

NURTURING CARE

FOR EARLY CHILDHOOD DEVELOPMENT

A FRAMEWORK FOR HELPING CHILDREN SURVIVE AND THRIVE TO TRANSFORM HEALTH AND HUMAN POTENTIAL

2nd National Early Childhood Development Stakeholders' Conference

July 25th-26th, 2018, Kenyatta University BSCC, Nairobi,
Kenya.

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What is nurturing care

- **Conditions** created by public policies, programmes and services that enable communities and caregivers to ensure children's good health and nutrition, and protect them from threats.
- Also means **giving young children opportunities** for early learning, through interactions that are responsive and emotionally supportive
- Covers children aged **0–8 years**
- 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 the care

Nurturing Care

The evidence and political momentum



WHO Commission on Social Determinants of Health 2005



2000



2005

ECD Lancet series 2007
ECD Lancet series 2011

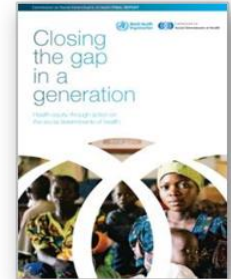
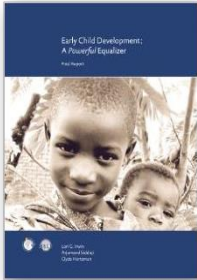
2015



MAY 2018

**NURTURING CARE FRAMEWORK
LAUNCHED AT THE 71ST WORLD HEALTH ASSEMBLY**

WHO Commission on social determinants of Health (2005)



EQUITY FROM THE START

- Early childhood is defined as the period **from prenatal development to eight years of age**.
- What a child experiences during the early years sets **a critical foundation for the entire life course**. This is because
- Early child development (ECD), including health, physical, social/emotional and language/cognitive domains **strongly influences basic learning, school success, economic participation, social citizenry and health**.
- ECD, including the physical, social/emotional, and language/cognitive domains – has a **determining influence on subsequent life chances and health** through skills development, education, and occupational opportunities.
- Early childhood **influences subsequent risk** of obesity, malnutrition, mental health problems, heart disease, and criminality
- At least **200 million children globally are not achieving their full development potential** (Grantham-McGregor et al., 2007)

LANCET SERIES 2015



- 219 million disadvantaged children in the developing world.....These disadvantaged children are **likely to do poorly in school and subsequently have low incomes, high fertility, and provide poor care for their children, thus contributing to the intergenerational transmission of poverty**
- Main **causes of poor child development** – stunting, iodine and iron deficiencies, and **inadequate cognitive and social-emotional stimulation**
- **Integrating health and nutritional interventions with validated home or center based psychosocial interventions**, are a cost-effective approach
- To achieve the Goals of **reducing poverty and ensuring primary school completion** for girls and boys, governments and civil society need to consider expanding high quality, cost-effective early child development programmes.

Global Strategy 2016 - 2030

1. SURVIVE

End preventable deaths



2. THRIVE

Ensure health and well-being



3. TRANSFORM

Expand enabling environments

The SDGs



- 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.



The vision of nurturing care

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



Components of the Nurturing care Framework





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

Guiding principles



THE CHILD'S RIGHT TO SURVIVE AND THRIVE

Government and society are obliged to guarantee and protect children's rights. They are also obliged to ensure families have the protection and assistance they need to fully assume their responsibilities in the community. The Nurturing Care Framework stems from the universal acceptance of children's rights. It is based on the obligations states assumed when they ratified the Convention on the Rights of the Child and Special Comment 7 on Early Childhood Development.^{4,34}



LEAVE NO CHILD BEHIND

Equity, including gender equity, is at the core of realizing human rights. Governments must ensure interventions cover population groups equitably, particularly groups that are excluded, marginalized or vulnerable in other ways. Those at high risk include the children of minorities, refugees, prisoners, drug users and sex workers. It is fundamental that governments make sure children with disabilities are not left behind, nor young children in humanitarian settings. Universal health coverage is also central to ensuring that all children reach their developmental potential.



