



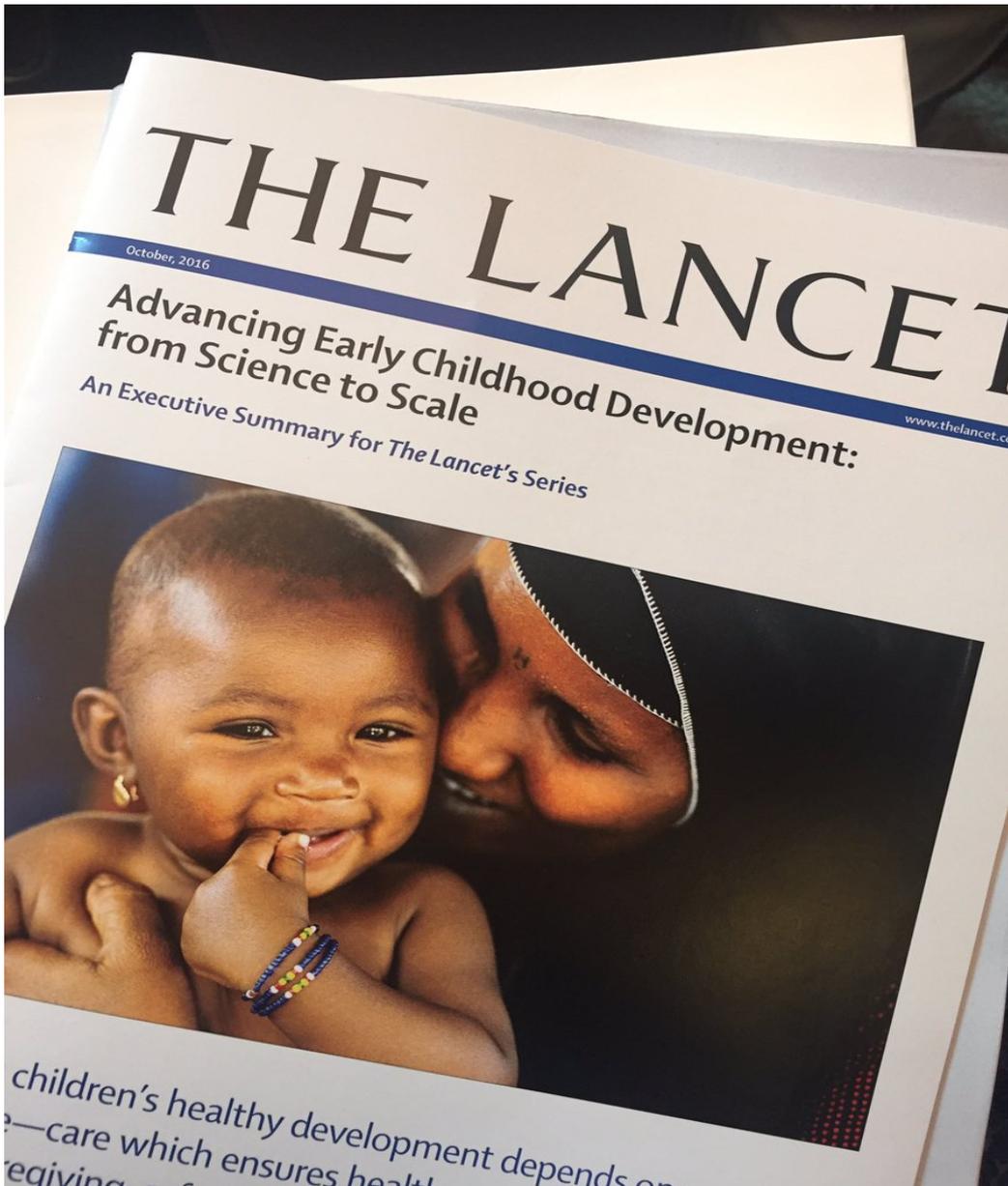
# Regional Learning and Linking Forum for Accelerating Delivery of Comprehensive Services for Orphans and Vulnerable Children & Youth

Johannesburg, 9<sup>th</sup> February

Latest developments in  
ECD research and  
programme experiences

Dr Marc Aguirre





## 2016 Lancet Early Childhood Development Series

Advancing Early Childhood Development: from Science to Scale

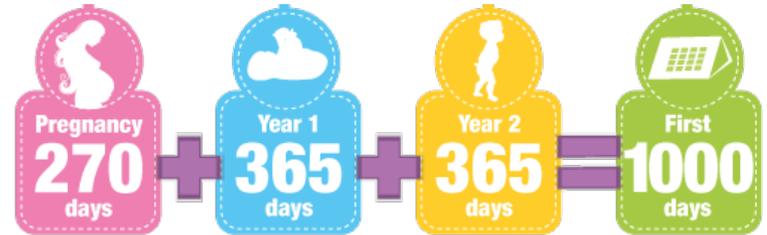


4.2 By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education

[www.thelancet.com/series/ECD2016](http://www.thelancet.com/series/ECD2016)

