<table>
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<th>COMPONENT OF NURTURING CARE</th>
<th>CAREGIVER PRACTICES</th>
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| Responsive caregiving       | • Spend one-to-one time with your full attention on the child.  
                              • Look closely at the child.  
                              • Be aware of the child’s signals (for example, hunger, discomfort, attempts to communicate, joy and need for affection).  
                              • Respond appropriately and in a timely way to the child’s signals and needs. These will differ when the child is well, sick or has special needs. |
| Opportunities for early learning | • Talk with your child.  
                                • Play with your child.  
                                • Engage your child during your household routines and tasks.  
                                • Follow your child’s lead, and assist the child’s interest in exploring and learning. |
| Safety and security         | • Build your child’s trust through a warm, responsive presence.  
                              • Make a safe home environment for exploration and increasing independence.  
                              • Protect your child from harsh discipline, neglect and abuse.  
                              • Apply positive discipline methods.  
                              • Establish routines for eating and sleeping.  
                              • Protect the child from harmful substances. |

**SUPPORTING CAREGIVER WELL-BEING**

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<th>Supporting caregiver well-being</th>
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|                                | • Identify your feelings about having a baby – joys and concerns.  
                              • Discuss your concerns and the help needed from your family.  
                              • Maintain daily relaxing routines.  
                              • Build the capacity to care for yourself.  
                              • Know where to find help to problem-solve and organize support.  
                              • Identify community services, support networks. |