NURTURING CARE DURING THE PANDEMIC

Experience from a Not for Profit in Mumbai

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Ummeed’s Vision

All children with developmental disabilities can be included in society and reach their maximum potential.
Ummeed’s Early Childhood Champions Program

- 4 modules of 4 days each
- Module 1 – Promoting ECD - using CCD
- Module 2 – Monitoring ECD - using GMCD
- Module 3 – intervention – family centered, using GMCD and Vroom
- Module 4 – Inclusion and advocacy for children with disabilities

Work with 8 organisations, reach over 8000 children every year
COVID in India - Context matters
COVID – the challenges

The first few months ..
• Conversations with families told us the needs were urgent - Food, medicines
• Increase in domestic violence, alcoholism
• Family stress skyrocketed – harsher discipline for children
• Some families of children with disabilities – severe behavioral concerns due to sudden changes
Supporting ECD in 3 steps

Workshop 1
Addressing the mental health of care providers – community health workers

Workshop 2
Addressing the mental health of care givers

Workshop 3
Supporting your child’s development in challenging times

www.nurturing-care.org
ADDRESSING PARENTAL MENTAL HEALTH
JUGAAD – Life Hacks and Little Things

Our Jugaad,
Our ways to take care of ourselves.
In taking care of our children and our family,
We forget to take care of ourselves.
But many a times
We do many little things
That are important for us
Because, they are our Jugaads
And we are mothers of disabled children
The little big things!

- Phone talk, with your own people
- Music, to listen to, work
- Play, to practice
- Pogo, for fun
- Friend group, to make a video call
- Newspaper, to read, relax
- Make something else, to make
- Learn recipes from kids
- Share health series, to watch
- One-time, to leave
- Make a poem, for your poem, so
- Make a video call, to make
- A fixed time, one time
- Address, to prepare
- Dance, in your village, to teach dancing
- Mobile, to read books, to print
- Anu Bhagat, to hear, stories, to read stories, for children
Adapting WHO’s *Care for Child Development* to online format

- Introduction to zoom, earphones
- 12 sessions of 2 hours each
- Adapted sequence so it flows better
- Activities adapted e.g. pics and videos for mocks
- Breakout rooms for facilitated discussions
CCD online

Challenges
• Connectivity – the digital divide widens
• Digital literacy – Coaching on the ‘how’
• Culturally alien to learn online
• Interruption by home chores, other demands
• Hard to establish rapport, check understanding esp if no camera

Opportunities
• Wider geographic reach
• Save travel and transition time between sessions
• Were able to record and send visits on whatsapp
• Used videos very effectively – fathers, extended family, neighbours involved
Teaching the
Guide for Monitoring Child Development*
online

*Ertem I, Krishnamurthy V et al – Lancet Global Health 2018
Resources and Future directions

The pandemic continues..

• Need for flexibility and reevaluation of priorities and needs (e.g. grief counseling)
• Sharing our learning
• Hybrid models for future?


Thank you!

www.ummeed.org