



Care for Child Development

Participant Manual



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Introduction

Children need good care. Their survival through childhood depends on adults who notice when they are hungry or sick, and are able to meet their needs.

Good care also means keeping children safe from harm, and giving them love, attention, and many opportunities to learn. From birth, children build ties to special adults and look to them to learn important skills. What children learn from these relationships helps to prepare them for life.

This course on **Counsel the Family on Care for Child Development** supports the efforts of families and others in your community who are trying to raise healthy, happy children. They may live in poverty and face many other challenges. The children they raise may be their own. Or they may have accepted the task of raising other children in their family or community. You can help them be better able to care for their children, even under difficult conditions.

Most families are trying to do the best they can for their children.

Help families feel confident and good about giving care.

Course objectives

At the end of the course on **Counsel the Family on Care for Development**, you will be able to:

- Identify the relationship between a child and a parent or other person – the primary caregiver
- Counsel the caregiver on ways to strengthen the relationship with the child
- Advise the family on appropriate play and communication activities to stimulate the child's growth and healthy development.

As you learn these tasks, you will focus on observing caregivers with their children.

Using good communication skills, you will counsel the family.

Course methods and materials

In this course, you will read about, observe, and practise counselling the family and others who care for a young child.

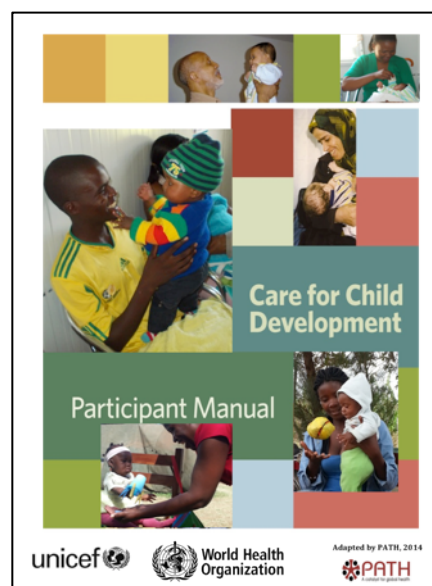
The course provides these materials:

Manual

You are now reading the **Participant Manual**.

It contains the content, discussions, and exercises for the course.

- What do the pictures on the Manual cover tell you about the course?



Recommendations for Care for Child Development

NEWBORN BIRTH UP TO 1 WEEK	1 WEEK UP TO 6 MONTHS	6 MONTHS UP TO 9 MONTHS	9 MONTHS UP TO 12 MONTHS	12 MONTHS UP TO 2 YEARS	2 YEARS AND OVER
<p>Your baby learns from birth</p> <p>PLAY Provide toys for your baby to see, hear, smell, taste, and touch. You should move colorful things for your child to see and reach for. Shake the rattle or rattle a good.</p> <p>COMMUNICATE Look into baby's eyes and talk to your baby. When you are something to a good time, bear a newborn baby sees your face and hears your voice.</p>	<p>PLAY Provide wait for your child to see, hear, feel, move freely, and touch. You should move colorful things for your child to see and reach for. Shake the rattle or rattle a good.</p> <p>COMMUNICATE Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.</p>	<p>PLAY Give your child things to touch, bang, and drop. Simple toys containers will talk about art and space.</p> <p>COMMUNICATE Respond to your child's sounds and interests. Call the child's name, and use your child's response.</p>	<p>PLAY Hide a child's favorite toy under a cloth or box. See if the child can find it. Play peek-a-boo.</p> <p>COMMUNICATE Tell your child the names of things and people. Show your child how to say things with hands, like "bye-bye". Simple toy: all with face.</p>	<p>PLAY Give your child things to stack up and to put into containers and take out. Simple toys: stacking and nesting cups and blocks.</p> <p>COMMUNICATE Ask your child simple questions. Respond to your child's attempts to talk. Show your child named nature pictures and things.</p>	<p>PLAY Give your child things to stack up and to put into containers and take out. Simple toys: stacking and nesting cups and blocks.</p> <p>COMMUNICATE Ask your child simple questions. Respond to your child's attempts to talk. Show your child named nature pictures and things.</p>

● Give your child affection and show your love ● Be aware of your child's interests and respond to them ● Praise your child for

Counsel the Family about Problems in Care for Child Development

If the mother does not breastfeed, counsel the mother to:

- Hold the child close when feeding, look at the child, and talk or sing to the child.

If caregivers do not know what the child does to play or communicate:

- Remind caregivers that children play and communicate from birth.
- Demonstrate how the child responds to activities.

If caregivers feel too burdened or stressed to play and communicate with the child:

- Listen to the caregivers' feelings, and help them identify a key person who can share their feelings and help them with their child.
- Build their confidence by demonstrating their ability to carry out a simple activity.
- Refer caregivers to a local service, if needed and available.

If caregivers feel that they do not have time to play and communicate with the child:

- Encourage them to combine play and communication activities with other care for the child.
- Ask other family members to help care for the child or help with chores.

If caregivers have no toys for the child to play with, counsel them to:

- Use any household objects that are clean and safe.
- Make simple toys.
- Play with the child. The child will learn by playing with the caregivers and other people.

If the child is not responding, or seems slow:

- Encourage the family to do extra play and communication activities with the child.
- Check to see whether the child is able to see and to hear.
- Refer the child with difficulties to special services.
- Encourage the family to play and communicate with the child through touch and movement, as well as through language.

If the mother or father has to leave the child with someone else for a period of time:

- Identify at least one person who can care for the child regularly, and give the child love and attention.
- Get the child used to being with the new person gradually.
- Encourage the mother and father to spend time with the child when possible.

If it seems that the child is being treated harshly:

Recommend better ways of dealing with the child.

- Encourage the family to look for opportunities to praise the child for good behavior.
- Respect the child's feelings. Try to understand why the child is sad or angry.
- Give the child choices about what to do, instead of saying "don't".

Counselling cards

The **Counselling Cards** describe child developmental milestones and recommend activities to do with the child to improve the child's development. With the counselling cards as a job aid, you will be able to give caregivers advice on new play and communication activities as the child grows. You do not need to memorize the milestones and the recommendations. You will be able to refer to the card whenever you counsel a caregiver.

CHECKLIST for Counselling on Care for Child Development

Date: ____/____/____ 20____ Completed by: _____
(Day / Month / Year)

Child's name: First _____ Family _____ Age: ____ Years / ____ Months ____ Day / Girl

Caregiver's name: _____ Relationship: Mother / Father / Other _____

Address, Community: _____

1. Identify practices to support the child's development and counsel the caregiver

Look	Praise the caregiver if caregiver:	Advise the caregiver and solve problems if caregiver:	
All children	<ul style="list-style-type: none"> How does caregiver show love to the child or care of child's movement? How does caregiver comfort the child and show love? How does caregiver correct the child? 	<ul style="list-style-type: none"> Looks toward and with child, and talk to or makes sounds with child. Looks into child's eyes and talks softly to child, gently touches child or holds child closely. Redirects child from unwanted actions with appropriate toy or activity. 	<ul style="list-style-type: none"> Does not move with child, or controls child's movements; ask caregiver to hold child's movements, to follow child's lead. Is not able to comfort child, and child does not look to caregiver for comfort; help caregiver look into child's eyes, gently talk to child and hold child. Scolds child; help caregiver distract child from unwanted actions by giving alternative toy or activity.
Child age less than 6 months	<ul style="list-style-type: none"> How do you play with your baby? How do you talk to your baby? How do you get your baby to smile? 	<ul style="list-style-type: none"> Show the baby's arms and legs, or gently shake the baby. Get the baby's attention with a shaker toy or other object. Looks into baby's eyes and talks softly to baby. Responds to baby's sounds and gestures to get baby to smile. 	<ul style="list-style-type: none"> Does not play with baby; discuss ways to help baby see, hear, feel, and move appropriate for baby's age. Does not talk to baby; ask caregiver to look into baby's eyes and talk to baby. Does not force smile or is not responsive to baby; ask caregiver to make eye contact and come on and copy baby's sounds and gestures, and see baby's response.
Child age 6 months and older	<ul style="list-style-type: none"> How do you play with your child? How do you talk to your child? How do you get your child to smile? How do you think your child is learning? 	<ul style="list-style-type: none"> Plays word games or with toy objects appropriate for age. Looks into child's eyes and talks softly to child, asks questions. Draws smile out from child. Says the child's learning well. 	<ul style="list-style-type: none"> Does not play with child; ask caregiver to play or communication activity appropriate for age. Does not talk to child, or talks harshly to child; Give caregiver and child an activity to do together. Help caregiver interpret what child is doing and thinking, and see child respond and smile. Says the child is slow to learn; Encourage more activity with the child, check hearing and hearing. Refer child with other delays.

2. Ask to see child again in one week, if needed (circle day):
Monday Tuesday Wednesday Thursday Friday Weekend

Checklist

The checklist guides you as you assess the child's care. It helps the family solve problems while caregivers learn how to play and communicate with the child.

Other materials

The facilitator will use videos and other materials to introduce and review the counselling tasks.

You will have several opportunities to practise what you are learning: in discussion, exercises, games, and role plays in the classroom; and skill practise with caregivers and their children.

Using the checklist and the counselling cards, you will counsel care-givers at home, in clinics, or in other settings.

You will:

- **Observe, ask and listen:** find out how the caregivers and children interact, and how caregivers play and communicate with their children.
- **Praise:** encourage caregivers and build their confidence to continue doing specific activities with their children and, in general, their good efforts.
- **Advise:** suggest ways to improve what caregivers do with their children, if necessary.
- **Solve problems:** identify any difficulties the caregivers might have playing and communicating with their children at home, and help them solve problems.

