



Newborn Nutrition

Support for Caregivers Can Have a Lifetime Impact

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Impact

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Photo credit: Allan Gichigi, MCSP

Many Children are Not Meeting Their Potential

Globally more than **250 million children** under 5 are **not achieving their developmental potential** due to—

- poverty
- malnutrition
- poor access to health services
- deficient care
- lack of learning opportunities



Photo Credit: Maxime Fossat for USAID Advancing Nutrition

Investing in Nutrition Right from the Start

- **Optimal nutrition** is fundamental for the **survival and well-being** of women and their children
- Maternal malnutrition is associated with poor maternal and newborn outcomes
- Early and exclusive breastfeeding **reduce maternal, neonatal, and child mortality**



Adequate Nutrition is Essential for Optimal Growth and Development

- **Adequate nutrition**, during the **first 1,000 days** (pregnancy through a child's second birthday) is essential for a child's **optimal growth and development**
- Optimal nutrition during the first 1,000 days—
 - Supports healthy brain growth
 - Influences a child's physical, social, emotional, and cognitive development
 - Provides long-term benefits to schooling, learning, and even wages in adulthood



Children Need Nurturing Care

- Nutrition alone is not enough
- **Children grow best** in an environment that supports all aspects of their development
- **Nurturing care** is what a child needs to reach their full potential
 - Consists of five inter-related and indivisible components
- Global evidence calls for the **integration of caregiving and nutrition** efforts to help children meet their developmental potential
 - Action is needed throughout the first 1,000 days



Caregivers Face Challenges with Newborn Care and Feeding Practices

- **Difficulties breastfeeding**
 - Difficulties latching
 - Breastfeeding on demand (day and night)
- **Difficulties providing responsive care**
 - Understanding why and how to engage with a newborn
 - How to read their newborn's cues and address their needs
- **Lack of support for caregiving**
 - Limits time for self-care (e.g., rest, time for oneself)
 - Can increase stress, anxiety, and depression

1 in 4 women show signs of depression or anxiety during pregnancy and the early postpartum period

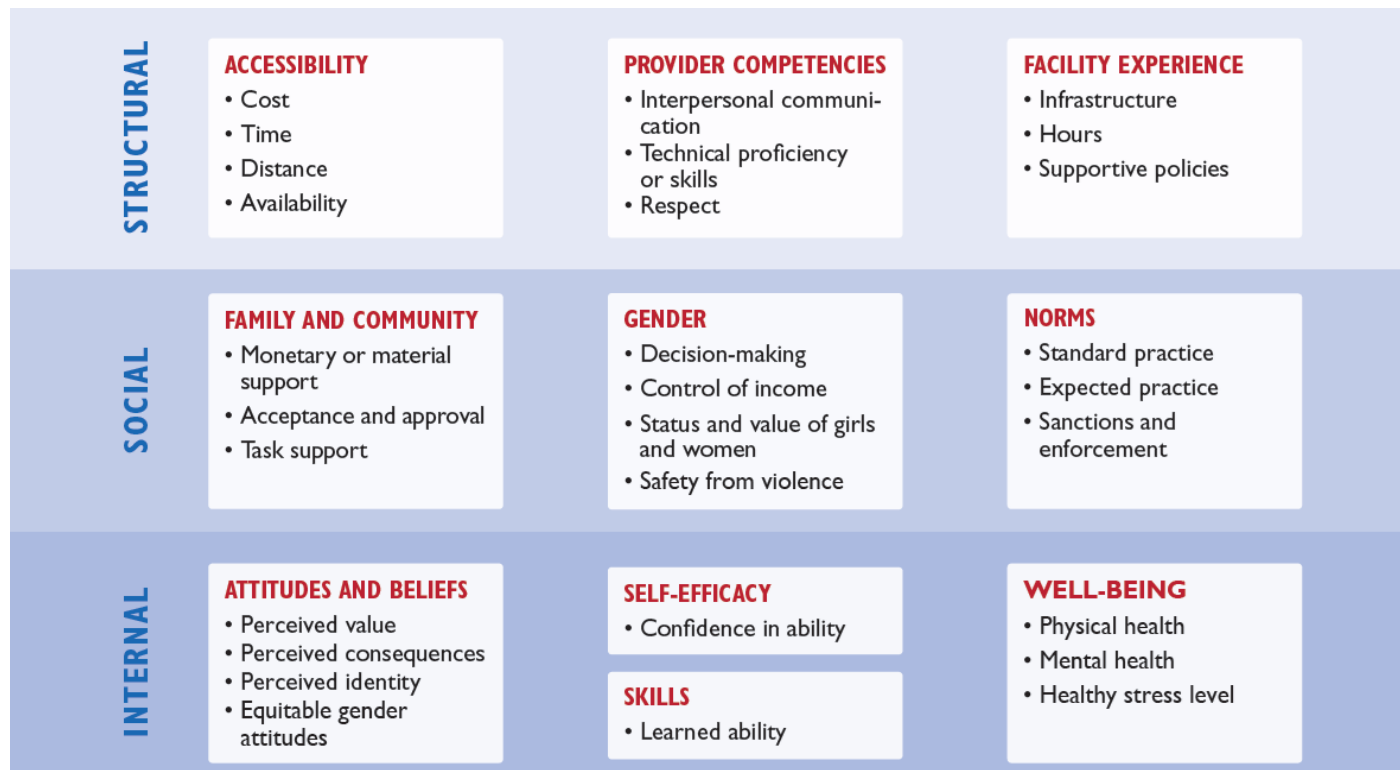
Supporting Caregivers to Provide Nurturing Care

- Programs often encourage caregivers to adopt new behaviors but rarely assess what support a caregiver needs to provide nurturing care
- To provide nurturing care, caregivers need—
 - to be mentally and physically healthy
 - knowledge, skills, and time
 - access to resources and social/emotional support



Romilla Karnati, USAID Advancing Nutrition

What Prevents or Supports Nurturing Care Behaviors?