FAMILY-CENTRED CARE

Families are at the centre of nurturing care for young children. In the period from pregnancy to age 3, intimate family members are the people most consistently present in children's lives. As such, they are the primary providers of nurturing care. To provide it, families – in all their diversity and all their forms, biological and social – need information, resources and services. Mothers, fathers, grandparents and other primary caregivers all need to be included in programmes that are designed to educate and support families in providing nurturing care.

Guiding principles



WHOLE-OF-GOVERNMENT ACTION

Nurturing care requires a whole-of-government approach in which policies across all sectors contribute systematically to improving nurturing care for young children. Intersectoral government structures – with political and financial support – can facilitate coordination, identify common goals, monitor joint actions, and build effective collaboration.



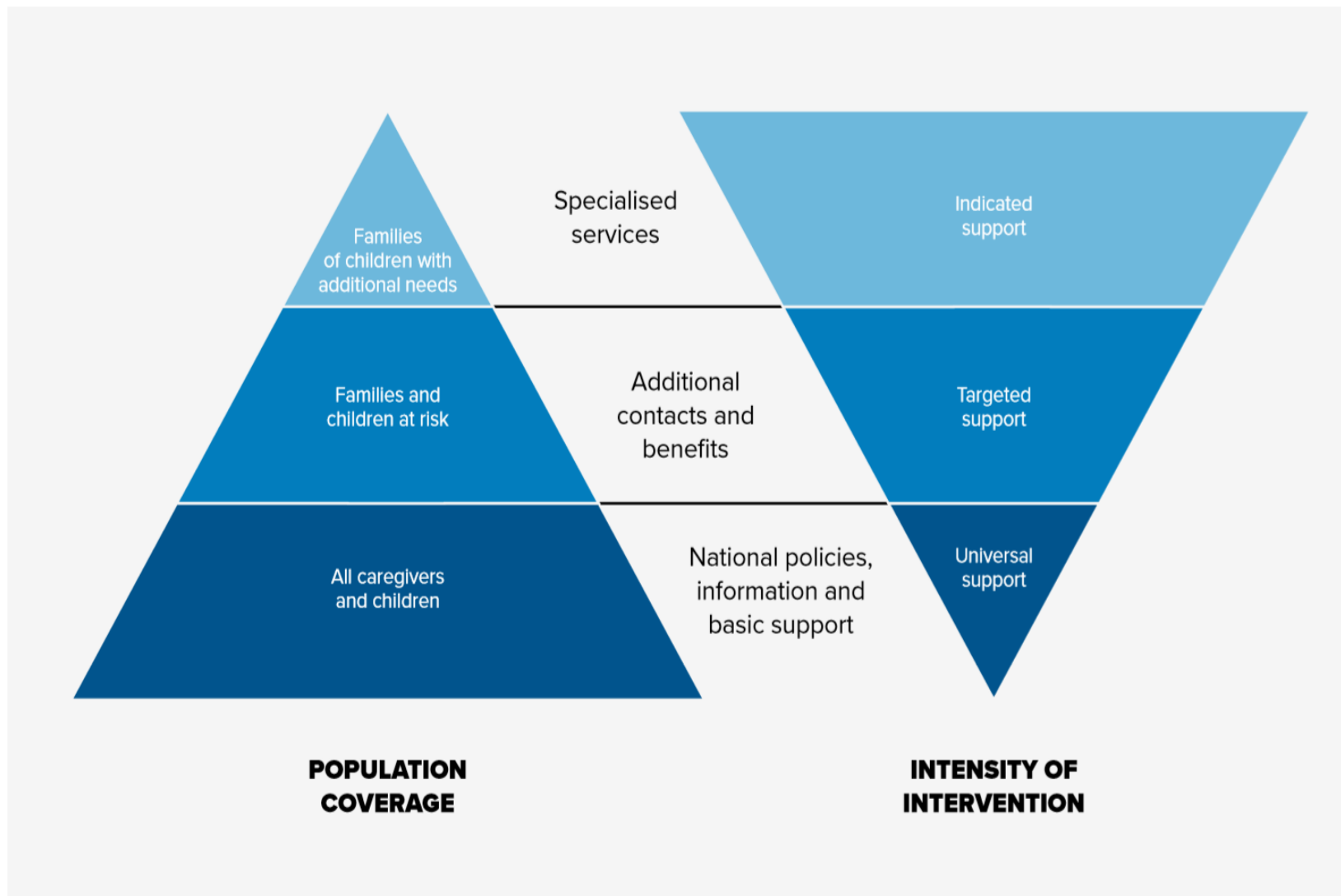
A WHOLE-OF-SOCIETY APPROACH

The holistic nature and shared importance of early childhood development calls for a comprehensive approach involving all actors. That includes governments, civil society, academic institutions, the private sector, families, and everyone involved in providing care for young children. The whole-of-society approach fully includes and appreciates ethnic, cultural and human diversity. Moving from policy to action demands a concerted effort. It demands the engagement of all sectors of society, at the local, national, regional and global levels. Joint ownership and shared responsibility will ensure that well designed and cost-effective interventions have the desired reach and impact.

