## A closer look at the nurturing care components

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<th>Component</th>
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<td><strong>Good health</strong></td>
<td>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.</td>
<td>- Family planning&lt;br&gt;- HIV testing, prevention of mother-to-child transmission of HIV&lt;br&gt;- Essential newborn care including kangaroo care for small babies&lt;br&gt;- Immunization of mother and child&lt;br&gt;- Growth monitoring and counselling&lt;br&gt;- Promotion of health and well-being including health care seeking behaviour&lt;br&gt;- Prevention and treatment of childhood illness and caregiver physical and mental health problems&lt;br&gt;- Care for children with developmental difficulties or disabilities</td>
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<td><strong>Adequate nutrition</strong></td>
<td>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 provide adequate care to her young child.</td>
<td>- Maternal nutrition&lt;br&gt;- Early initiation and exclusive breastfeeding for 6 months, continued breastfeeding after 6 months with appropriate and responsive complementary feeding&lt;br&gt;- Micronutrient supplementation for mother and child, as needed&lt;br&gt;- Adequate physical activity, sedentary behaviour and sleep in early childhood&lt;br&gt;- Management of moderate and severe malnutrition as well as overweight and obesity</td>
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<td><strong>Safety and security</strong></td>
<td>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.</td>
<td>- Birth registration&lt;br&gt;- Food security and access to clean water&lt;br&gt;- Clean indoor and outdoor air&lt;br&gt;- Good hygiene&lt;br&gt;- Protecting children from physical punishment, abuse, and neglect&lt;br&gt;- Safe spaces to play&lt;br&gt;- Social care services including cash transfer to the most vulnerable families</td>
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| **Opportunities for early learning** | 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. | **At home and in child care spaces:**  
- Activities that encourage young children to move their bodies, activate their five senses, hear and use language, and explore  
- Using daily routines to talk to, play, and interact with baby/toddler/child  
- Telling stories (including by elders)  
- Exploring books together and reading to the baby/toddler/child  
- Talking to and with the baby/toddler/child  
- Smiling, imitating/copying, and simple games (e.g., peek a boo)  
- Age-appropriate play with household objects and people  
- Quality standards in formal child care spaces |
| **Responsive caregiving** | 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. | **Across multiple services and touchpoints:**  
- Modelling and encouraging caregivers to make eye contact, smile, cuddle, praise  
- 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  
- Supporting caregivers to identify and use everyday moments to communicate and play with their child (e.g., feeding, bedtime)  
- Encouraging caregivers to develop safe and mutually rewarding relationships with their child (e.g., they enjoy being together) |

For more information and examples see:  
[Nurturing Care Framework for Early Childhood Development](pp. 12-19)  
The five components of nurturing care at [www.nurturing-care.org](http://www.nurturing-care.org)