Source: USAID Advancing Nutrition. 2020. "New Tools for High-Quality Nutrition and Social and Behavior Change Programming"

Creating a Supportive Environment for Caregivers to Provide Optimal Nurturing Care

- Requires a variety of approaches that influence barriers at the individual, social, and structural levels
 - **Supportive policies and workplaces**
 - **Supportive health systems**
 - **Supportive communities**
 - **Supportive families**
- Address caregiver resource needs — both tangible and intangible
- Programs need to use distinct approaches, contact points, and communication to reach different target audiences

A Small Group Activity: A Walk in Her Shoes

A Walk in Her Shoes...

- Break into groups (8-10 participants per group)
- Identify one notetaker per group
 - Notetaker will jot down 1-2 key takeaways at the end
- Review case study and discussion questions
- Discuss!!



Resources & Closing Remarks

Toolkit for Measuring Caregiver Resources to Strengthen Nurturing Care and Improve Child Nutrition

- Caregivers must draw on their own physical and psychological well-being (resources) to participate in programs and services and provide care
- Measurement of these resources allows programs to—
 - Identify which resources are critical in a local context
 - Understand where there are gaps and how interventions can support caregivers to improve nutrition outcomes
 - Track progress in programs and services

The screenshot shows the USAID Advancing Nutrition website. The main heading is "Measuring What it Takes to Provide Care" with the subtitle "A toolkit for nutrition programs and research". Below this, there is a section titled "Supporting caregivers to improve child nutrition" which explains that resources include food, money, assets, and psychological factors. A diagram illustrates the "CAREGIVER RESOURCES" framework, showing concentric circles for "ENABLING ENVIRONMENT", "SUPPORTIVE SERVICES", "COMMUNITY", "FAMILY", and "CAREGIVER". The "CAREGIVER RESOURCES" list includes: Mental Health, Healthy Stress Levels, Perceived Physical Health, Safety and Security, Equitable Gender Attitudes, Self-Efficacy, Social Support, Time Sufficiency, Autonomy*, Education*, Knowledge and Beliefs*, and Nutritional Status*. A search bar is visible at the bottom right of the page.

<https://www.advancingnutrition.org/resources/caregiver-toolkit>

Responsive Care and Early Learning Addendum Package

- Integrates responsive care and early learning into nutrition and health counseling packages
- Includes a planning, adaptation, and implementation guide; training materials; and illustrated counseling cards
- Cards can be used during individual counseling and group sessions and should be adapted to the context
- Includes a session and materials on caring for the caregivers

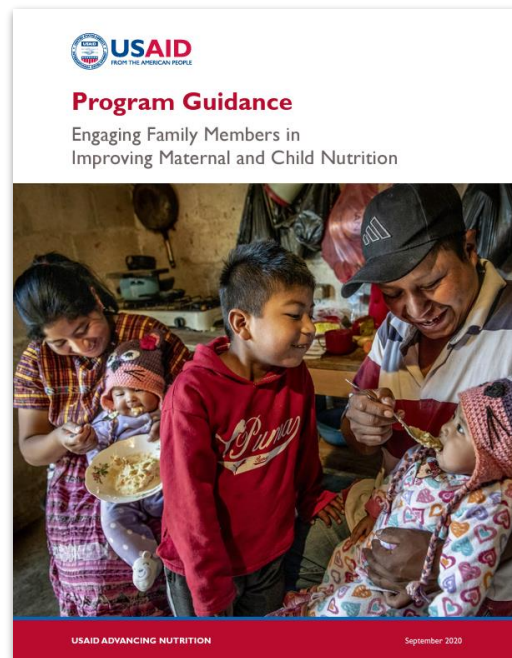
<https://www.advancingnutrition.org/what-we-do/early-childhood-development/RCELaddendum>



Program Guidance on Engaging Family Members

- Practical recommendations on how to engage family members at key points in the program cycle
- Centers on engaging families in ways that support mothers and other primary caregivers while avoiding negative unintended consequences

<https://www.advancingnutrition.org/what-we-do/activities/engaging-family-members-improves-maternal-and-child-nutrition>



Resources

- Caregiver Resources Toolkit
<https://www.advancingnutrition.org/resources/caregiver-toolkit>
- Responsive Care and Early Learning Addendum
<https://www.advancingnutrition.org/what-we-do/early-childhood-development/RCELaddendum>
- Program Guidance on Engaging Family Members
<https://www.advancingnutrition.org/what-we-do/activities/engaging-family-members-improves-maternal-and-child-nutrition>
- Baby Friendly Hospital Initiative Case Studies
<https://www.advancingnutrition.org/what-we-do/activities/baby-friendly-hospital-initiative>
- Breastfeeding Counseling Mentorship Program Guide
<https://www.advancingnutrition.org/what-we-do/activities/breastfeeding-counseling-through-mentorship-kenya>

Closing Remarks

- A number of factors (barriers and enablers) influence a caregiver's care and feeding practices
- Caregivers draw on resources linked to their own physical and psychological well-being to participate in and practice nurturing care behaviors
- Programs and services can enhance participation and impact of nutrition and nurturing care by addressing and measuring caregiver resources
- Implementing integrated nutrition and nurturing care interventions is critical to support optimal child nutrition and development outcomes



Photo Credit: Lesley Oot, USAID Advancing Nutrition

Conflict of interest disclosure

I have no conflict of interest to report in relation to this presentation.

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