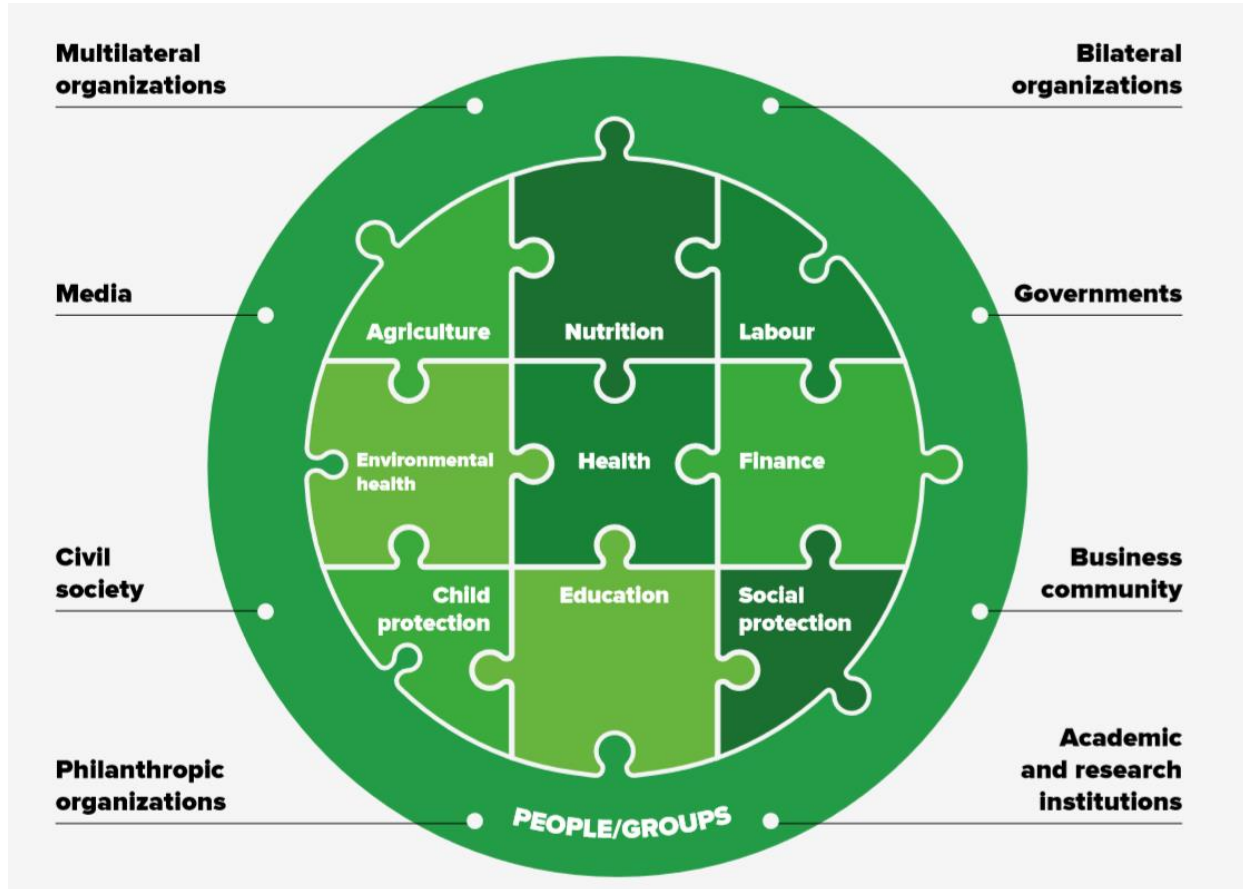


Proposed implementation model

*ALL families need some support,
but some families need all the support they can get.*



EVERY SECTOR AND ALL STAKEHOLDERS COMMITTING TO ACTION



Laws, policies and interventions for creating enabling environments

| | Laws and policies | Services and interventions |
|--|--|--|
| Component 1: Good health | <p>Universal health coverage This is when everyone gets the good-quality health services they need without suffering financial hardship. It is especially important that caregivers and families are able to access the full range of these services from health facilities and in their communities. These should include promotive and preventive services, as well as treatment, rehabilitation and palliative care.</p> | <ul style="list-style-type: none"> • Family planning • Immunization for mothers and children • Prevention and cessation of smoking, alcohol and substance use • Prevention of mother-to-child transmission of HIV • Support for caregivers' mental health • Antenatal and childbirth care • Prevention of preterm births • Essential care for new-born babies, with extra care for small and sick babies • Kangaroo care for low-birthweight babies • Support for timely and appropriate care-seeking for sick children • Integrated management of childhood illness • Early detection of disabling conditions (such as problems with sight and hearing) • Care for children with developmental difficulties and disabilities |
