GLOBAL LAUNCH OF THE
NURTURING CARE HANDBOOK
AND NURTURING CARE PRACTICE GUIDE
TUESDAY 28 MARCH 2023

#NurturingCare  @NurturingCare
Welcome

Introduction to the Practice Guide and Handbook

Reflections & ideas

Questions & answers

Additional relevant resources & events

Closing remarks
Welcome

Welcome and objectives
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Early Childhood Development Action Network

Opening remarks
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Nutrition and Child Development Section
UNICEF, New York
Nurturing Care Practice Guide

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Child Health Specialist
Child and Community Health Unit UNICEF, New York
Opportunities to adapt health and nutrition services for pregnant women and children to be supportive of nurturing care

https://nurturing-care.org/practiceguide/
The role of health and nutrition services in strengthening nurturing care

- Parents and other caregivers are primarily responsible for their children’s care and support
- All caregivers require some support to provide nurturing care
- Some caregivers might have limited or disrupted capacity
- First time/adolescent mothers and fathers, conflict within the household, poverty

Opportunity
Caregivers and children have regular interaction with providers of health and nutrition services, from pregnancy through early childhood

- Well-baby clinic
- Postnatal consultation
- Maternity care
- Antenatal consultation
- Neonatal intensive care
- Paediatric inpatient care
- Sick child consultation
- Care for chronic illness
- Nutrition rehabilitation

Waiting rooms
Mother groups, community based services, home visits
Strengthening services

Access, quality, utilization and coverage of services is often not optimal and need to be strengthened for greater impact and equity.

Support for responsive caregiving, early learning, security and safety, but also support to caregiver well-being is often missing in services.

Practice guide
Tools
https://nurturing-care.org/tag/training-materials

And so much more!

- Reach up and Learn
- Parenting for lifelong health – tip sheets,
- Videos
NURTURING CARE PRACTICE GUIDE

➢ Targets providers and managers of health and nutrition services
➢ Focuses on three of five inter-related components of nurturing care, as well as on caregiver well-being
➢ Focuses on universal support and services that should be accessible to all children, while emphasizing the need for targeted or indicated support for some children and their families
➢ Introduces considerations to serve all children and their caregivers, including those with chronic illness, developmental delays and disabilities
➢ Is relevant for humanitarian and emergency settings

Part 1 – Nurturing care: another look
Rationale for strengthening support for responsive caregiving, early learning, safety and security, and caregiver well-being in health and nutrition services

Part 2 – Preparing health and nutrition services
Role of managers to reduce barriers, build skills of providers, identify resources for additional support

Part 3 – Supporting families in existing services
Practical examples of what providers can do in existing services throughout the lifecourse
2 Enabling health and nutrition services to support nurturing care: what can managers do?

1. Make facilities accessible and welcoming for all children

2. Strengthen services to support caregiving
   - Integrated management protocols
   - Supervisory checklists

3. Build the capacity of service providers
   - Interpersonal communication skills
   - Skills to support caregiver practices

4. Adapt to humanitarian and health crises

5. Identify needs and advocate for specialized services
Throughout their regular interactions with caregivers, providers can

- Observe
- Ask and discuss
- Introduce and model

And support caregivers

- To be more responsive
- To recognize opportunities to help their children learn
- To provide a safe and protective environment
- To be well

Table 11. Examples of caregiver practices related to nurturing care and provider support for caregivers

