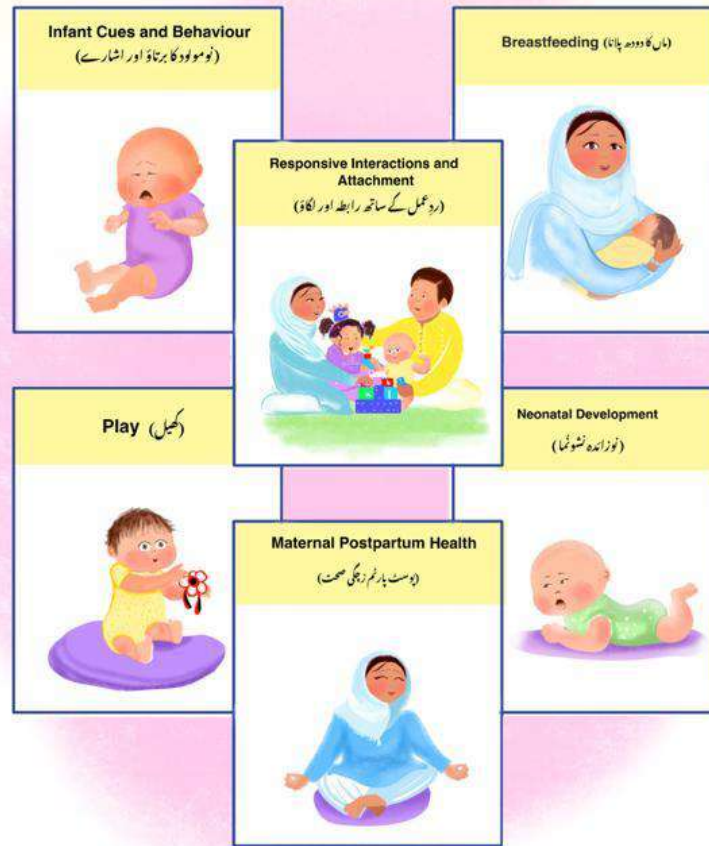


# Early Childhood Development (ECD) Newborn Responsive Caregiving Facilitator Guide



Developed by Dr. Shelina Bhamani & Misbah Shams

Early Childhood Development Parenting Readiness Education Program ECD PREP

Department of Obstetrics and Gynaecology

Aga Khan University



# **Facilitator Guidelines for Early Childhood Newborn Parenting Education Handbook Bundle**

*Developed by*  
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## Preamble

Greetings! Welcome to the Early Childhood Newborn Parenting Education Handbook Facilitator Guide. These modules will explore thoroughly all the elements essential for a newborn's nurturing care such as breastfeeding, neonatal development, parent-child interaction, play, maternal mental health and infant cues and behavior which are easy to grasp.

### Contributors

- Kiran Aslam
- Sarah Fahim

### Each Session:

Each of the modules can be taught either individually or in groups. In the case of individual teaching you may change start activities and keep it aligned to the need of the participant. In the case of a group, utilize proposed activities that engage them in discussion and peer interaction.

### Duration:

Each session must not be more than 45 mins. In the ideal context the session should be divided as per the following duration:

- |                              |         |
|------------------------------|---------|
| - Settling down              | 05 mins |
| - Introduction activity      | 05 mins |
| - Teaching                   | 15 mins |
| - Orientation of the book    | 05 mins |
| - Quick knowledge assessment | 05 mins |
| - Q & A                      | 10 mins |

However the above might vary based on the context

Please contact Dr. Shelina Bhamani lead ECD PREP for using this material in your context  
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<https://www.aku.edu/mcpk/obs-gyn/Pages/ecd-prep.aspx>

# **Module1: Breast Feeding**



Module 1: Breastfeeding		
<b>Breastfeeding in Early Childhood Development</b>		
Breastfeeding in early childhood development is a vital aspect of a child's growth and well-being. Breast milk is designed to meet the nutritional needs of infants. It contains a balance of proteins, fats, carbohydrates, vitamins, and minerals that are essential for a baby's healthy development. It provides protection from infections and boosts the immunity of the child.		
<b>Objectives</b>		
<ul style="list-style-type: none"> <li>• To orient the parents o newborns about exclusive breastfeeding and skin-to-skin contact</li> <li>• To enhance their knowledge pertinent to breastfeeding concerns and how to deal with them</li> <li>• To share various breastfeeding positions which can support exclusive breastfeeding</li> </ul>		
<b>Start the Session</b>		
<p>Meet &amp; Greet</p> <p>The facilitator will greet the parents and give a quick introduction about herself. She will also give a quick introduction of what the parents should be expecting from this session.</p> <p>The facilitator will begin the session by asking a few questions from the parents. The following are the questions that will be asked:</p> <ul style="list-style-type: none"> <li>• Do you know what skin-to-skin contact is?</li> <li>• Do you know about the various positions of breastfeeding?</li> <li>• In your opinion, what are some of the difficulties a mother may face during the breastfeeding process?</li> </ul>		
<b>Teaching</b>		
Page #	Heading	Facilitator Notes
1	Exclusive Breastfeeding	Emphasize the importance of exclusive breastfeeding for the first six months of the baby's life, encouraging parents to commit to this practice. Explain that breast milk is sufficient to meet the baby's nutritional needs during this period and that introducing other foods or liquids is unnecessary.