Some participants may have taken a course in Integrated Management of Childhood Illness (IMCI). They may counsel caregivers of children on care for child development, only if the children are low-weight or malnourished. Their time working with sick children in the health facility may not permit counselling caregivers of all children under 3 years old.

Other counsellors may use these guidelines with families of all children, sick or well, in a wide variety of settings, such as home visits, parenting groups, clinic waiting rooms, and other.

STUDY QUESTIONS :

- 1) What will you be able to do, at the end of this course ?
- 2) Where can you counsel the family in care for child development?
- 3) What are your three key materials ?

Who is the caregiver?

The caregiver is the most important person to the young child. The caregiver feeds and watches over the child, gives the child affection, communicates with the child, and responds to the child's needs. If the child is sick, the caregiver is usually the person who takes the child to a health-care provider.

Who are caregivers in your community? Often the caregiver is the child's mother. The mother is the primary – most important – caregiver to a young infant who is breastfeeding.



TIP

Greet care-givers in a friendly way whenever and wherever you see them.

By building good relationships with caregivers, you will be able to improve the lives of children in your community.

The primary caregiver may also be the father or another family member. When both parents are sick or absent, the child's caregiver may be a relative or neighbour.

In some communities, children have several caregivers. A grandmother, an aunt, an older sister, and a neighbour may share the tasks of caring for a child. Also, a child-care centre may have several caregivers who take care of children a few hours each day. In this training, the primary caregivers are considered the child's *family*.

You may meet these caregivers in different settings. You may be working or volunteering, for example, in a child-care centre, at a feeding programme, in a health centre or hospital, or at a community health fair. Wherever you are called on to counsel families, your efforts will help them raise healthier and more capable children.

STUDY QUESTIONS:

- 1) Who are the caregivers you are most likely to interact with?
- 2) How can you involve fathers in your counselling sessions?

Caring for the child's development

Children become more capable as they grow older. They learn to talk, walk, and run. They learn to think and solve problems.

This learning helps them to do well in school and, when they grow up, to contribute to their families and communities. These changes are examples of the development of the child.

The recommendations on **Care for Child Development** are for all children. They describe what mothers and fathers, and others who care for the young child, can do.

The recommendations provide ideas for play and communication activities to help children learn. Feeding, dressing, and other daily tasks provide many opportunities for adults to play and communicate with their children.

The recommendations also help children grow. For this reason, the recommendations are especially important for low-weight newborns and malnourished children. Studies have found that extra attention through play and communication, as well as through responsive feeding, stimulates the growth of low-weight babies and poorly nourished children.

Low-weight babies and children who are poorly nourished also have difficulty learning. They may be timid and easily upset, harder to feed, and less likely to play and communicate.

Since these children are less active, they may be less able to get the attention of the adults who care for them. As a result, over time mothers and other caregivers are less likely to feed, play with, or communicate frequently with them.

Poorly nourished, sick, and disabled children all have special needs for care. Their families may also need help to understand how their children communicate their hunger, discomfort, and needs.

The recommendations for play and communication can also help caregivers. After giving birth, for example, some mothers find it difficult to become active and involved in caring for their newborn babies. They may be sick or overwhelmed with their responsibilities. They appear sad and tired. They are uninterested in other people and do not join other family activities.

Paying close attention to their babies, playing with them, and seeing how their babies respond to the attention helps these caregivers become more active and happier. The recommended play and communication activities help caregivers feel more important in the lives of their young children. The activities help both the child and the caregiver.



All children will grow healthier with the extra attention during play and communication activities, and they will be better able to learn. Their families will be happy to see how their children grow and learn new skills.

STUDY QUESTIONS:

- 1) What are some good moments for play and communication activities at home?
- 2) What type of children are especially likely to benefit from counselling in Care for Child Development?
- 3) How can counselling in care for child development help mothers who are depressed?

What is care for child development?

Each child is unique at birth, and the differences among children affect how they learn. Their early care also affects their learning. Experiences during the first years with their families and other caregivers greatly affect the kind of adults children will become.

Families give their children special care for development by giving them love, attention, and many opportunities to learn. By playing and communicating with their children, families help their children grow healthier and stronger. Children learn to communicate their needs, solve problems, and help others. From a very young age, children learn important skills that will prepare them for life.

1. Much of what children learn, they learn when they are very young

The brain develops most rapidly before birth and during the first two years of life. Good nutrition and good health are especially important during this time. Breast milk plays a special role in the development of the brain. Breast milk also helps young children stay free from illness so that they are strong and can explore and learn.

Children can see and hear at birth. Starting when they are very young, children need opportunities to use their eyes and ears, in addition to good nutrition. For their brains to develop, children also need to move, to have things to touch and explore, and to play with others. Children also need love and affection. All these experiences help the brain to develop.



From birth, babies can see and hear.

The mother's face is the favourite thing the young baby wants to look at. The baby sees the mother's face and loves to respond to her smiles and sounds.

A mother should begin to talk to her child from birth – and even before birth.

STUDY QUESTIONS:

- 1) When is the brain developing fastest?
- 2) What helps the brain develop?

2. Children need a safe environment as they learn

Children are always exploring new things and learning new skills. They need a clean, safe, and protected physical environment to be safe from injuries and accidents while they are playing and learning.

Children also should be protected from violence and strong anger aimed at them and around them. Adults need to protect young children from physical harm and harsh criticism, in order to help children gain confidence to explore and learn.

When children are young, they often explore by putting things into their sensitive mouths. With their mouths, as well as with their hands, children learn what is soft and hard, hot and cold, dry and moist, and rough and smooth.

Families must be sure that the things that young children put into their mouths are large enough so that they cannot swallow them. Also, they should not let children put long, thin, or sharp objects into their mouths.

Any object a child plays with should be clean. Putting the child on a clean blanket or mat helps to keep playthings clean.

When a child wants to play with something that is not safe or not clean, the caregiver may have to gently say “no”.

While the child is learning, it is helpful to exchange the object for something that is safe and clean. Children can be easily distracted from things they should not do by drawing their interest towards other activities.

**STUDY QUESTIONS:**

- 1) What should the young children be protected from?
- 2) Is it ok if the child puts toys in the mouth? Explain.
- 3) What are some ways to make sure that the child does not play with things that are dirty or not safe?

3. Children need consistent loving attention from at least one person

To feel safe, young children need to have a special relationship with at least one person who can give them love and attention. The sense that they belong to a family will help them get along well with others. It will also give them confidence to learn.

Children naturally want to communicate with another person from birth. They become especially close to the caregivers who feed them, spend time communicating with them, and give them love and affection.

During breastfeeding, a baby and mother are very close. They communicate by responding to the slightest movement and sound, even smell, of the other person. This special responsiveness is like a dance. The baby becomes “attached” to the person who consistently holds her, loves her, and helps her feel safe. This connection or bond lasts a lifetime.

Sometimes the mother and baby have difficulty developing this special connection. You can help mothers and other caregivers understand what their babies are trying to do as they begin to communicate, and help the caregiver respond appropriately. You can help caregivers learn what they can do to encourage the efforts of their children to play and communicate.

Adults can encourage their children by responding to their children's words, actions, and interests with sounds, gestures, gentle touches, and words. Adults can help their children develop into happy, healthy people by looking at and talking about the attempts of young children to do new things, to make sounds and to talk, even when the children are not yet able to speak.

STUDY QUESTIONS:

- 1) What does every child need, according to the text above?
- 2) What happens when the same person takes care of the child every day?
- 3) How can we help caregivers who have difficulty creating a bond with their child?

4. Children learn by playing and trying things out, and by observing and copying what others do

Children are curious. They want to find out how they can change and affect people and things around them, even from the first months of age.



Play is like children's “work”. Play gives children many opportunities to think and solve problems. Children are the first scientists.

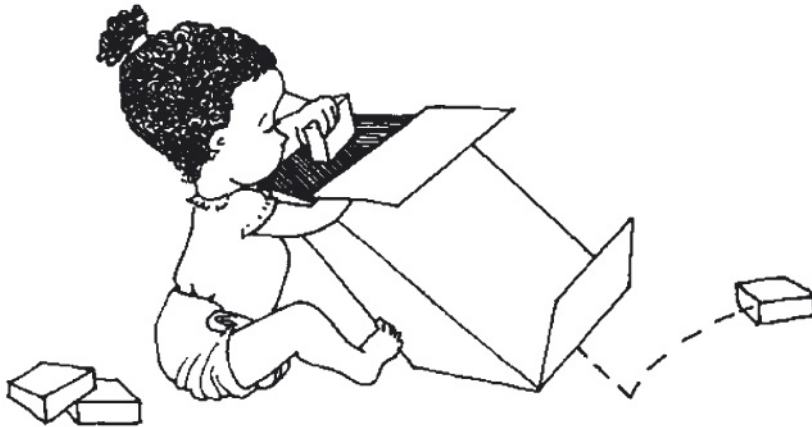
Children can learn by playing with pots and pans, cups and spoons, and other clean household items. They learn by banging, dropping, and putting things in and taking things out of containers. Children learn by stacking things up and watching things fall, and testing the sounds of different objects by hitting them together.

Children learn a lot from doing things themselves. Learning to use an eating tool without spilling, for example, helps to develop physical skills.

Children also learn by copying what others do. For example, if a mother wants her child to eat a different food, she needs to show the child by eating the food herself. For a child to learn to be polite and respectful, a father needs to be polite and respectful to his child.

STUDY QUESTIONS:

- 1) Why is it important that children play?
- 2) In what way are children like scientists?
- 3) What are other ways by which children learn, besides playing?





Exercise: **Care for Child Development**

Decide whether each of the statements below is true or false. Your facilitator may lead the group discussion using a card for each statement.