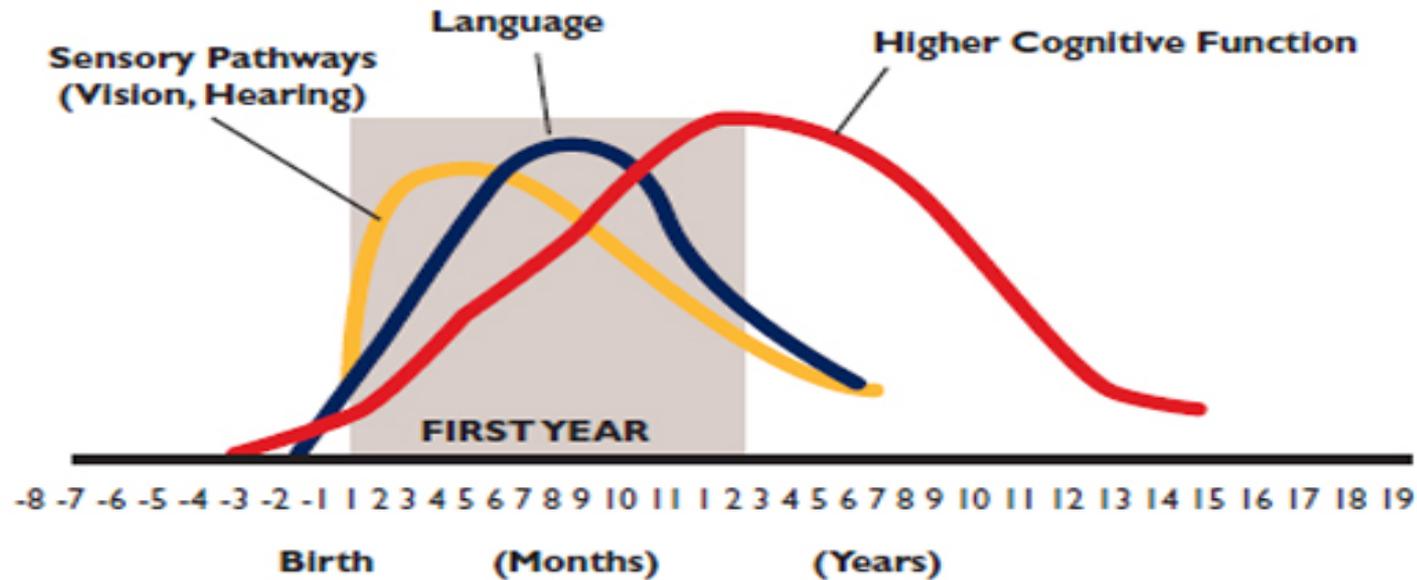
# First 1000 Days:

(a sensitive period for these developments)



## Human Brain Development

Synapse Formation Dependent on Early Experiences  
(700 per second in the early years)



Data source: C. Nelson (2000); Graph courtesy of the Center on the Developing Child at Harvard University

Millions of young children will **not reach their full developmental potential** because they grow up **facing a broad range of risk factors**, most notably;



- Poverty;
- Poor health including HIV/AIDS;
- Malnutrition;
- High levels of family and environmental stress and exposure to violence, abuse, neglect, and exploitation;
- Inadequate levels of care, nurturing, and learning opportunities.



# The Burden of Risk is High

**GLOBALLY ABOUT 250 MILLION CHILDREN  
(43%) UNDER 5 ARE AT RISK OF NOT  
FULFILLING THEIR DEVELOPMENTAL  
POTENTIAL DUE TO POVERTY & STUNTING**

