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

Johannesburg, 9th 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
First 1000 Days:

(a sensitive period for these developments)
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
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.

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>At Preschool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botswana</td>
<td>18%</td>
</tr>
<tr>
<td>Cote d’Ivoire</td>
<td>7%</td>
</tr>
<tr>
<td>Kenya</td>
<td>74%</td>
</tr>
<tr>
<td>Mozambique</td>
<td>Low</td>
</tr>
<tr>
<td>South Africa</td>
<td>50%</td>
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<tr>
<td>Zambia</td>
<td>Low</td>
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<tr>
<td>Zimbabwe</td>
<td>42%</td>
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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.

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

- Political concerns about poverty, equity, social exclusion
- Informed by scientific and economic evidence
- Vision of comprehensive and integrated services
- Founded by statute or government strategy
- Funded and led by government
- Different entry points – most often health, starting from pregnancy

MODELS:
- USA: Head start
- UK: Sure start
- INDIA: ICDS
- CHILE: ChCC
- RSA: Grade R
Nurturing Care: Parent Support Groups

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

Key Skills Development Areas:

- Self-Confidence/esteem
- Positive Parenting
- Key ECD-associated topics
Baseline to Session 4

- **Vaccinations**: 16.5% increase, P: 0.016
- **Clinic Visits**: 20.5% increase, P > 0.001
- **Birth Certificates**: 5% increase, P: 0.14
- **Grants**: 12% increase, P: 0.056
### CAP Results: Baseline to Session 4

#### Balanced Meals
- Baseline: 37.5
- Session 4: 77.5
- Increase: 107%
- Significance: P > 0.001

#### Nurturing
- Baseline: 76
- Session 4: 96
- Increase: 26%
- Significance: P = 0.015

#### Safe Home
- Baseline: 35
- Session 4: 88
- Increase: 151%
- Significance: P > 0.001

#### Lack of Supervision
- Baseline: 69
- Session 4: 22
- Decrease: 68%
- Significance: P > 0.001
Stress Results: Baseline to 4th 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

![Image of a mother and child]

![Image of a group of people holding certificates]
We have a unique opportunity to transform the Future