1.	A mother does a better job when she feels confident about her abilities to provide care.	True	False
2.	The brain develops more rapidly when the child first enters school than at any other age.	True	False
3.	Young children learn more by trying things out and imitating others than by being told what to do.	True	False
4.	A father should talk to his child, even before the child can speak.	True	False
5.	Before a child speaks, the only way she communicates is by crying.	True	False
6.	A baby can hear at birth.	True	False
7.	A baby cannot see at birth.	True	False
8.	A child should be scolded when he puts something into his mouth.	True	False
9.	A child drops things just to annoy his father and mother.	True	False
10.	A child begins to play when he is old enough to play with other children.	True	False
11.	Children can learn by playing with pots and pans, cups, and spoons.	True	False
12.	Talk to your child, but do not talk to a child while breastfeeding. It will distract the child from eating.	True	False

Recommendations for Care for Child Development

The **Counselling Card** recommends play and communication activities to encourage and stimulate the child's physical, social, emotional, and intellectual development.

Some examples of new skills the young child is developing are, for example:

- ❖ Physical (or motor) – learning to reach and grab for an object, and to stand and walk.
- ❖ Language – learning to communicate what is needed and use words to talk to another person.
- ❖ Cognitive – learning to think and solve problems, to compare sizes and shapes, and to recognize people and things.
- ❖ Social & emotional – learning to calm oneself when upset, be patient when learning a new skill, be happy, and make others happy.

Discuss with the facilitator:

A caregiver helps a child learn to stack cups of different sizes. What are some skills that the child is learning?

- ❖ **Physical (or motor) skills:**
- ❖ **Language skills:**
- ❖ **Cognitive skills:**
- ❖ **Social & emotional skills:**

Some approaches to promoting child development focus on what the child does or should be able to do at a particular age.

The recommendations on the counselling card, instead, focus on the care the child receives. They suggest play and communication activities to help families stimulate the development of the child's skills. At different ages, a child needs opportunities to learn new skills. The recommendations for play and communication change and become more complex as the child grows older. (See the six age groups on the **Counselling Cards with Recommendations for Care for Child Development.**)

The activities also help the family learn how to care for the child. Through play and communication with the child from birth, the caregiver learns to be sensitive to the child's needs and to respond appropriately to the child's attempts to communicate.

As a counsellor, you need to **understand** all the care recommendations for children from birth up to age five years. But you do not need to memorize them. Instead, you will refer to the **Counselling Cards** when you meet with caregivers.

Also, you will not need to explain **all** the recommendations to caregivers. During this course you will learn to select the recommendations that are appropriate for the child's **age** and for the **problems with care** that you identify. But first we will discuss recommendations on play and communication for all children according to their age group.

- **Select recommended activities appropriate for the child's age**

There are play and communication recommendations for children in six age groups. If the child is almost at the end of an age group, however, you might discuss the recommendations for the next age group. For example, a child who is almost 12 months old could learn activities recommended for children age 12 months up to 2 years.

Review key developmental milestones on the Counselling Cards, and try to identify appropriate activities for each age group.

- **Select recommended activities appropriate for the child's skill**

If a child is able to do an activity recommended for his or her age, then introduce an activity for the next older age group.

- **Select recommended activities appropriate for the problems in caregiver-child interactions that you identify**

For example, a caregiver might have difficulty responding to a child. Recommend an activity to help the caregiver pay close attention to what the child does and respond to it. A game to copy what the child does can help the caregiver learn to pay attention and respond more closely to what the child is doing.



RECOMMENDATIONS FOR PLAY & COMMUNICATION

Newborn up to 3 months

Your baby learns from birth



PLAY Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, rock, stroke and massage your child. Skin to skin is good.



COMMUNICATE Look into baby's eyes and talk to your baby. When you are breastfeeding or bathing your child is a good time.

For the newborn, from birth up to 3 months

PLAY: Healthy babies can see, hear, and smell at birth. Right away they begin to recognize their mothers. They soon start to smile when people smile at them. Faces are particularly interesting.

At this age, learning is through seeing, hearing, feeling, and moving. The child's face should not be covered for long periods of time because children need to see in order for their eyesight to develop.

Wrapping the newborn tightly – swaddling – is common in some places. Newborns should not be tightly bound in clothing for long periods, however, because they need to be able to move and touch people and things.

Instead, encourage the mother and father to hold their child closely. They can gently stroke the child's skin. By gently soothing an upset child, they also help the child learn to soothe herself. Rocking and bouncing, as well as daily light massage is beneficial for the babies.

COMMUNICATE: Encourage families to talk to their children from birth – even before. When a mother looks at her child's eyes, and smiles in response to the child's smiles, the child learns to communicate. And the mother begins to see her child respond to her. Encourage the father also to communicate with the newborn.

Children communicate their needs. They learn to trust that someone will pay attention to their movements, sounds, and cries. Breastfeeding on demand strengthens this interaction and the growing trust.

Children show interest in breastfeeding by becoming fussy, sucking their hand, or moving their heads toward the breast. Using these clues, a mother can learn to recognize that a child is hungry before the child starts to cry.

By looking into his newborn's eyes, the father communicates with his child. He enjoys being involved in the child's life from the very beginning.



STUDY QUESTIONS :

- 1) What are some ways to play with the newborn ?
- 2) How can a caregiver communicate with the newborn ?

For the infant, from 3 months up to 6 months

PLAY: Infants at this age like to reach for and grab fingers and objects. They look at their hands and feet, as if they are just discovering them. They put things into their mouths because their mouths are sensitive. The mouth helps them learn warm and cool, and soft and hard, by taste and touch. Just make sure that what the child puts into his mouth is clean, and is large enough that the child won't choke on it.

Help the child follow an object. For example, ask the caregiver to show a colourful cup to the child, just out of reach. When she is sure the child sees the cup, ask her to move it slowly from one side to the other and up and down, in front of the child. Then, move the cup closer. Encourage the child to reach for the cup and grab the handle.



Clean, safe, and colourful things from the household, such as a wooden spoon or plastic bowl, can be given to the child to reach for and touch. A simple, homemade toy, like a shaker rattle, can attract the child's interest by the sounds it makes.

Children this age also continue to love to see people and faces. Encourage family members to hold and carry the child.

COMMUNICATE: Children enjoy making new sounds, like squeals and laughs. They respond to someone's voice with more sounds, and they copy sounds they hear. They start to learn about how to make a conversation with another person before they can say words.

All family members can smile, laugh, and talk to the child. They can "coo" and copy the child's sounds. Copying the child's sounds and movements helps the people who care for the child pay close attention to the child. They learn to understand what the child is communicating, and respond to the interests and needs of the child.

3 months up to 6 months



PLAY Provide ways for your child to see, hear, feel, move freely, and touch you. Hang or slowly move colourful things for your child to see and reach for. Sample toys: shaker rattle, big rings on a string.



COMMUNICATE Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.

These are important caregiving skills – being sensitive to the child's signs and responding appropriately to them. These caregiving skills help family members notice when the child is hungry, or sick, or unhappy, or at risk of getting hurt. They are better able to respond to the child's needs.

For the child, this practice in communicating helps the child prepare for talking later. The family will also enjoy the reactions they get from the child and the attempts at communicating.



Copying the child's sounds and gestures starts a good communication game.

It helps the mother learn to look closely at the child, be sensitive to the child's sounds and movements, and follow – respond to – the child's lead.

And even before the child is able to speak, he delights in being able to communicate through his sounds and movements.



STUDY QUESTIONS:

- 1) What are some play activities a caregiver can do with a child between 1 week and 6 months?
- 2) How can a caregiver communicate with the child at this age?
- 3) Why is it important for caregiver to imitate sounds and movements of the child?

For the child, from 6 months up to 9 months

PLAY: Children enjoy making noises by hitting or banging with a cup and other objects. They may pass things from hand to hand and to other family members, dropping them to see where they fall, what sounds they make, or if someone will pick them up.

This may be frustrating for busy mothers and fathers. Caregivers can be more patient if you help them understand that their child is learning through this play. "Your child is being a little scientist. She is experimenting with how objects fall, how to make a noise, how the force of her arm sends the object across the table."



COMMUNICATE: Even before children say words, they learn from what family members say to them, and can understand a lot. They notice when people express strong anger, and may be upset by it.

Children copy the sounds and actions of older brothers and sisters and adults. Children like other people to respond to the sounds they are making and to show an interest in the new things they notice.

A child can recognize his name before he can say it. Hearing his name helps him know that he is a special person in the family. When he hears his name, he will look to see who is saying it. He will reach out to the person who kindly calls his name.



6 months up to 9 months



PLAY Give your child clean, safe household things to handle, bang, and drop. *Sample toys: containers with lids, metal pot and spoon.*



COMMUNICATE Respond to your child's sounds and interests. Name the things the child is looking at. Call the child's name, and see your child respond.

STUDY QUESTIONS:

- 1) What are some play activities a caregiver can do with a child between 6 and 9 months?
- 2) How can a caregiver communicate with the child at this age?
- 3) What are some things the child this age likes and dislikes?

9 months up to 12 months



PLAY Hide a child's favourite toy under a cloth or box. See if the child can find it. Play peek-a-boo.



COMMUNICATE Tell your child the names of things and people. Show your child how to say things with hands, like "bye bye". *Sample toy: doll with face.*

For the child, from 9 months up to 12 months

PLAY: Play continues to be a time for children to explore and learn about themselves, the people around them, and the world. As children discover their toes, they may find them as interesting to touch as a toy. When a box disappears under a cloth, where does it go? Is it still there? Can they find it?

Children also enjoy playing peek-a-boo. When the father disappears behind a tree, they laugh as father reappears. They enjoy hiding under a cloth and giggle when the father "finds" them.

COMMUNICATE: Even though children cannot yet speak, they show that they understand what the family members say. They hear the name of things, and delight in knowing what they are. They begin to connect the word bird to the bird in the tree, and the word nose to their nose.



"Where is your nose?" Nora does not yet speak – but she can show you where her nose is. She is also learning the names of people and things.