| Component 2: Adequate Nutrition | <p>The International Code of Marketing of Breast-milk Substitutes, and the accompanying guidance The inappropriate marketing of food products is an important factor that negatively affects mothers' choice to breastfeed in the best way. There is a Code and guidance on ending this inappropriate promotion of foods for infants and young children. These are important tools for creating an environment that enables mothers to make the best possible feeding choice, based on impartial information and free of commercial influences. And it helps mothers to be fully supported when they make that choice.</p> <p>Baby-friendly Hospital Initiative (BFHI) Maternity services play an important role, supporting mothers in bonding with their children through body contact and optimal breastfeeding practices. The services do this supporting mother to put their baby to the breast immediately after birth, not providing water and not allowing formula samples to be distributed. The BFHI's ten steps describe the essential conditions for protecting, promoting and supporting breastfeeding. And the Baby-friendly Community Initiative extends this support for breastfeeding beyond health facilities.</p> | <ul style="list-style-type: none"> • Maternal nutrition • Support for early initiation, exclusive breastfeeding and continued breastfeeding after 6 months • Support for appropriate complementary feeding and for transition to a healthy family diet • Micronutrient supplementation for mother and child, as needed • Fortification of staple foods • Growth monitoring and promotion, including intervention and referral when indicated • Deworming • Support for appropriate child feeding during illness • Management of moderate and severe malnutrition as well as being overweight or obese |

