

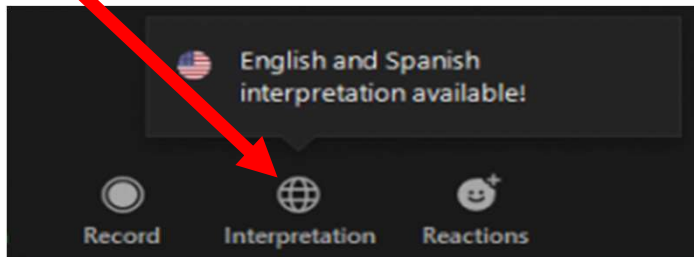
Nutrition as early childhood development

How can nutrition in emergencies programmes optimize young child development?

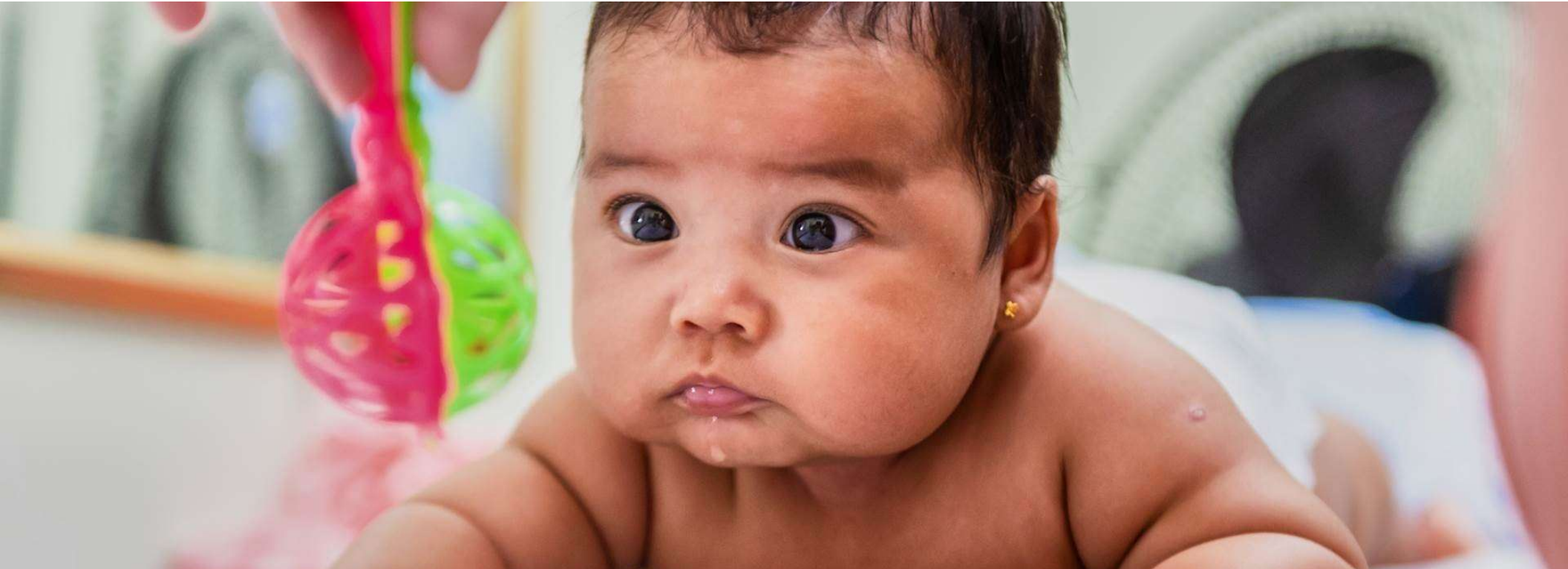
Translation is accessible by clicking the globe icon on the bottom of your screen.

La traduction est accessible en cliquant sur l'icône du globe terrestre au bas de votre écran.

Se puede acceder a la traducción haciendo clic en el icono del globo en la parte inferior de la pantalla.



يمكن الاستفادة من الترجمة الفورية عن طريق النقر فوق رمز الكرة الأرضية أسفل الشاشة.



Nutrition as early childhood development

How can nutrition in emergencies programmes optimize young child development?

15 May 2024



Nutrition & ECD in Emergencies Working Group



Supporting Donors



Note: This webinar is made possible by the generous support of all of our donors, however, the contents are the responsibility of the GNC and the individual presenters and do not necessarily reflect the views of these donors.



Objectives:

- Orient participants on early childhood development in Nutrition, presenting evidence and perspectives from implementers around the world
- Nurture interest in childhood development beyond nutrition
- Begin to cultivate spaces for discussion and sharing related to child development and nutrition in emergencies



Webinar Agenda

- Introduction
- Presentation of evidence
- Views from several regions
- Q&A
- Closing



Today's Facilitators and Presenters



Maureen Black

Distinguished Fellow - RTI International
Professor - University of Maryland School
of Medicine



Rosemary Mwaisaka

Senior Advisor, Public Health & Nutrition
The African Early Childhood Network



Hana Rabadi Abu Al Zuluf

Director of Evidence, Learning & Accountability
World Vision, Jerusalem – West Bank & Gaza



Luisa Vargas

Senior Technical Expert, Health & Nutrition
Save the Children Colombia



Colleen Emary

Senior Technical Advisor, Health & Nutrition
World Vision International



Eduardo García Rolland

Early Childhood Development Specialist
UNICEF



Andi Kendle

GNC Operations Team Coordinator, NIE
Action Against Hunger Canada

Nutrition As Early Childhood Development

How can Nutrition in Emergency Programs optimize young children's development?

Maureen Black, Ph.D.