<table>
<thead>
<tr>
<th>COMPONENT OF NURTURING CARE</th>
<th>CAREGIVER PRACTICES</th>
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<tbody>
<tr>
<td><strong>Responsive caregiving</strong></td>
<td>• Spend one-to-one time with your full attention on the child.</td>
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<tr>
<td></td>
<td>• Look closely at the child.</td>
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<td></td>
<td>• Be aware of the child’s signals (for example, hunger, discomfort, attempts to communicate, joy and need for affection).</td>
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<td></td>
<td>• 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.</td>
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<tr>
<td><strong>Opportunities for early learning</strong></td>
<td>• Talk with your child.</td>
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<td>• Play with your child.</td>
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<td></td>
<td>• Engage your child during your household routines and tasks.</td>
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<td></td>
<td>• Follow your child’s lead, and assist the child’s interest in exploring and learning.</td>
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<tr>
<td><strong>Safety and security</strong></td>
<td>• Build your child’s trust through a warm, responsive presence.</td>
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<td></td>
<td>• Make a safe home environment for exploration and increasing independence.</td>
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<td></td>
<td>• Protect your child from harsh discipline, neglect and abuse.</td>
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<td></td>
<td>• Apply positive discipline methods.</td>
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<td></td>
<td>• Establish routines for eating and sleeping.</td>
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<td></td>
<td>• Protect the child from harmful substances.</td>
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<tr>
<td><strong>Supporting caregiver well-being</strong></td>
<td>• Identify your feelings about having a baby – joys and concerns.</td>
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<tr>
<td></td>
<td>• Discuss your concerns and the help needed from your family.</td>
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<td></td>
<td>• Maintain daily relaxing routines.</td>
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<td></td>
<td>• Build the capacity to care for yourself.</td>
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<td></td>
<td>• Know where to find help to problem-solve and organize support.</td>
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<td></td>
<td>• Identify community services, support networks.</td>
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</table>
3.4. Sick-child care and follow-up: managing childhood illness responsively

When a child is sick, managing the child’s illness is the priority for service providers. It is also the priority for caregivers, and they need to do it well. Caregivers need to notice how the child feels, act on the signs and symptoms of the illness, provide the care that the child requires, and look for any signs that the child requires medical attention. Being responsive enables the caregiver to seek timely medical care, give a sick child medicine, and control the child’s pain and discomfort. However, this is not a task to be handled by caregivers alone: Services improve their care practices when the child is sick. Strengthening caregiver practices must begin with caregivers understanding the importance of learning how to care for the sick child.

Managing the sick child: treating the child in the outpatient clinic and preparing for home care

A sick child seen in a clinic who has been referred to hospital may need a caregiver at home to give effective treatment, provide supportive and comforting care. This is critical when the child is not mobile, the weather is bad, or the family is busy. In such cases, caregivers should learn how to prepare and care for a sick child who refuses to eat. They need to know how to give the child medicine, and to troubleshoot common problems if the child is ill. The WHO and UNICEF (United Nations Children’s Fund) are working to ensure that children at home and in the community are protected from communicable and non-communicable disease through immunization, medical care, and nutrition. This is an opportunity to help children learn how to be aware of and respond to the difficulties the child may have.

Children with cognitive, physical or behavioral difficulties may have particular complicating factors with eating and accessing the medical care they need. Children with physical disabilities may have special needs, such as feeding difficulties, or need extra assistance to begin forming and prevent choking and other problems. In a follow-up visit, if the child has improved, there is more time to strengthen other caregiver practices. Some practice, such as temperature play, can help the child catch up if there has been a delay in growth and development during the illness. Caregivers may face additional challenges and stress to care for a sick child while trying to manage work, family, and other responsibilities. They might require support.

Table 3.4.1 provides suggestions for what providers can do to strengthen caregiver practices and support caregivers well-being during an outpatient sick-child visit.

Table 3.4.1 Supporting caregivers during outpatient sick-child care

<table>
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<tr>
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<th>EXAMPLES OF WHAT SERVICE PROVIDERS CAN DO</th>
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<td><strong>Responsiveeesing</strong></td>
<td>Look closely at your child.</td>
<td>- Demonstrate respecting and understanding the child as you approach to examine their needs, e.g., when you give the child an injection. Explain what you are doing. Encourage the caregiver to assist in helping the child in the similar way.</td>
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<td>Share the child’s feelings with the caregiver.</td>
<td>- Connect to the caregiver to practice some role-playing of situations where the child can be expected to have some reactions. Share the experiences of other caregivers and give the child the first lines of medication.</td>
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<td>- Observe the child’s ability to express feelings.</td>
<td>- Observe the child’s ability in eating, touching, grasping, speaking, or anger.</td>
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<td>- Encourage the caregiver to use different communication tools to help the child.</td>
<td>- Encourage the caregiver to allow the child to talk about feelings.</td>
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What’s next – ways to use this guide

- Convene at country level to review
  - What is already happening – where can you complement
  - What are new ideas?
  - Consider phased approach
    - What are ‘low hanging fruit’
    - Start with certain services, document, learn and scale

- Institutionalize skills building
  - Are any of the foundational training packages used?
  - Pre- and in-service training
  - Incorporate in mentoring and supervision

- Disseminate the guide/sections of the guide
  - Facility managers
  - Providers (part 3 sections)

- Document, inform scale up and cross-country learning

Not everything has to be done all at once
The development of the *Practice guide* was supported by the King Baudouin Foundation USA and the United States Agency for International Development (USAID) (Agreements GHA-G-00-07-00007, GHA-G-00-09-00003 and 7200GH2110000004). The contents are the responsibility of UNICEF and WHO and do not necessarily reflect the views of USAID or the United States Government.

