



Caring for the Caregiver

**A key tool for
operationalizing
nurturing care**



DST-NRF Centre of Excellence
in Human Development
Individual and Society



The **LEGO** Foundation



Caregivers' emotional well-being is critical for child development

- Caregivers' emotional well-being impacts their ability to provide nurturing care
- Efforts to help children are unlikely to succeed unless they also support caregivers (Lancet, 2016)
- Need to empower caregivers with emotional availability, knowledge, skills, access to resources for caregiving



Vision

Provide adequate counselling and parenting support services that improve:



caregivers' emotional wellbeing



caregiver-child
interactions/relationship



child development outcomes

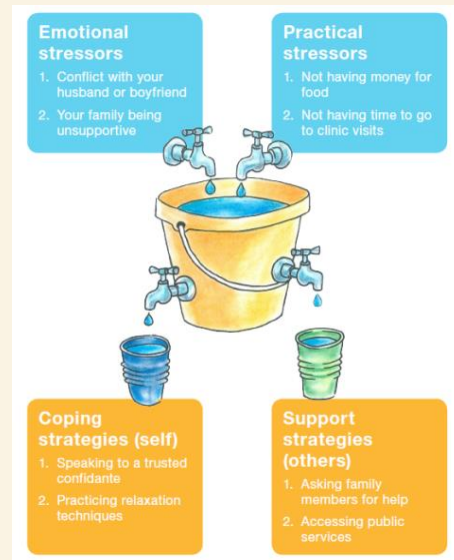


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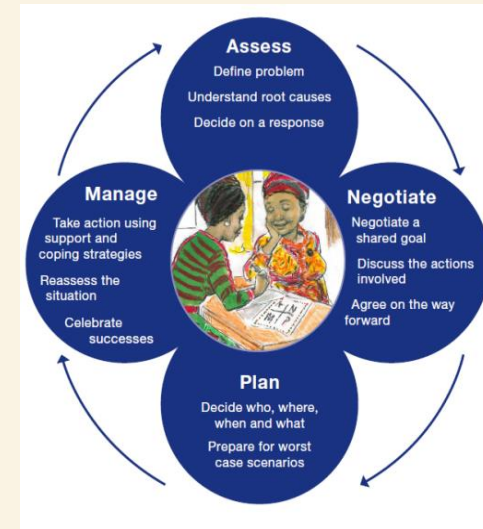
Caring for the Caregiver (CFC) Essential Skills



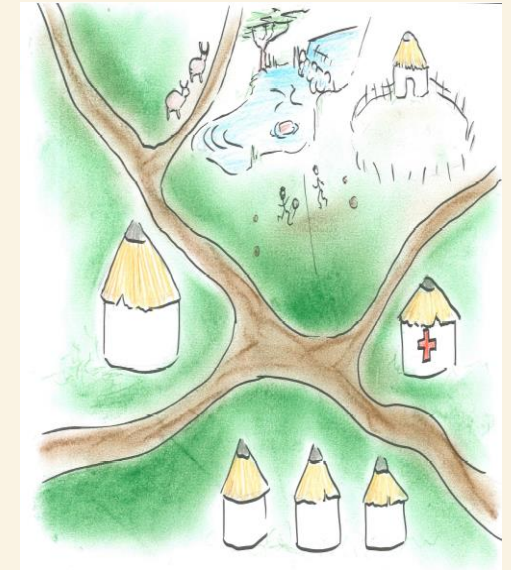
**Relationship
management**



**Stress
management**



**Conflict
management**



**Resource
management**

The CFC package is currently undergoing validation in: Brazil, Bhutan, Malawi, Mali, Sierra Leone, Rwanda, Serbia, Zambia,



Two organizing principles

CFC puzzle

Connect with caregiver:

- Tune in and connect to the emotional needs of the caregiver.
- Encourage the caregiver's ability to cope with emotions and stress.

Support for caregiver:

- Engage support from partners and family and help resolve conflict.
- Problem-solve barriers to accessing resources and services in the community.