All members of the family can enjoy sharing new things with the young child. They can play simple hand games together, like “bye-bye”, and clap to the beat of music.

A child may become afraid on losing sight of a familiar caregiver. The adult helps the child feel safe, responds when she cries or is hungry, and calms her by his presence and the sound of his voice. Encourage the caregiver to tell his child when he is leaving and to reassure his child that he will soon return. He can leave a safe, comfortable object with the child – one that reminds the child of the caregiver and assures the child that he will return.



“Bye bye”

STUDY QUESTIONS :

- 1) What are some play activities a caregiver can do with a child between 9 to 12 months?
- 2) How can a caregiver communicate with the child at this age?
- 3) How does the child this age respond when a caregiver has to leave? How can the caregiver help the child?

12 months up to 18 months



PLAY Give your child things to stack up, and to put into containers and take out. *Sample toys: Nesting and stacking objects, container and clothes clips.*



COMMUNICATE Ask your child simple questions. Respond to your child's attempts to talk. Show and talk about nature, pictures and things.

For the child, from 12 months up to 18 months

PLAY: If children this age are healthy and well nourished, they become more active. They move around and want to explore.

They enjoy playing with simple things from the household or from nature, and do not need store-bought toys. They like to put things into cans and boxes, and then take them out. Children like to stack things up until they fall down. Families can use safe household items to play with their children.

Children need encouragement as they try to walk, play new games, and learn new skills.

Families can encourage their children to learn by watching what they do and naming it: "You are filling the boxes." Adults should play with the children and offer help: "Let's do it together. Here are more stones to put into your box."

When children learn a new game or skill, they repeat it over and over again. These discoveries make them happy and more confident. They are especially happy when they see that they are making the adults around them happy, too. Encourage family members to notice and praise their young children for what they are learning to do.



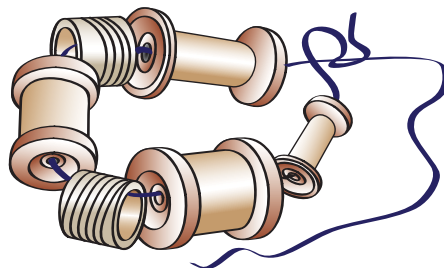
Paul has learned a new game from his grandmother. He puts clothes clips into bottles, dumps them out, and puts them in again – over and over again.

COMMUNICATE: At this age, children learn to understand words and begin to speak. Mothers and fathers should use every opportunity to have conversations with the child, when feeding and bathing the child, and when working near the child.

Children are beginning to understand what others are saying and can follow simple directions. They often can say some words, such as “water” or “ball”. Family members should try to understand the child's words and check to see whether they understand what the child says: “Would you like some water?” “Do you want to play with the ball?”

Families can play simple word games, and ask simple questions: “Where is your toe?” or “Where is the bird?” Together they can look at pictures and talk about what they see.

Adults should use kind words to soothe a hurt child and praise the child's efforts.



A child enjoys playing with homemade toys, and will learn by grabbing, shaking, banging, and stacking them.

STUDY QUESTIONS :

- 1) What are some play activities a caregiver can do with a child between 1 and 2 years?
- 2) Why do children this age like to repeat the same activity many times?
- 3) How can a caregiver communicate with the child at this age?
- 4) Why is it important to comment about that the child does or says?

18 months up to 3 years



PLAY Help your child count, name and compare things. Make simple toys for your child. *Sample toys: Objects of different colours and shapes to sort, stick or chalk to draw with, puzzle.*



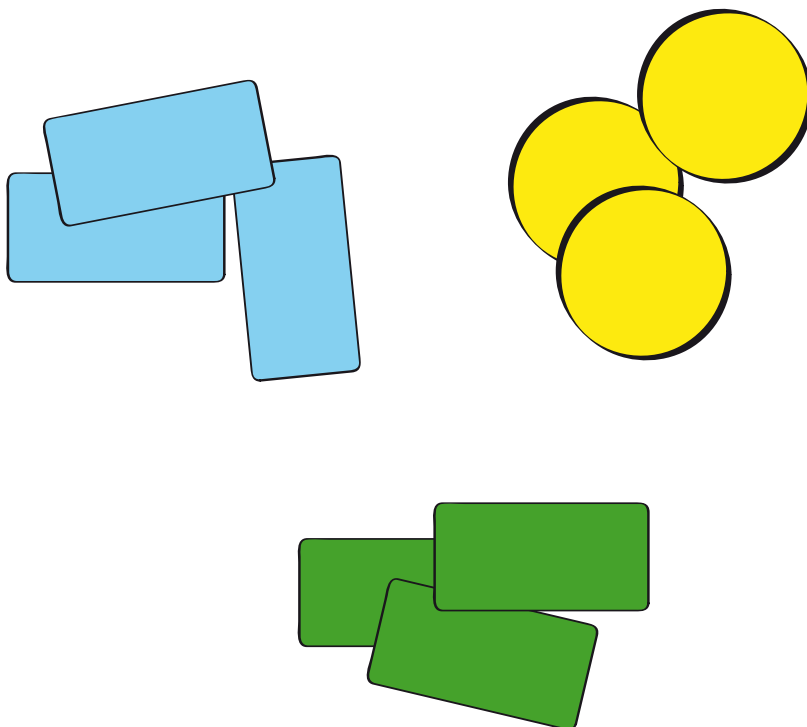
COMMUNICATE Encourage your child to talk and answer your child's questions. Teach your child stories, songs and games. Talk about pictures or books. *Sample toy: book with pictures.*

For the child, 18 months up to 3 years

PLAY: Children at this age learn to name things and at about 2 years may begin to count.

A caregiver can help her child to learn to count by asking “how many” and counting things together. Children make mistakes at first, but learn from repeating the games many times.

Children still enjoy playing with simple, homemade toys. They do not need store-bought toys. They can learn to draw with chalk on a stone or with a stick in the sand. Picture puzzles can be made by cutting magazine pictures or simple drawings into large pieces.



Children can learn to match colours, shapes, and sizes with simple objects, such as bottle caps. They can compare and sort circles and other shapes cut from coloured paper.

COMMUNICATE: By age 2 years, children can listen and understand. Asking simple questions and listening to the answers encourages children to talk: “What is this?” “Where is your brother?” “Which ball is bigger?” “Would you like the red cup?”

Looking at picture books and reading stories to children prepares them for reading. Stories, songs, and games also help children improve how they speak.

Answering a child's questions encourages the child to explore the world. Family members should try – with patience – to answer a young child's many questions.

Children who are learning to talk make many mistakes. Correcting them, however, will discourage talking. They will learn to speak correctly by copying – by listening to others who speak correctly.

Children this age can understand what is right and wrong. Traditional stories, songs, and games help teach children how to behave. Children also copy their older brothers and sisters and other family members as they learn what is right and wrong.

Children learn better when they are taught how to behave well instead of being scolded for behaving badly. They should be corrected gently so that they do not feel ashamed.

Throughout the activity, encourage care-givers to help their children learn.

Some good advice for the caregiver, no matter what the child's age:

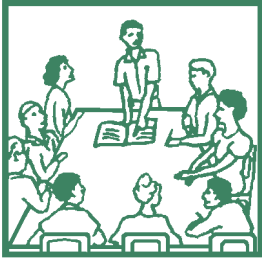
- ***Give your child affection and show your love.***
- ***Be aware of your child's interests and respond to them.***
- ***Praise your child for trying to learn new skills.***

With his father's guidance, John puts together a homemade picture puzzle.



STUDY QUESTIONS :

- 1) What are some play activities a caregiver can do with a child from 2 years and onwards?
- 2) How can a caregiver communicate with the child at this age?
- 3) Why is it important to respond to the child's questions?
- 4) Why should we not correct the child's language at this age?
- 5) How can caregivers teach good behavior to a child at this age?



Exercise: **Using the Counselling Card**

*This exercise will help you use the **Counselling Card** to identify a recommended play and communication activity for a child.*

*Your facilitator will give a different child to each participant. Use the recommendations on the **Counselling Cards** to suggest **one play and one communication activity** for the caregiver to do with the child.*

1. A newborn baby, 1 day old.
2. A 4-week-old baby.
3. A 5-month-old child.
4. A 6-month-old child.
5. A 13-month-old child.
8. A 20-month-old child.
9. An 18-month-old child who does not yet speak.
10. A 3-year-old child who cannot see.
11. An 8-month-old child who drops all her toys.
12. A 3-year-old child who knows how to count until 5.



Visual Exercise: Recommendations for play and communication

In this visual exercise, you will review the recommendations for care for the child's development.

Look at the pictures in the Annex 1, and list the play and communication activities you see in the spaces below.

Be prepared to discuss the recommended age group for each activity.

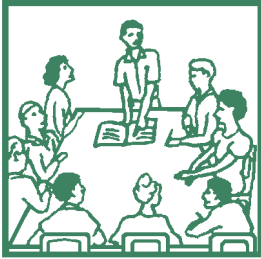
- 1. What examples of **play activities** did you see? For which age group?
(Refer to the milestones & recommendations on the **Counselling Cards**.)**

Play activities	Recommended for which age group ?

- 2. What examples of **communication activities** did you see? For which age group?
(Refer to the milestones & recommendations on the **Counselling Cards**.)**

Communication activities	Recommended for which age group ?

- 3. Discussion: What “toys” did you see?**



Exercise: **Making and using toys**

Demonstration

Your facilitator will show you some homemade toys and other household objects that children might play with. For each item, consider:

1. How attractive is it (colour, size, and sound) for a young child?
2. How easily could the young child hold it?
3. How safe is it for children in different age groups?
4. What age child would most like it? Note that the same toys may be attractive to children of different ages. A young child might enjoy dropping stones in a plastic bottle. An older child might use the same stones to count as she drops the stones in the plastic bottle.
5. What might the child learn by using it? Consider physical, social-emotional, language, and thinking skills the child might learn.
6. How could playing with the toy affect the interaction between the caregiver and child?