2	Importance of Skin-to-Skin Contact	<p>Explain the significance of skin-to-skin touch for both mothers and fathers in promoting bonding, physical development, and emotional well-being in their baby.</p> <p>Show the correct technique of skin-to-skin touch to both parents and emphasize the incorporation of skin-to-skin touch into daily routines, such as during feeding, or naptime.</p>
3	Breast Feeding Positions	<p>Demonstrate various breastfeeding positions, such as cradle, cross-cradle, football hold, side-lying, and laid-back position, to ensure optimal comfort and effective milk transfer.</p> <p>Provide step-by-step instructions and visual aids(handbook) to help mothers understand how to position themselves and the baby during breastfeeding</p>
4	Breast Feeding Problems	<p>Give the mother an opportunity to express her concerns and frustrations regarding breastfeeding. This will help to create a supportive environment and shows empathy. After listening to the mother understand the specific problems the mother is facing during breastfeeding by asking relevant questions about milk supply, pain, or any other difficulty. Educate the mother about common breastfeeding challenges and problems, such as sore or cracked nipples, breast heaviness, and low milk supply. Discuss the possible causes, and offer practical strategies or techniques to address each problem. If the problem persists advise her to consult a lactation consultant.</p>
5	Food for Breastfeeding Mothers	<p>Educate the mother about the importance of maintaining a balanced and nutritious diet while breastfeeding by providing information on specific foods and consuming enough fluids that are beneficial for lactation and milk production. Provide references to reliable sources of information on breastfeeding-friendly diets and recipes..</p>

6	Hydration in Breastfed Child	Educate mothers by providing information on the signs of proper hydration in infants, such as having a sufficient number of wet diapers. Encourage mothers to drink a large glass of water before breastfeeding their children.
7	Breastfeeding vs Formula Feeding	<p>Explain the benefits of breastfeeding over formula feeding, such as how it helps in bonding, boosts immunity, and promotes physical and emotional development. While formula feeding may increase the risk of infection, diarrhea, diabetes, and obesity.</p> <p>Provide information on local support groups, lactation consultants, or healthcare professionals who offer assistance in lactation and breastfeeding.</p>
<b>Orientation of the Book</b>		
Give an overview of the topics covered in the handbook. Clearly communicate that the handbook has been created as a comprehensive resource to provide information, guidance, and support on breastfeeding, ensuring that parents have access to accurate and reliable information.		
<b>A quick assessment of the parent/caregiver</b>		
<p>After the delivery of the session, the following questions can be asked to assess the knowledge,</p> <p>What is exclusive breastfeeding, and why it is important for the baby's health and development?</p> <p>What are the benefits of skin-to-skin touch between parents and babies?</p> <p>Name at least two positions of breastfeeding.</p> <p>What are some common challenges a breastfeeding mother can face and how they can be addressed?</p>		
<b>Q &amp; A Session</b>		

<b>Parents may ask questions, following are some examples with answers, in case you are unable to answer, refer them to a lactation consultant for further assistance.</b>	
1. How do I know if my baby is getting enough milk while breastfeeding?	<b>Ans.</b> Look for signs of active sucking, swallowing sounds to ensure your baby is getting enough milk.
2. What are some common breastfeeding challenges and how can I overcome them?	<b>Ans.</b> Common breastfeeding challenges include sore or cracked nipples, breast heaviness, and low milk supply, but with proper support and assistance, these challenges can be overcome.
3. Are there any specific foods I should avoid or include in my diet while breastfeeding?	<b>Ans.</b> Maintain a well-balanced diet, stay hydrated, and there are typically no specific foods to avoid unless your baby shows signs of sensitivity.
4. How long should I breastfeed my baby, and when should I start introducing solid foods?	<b>Ans.</b> The World Health Organization recommends exclusive breastfeeding for the first six months and then introducing solid foods while continuing breastfeeding for up to two years or beyond.

