



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



NURTURING CARE
FOR EARLY CHILDHOOD DEVELOPMENT

TOOLKITS ▾ RESOURCES ▾ NEWS AND EVENTS ▾ COVID-19

Ummeed – Supporting caregiver mental health during COVID-19

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

ADDRESSING PARENTAL MENTAL HEALTH

JUGAAD – Life Hacks and Little Things



OUR JUGAAD

Contributors: Mothers of disabled children and Ummeed's Mental Health Team

Illustrator: Ananya

Curator: Raviraj Shetty



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

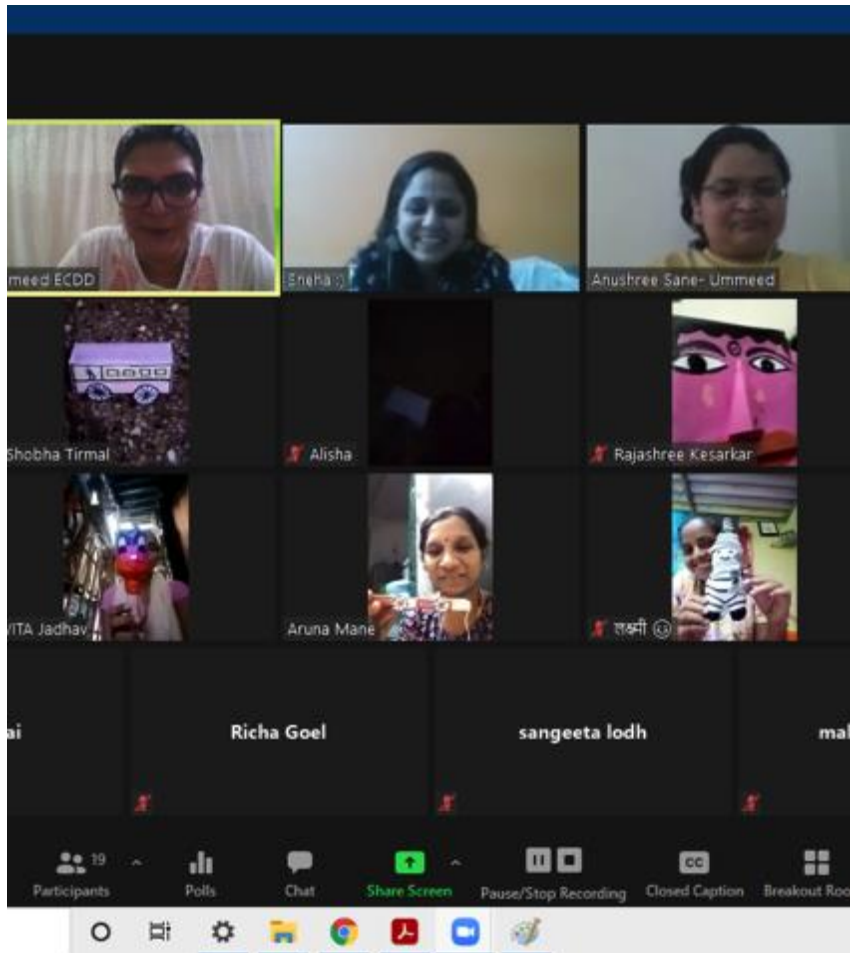
The little big things !



छोटी छोटी चीज़ें खुद के लिए - MMC supervisors

- फ़ोन पे बात करना अपने लोगों के साथ
- म्यूजिक सुन्ना - काम करते वक्त
- लूडो खेलना फ़ोन पे
- जंपिंग के रस्सी
- फ्रेंड ग्रुप से वीडियो कॉल
- न्यूस्पेपर पढ़ना - खुद के लिए रिलैक्स
- अलग चीज़ें बनाना खाने के
- यूट्यूब से रेसिपी सिख कर बनाना
- संभाजी शिवजी सीरियल देखना
- अंताक्षरी अलग अलग रूम से - चीला चीला के
- कविता बच्चों के लिए. कोरोना पे कविता
- रिलेटिव से वीडियो कॉल - एक फिक्स्ड टाइम पे
- रिश्तेदार की पूछताज करना
- खुद डांस करना - गांव के बच्चों को डांस सीखाना
- मोबाइल पे किताबे पढ़ना - कादंबरी पढ़ना
- अनुराधा मैडम की भेजी हुई कहानियाँ पढ़ना और बच्चों को सुनाना