Laws, policies and interventions for creating enabling environments

| | Laws and policies | Services and interventions |
|--|---|---|
| Component 3: Responsive caregiving | <p>Paid parental leave Paid parental leave is associated with several health benefits for children. They include supporting the bonding between mother and child, increasing the initiation and duration of breastfeeding, and improving the 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.</p> <p>Affordable child-care services There has been an increase in the number of women in the workforce and therefore, caregivers need affordable, good-quality day care for their children. This is also important for the high numbers of single mothers, and for caregivers or children living with disabilities.</p> <p>Urban design This should include green and child-friendly spaces that promote play between caregivers and children, as well as learning.</p> | <ul style="list-style-type: none"> • Skin-to-skin contact immediately after birth • Kangaroo care for low-birthweight babies • Rooming-in for mothers and young infants, and feeding on demand • Responsive feeding • Interventions that encourage play and communication activities of caregiver with the child • Interventions to promote caregiver sensitivity and responsiveness to children cues • Support for caregivers' mental health • Involving fathers, extended family and other partners • Social support from families, community groups and faith communities |
| Component 4: Opportunities for early learning | <p>Universal access to good-quality day care for children, as well as pre-primary and primary education Developmentally appropriate early education is crucial to children's cognitive and social development, and to their preparation for formal schooling. It is important for children across all demographic groups to have access to tuition-free pre-primary and primary education. This is especially important for children from vulnerable populations, as stress adversely affects children's learning.</p> | <ul style="list-style-type: none"> • Information, support and counselling about opportunities for early learning, including the use of common household objects and home-made toys • Play, reading and story-telling groups for caregivers and children • Book sharing • Mobile toy and book libraries • Good-quality day care for children, and pre-primary education • Storytelling of elders with children • Using local language in children's daily care |

Laws, policies and interventions for creating enabling environments

Component 5: Security and safety

Social protection and social services

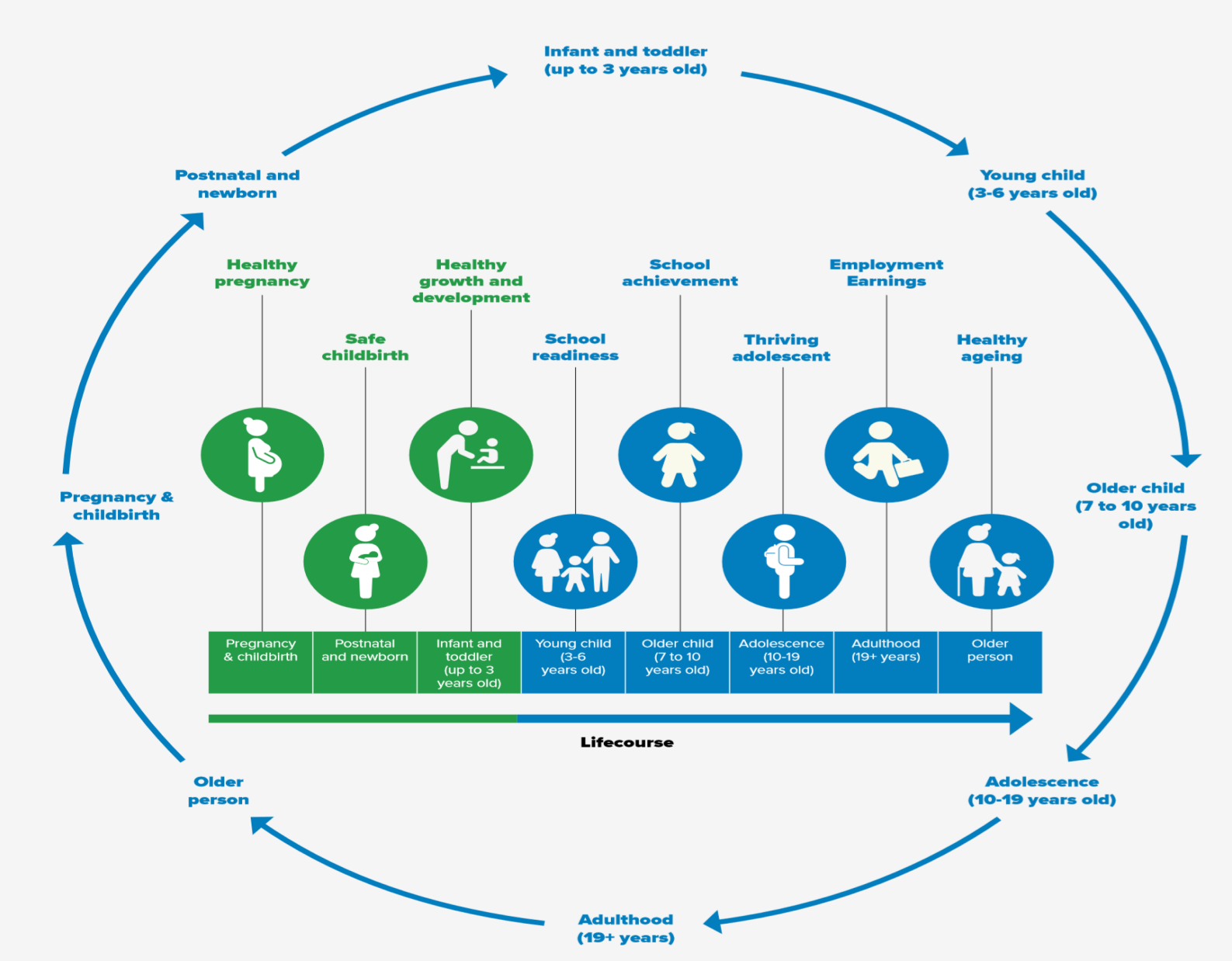
Social protection encompasses both insurance and income assistance (such as social grants and pensions) and provides direct, regular and predictable income for poor and vulnerable households. An important and growing part of social welfare in many countries, social assistance provides income security that reduces household poverty, mitigates against shocks, improves access to health and other services, and can increase immunization coverage, improve children's and mothers' health and nutrition, and boost school attendance and achievement.