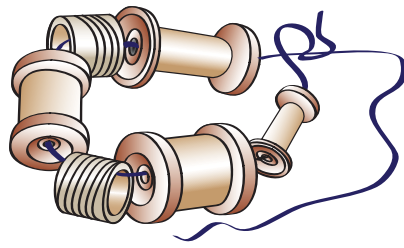
Optional exercise

Use the materials prepared by the facilitator to make appropriate toys for different age groups. Below are some examples of simple toys made from items around the household.

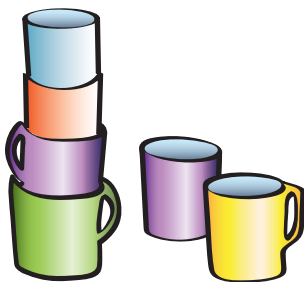
In the end, discuss how you would use some of the produced toys with children of different ages.



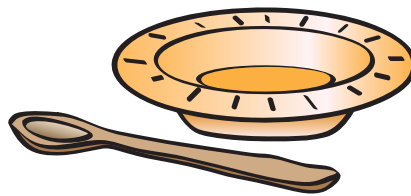
Plastic strips in plastic bottle
(to grab and hold, to shake)



Thread spools and other objects on a string
(to grab and hold, to shake)



Colourful cups (to grab and hold, to bang and drop, to stack)



Food tin and large wooden spoon
(to bang and drop)



Plastic jar with stones
(to put in and take out, and to count)



Picture drawn or pasted on cardboard
(to put together a puzzle)



Book with drawings or magazine pictures
(to hold, to discuss)



Stuffed doll with sewn or painted face
(to learn about eyes and nose, to tell stories, to hold)

Counsel the family on Care for Child Development

Now we are ready to use these recommendations for play and communication to counsel a caregiver. We will also learn to observe the caregivers with their children in order to observe patterns of sensitive and responsive caregiving. The **Checklist** will guide us as we counsel the family.

Greet the caregiver and child

You will see caregivers in the home, in a clinic, or in another place where families gather. Greet the caregiver. Invite the caregiver to sit with the child in a comfortable place while you ask some questions. Sit close, talk softly, and look directly at the caregiver and child. Communicate clearly and warmly throughout the meeting.

Ask questions to gather information on the child and the caregiver. Listen carefully to the caregiver's answers. The answers will help you counsel the caregiver about how to encourage the child's development.

You will focus the counselling on what the child needs. To identify the child's needs, observe how the caregiver and child interact. Ask the caregiver questions about the child's care.

The **Checklist for Counselling on Care for Child Development** guides you as you learn this information and counsel the family. It helps you understand how the caregiver responds to the child. It helps you provide appropriate advice, focused on the child's age and specific developmental needs.

To begin, look at the top of the checklist on the next page. What do you know about the child in the sample?

Discuss with the facilitator:

When did the counsellor see the child and the caregiver?

What is the name of the counsellor?

What is the child's name?

How old is the child?

Is the child a boy or a girl?

What is the caregiver's name?

What is the relationship of the caregiver to the child?

Where do they live?

CHECKLIST for Counselling on Care for Child Development

Date: 06 / 08 / 2008
(Day / Month / Year)

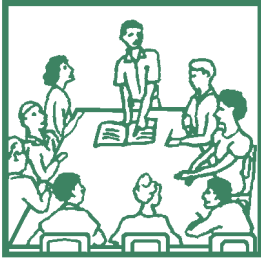
Completed by JT

Child's name: First Marta Family Cortez Age: _____ Years / 2 Months Boy / Girl

Caregiver's name: Maria Cortez Relationship: Mother / Father / Other: _____

Address, Community: Avenida Agua Fria #5

The **Checklist** is for you. It is to help you identify and remember the child and the child's needs. Provide only the information you need on the caregiver and the address in order to locate the child. (If the completed checklist is used for record keeping, it can be adapted to meet additional requirements.)



Exercise: Identify child and caregiver

Child 1. Comfort

Complete the top of the **Checklist** below for a child you are seeing today. Fill in today's date and your name as the person who is counselling the caregiver.

The child's name is Comfort Nantu. Comfort is a 2-year-old boy. His aunt Maggie Nantu takes care of Comfort, and you are seeing them at their home. They are your neighbours on Paper Mill Road, in the village of Tanga.

CHECKLIST for Counselling on Care for Child Development

Date: _____/_____/20____ Completed by _____
(Day / Month / Year)

Child's name: First _____ Family _____ Age: _____ Years/____ Months Boy / Girl

Caregiver's name: _____ **Relationship:** Mother / Father / Other: _____

Address, Community: _____

Child 2.

Your facilitator will now ask one of the participants to provide information on their child, or on a child they know. Complete the top of the **Checklist** below with the information.

CHECKLIST for Counselling on Care for Child Development

Date: _____/_____/20____ Completed by _____
(Day / Month / Year)

Child's name: First _____ Family _____ Age: _____ Years/____ Months Boy / Girl

Caregiver's name: _____ **Relationship:** Mother / Father / Other: _____

Address, Community: _____

Observe, ask, and listen: Identify care practices

During counselling, you will observe whether a caregiver is **sensitive** to the child's movements, sounds, and moods, and whether the caregiver **responds appropriately** to them. You will coach the caregiver, helping her or him become more sensitive and responsive to the child.

Sensitive and responsive caregiver

The **basic caregiving skills – sensitivity and responsiveness** – help the mother, father, and other caregivers provide better care for the child. They contribute to the child's survival, as well as to the child's healthy growth and development.

A **sensitive** caregiver is aware of the child and recognizes what a child is trying to communicate, for example, hunger, pain and discomfort, interest in something, or affection. The sensitive caregiver 1) is aware of the child's signals and 2) interprets them accurately. To be sensitive, the caregiver must be able to regard the child as a separate person and see things from the child's point of view.

Examples of ways to learn to be more sensitive are:

- 1) Look closely into your child's eyes.
- 2) What do you think your child is thinking?
- 3) What is your child trying to do now?

A **responsive** caregiver acts immediately and appropriately to what the child is trying to communicate. For the caregiver, the ability to respond contingently to the child is a critical foundation for providing effective, nurturing care. The responsive caregiver has greater capacity, for example, to feed the infant on demand, keep the child safe from harm, comfort the distressed child, recognize and respond to signs of childhood illness, and respond to the child with a positive affect.

Examples of ways to learn to be more responsive to the child are:

- 1) Copy your child's sounds and gestures.
- 2) Follow your child's lead.
- 3) Focus on, and encourage, what your child is interested in (don't change the child's focus, but tell the name of an object the child shows an interest in, for example).

STUDY QUESTIONS:

- 1) In your opinion, what are some signs of a good caregiver child relationship?
- 2) How can you help the caregiver to become more sensitive to child signals?
- 3) How can you help the caregiver to respond appropriately to the child?

The next part of the **Checklist** provide questions to find out how the caregiver and child interact, and how the caregiver stimulates the child's development through play and communication activities.

The questions are in three sections from the top of the Checklist to the bottom.

- ❖ Top: For all children
- ❖ Middle: For the **child age less than 6 months**
- ❖ Bottom: For the **child age 6 months and older**

(IMPORTANT: If the child appears to be very weak and sick, then refer the child immediately to the closest health facility – hospital or clinic. Do not take time now to counsel the caregiver on **Care for Child Development.**)

Listen carefully for the caregiver's answers to the questions. You may look at the **Recommendations for Caring for Your Child's Development** for the child's age, as you listen. If an answer is unclear, ask another question.

Record the answer where there is a blank. Write a **brief answer**, for example:

- ❖ How does the caregiver show he or she is aware of the child's movements?
Looks at child, shifts and holds child closer
- ❖ How does caregiver comfort the child?
Puts child's head on shoulder and pats back

STUDY QUESTIONS:

- 1) What are the three sections in the Checklist?
- 2) What should the counsellor do if the child is visibly sick? If the child is breastfeeding? Or if the child is sleeping?
- 3) Where and how should the caregiver answers be written down?

OBSERVE CAREGIVER CHILD RELATIONSHIP

First, look at the caregiver and child. You can start observing them from the moment you first see them, while you talk about health and nutrition, and until the end of the session.

❖ Observe: How does the caregiver show he or she is aware of the child's?

Many caregivers are unaware that they are reacting to the child, her moods, and her movements. But, as the child moves, the caregiver's hand feels the child turn. The caregiver might look at a child who walks away to be reassured that the child is okay.

If the child fusses, a gentle hand taps the child's back to soothe her. You are often able to see this strong connection between a caregiver and child. It usually develops when the child is very young, even in the first days of life.

Sometimes, however, you do not see this connection. There may be many reasons. The mother may be sick. She and her infant may have been separated at birth, at an important time for forming this connection. Fathers who have not had a chance to play with and care for their newborn may have difficulty developing this connection.

STUDY QUESTIONS:

- 1) How can we see that there is a strong bond between the caregiver and the child?
- 2) In what cases this bond may not have been established?

❖ Observe: How does the caregiver comfort the child and show love?



A young child expresses his discomfort by fussing, crying, and wiggling. Observe whether the child who is awake follows his mother or other caregiver's sounds and movements. Notice also how the caregiver responds when the child reaches for her or looks to her for comfort.

The caregiver comforts her child by gently talking to him. A child who hurts his knee wants to know that his mother feels it too. The caregiver might draw the child more closely to comfort and protect him.

Children who are afraid of new people, places, and sounds may need to be held until they know that their mother and father feel safe too. Children learn how to calm themselves by the reaction they get from others. A loud or threatening noise further upsets them. A calm voice helps to calm them.