RTI International

University of Maryland School of Medicine



Nutrition as Early Childhood Development

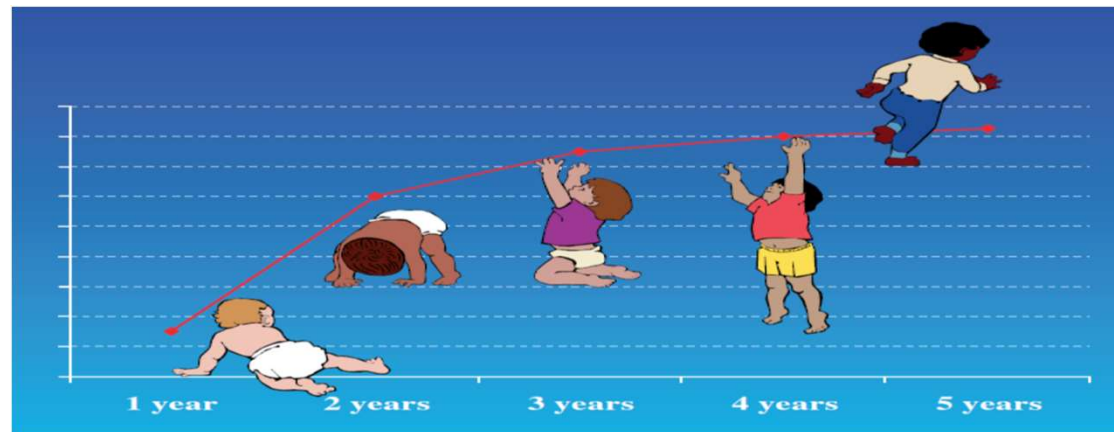
- **Conception through age 8 years**

- Conception/prenatal
- Antenatal
- Infant/Toddler
- Preschool
- Early School-age



First 1000 days: conception-age 24 months

Second 1000 days: age 2-5



Rapid Growth

Nutrition as Early Childhood Development

- **Conception through age 8 years**

- Conception/prenatal
- Antenatal
- Infant/Toddler
- Preschool
- Early School-age