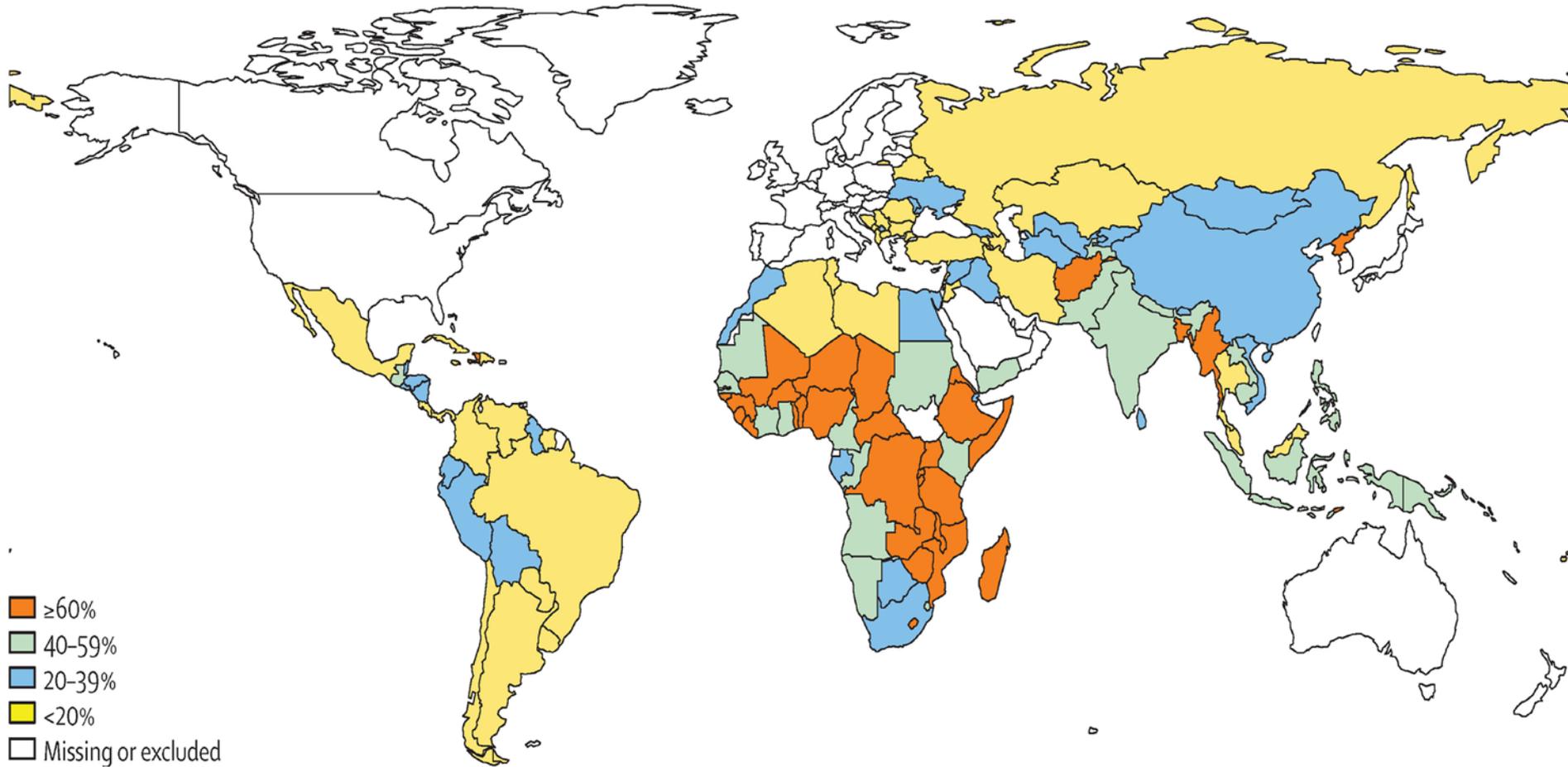
In countries with sufficient data, the numbers are much higher

**62.7%** - stunting and  
extreme poverty

**75.4%** - plus low  
maternal schooling and  
maltreatment

# Risk varies by low, middle and upper-middle income countries

D



# LIMITED STIMULATION & EARLY LEARNING

Access to good-quality care and education programmes outside the home are important in providing children with the basic cognitive, language and social skills they need to flourish in school and later life.

COUNTRY	At Preschool
Botswana	18%
Cote d'Ivoire	7%
Kenya	74%
Mozambique	Low
South Africa	50%
Zambia	Low
Zimbabwe	42%



Only **25%** of eligible children attend preschool

# The Cost of Inaction is High

## For individuals:

loss of about a quarter of average adult income per year

## For countries:

forfeit up to two times their current gross domestic product expenditure on health.

	Costs of inaction as proportion of GDP (SE)	Total governmental expenditure on health as proportion of GDP
Bangladesh	5.6% (1.82)	3.7%
Democratic Republic of the Congo	2.5% (0.86)	3.5%
Ethiopia	7.9% (2.57)	5.1%
India	8.3% (2.65)	4.0%
Kenya	5.4% (1.75)	4.5%
Madagascar	12.7% (4.17)	4.2%
Nepal	3.4% (1.12)	6.0%
Nigeria	3.0% (0.96)	3.9%
Pakistan	8.2% (2.65)	2.8%
Tanzania	11.1% (3.59)	7.3%
Uganda	7.3% (2.37)	9.8%



# What to do?

Successful, Smart and Sustainable ECD interventions need to:

**Promote 'Nurturing Care' and Protection**

**Be implemented as packages that target multiple risks**

**Be applied at developmentally appropriate times during the life course**

**Be of high quality**

**Build on existing delivery platforms**



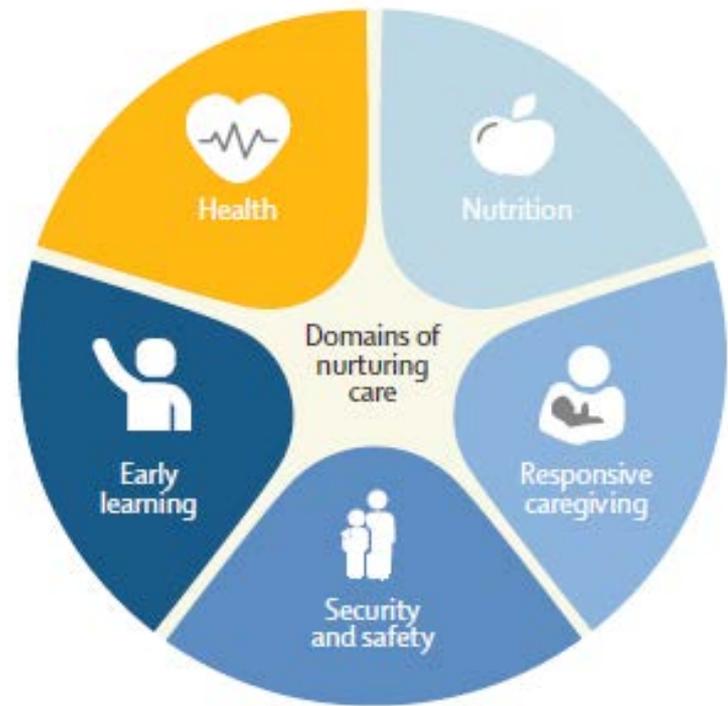
# Nurturing care

**A stable environment that is sensitive to children's health and nutritional needs, with protection from threats, opportunities for early learning, and interactions that are responsive, emotionally supportive and developmentally stimulating**

- **The single most powerful context for nurturing care is the immediate home and care setting of young children provided by parents and primary caregivers.**

**Nurturing care** comprises all elements for a child to grow physically, mentally, socially:

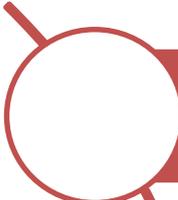
- Health
- Nutrition
- Responsive Caregiving
- Security & Safety
- Early Learning



Enabling Environment



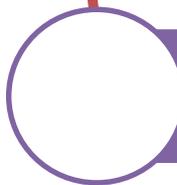
# Examples of existing cost effective health interventions that benefit childhood development



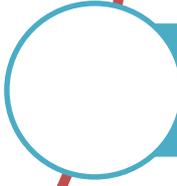
Iodine, iron and folate supplementation before and during pregnancy



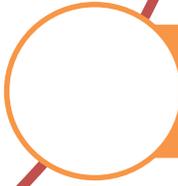
Antenatal corticosteroids for preterm risk



Multiple micronutrient supplementation for at risk children



Psychosocial support during childbirth (Mental Health)



Breastfeeding (multiple benefits including increased IQ)



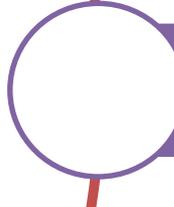
# Examples of other cost effective interventions that benefit childhood development



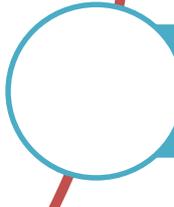
Parenting Support (Group sessions & Home Visits)



Attachment and Bonding (Kangaroo Mother Care)



Prevention of Child Maltreatment

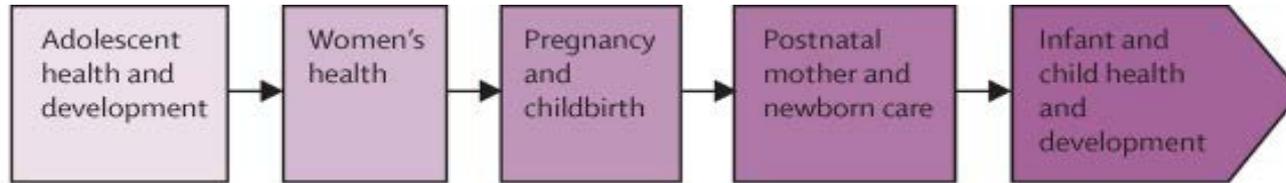


Social Safety Net interventions (Cash Transfers)



Out of Home interventions (Quality & Climate NB)