Connect with child:

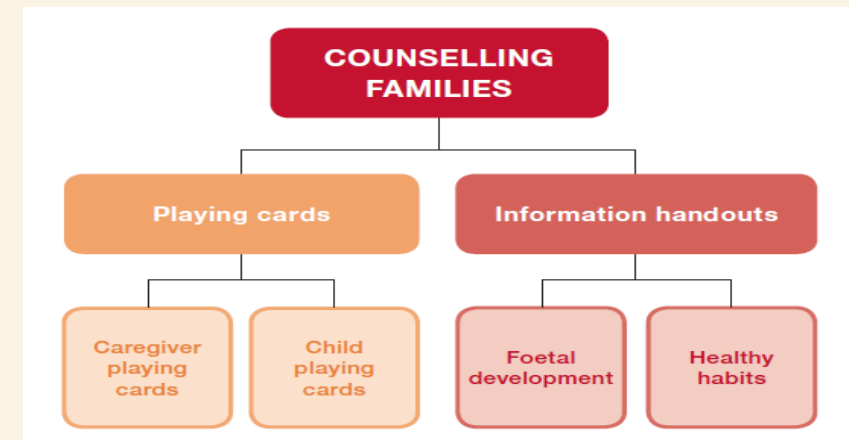
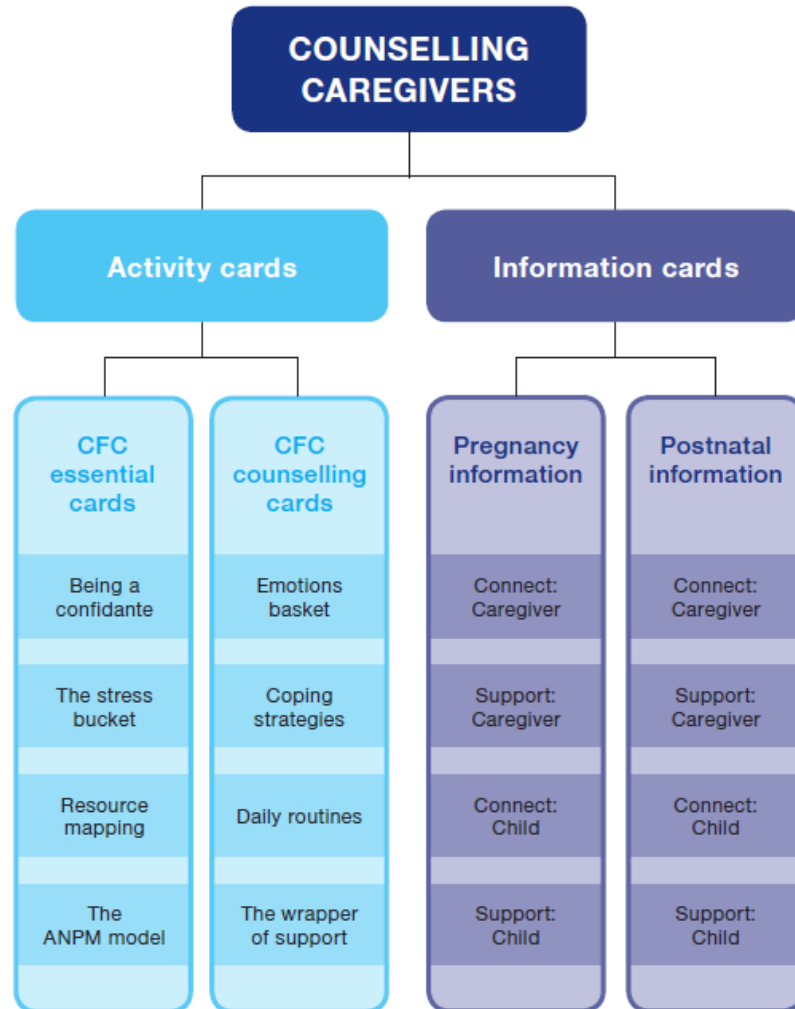
- Caregiver coping enables emotionally responsive and attentive caregiving.
- Increased caregiver confidence encourages stimulation and learning.

Support for child:

- Partner and family engagement reduces caregiving burden.
- Families create the environment for learning in everyday playful activities.



Materials: Information and Playing Cards



Key learnings - Example from Serbia

CFC promotes/facilitates:

- Adoption of a family centered approach.
- Deeper level of understanding of vulnerability, stigma and deprivation, and barriers to sensitive/positive parenting from the parents' perspective.
- Support for parents should be about **relationship** and **connection**. A trusting relationship with a FLW is a unique experience for caregivers.
- Move from parent's educators to collaborative partners with parents. Began to see caregivers differently and build on their strengths.
- Enhanced understanding that supported parents can provide comfort, connection, emotional security, stimulation and learning through playful interactions. This is also the best strategy for preventing violent discipline.



Thank You



‘The pandemic has undoubtedly left a mark on each parent in the world. This program came at the right moment... We now encourage caregivers to speak openly about their feelings, without fear that they will be stigmatized or labelled as bad parents because they are worried, unhappy or unable to enjoy the parenting role.’

Home visiting nurse – Serbia

For more information:

<https://www.unicef.org/documents/caring-caregiver>