First 1000 days: conception-age 24 months

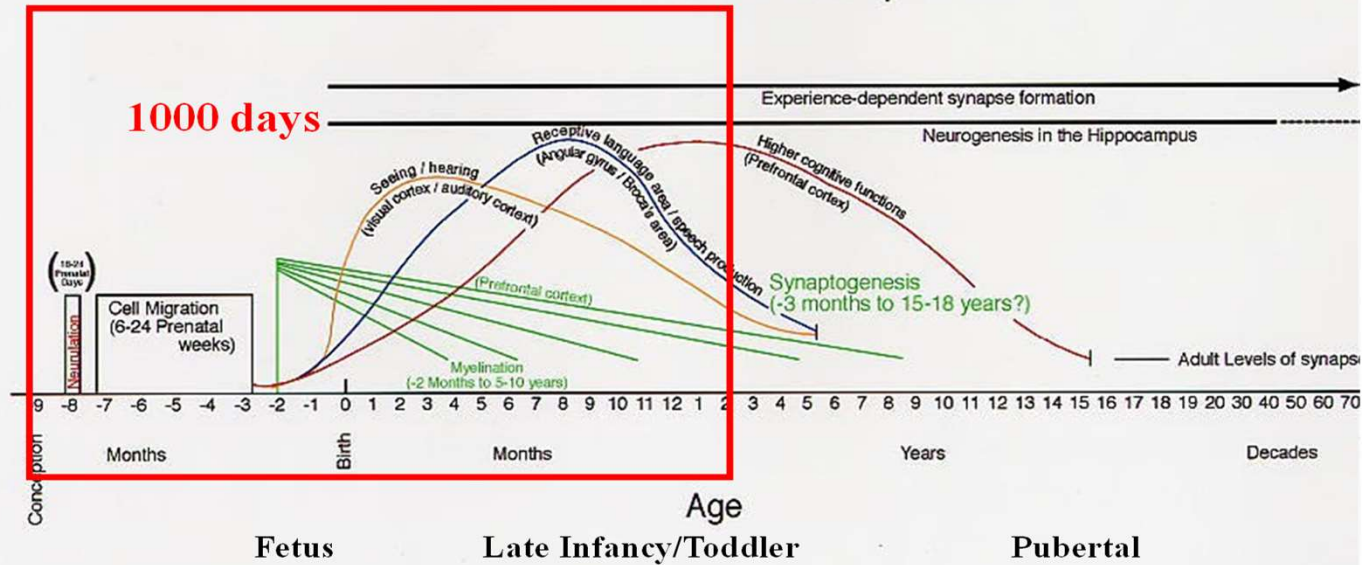
Second 1000 days: age 2-5



Rapid Development

Developmental Perspective

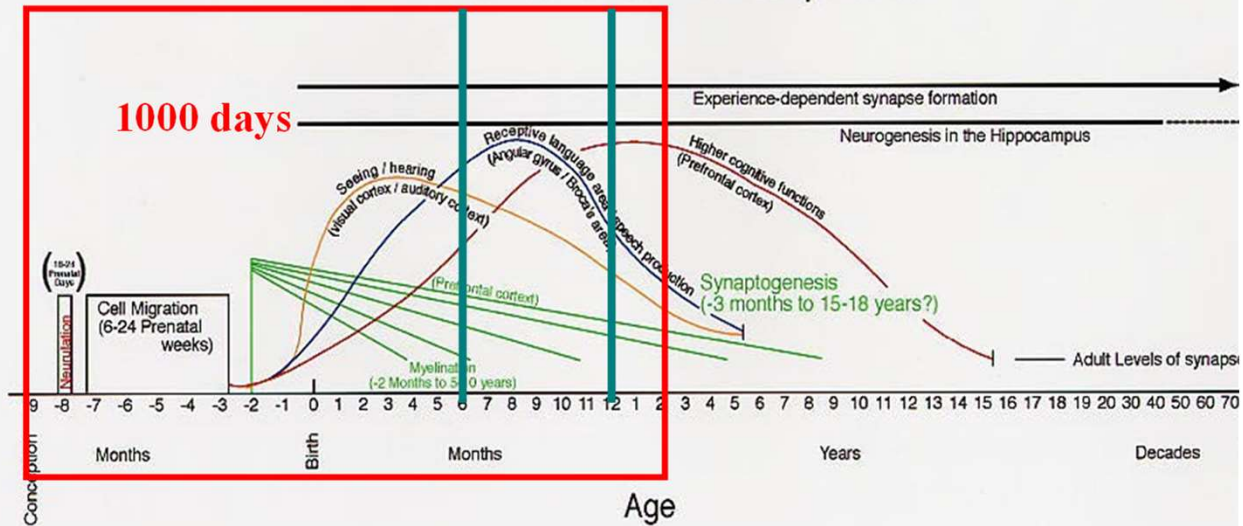
Human Brain Development



Thompson & Nelson, 2000

Developmental Perspective

Human Brain Development



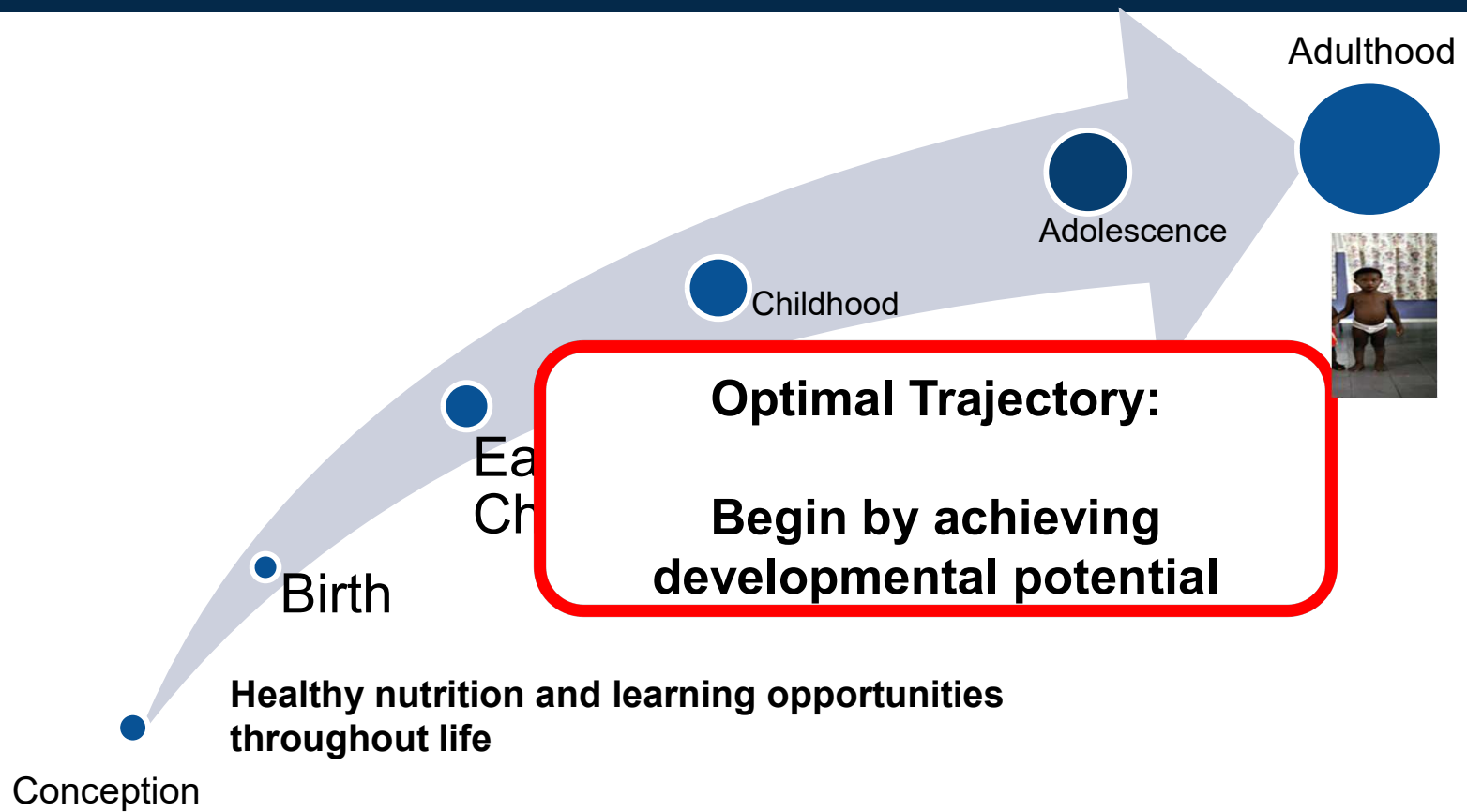
Age

Fetus **Late Infancy/Toddler** **Pubertal**

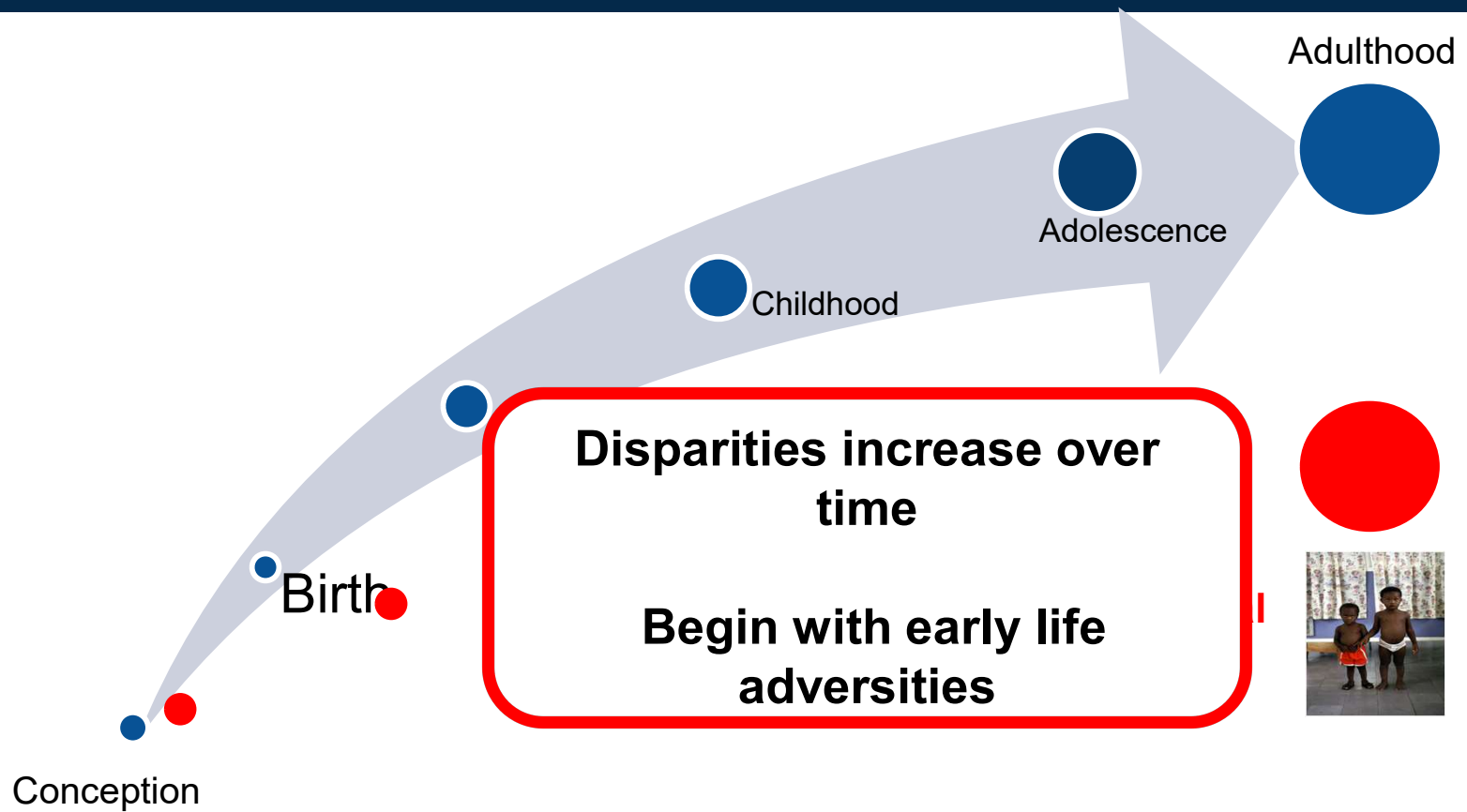
Iron: 0.27 mg/day 0-6 months **11 mg/day** 6-12 months 7 mg/day 1-3 years

