

# NEW TOOLKIT FOR MEASURING CAREGIVER RESOURCES TO STRENGTHEN NURTURING CARE AND IMPROVE CHILD NUTRITION

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## WHAT DOES IT TAKE TO PROVIDE NURTURING CARE?

Child health and nutrition programs often focus on changing *caregiver behaviors*.

To provide nurturing care to infants and young children, caregivers draw on multiple intangible resources linked to their own physical and psychological well-being—or caregiver resources.

Building on Engle et al. (1999), we updated the list of resources based on empirical evidence and theoretical advances. These caregiver resources help families participate in and benefit from nutrition SBC programs.

### METHODS

Systematic scoping review of research that measured caregiver resources and complementary feeding in LMIC.

Measures selected for toolkit based on availability, validity, and relevance to caregiver resource constructs.

### RESULTS

- 163 child nutrition papers measured caregiver resources quantitatively.
  - We found well-tested, comprehensive measures of mental health and social support, the resources most often assessed.
  - Useful measures exist for aspects of gender equitable attitudes, self-efficacy, safety and security, and time sufficiency, but fewer are validated.
  - We created a user-friendly online toolkit that provides a curated list of measures of caregiver resources to help researchers and program planners build an evidence base, plan, and monitor effective programs.
- Families, communities, and services shape caregiver resources and SBC programs can be designed to strengthen and build on them.
  - Using this new Toolkit, practitioners can measure and monitor caregiver resources to understand how they influence care and program effectiveness.

### DISCUSSION

Caregiver resources underlie the provision of care and thus the effectiveness of child nutrition interventions. Measuring these resources can help us understand how circumstances influence caregivers' ability to provide care and participate in programs and services. This is key for recognizing the value of caregivers and designing SBC programs that fully support those we ask to change health and nutrition behaviors.

Use the online toolkit to identify, adapt, and apply measures of caregiver resources to better design and assess programs that catalyze change!