## **Module 2:**

# **Infant Cues and Behaviour**



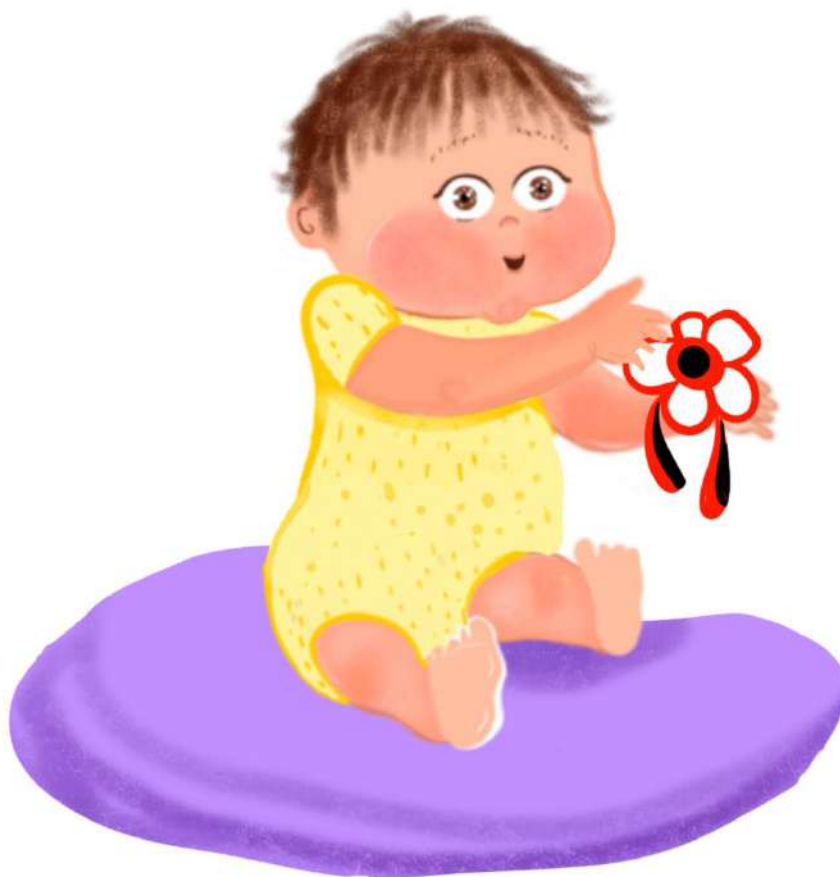
Module 2: Infant Cues and Behavior		
Infant Cues and Behavior in Early Childhood Development		
<p>Infant cues are various nonverbal behavioral and physiological signals and actions, exhibited by the newborn to communicate with caregivers in their early childhood. These cues may include facial expressions, body movements, sounds, and changes in breathing patterns. Understanding and responding to these cues promotes healthy early childhood development.</p>		
Objectives		
<ul style="list-style-type: none"> <li>• To explain what are infant cues and behaviors</li> <li>• To understand the types of cues</li> <li>• To identify infant behaviors</li> <li>• To increase the knowledge on recommendations for caregivers with respect to each behavior</li> </ul>		
Starting the Session		
<p><b>Meet &amp; Greet</b>  The facilitator will greet the parents and give a quick introduction about herself. She will also give a quick introduction of what the parents should be expecting from this session. The facilitator will begin the session by asking a few questions from the parents. The following are the questions that will be asked:</p> <ul style="list-style-type: none"> <li>• Do you know what are engagement and disengagement cues?</li> <li>• Can you name any 3 infant behaviors?</li> </ul>		
Teaching		
Page #	Heading	Facilitator Notes
1	What are infant cues?	Begin with clear and concise information about the infant cues. Explain how newborns rely on caregivers to fulfill their basic needs, such as discomfort and hunger. By understanding, interpreting, and recognizing their needs, a caregiver develops a responsive environment that promotes a healthy early childhood and baby's well-being.
2	Types of Engagement Cues: Engagement Cues and Their Examples	Additionally, this responsive environment fosters emotional relationships and bonds between the caregiver and newborns. Provide them with a clear and simple explanation of what engagement cues are. Describe how the infants communicate to show their interest, readiness, desire, and willingness with their parents and caregivers. These cues may include eye contact, nodding smiling, reaching out, making sounds, eyes

		wide, and a relaxed body. Emphasize the importance of being attentive and responsive to each engagement cue. Explain the importance of talking, reading, and playing simple interactive games. Provide them an opportunity to practice understanding the cue and conduct role-play activities.
5	Disengagement Cues and Their Examples	Explain and describe what disengagement cues are and the importance to recognize them. Disengagement cues may refer to the baby's lack of interest and desire, signals that indicate that they need a break from engaging or participating in social activities. Discuss common examples of disengagement cues such as crying, avoiding eye contact, turning away, pushing back, crossing arms or legs, showing tense body posture, yawning, becoming irritable, or showing signs of fatigue and back arching. Use visual aids to make them understand real-life examples of disengagement cues in infants. Highly emphasize the significance of recognizing and responding promptly and appropriately to these cues to foster their overall well-being. Encourage them to be calm while managing these cues which may help the newborn to regain their comfort.
8	What are infant Behaviors	Give a brief and concise explanation of typical newborn behaviors. Encourage parents/caregivers to observe their baby's behaviors closely and attentively, which will help them to identify, interpret and understand their potential meaning during the first year of life.
9	Crying	Explain that crying is a primary and normal means of communication for newborns. It is a way of expressing their needs such as hunger, discomfort, or any other need. Educate them about different patterns of crying for example hunger cries may be rhythmic and repetitive, while pain cries may be intense. By recognizing different patterns of crying, the caregiver/parent can easily understand the newborn's specific needs. Teach them various