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https://nurturing-care.org/practiceguide/

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Nurturing care handbook

Six guides to help you put the Nurturing care framework into practice

https://nurturing-care.org/handbook
Nurturing care handbook

For anyone wanting to take the agenda forward.

Six guides, one for each of the five strategic actions in the Nurturing Care Framework and a Start here guide.

Read Start here before going to any of the other guides.

Use the other guides in sequence or in any order, based on your needs.

https://nurturing-care.org/handbook
Drivers of content

What the child’s brain and body expects and needs

Enabling environments for nurturing care
Here is what you will find in the *Start here* guide:

- Using this handbook
- Understanding nurturing care
- Taking action
- Useful resources
- Useful websites

https://nurturing-care.org/handbook
## Thematic areas

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[https://nurturing-care.org/handbook](https://nurturing-care.org/handbook)
What’s inside?

Here is what you will find in the guides to each strategic action:

- **overviews**, breaking down big tasks and topics into more manageable chunks;
- **suggested actions**, to give you inspiration;
- **common barriers**, with ways to overcome them;
- **tools and checklists** for common tasks;
- **signs** for monitoring progress;
- **links to helpful articles and websites**;
- **case studies**, showing how organizations around the world have put nurturing care into practice.

https://nurturing-care.org/handbook
Lead and invest

Governance
How to coordinate decision-makers, at national and local levels, as they try to develop and achieve national policy objectives.

Planning
How to translate policy objectives into concrete activities.

Finance
How to fund the expansion and strengthening of services, and how to add interventions in an equitable and sustainable way, working through the appropriate ministries.
Governance

FREQUENTLY ASKED QUESTIONS

• How to create political will
• How to facilitate multisectoral collaboration
• Is there need for one policy or many policies
• How to generate investment
• How to sustain momentum

STEPS THAT HAVE SHOWN TO BE EFFECTIVE

• Engage all relevant stakeholders in dialogue
• Discuss scientific advances
• Find evidence about the current situation
• Create opportunities for learning and exchange
• Use national commitments to justify investment
• Discuss practical policy options
• Discuss existing policies and strategies
• Include children in all policies
• Develop a common vision, goals and targets
• Formulate or update policy
Three ways to coordinate sectors and stakeholders

**High level leadership**

- Coordination at level of the President’s or Prime Minister’s Office for a whole-of-government approach

**Intersectoral leadership**

- Leadership in one sector to coordinate actions across multiple sectors

**Sector specific leadership**

- Leadership within a sector to strengthen coordination and joint actions, and facilitate engagement with other sectors
FREQUENTLY ASKED QUESTIONS

- Is there need for one plan or many plans
- Who is responsible
- What is the role of the national level
- What is the role of the local level
- What are attributes of a good plan

STEPS THAT HAVE SHOWN TO BE EFFECTIVE

- Do not wait for a national policy
- Plan together, implement by sector
- Assess where you are now
- Run consensus-building workshops
- Look for opportunities in different sectors
- Build on what already exists
- Set realistic and measurable targets
- Keep everyone accountable
Financing

FREQUENTLY ASKED QUESTIONS

• How to estimate costs
• What does it cost
• How to increase domestic funds
• How to share funds between different sectors
• How to optimize use of donor funds
• How to spend efficiently

STEPS THAT HAVE SHOWN TO BE EFFECTIVE

• Understand the political economy
• Choose the right audiences for advocacy
• Involve all who influence budget allocations
• Assess current financing for ECD
• Consider all sources of funding
• Clearly define inputs and outputs
• Help prepare sectoral budget plans
• Whatever the budget, it needs to be locally owned
✓ A national coordination mechanism is in place and functioning
✓ There are champions for nurturing care in multiple sectors
✓ Multisectoral policy objectives have been adopted and address the early years
✓ A national roadmap or strategy for early childhood development has been developed
✓ Sector-specific plans have been updated and costed, fostering adequate, efficient spending
✓ Government spending and action is equitable, properly tracked, and leveraging coordination
Case studies and useful resources

