A closer look at the nurturing care components

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| Good health        | Refers to the health and well-being of the children and their caregivers. Why both? We know that the physical and mental health of caregivers can affect their ability to care for the child. | - Family planning  
- HIV testing, prevention of mother-to-child transmission of HIV  
- Essential newborn care including kangaroo care for small babies  
- Immunization of mother and child  
- Growth monitoring and counselling  
- Promotion of health and well-being including health care seeking behaviour  
- Prevention and treatment of childhood illness and caregiver physical and mental health problems  
- Care for children with developmental difficulties or disabilities |
| Adequate nutrition | Refers to maternal and child nutrition. Why both? We know that the nutritional status of the mother during pregnancy affects her health and well-being and that of her unborn child. After birth, the mother’s nutritional status affects her ability to breastfeed and provide adequate care. | - Maternal nutrition  
- Early initiation and exclusive breastfeeding for 6 months, continued breastfeeding after 6 months with appropriate and responsive complementary feeding  
- Micronutrient supplementation for mother and child, as needed  
- Adequate physical activity, sedentary behaviour and sleep in early childhood  
- Management of moderate and severe malnutrition as well as overweight and obesity |
| Safety and security | Refers to safe and secure environments for children and their families. Includes physical dangers, emotional stress, environmental risks (e.g., pollution), and access to food and water. | - Birth registration  
- Food security and access to clean water  
- Clean indoor and outdoor air  
- Good hygiene  
- Protecting children from physical punishment, abuse, and neglect  
- Safe spaces to play  
- Social care services including cash transfer to the most vulnerable families |
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<td><strong>Opportunities for early learning</strong></td>
<td>Refers to any opportunity for the baby, toddler or child to interact with a person, place, or object in their environment. Recognizes that every interaction (positive or negative, or absence of an interaction) is contributing to the child's brain development and laying the foundation for later learning.</td>
<td><strong>At home and in child care spaces:</strong>&lt;br&gt;- Activities that encourage young children to move their bodies, activate their five senses, hear and use language, and explore&lt;br&gt;- Using daily routines to talk to, play, and interact with baby/toddler/child&lt;br&gt;- Telling stories (including by elders)&lt;br&gt;- Exploring books together and reading to the baby/toddler/child&lt;br&gt;- Talking to and with the baby/toddler/child&lt;br&gt;- Smiling, imitating/copying, and simple games (e.g., peek a boo)&lt;br&gt;- Age-appropriate play with household objects and people&lt;br&gt;- Quality standards in formal child care spaces</td>
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<td><strong>Responsive caregiving</strong></td>
<td>Refers to the ability of the parent/caregiver to notice, understand, and respond to their child's signals in a timely and appropriate manner. Considered the foundational component because responsive caregivers are better able to support the other four components.</td>
<td><strong>Across multiple services and touchpoints:</strong>&lt;br&gt;- Modelling and encouraging caregivers to make eye contact, smile, cuddle, praise&lt;br&gt;- Helping caregivers to notice their child's cues and respond appropriately (sensitivity and responsiveness) – for example signs of hunger, satiety, illness, emotional distress, interest to play, pleasure&lt;br&gt;- Supporting caregivers to identify and use everyday moments to communicate and play with their child (e.g., feeding, bedtime)&lt;br&gt;- Encouraging caregivers to develop safe and mutually rewarding relationships with their child (e.g., they enjoy being together)</td>
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For more information and examples see:<br>[Nurturing Care Framework for Early Childhood Development](https://www.nurturing-care.org) (pp. 12-19)<br>[The five components of nurturing care](https://www.nurturing-care.org) at [www.nurturing-care.org](http://www.nurturing-care.org)