Thompson & Nelson, 2000

Life Course Perspective



Life Course Perspective



Nutrition & Child Development Parallels

- Pre-conception – Pregnancy
 - Healthy maternal nutrition – fetal growth and development
 - Folate – closure of the neural tube ~ 22 days post-conception
- Birth – 6 months
 - Breast feeding (exclusive)
 - Infant – suck/swallow
- 6 – 12 months
 - Complementary feeding & early finger feeding
 - Dietary diversity
 - Minimal meal frequency
 - Infant
 - Oral-motor skills: chew and swallow
 - Sit independently
 - Hand function – pick up food and bring to mouth

Nutrition & Child Development Parallels

- 12 – 24 months
 - Increase dietary complexity and variety – family diet
 - Utensils
 - Cup drinking
 - Toddler
 - Imitate family food practices
 - Self feeding & drinking
 - Identify likes & dislikes

- 23 – 36 months
 - Exclusively family diet
 - Negative habits: use food to manage behavior, allow child to decide what to eat
 - Self feeding and drinking
 - Child
 - Clearly expresses likes & dislikes
 - Neophobia – food refusal

Nurturing Care

**Systems model.
Each component is necessary.
No single component is sufficient.**

**What the child's brain
expects and needs**



- Health
- Nutrition
- Responsive Caregiving
- Opportunities for Learning
- Security & Safety

Nurturing Care

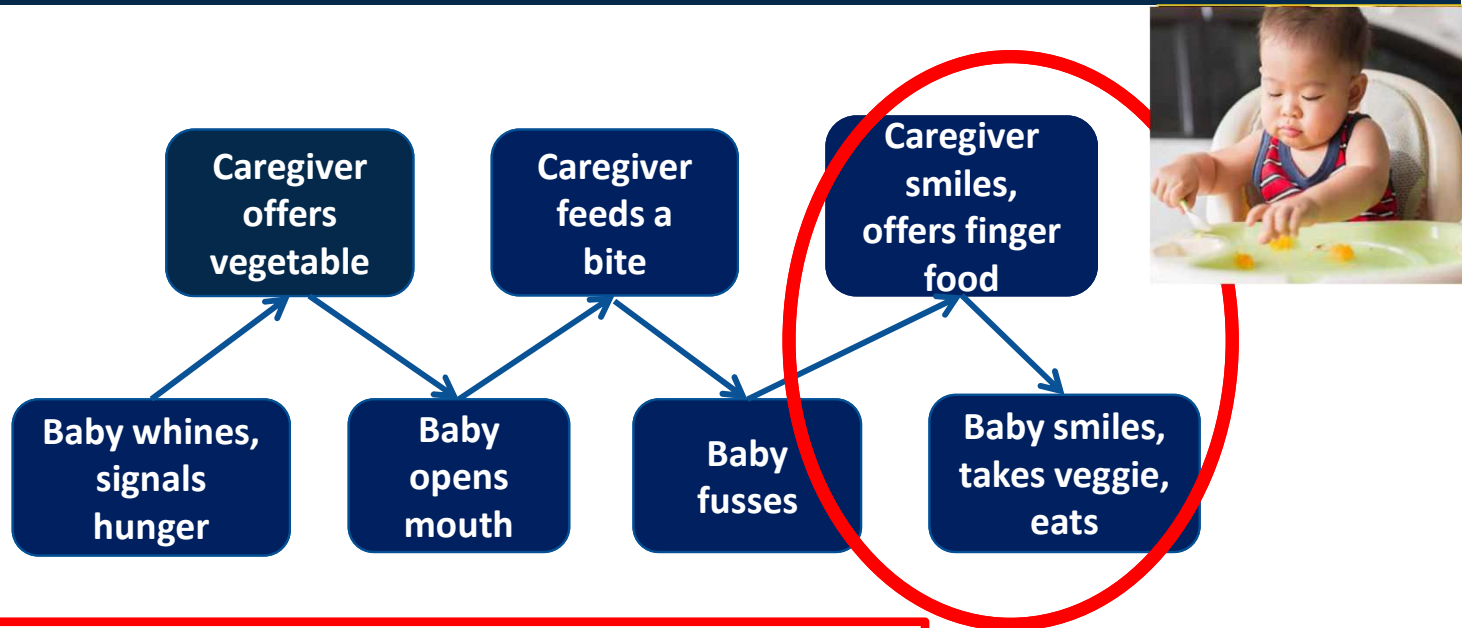
What the child's brain expects and needs