USEFUL RESOURCES

• Nurturing care advocacy toolkit
• Countdown to 2030’s Country profiles for early childhood development
• Rapid assessment tool (developed in South-East Asia)
• Nurturing care practice guide

CASE STUDIES

• Country experiences: Cambodia, Chile, Bhutan, Brazil, Ethiopia, Kenya, India, Malawi, Mexico, the Philippines, Rwanda
• Aga Khan University – ECD policy-makers’ workshop
• World Bank – The human capital project
• Children in All Policies (CAP 2030)
• Investing in childcare
• Harnessing the power of parliamentarians
# Thematic areas revisited

| Lead and invest | - Governance  
| - Planning  
| - Financing  |
| Focus on families and their communities | - Community engagement  
| - Community accountability  
| - Using media  |
| Strengthen services | - System strengthening  
| - Building workforce capacities  
| - Strengthening services  |
| Monitor progress | - Monitoring individual children  
| - Monitoring programme implementation  
| - Measuring coverage at population-level  |
| Scale up and innovate | - Towards scale  
| - Private sector  
| - Digital solutions  |

https://nurturing-care.org/handbook
Building on what exists

Remember

Strengthen

Add
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This handbook is part of a set of resources for implementing the Nurturing care framework.

Partners continue to collaborate in global working groups to expand this set; facilitated by staff at WHO, UNICEF, the World Bank Group, the Partnership for Maternal, Newborn, and Child Health (PMNCH) and the Early Childhood Development Action Network (ECDAN).

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Participants in the meeting: Innovating for early childhood development: what have we learned to strengthen nurturing care, held 15-16 June 2019 in Geneva, Switzerland, all contributed to the content of this handbook.

The following representatives provided feedback on behalf of the Child Health Task Force: Catherine Clarico, Zacharia Crosser, Kesungarin Dyess, Cinadela Fanstrowicz, Kitty Guny, Debra Jackson, Lily Kek, Senator Kebede, Alkayr Momin, Sita Stichler, Lara Vaz and Steve Watt.
Thank you

For more information:
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ecdan.org

Join the conversation:
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Reflections and ideas

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Resources & events

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Implementing the Nurturing care framework

Operationalizing nurturing care for ECD: health sector alongside other sectors

Nurturing care handbook
https://nurturing-care.org/handbook

Nurturing care practice guide
https://nurturing-care.org/practiceguide

Coming soon!
✓ Nurturing care progress report (2018-2023)
✓ Thematic brief: nurturing young children through responsive feeding
✓ Thematic brief: Children with developmental delays and disabilities

Nurturing care thematic briefs
https://nurturing-care.org/thematic-briefs

Nurturing care website
https://nurturing-care.org/
Relevant resources

Strengthening implementation of home-based records for maternal, newborn and child health: a guide for country programme managers https://www.who.int/publications/i/item/9789240060586

WHO guidelines on parenting interventions to prevent maltreatment and enhance parent–child relationships with children aged 0–17 years https://www.who.int/teams/social-determinants-of-health/violence-prevention/parenting-guidelines

Global Scales for Early Development (GSED) v1.0 https://www.who.int/publications/i/item/WHO-MSD-GSED-package-v1.0-2023.1

Coming soon! Caring for the caregiver
Upcoming events

6 April
Regional launch of the Nurturing Care Practice Guide – Europe and Central Asia
Organized as part of the Health Systems for ECD Initiative of Europe and Central Asia
4:30 am EST / 10:30 am CEST / 11:30 am EAT / 2:00 pm IST (90 minutes)
Register here

20 April
Official launch of the WHO-UNICEF-JICA guide on Strengthening implementation of home-based records for maternal, newborn and child health
Hosted by WHO, UNICEF and JICA, with the support of the Network for Improving Quality of Care for Maternal, Newborn and Child Health and the Quality of Care subgroup of the Child Health Task Force.
8:00 am EST / 2:00 pm CEST (90 minutes)
Register here
Closing remarks

Anshu Banerjee
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