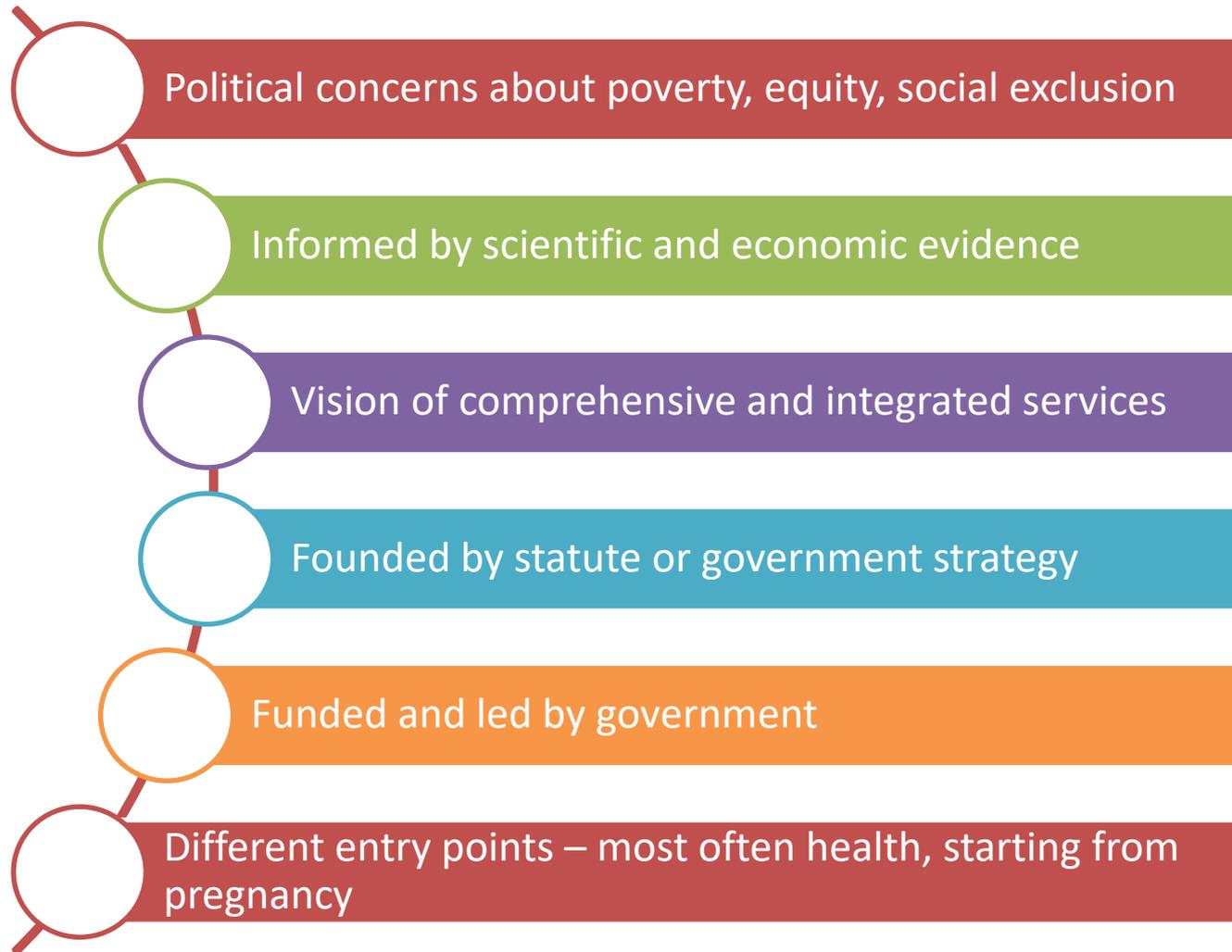
# LIFE COURSE APPROACH



- **Targeted interventions at specific periods in the life course**
- **Interventions throughout the life course**
  - Parenting Programmes
  - Maternal Mental Health & Well-being
  - Social Protection
  - Water, Sanitation, and Hygiene (WASH)
- **Enabling conditions** such as national policies that enable families to provide nurturing care
  - Time: Maternity & Paternity Leave, breastfeeding breaks
  - Resources: Cash Transfers, free pre-primary education



# SCALE UP: Common features of large-scale programs



## MODELS:

**USA:** Head start

**UK:** Sure start

**INDIA:** ICDS

**CHILE:** ChCC

**RSA:** Grade R

**12-15 members per Group**

**10 Curriculum based sessions: 3 hours each, twice a month**

**At a local community centre (halls, ECD centres, libraries, homes)**

**Facilitated by HOPEww Community Worker with support from PSG Leader**



## Group Sessions



Early Childhood  
Development

Parent Support Group

Play and Development Session

Key Skills Development Areas:

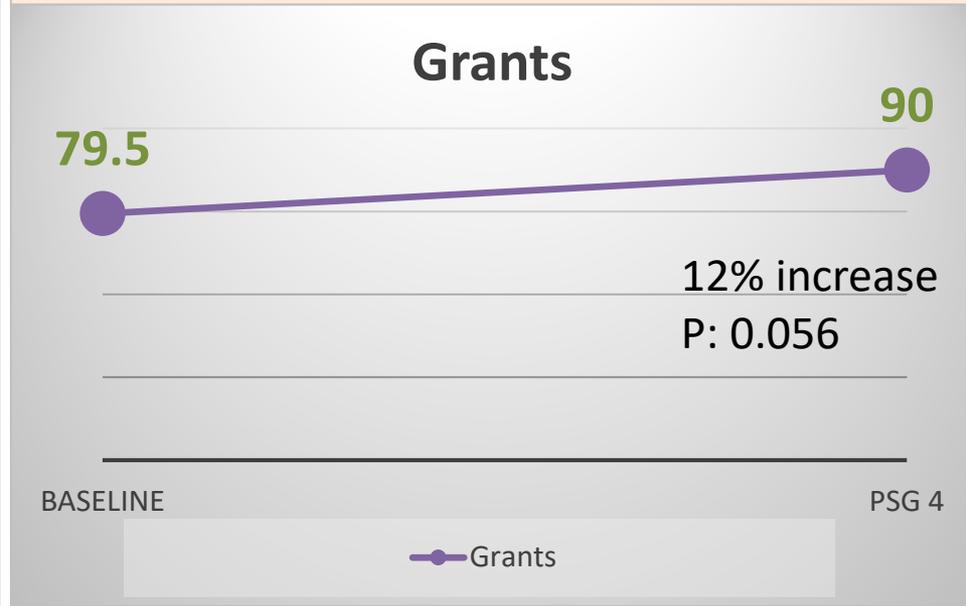
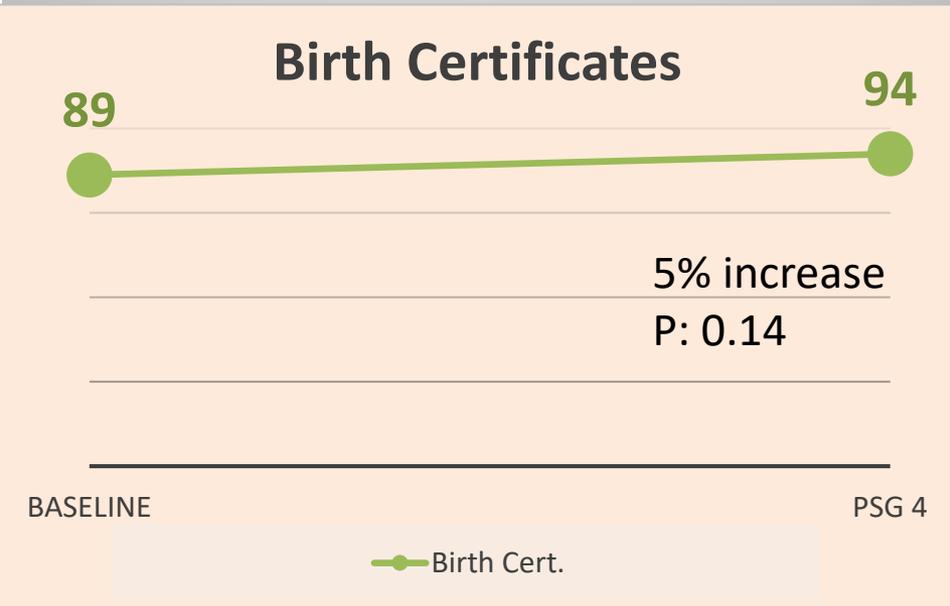
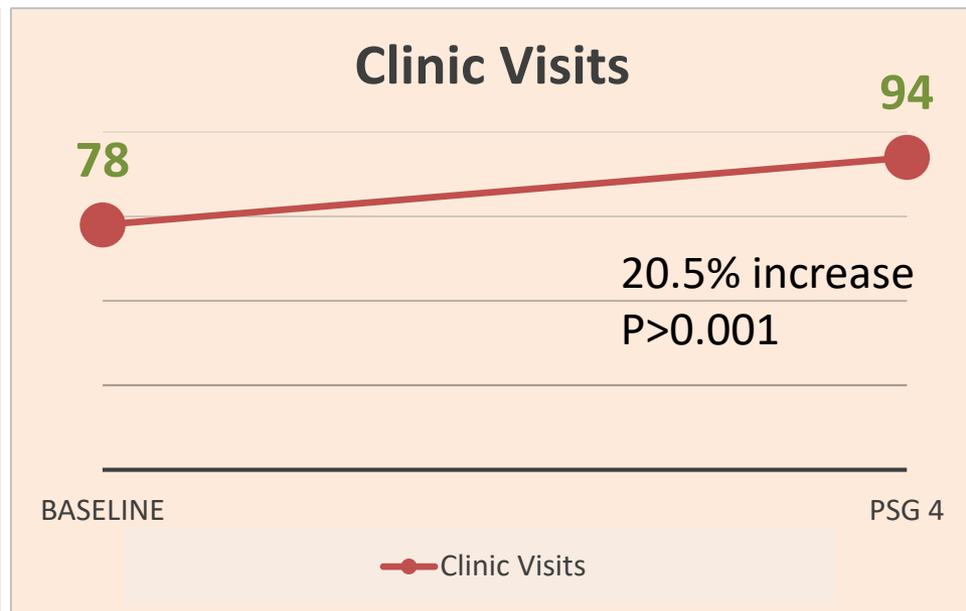
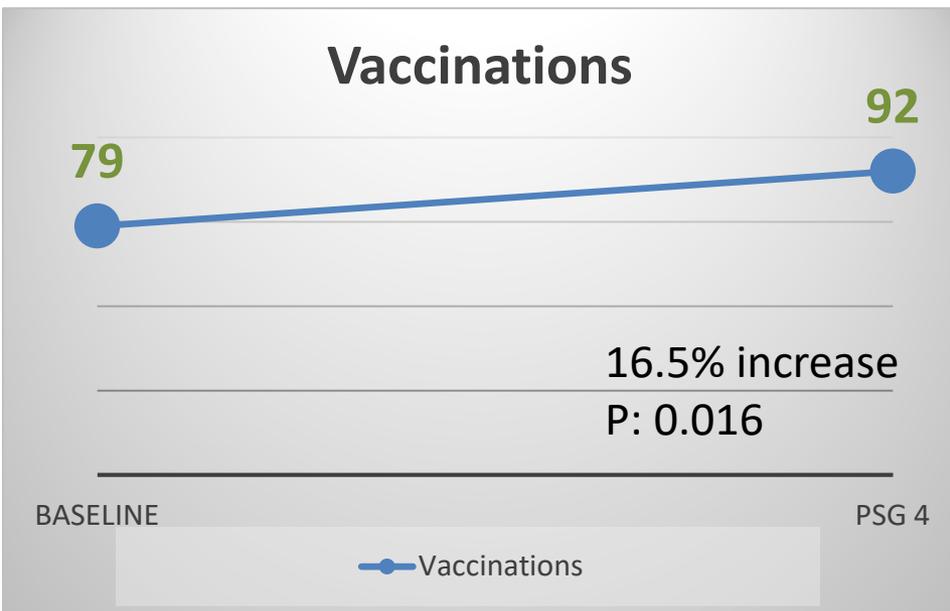
Self-Confidence/esteem

