Nurturing care for early childhood development

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WHO-Kenya Country Office
What is nurturing care

- Nurturing Care is the set of conditions that provide for children’s health, nutrition, safety and security, responsive caregiving and opportunities for early learning.

- Nurturing children means keeping them safe, healthy and well nourished, paying attention and responding to their needs and interests, encouraging them to explore and providing them with opportunities to learn.

- In order for caregivers to be able to provide Nurturing Care, they must be secure, economically and socially, participate in social networks, be empowered to make decisions in the best interest of the child, and affirmed in the important role they play in the lives of the children in their care.
Nurturing Care
The evidence and political momentum

2000

2005

2015

ECD Lancet series 2007
ECD Lancet series 2011

WHO Commission on Social Determinants of Health 2008

THE GLOBAL STRATEGY FOR WOMEN'S, CHILDREN'S AND ADOLESCENTS' HEALTH (2016-2030)
Global Strategy 2016 - 2030

1. SURVIVE
   End preventable deaths

2. THRIVE
   Ensure health and well-being

3. TRANSFORM
   Expand enabling environments
The vision of nurturing care

A world in which every child is able to develop their full potential and no child is left behind
SDG Targets

Five key targets within the Sustainable Development Goals and Global Strategy targets

- **Goal 1, target 1.2:**
  By 2030, reduce at least by half the proportion of men, women and children of all ages living in poverty in all its dimensions according to national definitions.

- **Goal 2, target 2.2:**
  By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.

- **Goal 3, target 3.2:**
  By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.

- **Goal 4, target 4.2:**
  By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education.

- **Goal 16, target 16.2:**
  By 2030, end abuse, exploitation, trafficking and all forms of violence against and torture of children.
Nurturing care Framework

- Health
- Nutrition
- Responsive caregiving
- Security and safety
- Early learning

Domains of nurturing care
What does the nurturing care framework convey?

**A road map for action** supported by

- science of brain development
- impact on human potential
- tested and proven implementation approaches

The framework addresses:

- risk factors for sub-optimal child development
- **nurturing care** and its components
- **policies, interventions and services** that have an impact
- ways to build on available resources, strengthen programs and create an **enabling environment** for children to develop
Who is it for?

- National policy makers and programme managers
- Civil society groups, development partners, professional associations, academic institutions and funding initiatives
- Parliamentarians, service providers, professional education institutions, the private sector and media
- Families, parents and other caregivers
# Guiding principles

<table>
<thead>
<tr>
<th>Guiding principles</th>
<th>Implied within the framework</th>
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<tbody>
<tr>
<td>• The child’s right to survive and thrive</td>
<td>• Early means early</td>
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<tr>
<td>• Leave no child behind</td>
<td>• Life course approach</td>
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<tr>
<td>• Family centred care</td>
<td>• Multisectoral actions</td>
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<tr>
<td>• Whole of government action</td>
<td></td>
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<td>• Whole of society approach</td>
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Strategic actions

1. Provide leadership, create commitment and invest in nurturing care

2. Recognize that families and communities are at the heart of Nurturing Care

3. Create enabling environments through policies, information and services

4. Monitor progress in implementation, results and impact

5. Strengthen local evidence and innovate to support scale up
## Proposed implementation model

<table>
<thead>
<tr>
<th><strong>Universal:</strong></th>
<th><strong>Targeted:</strong></th>
<th><strong>Indicated:</strong></th>
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<tbody>
<tr>
<td>for all families and children</td>
<td>for communities, families and children at risk</td>
<td>for individual families and children with special needs</td>
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<tr>
<td>National policies</td>
<td>Additional benefits</td>
<td>Specialized services and assistance</td>
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<td>Population services</td>
<td>Additional contacts, e.g.,</td>
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<tr>
<td>Public information</td>
<td>• Home visits</td>
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<td></td>
<td>• Parent groups</td>
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<td></td>
<td>• Child day care</td>
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What the health sector can do

1. Ensure access to quality health and nutrition services for women and young children.
2. Make health and nutrition services more responsive to support nurturing care.
3. Increase outreach to families and children who are at greatest risk of sub-optimal development.
4. Establish referral care and specialized services for families and children with developmental difficulties and disabilities, or at risk of maltreatment.
5. Collaborate with other sectors to ensure a continuum of care for nurturing care.
What the health sector can do...II

Parental mental health

Responsive Care and Opportunities for Early Learning

Responsive Care and Opportunities for Early Learning

Responsive Care and Opportunities for Early Learning
What the health sector can do... III
Supporting Policies, Interventions and Services

<table>
<thead>
<tr>
<th>Responsive caregiving</th>
<th>Access to information and counselling on responsive caregiving</th>
<th>Skin-to-skin contact immediately after birth</th>
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<tbody>
<tr>
<td></td>
<td>Paid parental leave: Paid parental leave is associated with multiple health benefits for children, including support for bonding between mother and child, increased initiation and duration of breastfeeding, and improved likelihood of infants being vaccinated and receiving preventive care. New fathers are more involved with their young children and take on more child-care responsibilities when they take leave from work.</td>
<td>Kangaroo mother care for low birth weight babies</td>
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<td></td>
<td>Affordable childcare services: Increases in the number of women in the workforce who, with high numbers of single mothers, and parents or children living with disabilities, need affordable quality child day care.</td>
<td>Rooming in of mother and young infant and feeding on demand</td>
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<td></td>
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<td>Counselling and support for responsive caregiving</td>
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<td></td>
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<td>Mental health support for mothers after birth</td>
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<td></td>
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<td>Involvement of fathers, extended family and other partners</td>
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<td>Social support by families, community groups and faith communities</td>
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<td>Community-based parent support services</td>
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<td></td>
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<td>Home visits for vulnerable families</td>
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<td>Specialized social welfare services for families affected by violence and substance abuse</td>
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What the health sector can do...IV
The life course approach

What the health sector can do...IV
The ecological model

- Enabling policies
- Empowered communities
- Supportive services
- Caregivers' capabilities

Domains of nurturing care:
- Health
- Nutrition
- Early learning
- Responsive caregiving
- Security and safety
“If you are doing nothing, do something
If you are doing a little, do more
If you are doing a lot, do better”

Michael Marmot
ASANTENI SANA!