STUDY QUESTIONS:

- 1) How can a caregiver comfort the child and show her/his love?

❖ Observe: How does the caregiver correct the child?

While young children explore the world and try new things, they make mistakes. They grab an object that is breakable or dirty. They move too close to a danger like a fire or street. They reach for things that are not theirs to play with. They also fall and get hurt, or become frightened.

When children are young, they are easily distracted. Their parent can substitute a safe object for one that they should not touch. They can be distracted by interesting objects to play with in a safe place. Later they will be able to better understand the reasons for what they should or should not do. There is no need to harshly scold or punish the child. Instead, the caregiver can help the child learn what can be played with and where.

STUDY QUESTIONS:

- 1) How can a caregiver correct child behavior?

OBSERVE	
All children	How does caregiver show he or she is aware of child's movements? <i>Touches child, pulls child closer</i>
	How does caregiver comfort the child and show love? <i>Holds child, rocks child, breastfeeds</i>
	How does caregiver correct the child? <i>Distracts child with her scarf</i>

Discuss with the facilitator the notes the counsellor wrote on the Checklist:

Child 1. Age 1 year and 2 months

- What did the counsellor see in the interaction between the caregiver and the child?
- How can this interaction affect the child's development? Why?

OBSERVE	
All children	How does caregiver show he or she is aware of child's movements? <i>Looks at child</i>
	How does caregiver comfort the child and show love? <i>Tells child to stop crying</i>
	How does caregiver correct the child? <i>Grabs objects, scolds child</i>

Child 2. Age 3 years and 1 month

- What did the counsellor see in the interaction between the caregiver and the child?
- How can this interaction affect the child's development? Why?

ASK AND LISTEN TO THE CAREGIVER

❖ Ask and listen: How do you think your child is developing and learning?

Most caregivers are aware if their child has a developmental delay or difficulty learning. They recognize when the child appears slow compared to other children in the family or community. They might be relieved that someone asked and is willing to help. If there are services for children who have difficulty learning, refer the child to a centre where the child can be further assessed and the family can receive help.

❖ Ask and listen: How do you play with your child?

It might be difficult for a caregiver to understand this question. Some think that the child is too young to play. Or that children only play with other children. You will need to ask about play by using words that the caregiver can understand.

❖ Ask and listen: How do you talk with your child?

It might also be difficult for a caregiver to understand what you mean by talking with the child. Some think that the child is too young to talk to, especially before the child knows how to speak. If you see the caregiver cooing or talking softly to calm the child, point out that the caregiver is talking to the child.

❖ Ask and listen: How do you get your child to smile?

Many caregivers have been making faces and funny sounds to get their child to smile, almost from the child's birth. They have seen that the child responds to big movements, funny faces, and repetitive sounds. The child's responses encourage the caregiver to continue to find ways to get the child to smile.

Other caregivers do not know how to gently encourage the child to smile. Instead, they may try to force a smile, even by pressing the child's cheeks to form a smile. A caregiver who does not attempt to draw out a child's smile probably has difficulty responding easily, naturally, and with delight to the child's attempts to communicate.

It is helpful to give the caregiver an activity that is appropriate for the child's age. See how the child enjoys it and will smile naturally from the pleasure of playing with the caregiver.

STUDY QUESTIONS:

- 1) Is it common in your community for the caregivers to play with young children? If not, why?
- 2) Is it common in your community for the caregivers to talk with young children? If not, why?
- 3) How will you ask the four questions in the local language?

Discuss with the facilitator the notes the counsellor wrote on the checklist:

Child age less than 6 months	How do you think your child is developing and learning? <i>He is doing same as other children</i>
	How do you play with your baby? <i>Does not play - too young</i>
	How do you talk to your baby? <i>Does not talk to baby</i>
	How do you get your baby to smile? <i>Uses fingers to press mouth to smile</i>

Child 1. Age 2 months

What did the counsellor learn about the interaction between the caregiver and the child?

How can this interaction affect the child's development? Why?

Child age 6 months and older	How do you think your child is developing and learning? <i>Well, he knows how to do lots of things</i>
	How do you play with your child? <i>Does not - child too young to play</i>
	How do you talk to your child? <i>Tells child about things</i>
	How do you get your child to smile? <i>Looks at the child and makes funny faces</i>

Child 2. Age 2 years

What did the counsellor learn about the interaction between the caregiver and the child?

How can this interaction affect the child's development? Why?

Praise and advise: Improve care practices

With the information you learn from the caregiver, you are able to give specific praise to encourage the family to play and communicate with the child, and to strengthen their basic caregiving skills. You also can identify possible problems. With the recommendations on the **Counselling Cards**, you can focus your advice on how to improve the child's care.

Praise the caregiver

Most families try to do their best for their children. Praise recognizes the effort. Praise for the effort to play and communicate with children from birth encourages families to continue doing what is best for their children. Praise also builds confidence. Confidence will help the family learn new activities to try with their child.

The **Checklist** identifies some behaviours to praise. You might praise the caregiver for holding her child closely, and talking and playing with her child.

Praise shows the caregiver that you see the good effort. Praise can also show how the child praises the caregiver's good effort.

For example, when caregivers look at their children and talk softly to them, help them notice the good reaction they get from their children. For example: "Notice how your baby responds when he hears his name. He turns to you. He recognizes and loves your voice."

Discuss with the facilitator:

A mother gently massages her newborn. She stretches out her baby's arms and legs, and pushes them back again. How would you praise the mother?

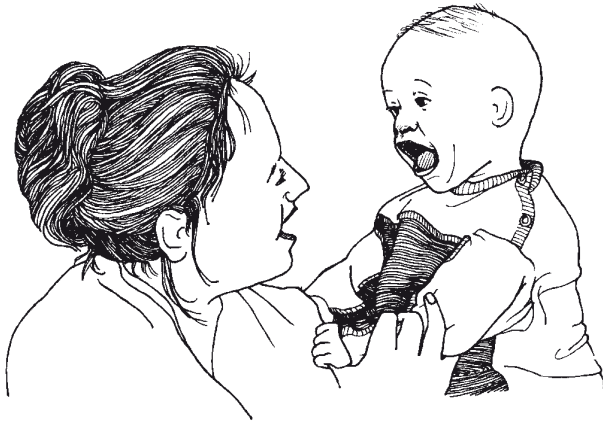
Advise the caregiver

When you counsel a family you have an opportunity to strengthen the skills of the people who care for young children.

They may not know why their child does not respond to them as they wish. They may not know that you should talk to a small child, even before he or she can speak. Sometimes families think that play is only for children. When the child is old enough, she will play with her bigger brothers and sisters. They do not know that adults who play with their young infants and children are helping them to learn, and they do not know what kind of play is appropriate for the child.

The **Checklist** identifies some common problems and what you can suggest to help families in caring for their children. You will guide the caregiver and child in practising the play and communication activities with you. For example:

❖ To help a caregiver respond to the child



You might find that a caregiver does not move easily with her child and does not know how to comfort her child. You do not see the close connection between what the child does and how the caregiver responds.

This connection is the basis for sensitive and responsive caregiving. Where it is missing, you can help the caregiver learn to look closely at what a young child is doing and to respond directly to it. Ask the caregiver to:

1. Look into the child's face until their eyes meet.
2. Notice the child's every movement and sound.
3. Copy the child's movements and sounds.

Soon, most young children also begin to copy the caregiver.

One time is not enough. Encourage the caregiver and child to play this communication game every day. Help the caregiver see how the child enjoys it. Notice how satisfied the caregiver is with the attention the child gives her.

STUDY QUESTIONS:

- 1) Why is connection between caregiver and child so important?
- 2) What can you ask the caregiver to do to promote this connection?

It is important that the counsellor not do the activities directly with the child. Connecting with you, the counsellor, will interfere with the child making the connection with the caregiver. Instead, teach or coach the caregiver through the activity with the child.

❖ To help a caregiver speak less harshly to a child

Sometimes children annoy adults as they try new skills. Adults may think that children should be able to act better than they are able to act at their age. They may think the child is acting against the adult's rules on purpose.

For example, a father might think his child is misbehaving when he drops things again and again. He scolds his child and perhaps spansks him.

You can help the father see what the child might be thinking in a more positive way: "See what I can do. I can make it fall, and it makes a noise. The harder I push, the farther it goes. I am strong. When I drop it near Daddy, I am asking him to play with me, and we laugh and have fun together. He loves me very much."

STUDY QUESTIONS :

- 1) What could be some reasons behind 'bad' behavior of the child ?
- 2) How can we help caregivers understand these reasons ?

❖ To introduce a new play or communication activity

In general, introduce a play or communication activity on the **Counselling Cards** by following these steps:

1. Help the caregiver get the child's attention

Before you start, help the caregiver get the child's attention. She can look into the child's eyes, smile, and make sounds until the child begins to respond to her. She can also move a container or other object in front of the child until the child reaches for it.

2. Help the caregiver respond to the child

Help the caregiver follow the child's lead. She can copy the child's sounds, or respond to the child's hand or leg movements. Often the child will then repeat the activity, in order to get the caregiver to respond again. This increases the child's attempts to make sounds and move, and the caregiver's pleasure. Both are important to help the child learn.

3. Help caregiver practice a play or communication activity recommended on the Counselling Cards

When the caregiver and child are responding together, it is now easier to introduce a new activity.

For example, give stones (large enough not to swallow) and a plastic jar to a caregiver who takes care of her 14-month-old grandson. Ask her to try to teach her grandchild to put the stones into the jar. Help her get started, if necessary. Point out any success, and help her find ways to show her grandchild that she is pleased.

Also, help her see how much her grandchild seems to enjoy playing with her. Often children want to repeat this activity many times, once they have learned it.

Note again that it is important that, as the counsellor, you do not do this activity directly with the child. Instead help – or coach – the caregiver to do the activity with the child.

