

Regional multi-sectoral meeting to promote nurturing care for early childhood development

WHO-SEARO - Virtual: 27-29 April 2021

Recommended resources

Nurturing Care Framework: [full report](#), [summary](#)

[Nurturing care handbook](#)

[Operationalizing NC for ECD - The health sector along with other sectors](#)

[Country profiles for early childhood development](#)

[Country experience](#)

[Advocacy toolkit - key messages, quote cards, thematic briefs](#)

[Frequently asked questions](#)

Additional resources (for more see <https://nurturing-care.org>)

Resource	Year	Summary	Adaptations & Languages	Web link
<i>Advancing early childhood development. From science to scale (Lancet series)</i>	2016	Proposes pathways for implementation of early childhood development at scale. The series emphasises the nurturing care concept, especially of children below three years of age, and multi-sectoral interventions starting with health, which can have wide reach to families and young children through health and nutrition.		Link
<i>Care for child development</i>	2012	Designed to help families build stronger relationships with their young children and solve problems in caring for their children at home. Includes recommended play and communication activities for families to support children's early learning and provide responsive care.	Used in 20+ countries Translated into 17 languages. Adaptable for use in facility, community and home-based services, via group and one-to-one sessions.	Link

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<i>Caregiver skills training for the management of developmental disorders</i>	2015	Designed for families with children with developmental difficulties and persistent behavioural disorders. Helps caregivers use play and caregiving routines as opportunities for the child's learning and development.	Undergoing field-testing in more than 30 countries worldwide.	Link
<i>Caring for the caregiver</i>	2020	Aims to build front-line workers' skills in strengths-based counselling to increase caregivers' confidence and help them develop stress management, self-care and conflict-resolution skills to support their emotional well-being.	Currently being validated and adapted in eight countries through implementation research. Translation into five languages underway. Adaptations in progress.	Link to prototype During COVID-19
<i>Caring for the child's healthy growth and development</i>	2015	Equips community health workers with the knowledge and skills to counsel families to i) breastfeed young children and give their children nutritious complementary foods; ii) play and communicate with their children to help them learn and to strengthen their relationships with their children; iii) prevent childhood illnesses and injury; and iv) recognize signs of illness and take their children to a health facility.	Adapted in Zambia and Bukhali, South Africa	Link
<i>Improving early childhood development: WHO guideline</i>	2020	Provides global, evidence-informed recommendations on improving early childhood development through interventions that support responsive caregiving and early learning. The guideline, intended for a wide range of stakeholders, also recommends integrating caregiving and nutrition interventions and supporting mental health.		Link
<i>Reach up and learn</i>	1975	Based on the Jamaica Home Visit (JHV) intervention designed by Sally Grantham-McGregor. Equips front-line workers with the skills to model and demonstrate activities that caregivers can use to support their child's early learning and development.	Adapted for use in health, nutrition and social protection programmes in 15+ countries (e.g., Bangladesh, Colombia, Peru, Syria).	Link

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<i>Strengthening nurturing care in health and nutrition services: practice guide</i>	In progress	Builds on and complements existing training packages. Provides examples of how managers and service providers can enhance attention to responsive caregiving, opportunities for early learning, safety and security and support for caregivers within existing health and nutrition services serving families with young children.		Forthcoming
<i>Thinking healthy—a manual for psychological management of perinatal depression</i>	2015	A low-intensity psychological intervention for use at the community level to address maternal depression during the perinatal period. Uses pictures to help mothers monitor their moods, identify negative thoughts, and recognize the consequences on themselves and others. Helps mothers set goals to practice activities that help them develop more positive thoughts and actions through a process based on techniques used in cognitive behavioural therapy.	Available in English; French; Italian; Spanish, Turkish and Urdu.	Link
<i>Young infant and child feeding counselling cards - Addendum on responsive care and early learning content</i>	In progress	A set of seven counselling cards identifies messages on responsive care and early learning to integrate with the UNICEF Infant and Young Child Feeding (IYCF) training module.		Forthcoming

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Resources shared during the meeting

Role of the health sector in promoting early childhood development: A strategic framework (South-East Asia Region, 2011) <https://apps.who.int/iris/handle/10665/205874>

An evaluation of the ECCD programme in Bhutan

<https://www.unicef.org/bhutan/reports/evaluation-early-childhood-care-and-development-programme-bhutan>

Evaluation of the national ECD programme (Nepal)

https://www.npc.gov.np/images/category/Evaluation_of_the_National_ECD_Program_Engt_final.pdf

Building Futures: Early childhood development (ECD) service quality standards for South Asia

<https://www.unicef.org/rosa/documents/building-futures>

Monitoring children's development in primary care services: moving from a focus on child deficits to family-centred participatory support

<https://nurturing-care.org/monitoring-childrens-development/>

Assessing responsive caregiving and early learning activities

<https://nurturing-care.org/assessing-responsive-caregiving-and-early-learning-activities/>

On the question of identifying children who are at risk of or experience a developmental delay, have a look at

<https://nurturing-care.org/monitoring-childrens-development>

Ummeed: supporting caregiver mental health during the COVID-19 pandemic

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

Journey of the first 1000 Days: Foundation for a brighter future (MoHFW India)

https://nhm.gov.in/images/pdf/programmes/RBSK/Resource_Documents/Journey_of_The_First_1000_Days.pdf

Early Childhood Development Index (ECDI) 2030 (including FAQ and technical papers)

<https://data.unicef.org/resources/early-childhood-development-index-2030-ecdi2030/>

The Human Safety Net is currently working in India, Philippines, Vietnam, Malaysia, Hong Kong and Indonesia.

2020 activity report: <https://www.thehumansafetynet.org/about/activity-report/people-s-stories>.

Asia-Pacific Regional Network: <https://arnec.net/>

Early Childhood Development Action Network (ECDAN)

Online community, ECD Connect: <https://connect.ecdan.org/home>

COVID 19 ECD Resources: <https://mailchi.mp/ecdan/covid19>

Global Forum for Childcare: <https://mailchi.mp/ecdan/global-forum-for-childcare>

Videos

Self-care during COVID-19 <https://pmnch.who.int/resources/multimedia/self-care-during-covid-19>

1. Responsive Caregiving during COVID-19
2. Adolescent Mental Health in Times of COVID-19
3. Breastfeeding and Covid19

How Brains are Built: The Core Story of Brain Development <https://nurturing-care.org/how-brains-are-built/>

#EarlyMomentsMatter Tips (UNICEF India): <https://youtu.be/hHswPGwGTz8>

Every day is Father's Day (UNICEF Serbia): <https://youtu.be/nsmTHwcZDTU>

One-on-One Time with your Baby: <https://www.facebook.com/479688329453239/videos/719481628847180/>

Explore videos on the nurturing care website: <https://nurturing-care.org/tag/videos/>

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