		soothing techniques such as gently rubbing their back, singing, or providing a pacifier.
10	Exploration	Explain the concept of exploration and how it is a natural and vital part of infant development. As infants develop motor skills, they start to explore their surroundings and interact with the people around them. This helps them to promote cognitive skills, problem-solving abilities, creativity, and critical thinking.
11	Self-Social Regulation	It is very important to teach the parents and caregivers about Self-regulation in ECD. Infants develop social behavior from an early age and start interacting with their parents and other family members. Teach them multiple strategies such as avoiding screen time until the age of 2, spending more time with the infant, reading books, and playing simple games. This will help them to develop a nurturing environment as well as healthy well-being.
12	Feeling and Emotions	Teach parents that infants start to show various ranges of emotions, such as happiness, joy, fear, anger, sadness, tiredness, and surprise. Explain that showing and expressing emotions and feelings is a natural and healthy part of early childhood development. Encourage them to deal with it with patience and acceptance.
13	Verbal and Nonverbal Communication	Teach them that, although infants do not yet can speak, however, they can understand receptive skills and gestures. Verbal communication involves the use of words, spoken or written. Emphasize avoiding the use of babbling language instead parents/caregivers should use proper sentences while communicating.
<b>Orientation of the Book</b>		
Give an overview of the topics covered in the handbook. Clearly communicate that the handbook has been created as a comprehensive resource to provide information, guidance, and support on “Infant Cues and Behavior”, ensuring that parents have access to accurate and reliable information.		
<b>A quick assessment of the parent/caregiver</b>		

At the end of the session, the facilitator will show some pictures of the cues to the parents. The parents will have to identify what cue it is and whether they are engagement or disengagement cues.
<b>Q &amp; A Session</b>
<b>Parents may ask questions, following are some examples with answers, in case you are unable to answer, refer them to a lactation consultant for further assistance</b>
<p>1. How can I differentiate between different types of infant cries and what do they typically signify?</p> <p><b>Ans.</b> Differentiating between cries takes time, but some common differentiations include hunger cries which could be repetitive and short, and discomfort cries (Intense and continuous).</p>
<p>2. What are some common disengagement cues or body movements that infants exhibit?</p> <p><b>Ans.</b> Common disengagement cues include crying, avoiding eye contact, turning away, pushing back, crossing arms or legs, showing tense body posture, yawning, becoming irritable, or showing signs of fatigue and back arching</p>
<p>3. What are some effective strategies for soothing and comforting my baby when they show signs of distress or discomfort?</p> <p><b>Ans.</b> Effective strategies for soothing babies include gentle massaging, singing or humming, and providing a pacifier.</p>

## Module 3: Play



Module 3: Play		
<b>Play in Early Childhood Development</b>		
Play in early childhood development play a vital role in a holistic approach to the learning and development of an infant. Parents/caregivers may create a play-rich environment by providing age-appropriate toys and materials and developing an unstructured playtime.		
<b>Objectives</b>		
<ul style="list-style-type: none"> <li>To understand the importance of play</li> <li>To increase the knowledge pertinent to how to play with 0-6 months babies</li> <li>To design low-cost homemade toys</li> </ul>		
<b>Starting the Session</b>		
<p>Meet &amp; Greet</p> <p>The facilitator will greet the parents and give a quick introduction about herself. She will also give a quick introduction of what the parents should be expecting from this session. The facilitator will begin the session by asking a few questions from the parents. The following are the questions that will be asked:</p> <ul style="list-style-type: none"> <li>Why do you think play is important for a child?</li> <li>How does play help a growing child?</li> </ul>		
<b>Teaching</b>		
Page #	Heading	Facilitator Notes
1	Power of Play	Teach the caregiver/parent that play is the work of the child in the early development phase. Emphasize how incorporating play into a baby's daily routine can help in the development of physical skills, social skills, cognitive skills, language skills, and exploration.
2	Games to Play with Your Infant	There are many games to play with the newborn, such as Pee-ka-boo, touch, and tickle baby, roll the baby over, show me in the mirror, and baby bike ride play. Show the caregivers/parents how to play these games.
3-4	Toys for 0-6 months	It is important to teach parents about the appropriate selection of toys for their infants. Emphasize the importance of sensory stimulation for infants. Recommend toys that engage their senses such as soft toys, rattles, teething toys, play mats, fabric, and cloth books.
5	Toy and Play Safety	Highly emphasized that the parents should ensure safety while selecting toys. Toys should not be too large, do not have sharp edges, too short, and should not pose choking