If the child is almost at the end of an age group – or the child already knows how to do the activities for her age group – you may introduce the recommendations for the next, older age group.

Before the caregiver and child leave, be sure you have seen them do the recommended play or communication activities. This will show you that the caregiver is able to do the activity.



4. Explain how this activity can help the child develop

Explain how this activity can help the child develop and learn. One of the following reasons might be important to the child's family:

- ❖ Play and communication, as well as good feeding, will help your child grow healthy and learn. These activities are especially important in the first years of life.
- ❖ Play and communication activities help the brain to grow and make your child smart and happy.
- ❖ Good care for the child's development will help your child be ready to go to school and to contribute one day to the family and community.
- ❖ Playing and communicating with your child will help build a strong relationship with your child for life.

5. Recommend the caregiver to continue the activity at home, and check that the caregiver is able to do so

Encourage the caregiver to continue the activity at home, for example: "Give your child things to put into containers and take out, and to stack up".

Ask the caregiver questions about how he will do the activity at home. For example, "What do you have at home to use to teach your boy how to stack things?" "What would you like your child to learn to name?" "When is a good time to read or talk about pictures and things with your child?"



Help the caregiver understand how important it is to help her young child learn. Build the caregiver's confidence to care for her child at home by helping her practise playing and communicating with her child.

STUDY QUESTIONS :

1) What should a counsellor help caregiver do, **before** introducing new activity?

1.

2.

2) How can the counsellor help caregiver learn new activity ?

3) What should the counsellor do **after** teaching new activity ?

1.

2.



Role play exercise: Advise the caregiver

The facilitator will divide the participants into groups of four participants each. Participants should set up a space with four chairs, in order to do a role play.

In the small group, decide who will be the caregiver (mother or father), the child, the counsellor, and the observer. The roles to play are:

Caregiver (mother or father):

You have a 3-year-old child. You want your child to be smart and able to do many things. You are very interested in what the counsellor is saying about how to help your child.

Child:

You will act as though you are a 3-year-old child. You are a bit shy. But do not act silly (we want the counsellor to have a good practice). You enjoy your mother and father's attention.

Counsellor:

Welcome the caregiver and child. Select a play or communication activity appropriate for the child's age.

1. Help the caregiver get the child's attention.
2. Help the caregiver respond to the child.
3. Introduce a play or communication activity recommended on the **Counselling Cards** for the child's age. Help the caregiver practise the activity with the child.
4. Then, explain the benefits of this play or communication activity for the child.
5. Recommend the caregiver to do the activity at home, and check if s/he is able to do so. For example, what items could she use to play with her child at home? How will she use them?

Observer:

Observe the discussion between the counsellor and the caregiver. At the end of the role-play, provide feedback:

1. How welcoming was the counsellor?
2. How appropriate for the child's age was the activity the counsellor recommended?
3. How effective was the counsellor in teaching the activity to the caregiver?
4. Did the counsellor do the activity with the child, or help the caregiver do the activity?
5. How well did the counsellor praise the caregiver? Was the praise specific? Did the praise provide information on the benefit to the child?
6. How did the counsellor help the caregiver prepare for doing the activity at home?

When you finish, change roles. Ask the child to be a child from a different age group.

Continue to change roles until each participant has played each role.

Help solve problems

After you introduce a caregiver to recommended play and communication activities for the child, you need to ask: “What difficulties might you have doing these activities at home with your child?”. Then you can help the caregiver identify solutions that are appropriate for the family.

Refer to the section of the **Counselling Cards** on **Counsel the Family about Problems in Caring for the Child’s Development**. This section lists common problems families face in caring for their children.

1. If the mother cannot breastfeed:

- ❖ Find out the reasons. Counsel the HIV positive mother about her options. Counsel every mother about the benefits of breastfeeding, and coach in good breastfeeding practices. Explain that it is rare that a mother cannot breastfeed, and that good breastfeeding practices can stimulate sufficient milk production. Ensure that mother understood the practices, by asking her to describe or demonstrate some of these.
- ❖ Coach the mother in **responsive feeding**:
 - Hold the child close when feeding, look at the child, and talk or sing to the child. For the child to feel safe and secure, it is important to feed the child in a loving way, keeping the child close to the body, and looking into the child's eyes.
 - Let the child participate in feeding.
 - Let him pause, change position, and look around. Follow the child’s pace.
 - Describe what the child or you are doing.

Such responsive feeding was shown to improve child’s nutrition, as well as to strengthen the bond between mother and child.

STUDY QUESTIONS:

- 1) What are key good breastfeeding practices?
- 2) What are some benefits of breastfeeding for child development?
- 3) Why is it important to look at and interact with the child, while breastfeeding or feeding the child?

2. If the caregiver does not know how the child plays or communicates:

- ❖ Remind the caregiver that children play and communicate from birth.
- ❖ Demonstrate how the child responds to the caregiver's activities and effort.

To encourage learning, caregivers need to recognize play and communication, and understand that they are important for learning.

If a child looks or smiles at the caregiver, remind him that this is how the child communicates. If the child makes a sound or gesture, encourage the caregiver to imitate it. Often the child will

repeat it with delight. Help the caregiver guess what the child might be trying to communicate. “My daddy heard me!”, “I can make my daddy laugh!” or “Daddy makes such a funny face with me!”

Finally, select another activity for the child's age from the **Recommendations for Care for Child Development**. Then help the caregiver try the activity with the child and see how the child responds.

STUDY QUESTIONS:

- 1) In your own words, what should the counsellor do if the caregiver does not know how the child plays or communicates?

3. If the caregiver feels that she is too burdened or stressed to play and communicate with the child:

- ❖ Listen to her feelings.
- ❖ Help her identify a key person who can share her feelings and help her with her child.
- ❖ Build her confidence by demonstrating her ability to carry out a simple activity. Offer praise and encourage her to practise the activity with her child.
- ❖ Refer her to a local service, if needed and available.

STUDY QUESTIONS:

- 1) In your own words, what should the counsellor do if the caregiver feels stressed or burdened?

4. If caregivers feel that they do not have time to play and communicate with the child:

- ❖ Encourage them to combine play and communication activities with other care for the child (for example, feeding, bathing, and dressing).
- ❖ Ask other family members to help care for the child or help with the parents' chores.

Caregivers may feel that they do not have additional time to actively feed, play, or communicate with their children. Ask the caregiver what she thinks she could do to get more time. If she needs help to find time, discuss some of these ideas:

- ❖ Do play and communication activities while doing household chores or caring for the child.
- ❖ She could talk, sing, and play while bathing, feeding, and dressing the child, or while cleaning the house.
- ❖ Identify others in the family who might help her do some of her work, to give her more time with the young child.
- ❖ Identify others, including the father and older brothers and sisters, who can spend time playing and talking with the child.

STUDY QUESTIONS:

- 1) In your own words, what should the counsellor do if the caregiver says s/he does not have time to play or talk with the child?

5. If the caregiver has no toys for her child to play with, counsel her to:

- ❖ Use any household objects that are clean and safe.
- ❖ Make simple toys.
- ❖ Play with her child. The child will learn by playing with her and other people.

Young children do not need bought toys. Often children find their own toys in the house or outside. Help the caregiver identify safe items at home.

For example, for the caregiver of a child age 7 months, ask: “What do you have at home that your child could safely handle, bang and drop?” For a child age 12 months up to 2 years, ask, “What kinds of empty containers do you have at home that your child could put small things into?”. Or ask the caregiver what her child plays with now. Check to make sure that she understands what is safe for her child to play with.

Families can also make simple, inexpensive toys. A block of wood with painted wheels becomes a cart. A child can sort circles cut from coloured cardboard to match colours. A picture can be pasted onto cardboard and cut into three pieces to make a simple picture puzzle. Children can also play with natural objects, such as seedpods or seashells that are clean and are not sharp.

Children also need people to play with. They learn from playing with fathers, brothers and sisters, and friends. Identify ways that others can talk to the child, and play counting, naming, or other games recommended for the child's age.

**STUDY QUESTIONS:**

- 1) In your own words, what should the counsellor do if the caregiver says there are no toys at home?

6. If the child is not responding, or seems “slow”:

- ❖ Encourage the family to do extra play and communication activities with the child.
- ❖ Check to see whether the child is able to see and to hear.
- ❖ Refer the child with difficulties seeing or hearing to special services, if available.
- ❖ Encourage the mother and other family members to play and communicate with the child through touch and movement.

Most children learn to walk, say a few words, and feed themselves by the end of their second year. Children, however, are very different from each other in how shy or active they are, and in how fast they learn. A child who is poorly nourished, for example, may be slow to learn new skills.

It is sometimes helpful to ask the caregiver: “How do you think your child is learning?” or “Do you have any concerns about how your child is growing or learning?” A parent may be concerned that her child is slow, compared to other children.

You can help the caregiver give the special attention her child may need. Demonstrate how she could respond more to her child's attempts to communicate. If the child smiles or makes a sound, have her smile or repeat the sound to see if her child responds. Ask what the child plays with, and help the mother identify other safe and clean household objects for the child to use.

The caregiver needs to spend more time and patience feeding the child who is developing slowly. She needs to provide more attention to the child through play and communication. With special attention, most children can learn, even if slowly.

A child who is slow to learn, however, may have special difficulties hearing or seeing. If you think this might be the case, and the child is six months or older, ask the caregiver the questions in the box below.

If there are special educational services for the child, refer the child to them for assessment and care.

Whether or not the child can be referred, encourage the family to play and communicate often with the child. Children can learn from many sources: touch, taste, smell, and body movements. Discuss who in the family and community could help the child.

STUDY QUESTIONS:

- 1) In your own words, what should the counsellor do if the caregiver says the child seems to be developing slowly?

