parenting Against Full-Time Work, and Women Are the Hardest Hit

... they deserve support

parenting during COVID-19 in
erra Leone
ategies to help with parenting during this period

**Year: poverty looms for a
ian children once
plement slashed**

Face Increased

CAREGIVER WELL-BEING

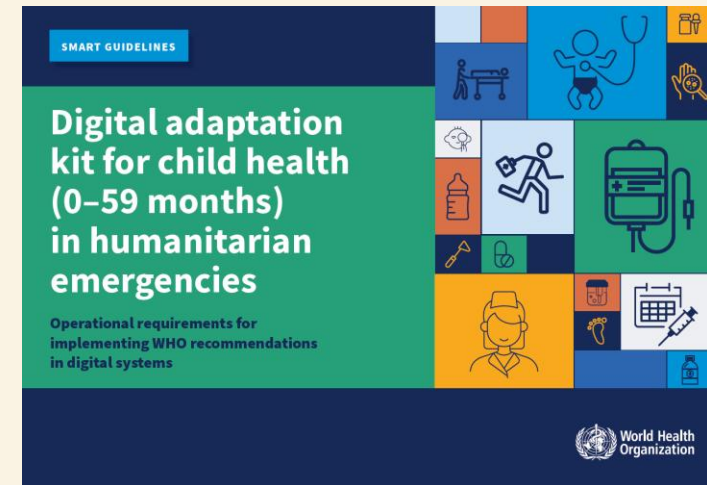
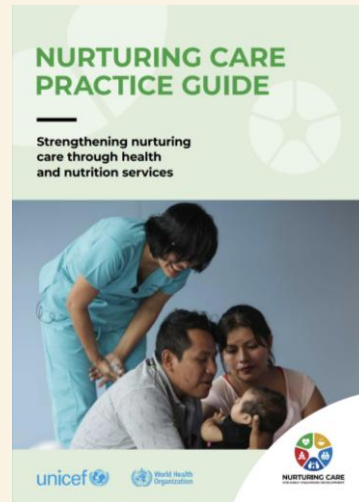
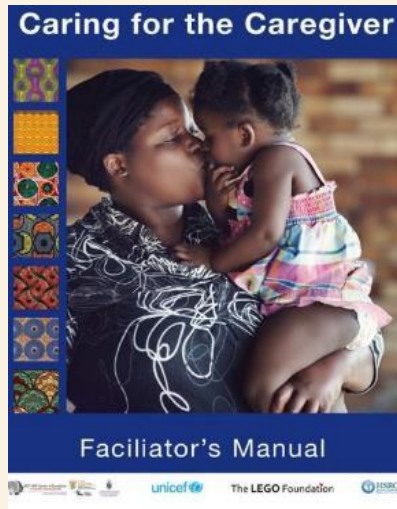
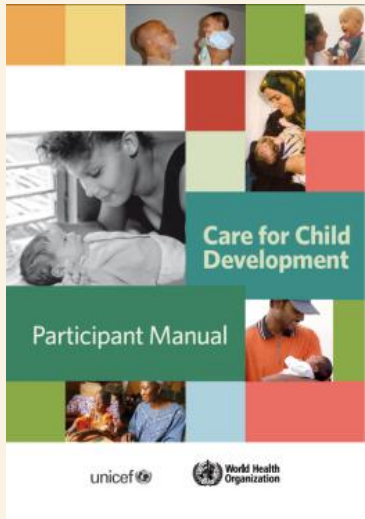
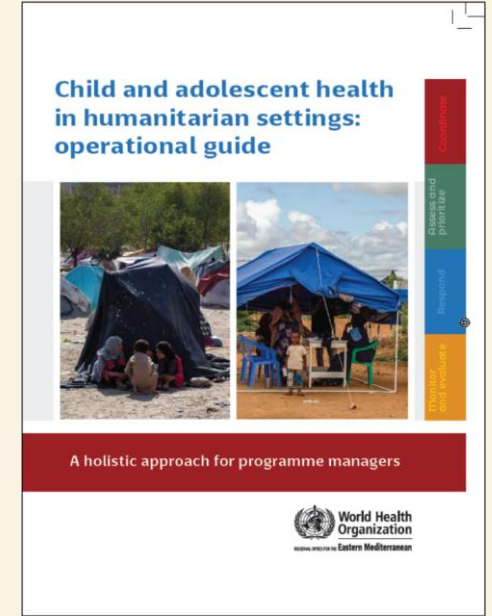
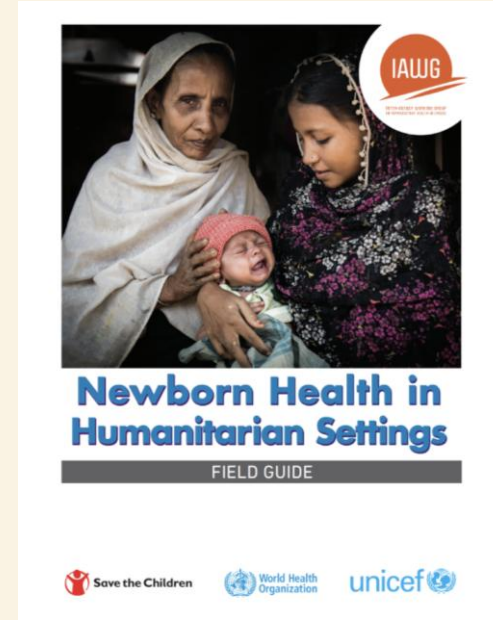
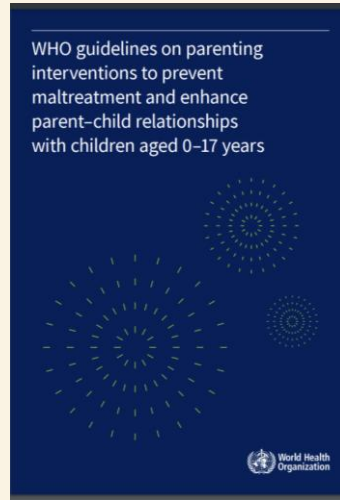