		hazards. Explain the appropriate selection of toys for the development of a child's cognitive skills. Additionally, emphasize the cleanliness of toys as the baby may take them to mouth to prevent any infection.
6-9	Low-cost, Homemade Toy Ideas: Sensory bottles, Fabric Squares, Paper towel rolls, and Cardboard boxes	Explain the benefits of homemade toys for early childhood development. Emphasize their ability to foster sensory skills creativity and problem-solving skills. Such as sensory bottles e.g. one filled with water, one with glitter, and one with beads. Another idea could be to use fabric squares to explore the different textures. Also with the help of cardboard, parents can create open-ended play materials. Encourage them to provide their child with crayons, and markers to decorate the boxes. Explain how these homemade toys will promote sensory stimulation as children manipulate and explore continents.
10	Quick Tips for Parents	Highly emphasize that parents should ensure a safe, secure environment and provide clean, toys and learning materials. it is important to understand the baby's cues and behavior whether he/she wants to play with toys or maybe likes to play with caregivers. Children should not force them to play.
<b>Orientation of the Book</b>		
Give an overview of the topics covered in the handbook. Clearly communicate that the handbook has been created as a comprehensive resource to provide information, guidance, and support about "Play in Early Childhood Development", ensuring that parents have access to accurate and reliable information.		
<b>A quick assessment of the parent/caregiver</b>		
The facilitator will ask the parents to share at least two ways they can make a toy at home.		
<b>Q &amp; A Session</b>		
<b>Parents may ask questions, following are some examples with answers, in case you are unable to answer, refer them to a lactation consultant for further assistance</b>		
1. How can I make playtime fun and engaging for my child, even if I don't have a lot of toys?		
<b>Ans.</b> Homemade toys would be the best option to make playtime fun and engaging.		
2. How can I participate in child's play experiences?		
<b>Ans</b> By actively participating in play, asking open-ended questions, listening attentively, and responding to their cues.		

## **Module 4: Maternal Postpartum Health**



Module 4: Maternal Postpartum Health		
Maternal Postpartum Health in Early Childhood Development		
Maternal postpartum health has significant effects on early childhood development. The physical recovery of a mother after childbirth impacts her ability to care for her newborn.		
Objectives		
<ul style="list-style-type: none"> <li>Highlight the significance of maternal health on the long-term development of the child</li> <li>Teach various postnatal exercises to support the mental and physical health of both mothers and infants</li> <li>To encourage new mothers to prioritize self-care and health professional intervention</li> </ul>		
Starting the Session		
<p>Meet &amp; Greet</p> <p>The facilitator will greet the parents and give a quick introduction about herself. She will also give a quick introduction of what the parents should be expecting from this session. The facilitator will begin the session by asking a few questions from the parents. The following are the questions that will be asked:</p> <ul style="list-style-type: none"> <li>Did you face any postpartum maternal challenges?</li> <li>If yes how did you manage?</li> <li>Do you know about any post-natal exercises</li> </ul>		
Teaching		
Page #	Heading	Facilitator Notes
1	Postpartum Maternal Health	Begin teaching parents about postpartum maternal health and how significantly it affects early childhood development as well as their own well-being. Discuss information on the physical, and emotional changes that occur during the postpartum period, common challenges, and the significance of self-care during this period.
2	Postpartum Blues	Provide mothers with accurate and reliable information about postpartum blues. Explain the common and temporary mood changes that typically occur after childbirth. Such as mood swings, feelings of sadness and emptiness, fear, anxiety, depression tiredness, and loss of interest in daily life activities. Encourage them to prioritize their own self-care during this crucial time period. Teach various coping strategies to manage and to overcome the above-mentioned challenges.

		<p>These strategies may include regular exercises, and engaging in activities to promote well-being and stress reduction. Also, emphasize the importance of seeking professional help and consultation if symptoms persist and severely affect their daily life ability to care for themselves and their child.</p>
3	Mental Health Checklist for New Moms	<p>Educate patients about common mental health conditions such as postpartum anxiety, depression, mood swings, sleeping and eating disorders, loss of interest, and feeling disconnected from the child. Illustrate the checklist given in the handbook, which will help them to relate their own experiences and identify potential red flags in their own mental health.</p> <p>Emphasize prioritizing self-care and seeking help from trained, qualified and credentialed staff such as Lady Health Visitors (LHV).</p>
4	Impact of Mother's Mental Health on Growing Child	<p>It is highly important that mothers need to understand that their mental well-being plays a crucial role in shaping their child's development. They should be aware that their mental condition directly interferes with the care and affects the cognitive and physical development of their child.</p>
5	Take Help	<p>New mothers need to understand that mental health conditions can range from mild to severe and can affect the mother's ability to care for herself and her child. They should consider seeking early professional intervention and treatment to prevent potential negative impacts of mental complications on their well-being as well as their child's well-being and development.</p>
6-7	Tips and Tricks to Support Maternal and Infant Mental Health	<p>Provide various tips that support both Maternal and infant mental health. Encourage seeking professional help to prevent potential negative impacts of mental complications on their well-being as well as their child's well-being and development.</p> <p>Encourage them to prioritize self-care along with the baby's care, practice activities such as</p>