Enabling environments for nurturing care



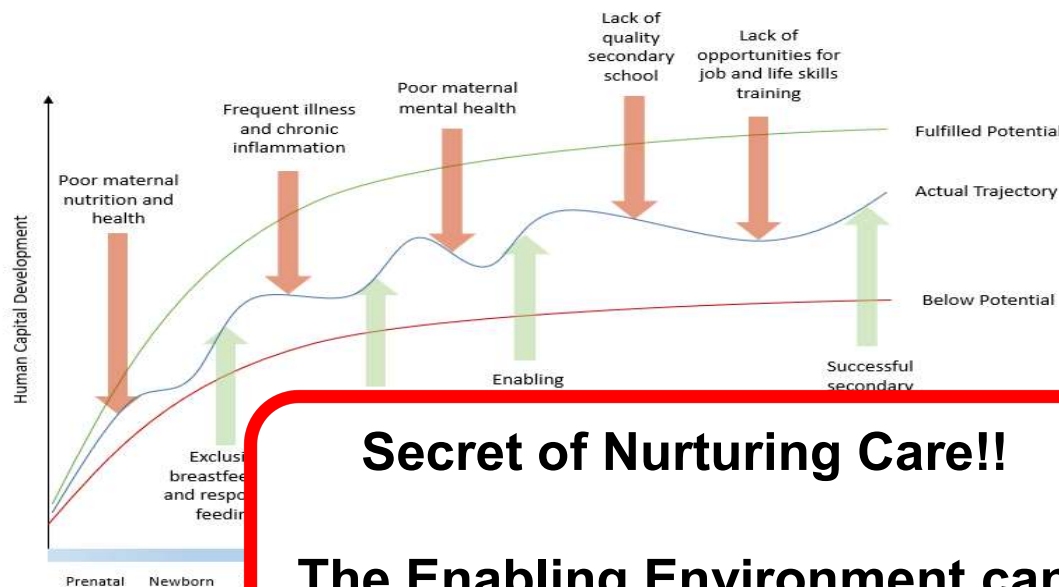
Responsive Feeding Bidirectional concepts



- **Clear setting and expectations**
- **Responds to infant's signals**
- **Prompt, nurturant, developmentally appropriate**
- **Not necessarily giving infant 's requests**

Black & Aboud, 2011

Nurturing Care Mitigates Early Adversities



Secret of Nurturing Care!!

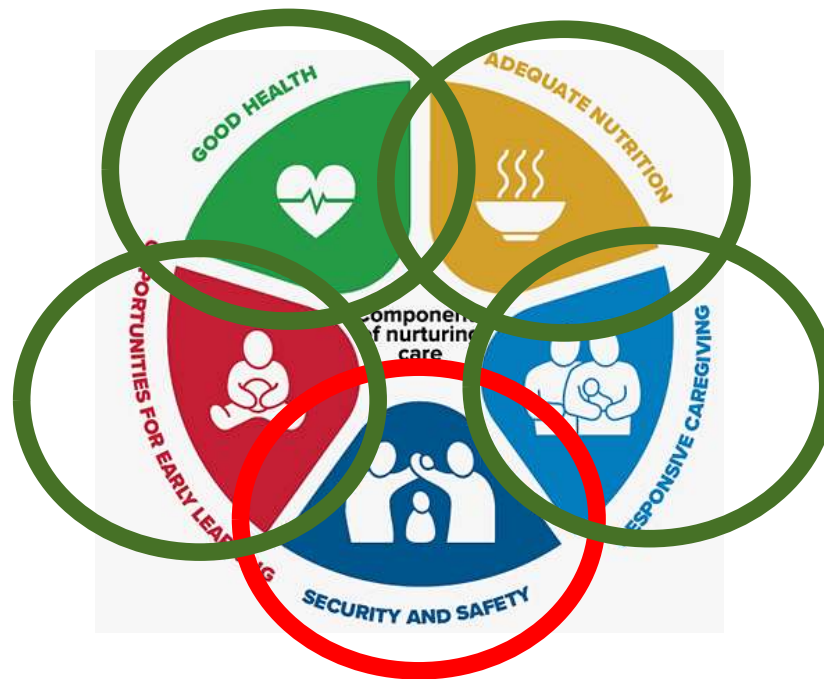
The Enabling Environment can mitigate early adversities!

Impact of Emergencies on Nurturing Care



Major impact on children's security & safety!!

Impact of Emergencies on Nurturing Care



Impacts all other components of nurturing care!!

Strategies: Child Safety & Security

- 3 R's of Child Safety & Security
 - **Relationships**
 - Consistent caregivers
 - Responsive caregiving
 - **Routines**
 - Consistent routines (meals, bedtime, playtime)
 - Predicable outcomes
 - **Resilience**
 - Opportunities to help
 - Opportunities for success

Nutrition & meals: opportunity to practice 3 R's

Integrate responsive caregiving and learning activities into mealtimes.

Relationships

- To the extent possible, engage children in choices:
 - Pictures, songs, etc. to precede or follow mealtimes
 - Theme opportunities for mealtimes

Routines

- Meal at regular times
- Eating with families or friend groups

Resilience

- To the extent possible, engage children in helping activities:
 - Older children helping younger children
 - Serving or cleaning up

Workers and caregivers

Training related to nutrition and child development

- Children experience threats of safety & security
- Find ways to use **relationships, routines, and resilience** to make meal and play times fun for children by engaging them.