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

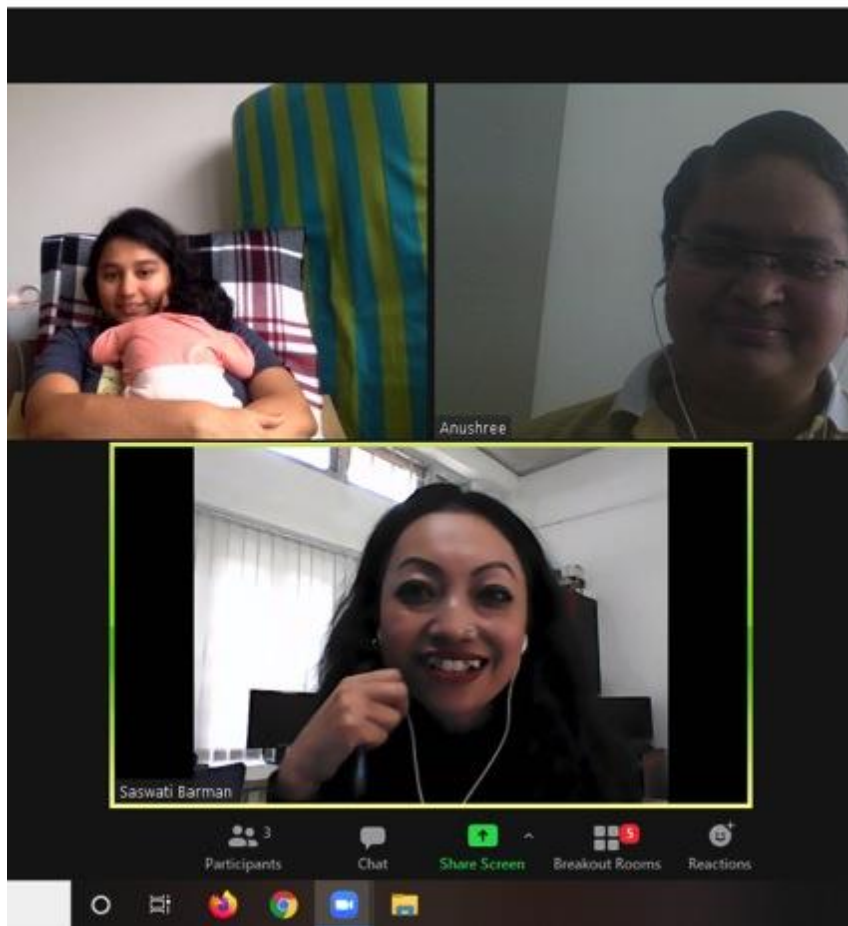
Challenges

- 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

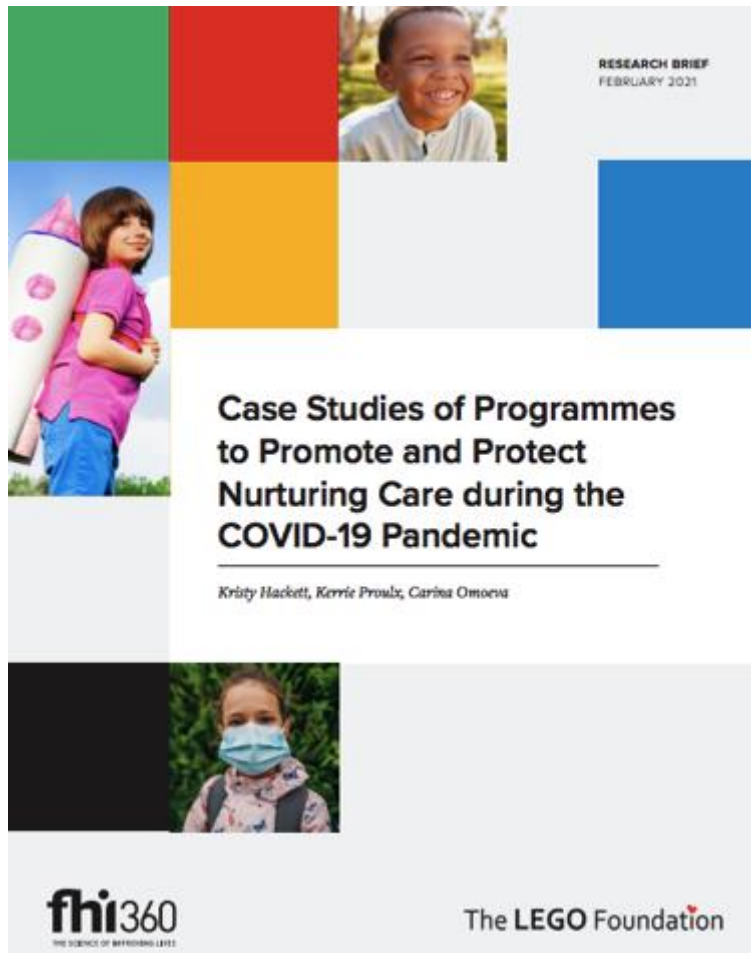
- Wider geographic reach
- Save travel and transition time between sessions
- Were able to record and send visits on whatsapp
- Used videos very effectively – fathers, extended family, neighbours involved

Teaching the *Guide for Monitoring Child Development** online



*Ertem I, Krishnamurthy V et al – Lancet Global Health 2018

Resources and Future directions



RESEARCH BRIEF
FEBRUARY 2021

Case Studies of Programmes to Promote and Protect Nurturing Care during the COVID-19 Pandemic

Kristy Hackett, Kerrie Proulx, Carina Omojola

fhi360
THE SCIENCE OF IMPROVING LIVES

The LEGO Foundation

The pandemic continues..

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

<https://nurturing-care.org/ummeed-supporting-caregivers-during-covid-19>

<https://ummeed.org/wp-content/uploads/2020/07/our-jugaad.pdf>



Thank you !



www.ummeed.org