		yoga, meditation, reading, or engage in any hobby that promotes their mental well. Being. Also, they can seek support from family members or friends who can assist with childcare. Connecting with babies through breastfeeding, talking, reading, and singing with babies also gives mental support. Encourages healthy lifestyle habits such as a healthy diet, regular exercise, and adequate sleep, engaging in physical activities, and getting sufficient time to rest.
8	Postnatal Exercises: Deep Breathing, Interdigital Exercise, Coughing, and Calf Stretching. Cross Leg Stretching, Kegal Exercise, Shoulder and breast stretching, abdominal tightening, and Pelvic rolling.	Encourage mothers to exercise regularly which will help them to regain their strength back increase their metabolism, reduces pregnancy weight, and strengthens the pelvic. Teach them post-natal exercises such as Deep Breathing, Interdigital Exercise, and Coughing, Calf stretching, Cross Leg Stretching, Kegal Exercise, Shoulder and breast stretching, abdominal tightening, and Pelvic rolling. When teaching the above-mentioned exercises, ensure that instructions are clear and easy to understand. Demonstrate each exercise as per the guidelines given in the handbook.
16	Go to Doctor	Encourage to seek professional consultation if any of these complications occur such as excessively feeling down and hopeless, Extreme bleeding, infection/abscess, fever, chills, and non-stop vomiting.
<b>Orientation of the Book</b>		
Give an overview of the topics covered in the handbook. Clearly communicate that the handbook has been created as a comprehensive resource to provide information, guidance, and support about “Maternal Postpartum Health”, ensuring that parents have access to accurate and reliable information.		
<b>A quick assessment of the parent/caregiver</b>		
After the session, the facilitator will take a short quiz using flashcards and include questions such as: <ul style="list-style-type: none"> <li>• What are some common indicators of poor mental health during postpartum</li> <li>• What are some activities/exercises to support maternal mental health</li> </ul>		
<b>Q &amp; A Session</b>		
<b>Parents may ask questions, following are some examples with answers, in case you are unable to answer, refer them to a lactation consultant for further assistance</b>		

<p>1. Are there any specific warning signs or symptoms that should be considered?</p> <p>Ans. Yes, there are some symptoms that should be addressed during the postpartum period such as severe pain, excessive bleeding, fever or chills, mood swings or any sign of infection. It's important to contact a healthcare provider.</p>
<p>2. What are some strategies to manage postpartum mood disorders such as anxiety or depression?</p> <p>Ans. To manage postpartum mood disorders, seek professional help, such as therapy or counseling, practice self-care, join support groups for new mothers, and seek assistance from partners and families.</p>

## **Module 5:**

# **Neonatal Development**



Module 5: Neonatal Development		
Neonatal Development in Early Childhood Development		
Neonatal development is a critical aspect of early childhood development that focuses on the growth and maturation of infants. It includes various domains of development such as physical, cognitive, sensory, and social-emotional.		
Objectives		
<ul style="list-style-type: none"> <li>• To understand the concept of child development and developmental milestones</li> <li>• To increase the knowledge pertinent to good baby hygiene</li> <li>• To enhance the understanding regarding healthy home environments and their impact on the child</li> <li>• To enhance the knowledge about necessary immunizations for the child</li> <li>• To learn how to modulate infant sleep</li> </ul>		
Starting the Session		
<p>Meet &amp; Greet</p> <p>The facilitator will greet the parents and give a quick introduction about herself. She will also give a quick introduction of what the parents should be expecting from this session</p> <p>The facilitator will begin the session by asking a few questions from the parents. The following are the questions that will be asked:</p> <ul style="list-style-type: none"> <li>• Do you know about the developmental milestones and newborn reflexes?</li> <li>• What do you know about baby hygiene?</li> <li>• What do you know about child vaccinations?</li> </ul>		
Teaching		
Page #	Heading	Facilitator Notes
1	What is ECD?	Describe it as early childhood development starting from the period of conception to around 8 years old, during which a child undergoes development in various domains such as cognitive, language, and physical, laying the foundation for future development.
2	What is Nurturing Care	Discuss each component of the framework of nurturing care including nutrition, Health, Responsive caregiving, safety & security and learning and stimulation. Educate parents about breastfeeding and for parents who cannot breastfeed, guide them about appropriate formula feeding. Provide guidance about complementary foods, emphasizing a balanced diet with a variety of nutrients.