Positive Parenting

Key ECD-associated topics

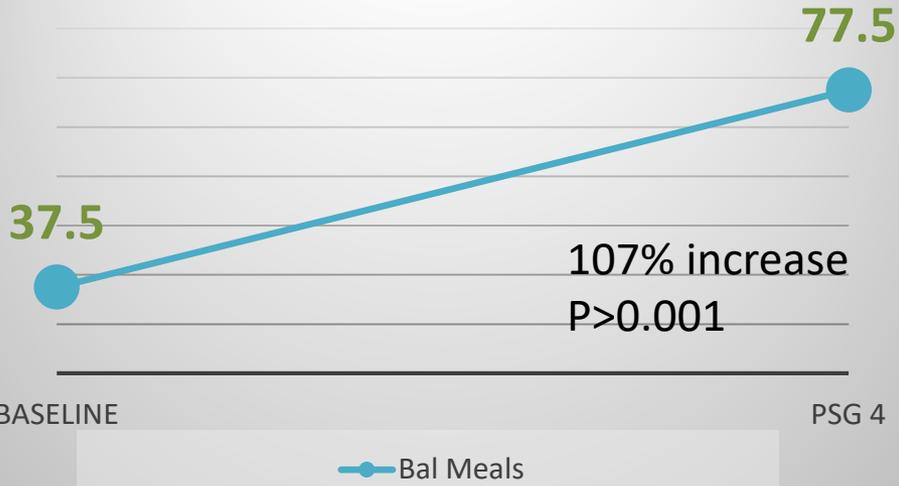


# Baseline to Session 4

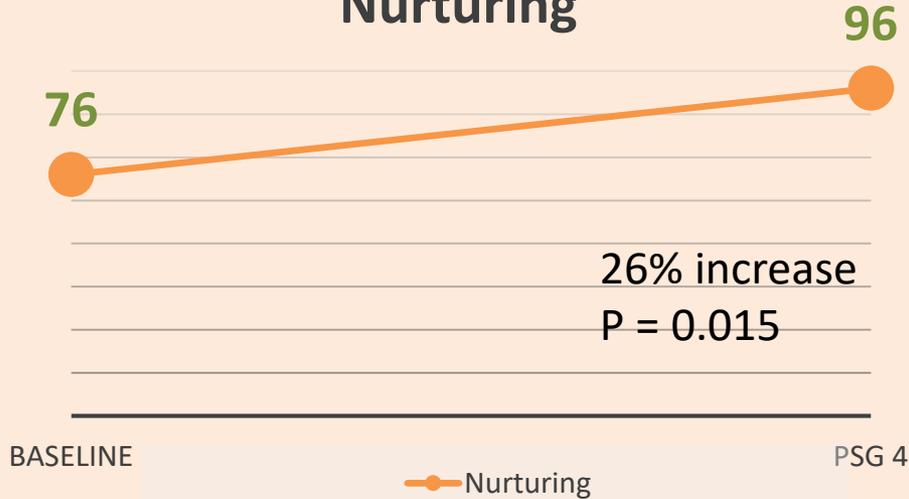


# CAP Results: Baseline to Session 4

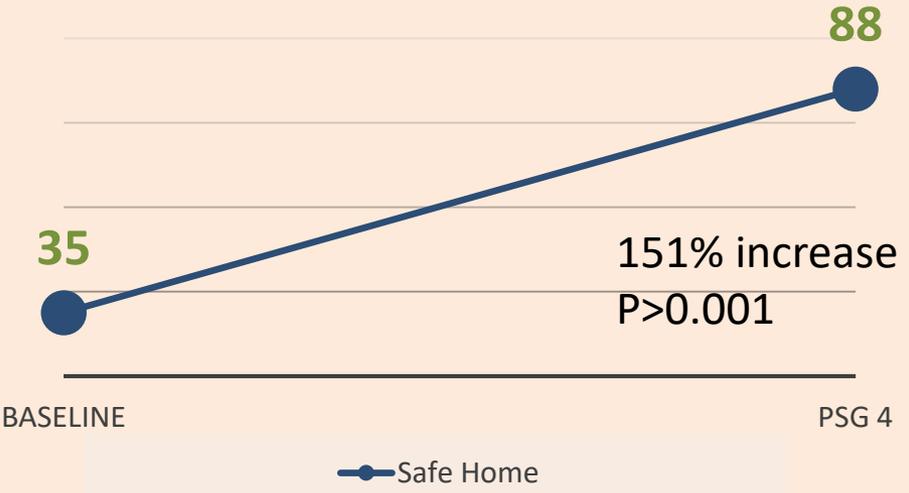
## Balanced Meals



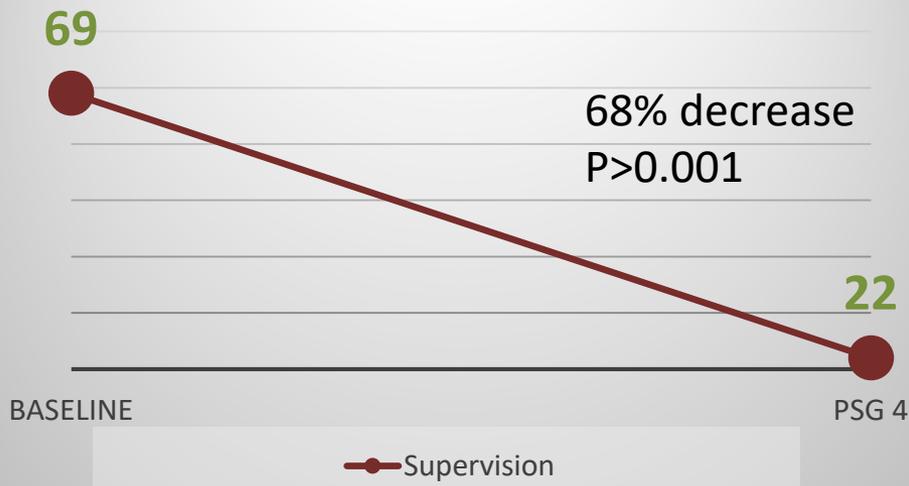
## Nurturing



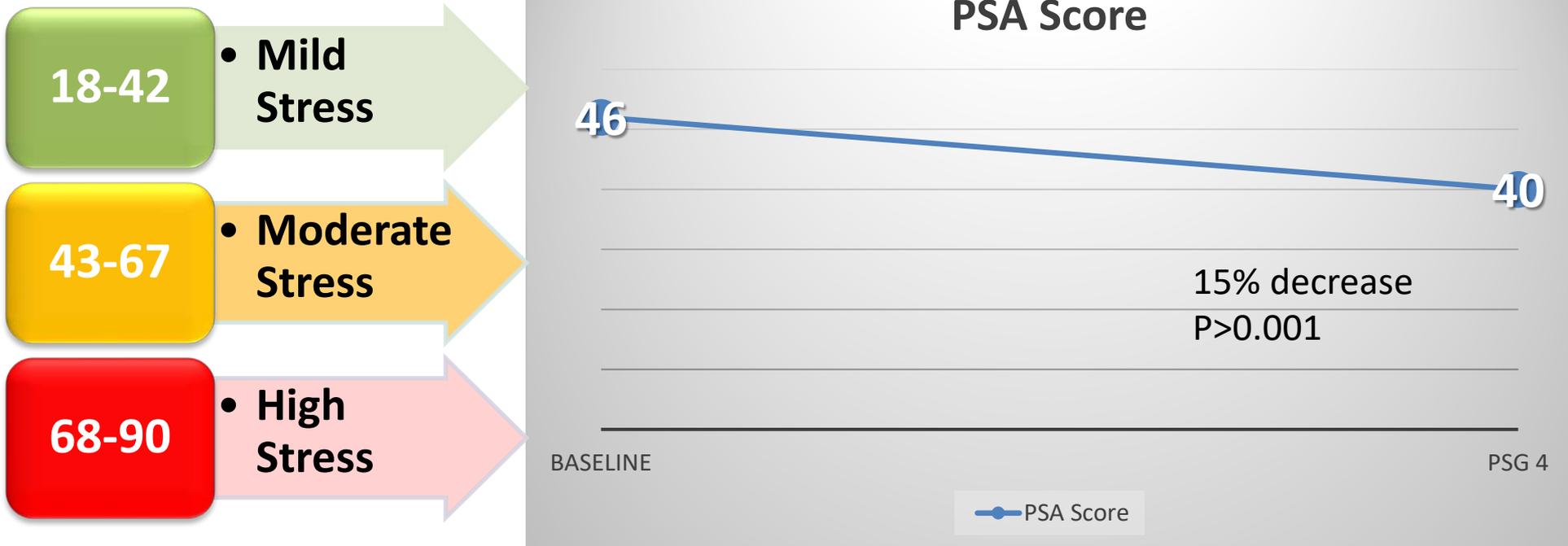
## Safe Home



## Lack of Supervision



# Stress Results: Baseline to 4<sup>th</sup> Assessment



Higher levels of parental stress related to:

- Lower levels of parental sensitivity to the child
- Poorer child behaviour
- Lower quality of parent – child relationship

# Parent Support Groups & Home Visiting

Reduced Caregiver Stress & Improved Problem Solving

Improved Caregiver-child Bonding: *Piccolo*

Improved Child Development: *Ages & Stages Questionnaire*





**We have a unique  
opportunity to transform  
the Future**



**HOPE**  
worldwide