Nurturing Care Framework

- Emergency sites are critical Nurturing Care settings



Strengthen Families

- Healthy nutrition
- Responsive caregiving
- Learning opportunities
- Safety & security

Strengthen Programs & Policies

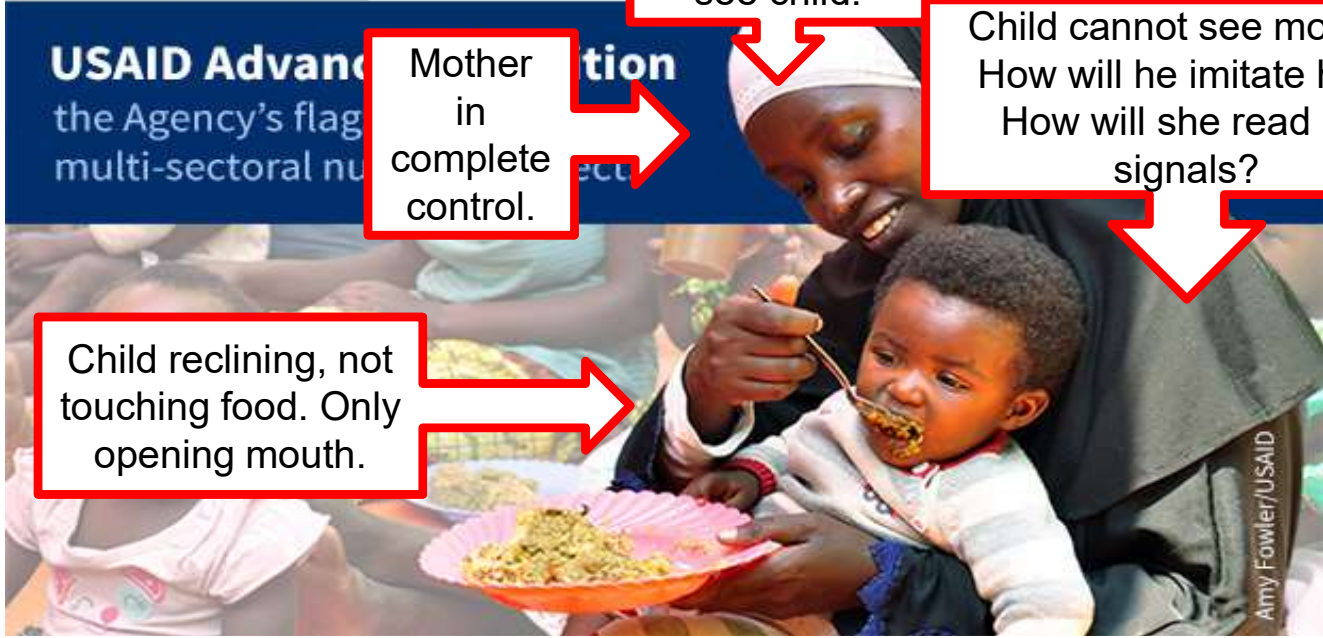
- Communication
- Encourage **relationships, routine, and resilience**
- Family voices
- Play time & space



USAID Advancing Nutrition
the Agency's flagship
multi-sectoral nutrition project.



**The Science Behind the First 1,000 Days:
Linking Nutrition, Brain Development, and Nurturing Care
September 11, 2019**



USAID Advanc
the Agency's flag
multi-sectoral nu

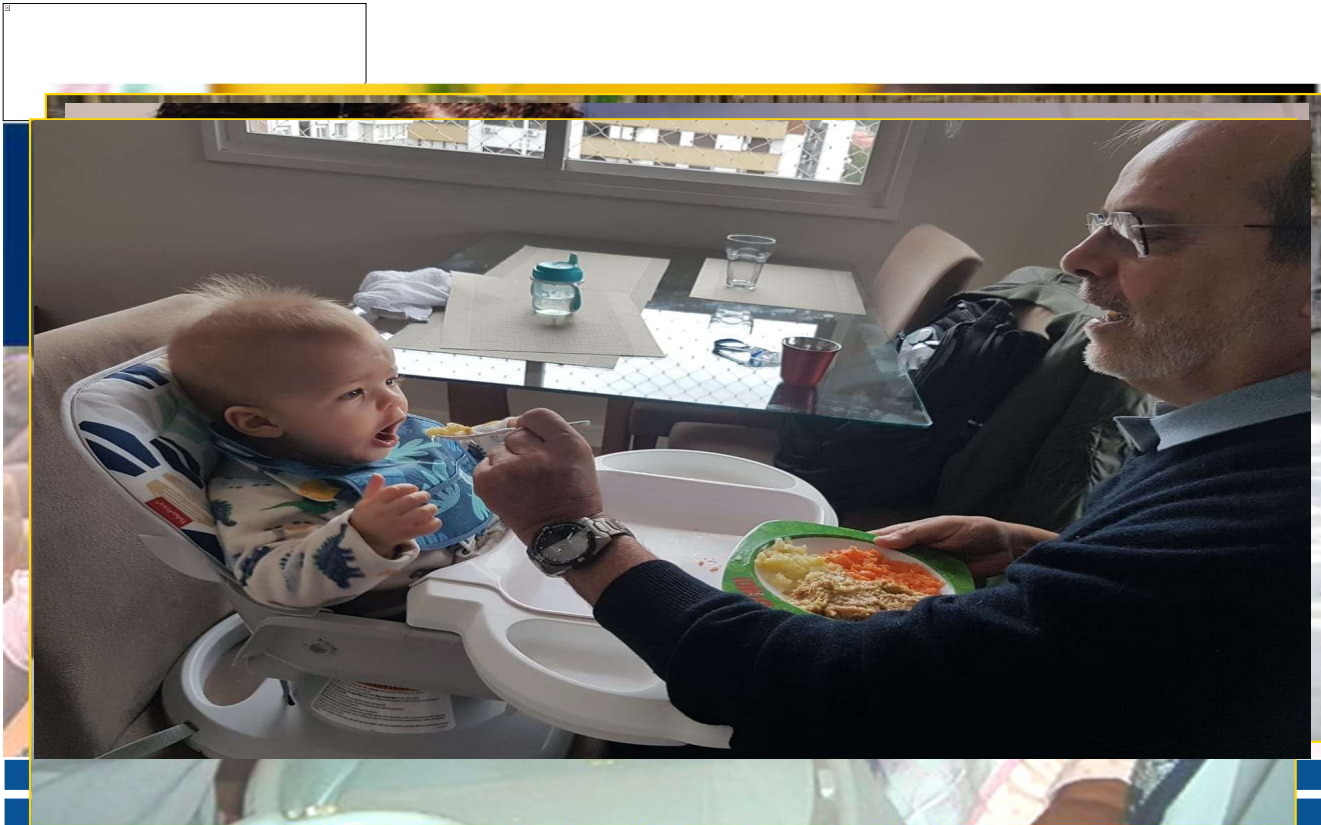
Mother cannot see child.

Mother in complete control.