Minimum wage

When caregivers are not able to earn adequate income, children's basic needs – including health care and education – cannot be met and early childhood development suffers. A minimum wage has the potential to improve the lives of millions of children, whether their caregivers work in the formal or informal economy.

- Birth registration
- Provision of safe water and sanitation
- Good hygiene practices – at home, at work and in the community
- Prevention and reduction of indoor and outdoor air pollution
- Clean environments free of hazardous chemicals
- Safe family and play spaces in urban and rural areas
- Prevention of violence by intimate partners and in families, as well as services for addressing it
- Social care services
- Cash or in-kind transfers and social insurance
- Supporting family care and foster care over institutional care

NURTURING CARE AND ITS CONTRIBUTIONS THROUGH THE LIFE COURSE



ENABLING ENVIRONMENTS FOR NURTURING CARE





Strategic actions

FIVE STRATEGIC ACTIONS



1. Lead and invest



2. Focus on families and their communities



3. Strengthen services



4. Monitor progress



5. Use data and innovate

MILESTONES TO BE ACHIEVED IN THE NEXT 5 YEARS (BY 2023)

| NATIONAL MILESTONES | GLOBAL MILESTONES |
|---|--|
|  <p>All countries have developed a national coordination mechanism and a plan to address nurturing care in a holistic way.</p> | <p>Global stakeholders have established functional mechanisms for multi-sectoral coordination and harmonized action in support of nurturing care.</p> |
|  <p>All countries are addressing nurturing care in national communication strategies and through community structures and local leaders.</p> | <p>Global stakeholders have launched a global advocacy campaign for nurturing care and promote effective approaches for engaging communities and giving them agency.</p> |
|  <p>All countries are strengthening their workforce's capacity to support responsive caregiving and early learning – among all families and children, including those with additional needs.</p> | <p>Global stakeholders have developed and updated guidelines, service packages and implementation guidance for nurturing care, and promote their use</p> |
|  <p>All countries are collecting data about the quality and coverage of interventions for all five components of nurturing care.</p> | <p>Harmonized global indicators and measurement framework for nurturing care are available and used to assess implementation and impact.</p> |
|  <p>All countries are investing in local research to strengthen implementation of nurturing-care interventions.</p> | <p>Global stakeholders have identified research priorities for nurturing care and invest in studies to address them.</p> |

***“If we change the beginning of the story,
we change the whole story”***

ASANTENI SANA!