		<p>Provide information on common childhood illnesses and help parents to understand the significance of regular healthcare check-ups and immunizations for the healthy well-being of their child.</p> <p>Encourage parents in creating an environment with activities that stimulate the senses such as playing with age-appropriate toys, and reading that promotes cognitive development.</p> <p>Emphasize providing and creating a safe and secure environment for the child. Teach them about childproofing their home, including securing furniture, and electrical outlets, falls, and choking hazards.</p> <p>Explain how newborns rely on caregivers to fulfill their basic needs, such as discomfort and hunger. By understanding, interpreting, and recognizing their needs, a caregiver develops a responsive environment that promotes a healthy early childhood and baby's well-being. Additionally, this responsive environment fosters emotional relationships and bonds between the caregiver and newborns.</p>
3	Domains of Newborn	<p>Discuss each domain of Psychosocial, Cognitive, Physical development, and language.</p> <p>Explain the importance of forming a strong emotional bond between parents to engage in activities that promote bonding, such as skin-to-skin contact, cuddling, and responsive caregiving.</p> <p>Explain the concept of cognitive development in newborns and discuss the importance of providing sensory stimulation through various experiences.</p> <p>Explain the typical patterns of body growth in newborns, including weight gain, height growth, and the development of the baby.</p> <p>Encourage parents to avoid babbling language and engage in verbal interactions with their newborns.</p>
4	Neonatal Reflexes (Rooting Reflex, Startle	Explain that the reflexes are normal involuntary movements in newborns that help

	Reflex, Grasping Reflex, Spinal Reflex, and Curling Reflex	to identify normal brain activity. Discuss and demonstrate each reflex mentioned in the handout and discuss how to interact in response to these reflexes.
8	Developmental Milestones (0-8 weeks) & (3-6 months)	Begin with an overview of the milestones and provide a brief overview of the major milestones (mentioned in the handbook) that an infant reach between 0-8 weeks and 3-6 months. Emphasize that these milestones serve as a way to monitor a baby's growth and development within the normal range.
10	Infant Massage	Encourage mothers to include infant massage in their daily baby care routine. It helps in weight gain, improves sleep, relief from colic and constipation, mental, and physical health development. Demonstrate and show visual aids of various types of massage.
11	Tummy Time	Begin by explaining what is tummy time and highlighting its benefits such as psychosocial development, improved head control, strengthening muscles, improve motor skills, relief of gas and constipation, and improves back posture and strength back. Show parents how to position their baby and emphasis that it should be done on a firm flat surface and under supervision. Encourage them to start with short sessions and gradually they can increase the durations.
12	Baby Hygiene (Bathing and Diaper Care)	Highly emphasizes baby hygiene and how much it is essential to protect a baby from infections and regulates the body's temperature. Teach them different components of baby hygiene such as baby baths, nail care, cloth nappies/diaper care, and waste disposal. Demonstrate how to give a proper and safe bath with the help of a dummy.
15	Newborn Vaccination	Emphasize that vaccines save a baby's life and protect against life-threatening diseases. Many parents may have concerns and misconceptions about vaccines. Give them simple and brief evidence-based information.

16	Tips for taking care of a Newborn Baby	Provide various tips for taking care of a Newborn Baby such as keeping hand sanitize while handling the baby, helping the baby latch on during breastfeeding, sleeping baby on his back timely changing diaper, and giving the massage, etc.
17	Infant Sleep-Quick Facts	Educate parents about the importance of infant sleep for their baby's well-being as well as for mothers' good health. Teach them different quick facts about infants' sleep mentioned in the handbook timeframes of infants' sleep.
18	How to Modulate Infant Sleep?	Educate parents about how to modulate infant sleep by providing various strategies mentioned in the handbook that will promote healthy sleep habits for their baby.
<b>Orientation of the Book</b>		
Give an overview of the topics covered in the handbook. Clearly communicate that the handbook has been created as a comprehensive resource to provide information, guidance, and support about “Neonatal Development”, ensuring that parents have access to accurate and reliable information.		
<b>A quick assessment of the parent/caregiver</b>		
After the session the facilitator can take a post-assessment quiz and can include questions such as:		
<ol style="list-style-type: none"> <li>1. What is the time period of ECD?</li> <li>2. What are the components of nurturing care?</li> <li>3. What are the four domains of newborns?</li> </ol>		
<b>Q &amp; A Session</b>		
<b>Parents may ask questions, following are some examples with answers, in case you are unable to answer, refer them to a lactation consultant for further assistance</b>		
<ol style="list-style-type: none"> <li>1. How can I stimulate my newborn's development? Ans. Interact with baby through talking, singing, making eye contact, playing simple games, reading, avoid babbling language.</li> </ol>		
<ol style="list-style-type: none"> <li>2. When can I start tummy time, and how often should I do it? Ans. Start tummy as early as the first few weeks after birth. Start with a short session and gradually increase the duration as the baby gets stronger.</li> </ol>		
<ol style="list-style-type: none"> <li>3. Are there any specific activities or toys that enhance my baby's cognitive development? Ans. Select age-appropriate toys that encourage exploration, and sensory stimulation. Create homemade toys and simple games.</li> </ol>		
<ol style="list-style-type: none"> <li>4. Vaccination is harmful to my child. Ans. Many parents may have concerns and misconceptions about vaccines. Give them simple and brief evidence-based information</li> </ol>		