Child cannot see mother.
How will he imitate her?
How will she read his signals?

Child reclining, not touching food. Only opening mouth.

**The Science Behind the First 1,000 Days:
Linking Nutrition, Brain Development, and Nurturing Care
September 11, 2019**



**The Science Behind the First 1,000 Days:
Linking Nutrition, Brain Development, and Nurturing Care
September 11, 2019**

THANKS!!



There is no keener revelation of a society's soul than the way in which it treats its children. —Nelson Mandela



Panel discussion

Views from several regions



World Vision's Integrated Nutrition and Early Childhood Development Programme (ECD)

Achievements in Nurturing Care
Framework of Early Childhood
Development in Humanitarian
Setting in Palestine

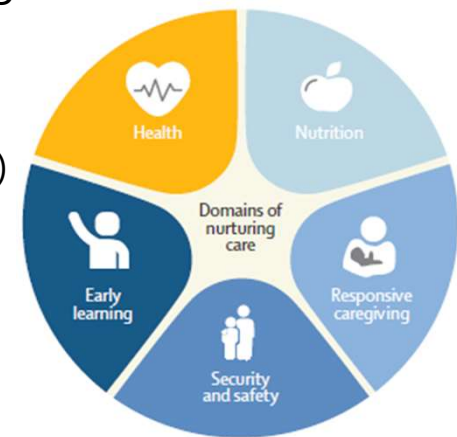




World Vision 'Go Baby Go' Model (ages 0-3)

Go Baby Go! targets the first 1,000 days of life (conception through age 3), a crucial period of rapid brain growth. It supports parents as first teachers of their infants with individualized home-based support through visits to vulnerable households, and with group, skills-based sessions focused on enhancing nurturing care through:

- Sensitive and responsive parenting
- Well-being as a family affair (including fathers)
- Holistic child development
- Play and communication



