



HSRC
Human Sciences
Research Council

Caregiving in the Home: Learning from International Experiences

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SESSION

Understanding Relationships, Understanding Development

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HUMAN TOUCH

Outline → video illustrations

- Relationships, attachment, sensitivity and responsiveness
 - Observations from South Africa
- Disruptions in parent-child interactions
 - Malnutrition and maternal depression
- Implications for interventions to promote survival, growth, health and development

Relationships

- Attachment – cross-cultural findings
 - General validation of attachment classifications
- Sensitivity and responsiveness as key components of attachment
- Primary and secondary inter-subjectivity - from the inter-personal to the intra-personal

Observations from South Africa

- Mother-child interactions across time
- Using opposed cameras to “get inside” interactions
 - Proto-conversation, 3wks - Maria
 - Imitation of movements/gestures, 3mts – Dolly
 - Play / “peekaboo”, 5mths – Sheila
 - Clapping hands, shared gestures, 9mth - Dorah

Maria

- Proto-conversation at 3 weeks
- Eye contact
- Gentle maternal vocalization & touch
- Pauses to accommodate infant sounds
- Pattern of conversational interchange – alternating “speech”

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Dolly

- 3 months
- Mother imitates child's sneeze, "mirroring"
- Child's recognition of similarity and shared communication
- Mother aware of child's response, repeats and cycle of communication established



Sheila

- 5 months
- “Trusting” play
- Recognizable playful routine with predictable climax (“peekaboo”)
- Routine varies to child’s delight
- Child secure in predictability and shared understanding



Dorah

- 9 months
- Hand clapping
- Shared communication embedded in a social context
- Recognizable social-gestural communication



Relationship disruptions

- Parent, child and interactional factors
- Eg prematurity, LBW, failure to thrive
- Malnutrition
- Maternal depression
- “Still face” illustration – 7 months – infant awareness of “irregularity”, disruption



Hunger and undernutrition

- Low birth weight (<2500g) 12-18% in LMICs
- World hunger 20% of all people (>Canada, USA and EU) >60% women
- ¼ children in LMICs (146m) underweight
- Weak infant demand, passivity, low exploration associated with lower adult education & income

Video - Malnutrition

Examples of malnourished children and mothers in interaction

- Mother intrusiveness
- Child passivity
- Poor feeding

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Maternal depression

- Maternal depression is high under conditions in which children are under-nourished
- Sawyer, Ayers & Smith review (2010) – mean prevalence of post-natal depression in Africa = 18.3% (range 3.2%-34.7%)

Interventions

- Micro-interventions – interactions
- Nutrition supplementation in pregnancy
- Combined nutrition and psychosocial programmes up to age 2 year
- ?? Home- and centre-based programmes – referential conversation, reading, encouragement, “soft(er)” parenting

Micro-intervention

- Very sick child, poor muscle tone and low level of awareness – cannot be fed
- Ask mother to speak to the child and move rhythmically (*andante*)
- Child's tone & awareness improve
- Child vocalises and points – an opportunity to feed and interact

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PEIMAC (WHO)

- **Emotional communication**

- Show positive feelings of love
- Follow and respond to the initiatives of the child
- Establish positive verbal and non-verbal dialogue
- Praise and give confirmation to the child

- **Mediational communication**

- Help child focus attention on salient objects and episodes
- Convey meaning and enthusiasm to child's experiences
- Expand and enrich child's experiences by explanations, comparisons etc

- **Limit setting communication**

- Regulate and guide child's actions and set limits in a positive way

Care for Child Development

- Based on PEIMAC
- World Health Organization (WHO) & UNICEF – module in Integrated Management of Childhood Illness (IMCI)
- Both PEIMAC and CCD highly simplified for universal application

Care for Child Development



IMPROVING THE CARE OF YOUNG CHILDREN

Care for Child Development

More than 10 million children in developing countries die before their fifth birthday. Nearly 20 times that number – over 200 million children – survive, but do not reach their full human potential. As a result, their countries have an estimated 20 percent loss in adult productivity



RECOMMENDATIONS FOR CARING FOR YOUR CHILD'S DEVELOPMENT

Newborn, birth up to 1 week



Your baby learns from birth.

- **Play:** Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently stroke and hold your child.
- **Communicate:** Look into baby's eyes, and talk to your baby. When you are breastfeeding is a good time. Even a newborn baby sees your face and hears your voice.



1 week up to 6 months



- **Play:** Provide ways for your child to see, hear, feel, and move. Show colourful things for your child to see and reach for. Sample toys: shaker, ring 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.

6 months up to 12 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. Tell your child the names of things and people. Sample toy: doll with face.

12 months up to 2 years



- **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.



2 years and older



- **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 board, 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.

RECOMMENDATIONS FOR CARING FOR YOUR CHILD'S DEVELOPMENT

HUMAN TOUCH



Thank you!