Refers to caregivers' physical and mental health. Recognizes that caregivers are best placed to provide their children nurturing care but can only do so effectively when they are able to care for themselves and get support when as needed.



Photo credit:
Plan Ecuador

Resources



<https://www.youtube.com/@nurturing-care/playlists>

Nurturing care in humanitarian settings

ONSET OF CRISIS (REMEMBER)

- Sustain specific actions that contribute to nurturing care for children relevant to the setting and the phase of the emergency
- Establish safe play and learning spaces for young children and their caregivers

PROTRACTED CRISIS (STRENGTHEN, ADD)

- Update existing policies and plans to ensure continued attention and financing for nurturing care
- Ensure representation of all relevant nurturing care stakeholders in assessment, planning and implementation of emergency response
- Bolster staff capacity to support nurturing care for early childhood development
- Protect caregiver mental health and provide psychosocial support

<https://nurturing-care.org/nurturing-care-in-humanitarian-settings/>

THEMATIC BRIEF



Nurturing care for children living in humanitarian settings



What is nurturing care?

What happens during early childhood (pregnancy to age 8) lays the foundation for a lifetime. We have made great strides in improving child survival, but we also need to create the conditions to help children thrive as they grow and develop. This requires providing children with nurturing care, especially in the earliest years (pregnancy to age 3).

Nurturing care comprises of five interrelated and indivisible components: good health, adequate nutrition, safety and security, responsive caregiving and opportunities for early learning. Nurturing care protects children from the worst effects of adversity and produces lifelong and intergenerational benefits for health, productivity and social cohesion.

Nurturing care happens when we maximize every interaction with a child. Every moment, small or large, structured or unstructured, is an opportunity to ensure children are healthy, receive nutritious food, are safe and learning about themselves, others and their world. What we do matters, but how we do it matters more.

Why is nurturing care important in humanitarian settings?

The early years in a child's life are critical in building a foundation for optimal development through a stable and nurturing environment, as described in the *Nurturing Care Framework* (1).

However, infants and young children in humanitarian settings face massive challenges to survive and, even more so, to thrive. As the number of crisis-affected people continues to rise, so does the proportion of future generations who experience the severe distress of displacement and conflict. When children are deprived of opportunities to develop, the ability of families, communities and economies to flourish is limited.

More than 29 million children were born into conflict-affected areas in 2018 (2). Young children in these situations face compounded risks to their development stemming from a continuum of experiences which may include forced displacement, migration and resettlement in a new setting, such as a refugee camp, or integration within host communities. These experiences are likely to result in mothers, infants and young children having limited access to preventive and curative health services; high risk for malnutrition; elevated levels of insecurity, violence and stress; and other potential effects arising from socioeconomic adversity or extreme poverty.

This brief summarizes actions that programme planners and implementers should take to minimize the impact that emergencies have on the lives of young children and their families. It calls upon all relevant stakeholders to invest in evidence-based policies and interventions that have been shown to build resilience and mitigate the harmful effects of emergencies.

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Photo credit: © UNICEF/UNIS7473

What can pediatricians do?

- ✓ Maintain essential services.
- ✓ Protect caregiver mental health.
- ✓ Provide safe and healing spaces for children and their caregivers.
- ✓ Protect and support frontline workers.
- ✓ Collaborate with other actors and services.
- ✓ Advocate for interventions that ensure children survive and thrive to be included in policies, plans and budgets.
- ✓ Work with national actors to develop flexible and resilient health systems.



Photo credit: © UNICEF/UNI337473

Thank you

For more information:
nurturing-care.org
ecdan.org

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