**Integrated Package
(Intervention)**

Nutrition

**Maternal Mental Health
Psycho-social Support**

**Early Childhood
Stimulation
"Go Baby Go"**

BCC for First 1000 Days

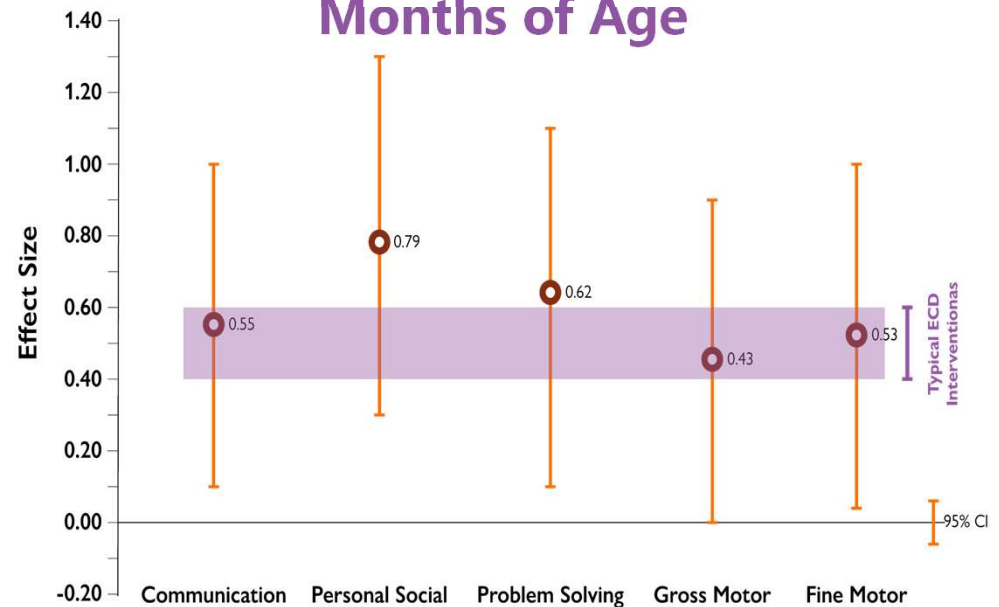


The Effect Size of the Integrated-Intervention on ASQ Scores at 12 Months of Age

Mean ASQ at 2,4,6,8,10,12



The Effect Size of the Integrated-Intervention on ASQ Scores at 12 Months of Age

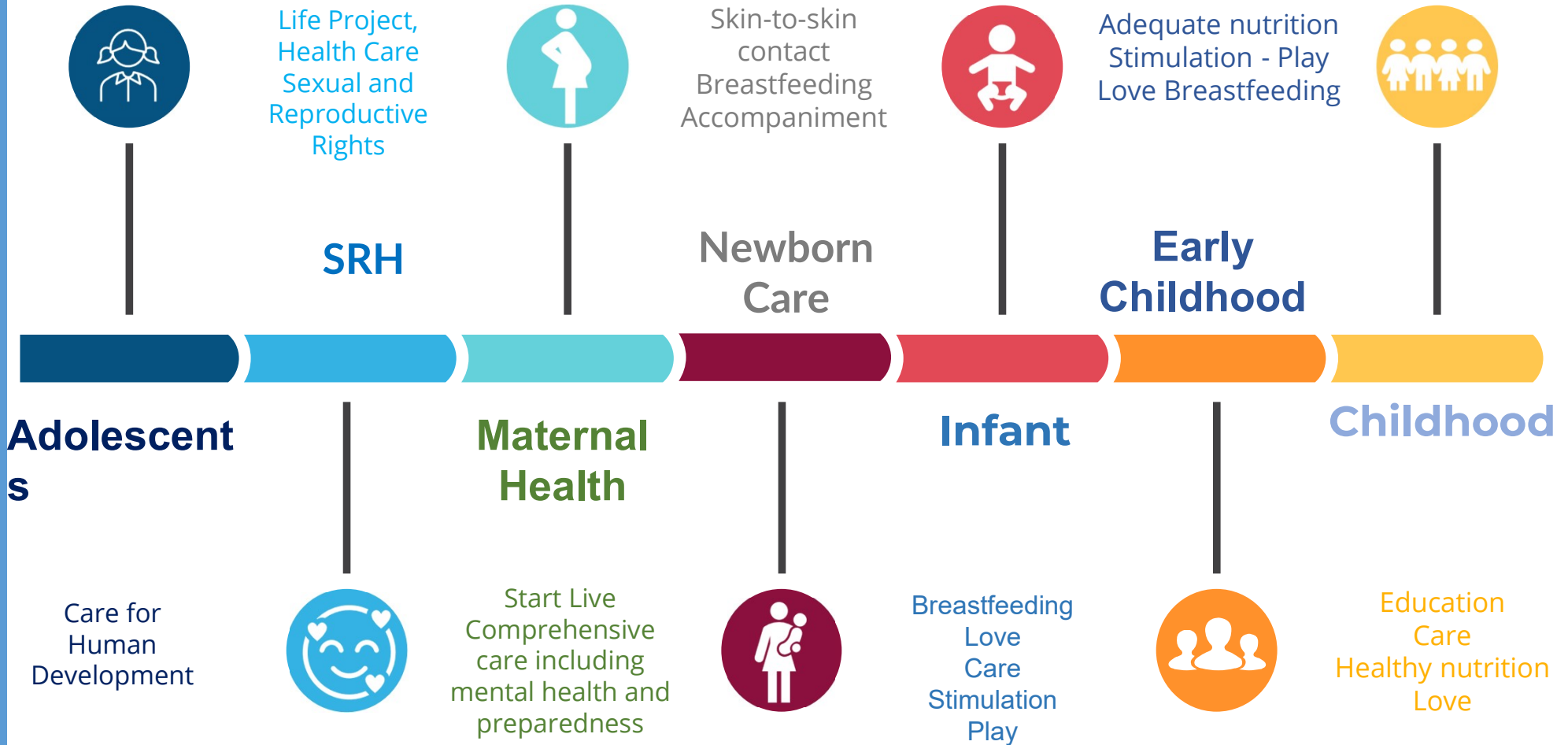




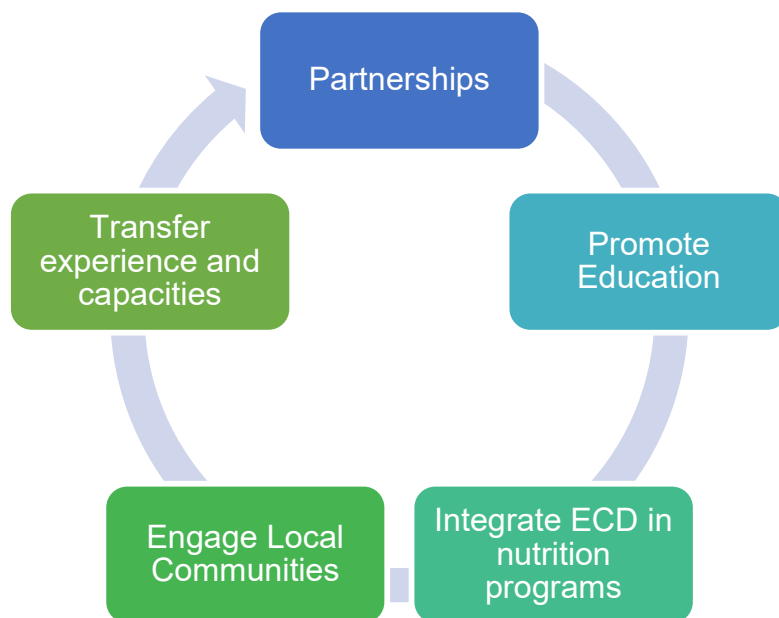
Enhancing Global Efforts in ECD

15 de mayo de 2024

What could we do?



How can we involve ECD in the emergency context?



Integration in implementation

Develop the capacities of field teams

Strengthen families

Sustainability





Thanks!



Q&A



Would you like more information about the Nutrition & ECD in Emergencies Group?

For more information

Nutrition and Early Childhood Development in Emergencies Group

WHY this group?

Evidence shows that nutrition in emergencies programmes with interventions to support responsive caregiving and early stimulation have a cumulative positive impact on young children's nutritional status and other development outcomes, with benefits for both child and caregiver. Good nutrition in the early years of life is vital fuel for the developing brain and an essential component for the healthy development and wellbeing of children. Responsive feeding promotes caregiver-child interactions for optimal nutrition of infants and young children as articulated in the Nurturing Care Framework. Nutrition interventions provide affection, protection, opportunities for learning, and social interactions.

GOAL

Children in emergencies receive the nutrition, stimulation, care, and other early childhood services for their optimal development.

OBJECTIVES:

- To advance learning agenda: engaging with country, regional, and global humanitarian actors within the nutrition sector and early development and share nutrition and early childhood development in humanitarian settings.
- To provide technical support: providing timely responses to ad-hoc country-level requests for support on nutrition and early childhood development in emergencies, as necessary.

PLANS FOR 2024

- Finalised Terms of Reference, determine way forward for expanding membership of the working group
- Support roll out of the 2023 WHO guidelines on the prevention and management of wasting
- Assess and map the priorities of early development in NiE
- Increase visibility and participate in events, building on opportunities
- Collaborate and establish contacts with other Nutrition Cluster groups and other stakeholders
- Develop case studies and learning from constraints and failures
- Prepare overarching webinar and specific promotion of tools
- Explore and provide support to the field

KEY RESOURCES AND TECHNICAL SUPPORT AVAILABLE

QUICK GUIDE

[Quick Guide on ECD in NiE](#)

MEMBERSHIP

ACF-Ca/GNC and UNICEF Chairs Andi Kendle, Eduardo Garcia Rolland
US: Colleen Emery World Vision; Adugna Yimam Action Against Hunger-
Hunger-Spain; Andrea Garcia Save the Children; Antonio Vargas Action Against Hunger
new members
For more information:
Andi Kendle akendle@actionagainsthunger.org

Looking for support

Request support on coordination, information management, integration for nutrition outcomes or technical nutrition in emergencies assistance.

Request Support



GNC CT

Global

Request form

Fill in the form below to get in touch with the **Technical Alliance Team**

Name and Surname

Email Address

Type of Organization

Location

Region

Type of Enquiry

Request Urgency

Subject of Request

Description

News And Events



About



nutritioncluster.net



Thank you!



Please fill out the brief webinar evaluation
it will take less than 5 minutes
(it will pop up when you close the webinar)