For the child age 3 months and older who may be having difficulty learning

Ask the caregiver these questions:

Hearing

- Does your child turn his head to see someone behind him when the person speaks?
- Does your child show any reactions to strong or loud sounds?
- Does your child make a lot of different sounds (tata, dada, and baba)?

Seeing

- Does your child look at your eyes?
- Does your child follow a moving object with the head and eyes?
- Does your child recognize familiar people (like mother, father, brother, or sister)?
- Is your child able to grab an object?

If the caregiver does not know an answer, ask to find out. For example, she can make a noise behind the child's head. She can see if the child's head and eyes will follow a moving pencil. For the caregiver to check the child's hearing and seeing, the child should be calm and not very sick.

If any of the answers to these questions is “no,” the child may have difficulties hearing or seeing. If special services for children are available in your area, refer the child for further assessment.

7. If the mother or father has to leave the child with someone else for a period of time:

- ❖ Identify at least one person who can care for the child regularly, and give the child love and attention.
- ❖ Get the child used to being with the new person gradually.
- ❖ Encourage the mother and father to spend time with the child when possible.

A child may also lose a parent from illness or another reason. Expect that, with good care, the child can recover from the loss of a parent. Children often go through a period of sadness if they lose or rarely see their mothers or fathers. However, with time they learn to love other people, and most can recover from their sadness. Help identify one special person who will give the child love and extra attention as soon as possible after a loss.

STUDY QUESTIONS:

- 1) In your own words, what should the counsellor do if the caregiver says s/he has to leave the child in the care of someone else?

8. If it seems that the child is being treated harshly:

Recommend better ways of dealing with the child.

- ❖ Encourage the family to always look for opportunities to praise the child for good behaviour.
- ❖ Respect the child's feelings. Try to understand why the child is sad or angry.
- ❖ Give the child choices about what to do, instead of saying "don't".

Children make mistakes as they explore and try new things to do. They may look like they are misbehaving or are trying to annoy the busy adults around them. Their caregivers may believe punishing children is the best way to help them learn what is right and wrong. They may treat their children harshly.

While a caregiver plays and communicates with his child is a good time to demonstrate better ways of dealing with the child. Encourage the caregiver to see and praise his child for his good efforts. Help him interpret what the child might be seeing, thinking, and trying to do. If the child becomes upset, help the caregiver try to find out what is making the child upset. If the child takes something that is not his or in other ways misbehaves, help the caregiver find another, appropriate object to play with. Help distract the child with another activity.

STUDY QUESTIONS:

- 1) In your own words, what should the counsellor do if s/he perceives that the caregiver treats the child harshly?

When you are done counselling the caregiver, complete the **Checklist**. Tick [✓] the boxes to – indicate the advice you gave and the problems you discussed with the caregiver. See the example on the next page.

Discuss with your facilitator the example on the next page:

- ❖ **What do you know about Itu and his caregiver, Phindile? See the top of the checklist.**
- ❖ **For what did the counsellor praise Phindile?**
- ❖ **What advice did the counsellor give to Phindile?**

Checklist for Counselling on Care for Child Development

Date: (Day) 06 / (Month) 02 / 2014 Completed by J.T.

Child's name: First Itu Family Xaba Age: (Years) 2 (Months) Boy/Girl

Caregiver's name: Phindile Radiphuti Relationship: Mother / Father / Other:

Address: 21 Old Centre Road, Red Market

OBSERVE		PRAISE the caregiver if caregiver:	ADVISE the caregiver if caregiver:
All children	How does caregiver show that he or she is aware of child's movements? <i>Looks at child</i>	<input checked="" type="checkbox"/> Moves towards and with child, and talks to or makes sounds with child.	<input type="checkbox"/> Does not move with child, or controls child's movements: Ask caregiver to copy child's movements, to follow child's lead
	How does caregiver comfort the child and show love? <i>Tells child to stop crying (does not work)</i>	<input type="checkbox"/> Looks into child's eyes and talks softly to child, gently touches child or holds child closely.	<input checked="" type="checkbox"/> Is not able to comfort child, and child does not look to caregiver for comfort: Help caregiver look into child's eyes, gently talk to child and hold child.
	How does caregiver correct the child? <i>Grabs object away from child, scolds</i>	<input type="checkbox"/> Distracts child from unwanted actions with appropriate toy or activity.	<input checked="" type="checkbox"/> Scolds child: Help caregiver distract child from unwanted actions by giving alternative toy or activity.
ASK AND LISTEN		PRAISE the caregiver if caregiver:	ADVISE the caregiver if caregiver:
How do you think your child is developing and learning? <i>Misbehaves a lot but does not seem slow</i>		<input checked="" type="checkbox"/> Says the child is developing well, describes what the child can do.	<input type="checkbox"/> Says the child is slow: Encourage more activity with the child. Check hearing and seeing. Refer child with difficulties.
Child age less than 6 months	How do you play with your baby?	<input type="checkbox"/> Moves the baby's arms and legs, or gently strokes the baby. <input type="checkbox"/> Gets baby's attention with a shaker toy or other object.	<input type="checkbox"/> Does not play with baby: Discuss and help caregiver practice one play activity appropriate for child's age.
	How do you talk to your baby?	<input type="checkbox"/> Looks into baby's eyes and talks softly to baby.	<input type="checkbox"/> Does not talk to baby: Ask caregiver to look into baby's eyes and talk to baby.
	How do you get your baby to smile?	<input type="checkbox"/> Responds to baby's sounds and gestures to get baby to smile.	<input type="checkbox"/> Tries to force smile or is not responsive to baby: Ask caregiver make large gestures and cooing sounds; copy baby's sounds and gestures, and see baby's response.
Child age 6 months and older	How do you play with your child? <i>She does not play with Itu, sister (5 years) does</i>	<input type="checkbox"/> Plays word games or with toy objects, appropriate for age.	<input checked="" type="checkbox"/> Does not play with child: Help caregiver practice one play activity appropriate for child's age.
	How do you talk to your child? <i>Talks about what to do/not to do</i>	<input type="checkbox"/> Looks into child's eyes and talks softly to child, asks questions.	<input checked="" type="checkbox"/> Does not talk to child, or talks harshly to child: Give caregiver and child an activity to do together. Help caregiver interpret what child is doing and thinking, and see child respond and smile.
	How do you get your child to smile? <i>Does not. Child smiles on his own.</i>	<input type="checkbox"/> Draws smile out from child.	



Role play exercise: Help to solve problems

The facilitator will divide the group into groups of three participants each. Set up a space with three chairs each, in order to do a role play. In the group, decide who will be the counsellor, the caregiver (mother or father), and the observer. For the child, give a doll or other object (e.g. folded towel) to the caregiver. The roles to play are:

Counsellor:

Welcome the caregiver and child. Ask the caregiver if she or he will have any problems playing and communicating with their child at home. Help the caregiver solve any problems that he or she might have.

Caregiver (mother or father):

The counsellor has recommended activities for you do with your child. However, it will be difficult for you to follow the advice for one of the reasons below. Select one of the problems to discuss with the counsellor.

1. I don't have time. I have to walk a long distance – one hour to the river and one hour back – to get water in the morning. By the time I return I have many household chores to do.
2. We don't have any toys at home. We need the cups and plates and other items for ourselves.
3. My child does not like to play. He just throws his things on the ground and is very annoying.
4. My child is very slow. She does not seem to be learning like the other children.
5. Breastfeeding takes long time, and my nipples are all cracked.

Observer:

Observe the discussion between the counsellor and the caregiver. At the end of the role play, provide feedback:

1. How welcoming was the counsellor?
2. How well did the counsellor show concern for the caregiver's problem? What else could the counsellor have done?
3. How well did the counsellor help the caregiver find a solution? Was it a good solution for the family?

Change roles three times, so that each participant performs each role once. The caregiver should select a different problem from the list of four problems.



**Visual Exercise:
Identify & promote sensitive caregiving**

Look at three pictures in Annex 2 (or alternatively at some photos that the facilitator will demonstrate). For every picture, describe the following:

1. Is the interaction sensitive and responsive? Explain how you know that.

Picture 1	Picture 2	Picture 3

2. How would you praise this caregiver? (think of specific praise)

Picture 1	Picture 2	Picture 3

3. If some interactions you will observe in the future are not so sensitive & responsive, what would you recommend the caregiver to do? List at least three specific actions:

1)

2)

3)

Caregiver and child follow-up

You can help caregivers adopt new activities and improve their interaction with the children by asking to visit or see them again. It usually takes up to 6 counselling sessions to caregivers help promote the new behaviors, however, some caregivers will need more sessions and others - less. These can be weekly or monthly sessions, depending on the needs of the caregiver and the child. Frequent sessions may be especially important for:

- ❖ New mothers
- ❖ Adolescent mothers
- ❖ Caregivers who show signs of depression
- ❖ Caregivers of a child who has low birth weight, is malnourished, or is HIV positive.

Knowing that they will see you again helps the caregivers start the new activities right away. When you or they return, they will be proud to show you what they have learned to do and how their children enjoy the activities with them.

At the end of the 1st session, write down the day of the planned follow-up visit on the bottom of the checklist.

During the follow-up visit,

- 1) Observe if the caregiver is sensitive to child's signals, during the visit. Praise or counsel the caregiver on how to be more sensitive.

- 2) Ask the caregiver how the child has been developing. Has s/he learned to do anything new? Do you have any concerns about the child? Help caregiver address problems if needed.

- 3) Ask the caregiver to show you what s/he has been doing with the child at home. Praise the caregiver for the efforts. Help the caregiver see how the child enjoys doing the activities with him or her.

- 4) Help caregiver practice an additional activity to promote child development. Explain the importance of the activity and check if the caregiver is able to do it at home.

At every follow-up visit, fill out a section on the back of the Checklist (see below).

With the help of the facilitator, practice in pairs to fill out the follow-up visit sections.