## **Module 6: Responsive Interactions and Attachment**



Module 6: Responsive Interaction and Attachment		
Responsive Interactions and Attachment in Early Childhood Development		
Responsive interaction and attachment involves attentively listening, observing, and responding appropriately to an infant's cues. It can be verbal or non-verbal including talking, reading, and singing, smiling, and touching which provide the foundation for healthy development.		
Objectives		
After this session, participants will be able: <ul style="list-style-type: none"> <li>To understand the importance of attachment</li> <li>To critically appraise the importance of bonding between parents and children</li> </ul>		
Starting the Session		
<p>Meet &amp; Greet</p> <p>The facilitator will greet the parents and give a quick introduction about herself. She will also give a quick introduction of what the parents should be expecting from this session. The facilitator will begin the session by asking a few questions from the parents. The following are the questions that will be asked:</p> <ul style="list-style-type: none"> <li>What is the main responsibility of a father?</li> <li>Why is bonding with your newborn important?</li> </ul>		
Teaching		
Page #	Heading	Facilitator Notes
1	Attachment	Give a simple and concise explanation of attachment to the parents that develop through consistent responsive interactions and caregiving. Educate the parents that early attachments provide comfort, and safety and develop trust and a strong bond between caregivers and a baby.
2	Parent-Child Attachment	Explain newborn depends on a parent and caregiver for the fulfillment of their needs such as discomfort and hunger. By responding and giving attention, caregivers/parents can develop a positive attachment with their child.
3	Father's Engagement	Explain the distinct and irreplaceable role of fathers in their child's life. Emphasize that a strong father-child bond contributes to making them more empathetic, better-adjusted, fewer behavior problems, and they really make good social relationships. Encourage fathers to actively engage in activities such as cuddling, reading, and play which promotes positive and holistic development of the child.

5	Barnard Model (Parent-Child Interaction System)	<p>First familiarize yourself with the concept of The Barnard Model and understand its key components which focus on promoting positive interaction between parent and child that promotes healthy development in an infant.</p> <p>Explain the importance of giving enough attention, affection, and care to the baby.</p> <p>Discuss each characteristic of the caregiver and infant mentioned in the handbook.</p>
6	Parent-Child Positive Interaction	<p>Discuss how a parent can positively interact through verbal and non-verbal interactions. Encourage them to pay full attention to your child when they are speaking. Maintaining eye contact, smiling, talking, and nodding shows that you are actively listening to them which reflects a positive interaction.</p> <p>Encourage their parents to offer hugs, kisses, gentle strokes, and cuddles that build a secure attachment and bond with the child.</p>
7	Characteristics of Parents-Child Interaction	<p>Discuss and explain various characteristics of parent-child Interactions mentioned in the handbook.</p> <p>Educate that showing affection such as warmth, joy, and happiness, being physically present facing each other, using cues, actively speaking, reading and exchange of sentences, validating their feelings, offering guidance, praising, and giving constructive feedback, these all characteristics contribute to promoting the child's healthy well being and social-emotional development.</p>
8	Feeding Interactions	<p>Educate parents that the feeding interactions between child and parents have a significant role in establishing healthy well-being and bond.</p> <p>Teach parents to position the baby securely to ensure eye-to-eye contact. When feeding interact with the baby verbally and non-verbally such as speaking. Maintaining eye contact, smiling, talking, and nodding.</p> <p>Attentively respond to the baby's cues. This will help the child develop a healthy</p>

		relationship with food and learn to self-regulate their eating.
11	Teaching Interaction: How Can Teaching Loop Benefit Your Baby	Explain and demonstrate the five steps of teaching interaction which include alerting, instruction, performance, feedback, and windup. Teach the parents that this will develop problem-solving skills, improves attention span, build memory, enhances creativity, and develops critical thinking skills.
14	Family Bonds	Highly emphasize the importance of spending quality time with both parents, siblings, and family members with their child whether it can be playing, or learning of just reading a book together.
<b>Orientation of the Book</b>		
Give an overview of the topics covered in the handbook. Clearly communicate that the handbook has been created as a comprehensive resource to provide information, guidance, and support about “Responsive Interaction and Attachment”, ensuring that parents have access to accurate and reliable information.		
<b>A quick assessment of the parent/caregiver</b>		
The facilitator will ask a few questions from the parents in order to assess their knowledge and practices:		
<ul style="list-style-type: none"> <li>• How does your baby’s father engage with your baby?</li> <li>• What activities do you people perform to bond with your baby?</li> <li>• What are some of the characteristics of parent-child interactions?</li> </ul>		
<b>Q &amp; A Session</b>		
<b>Parents may ask questions, following are some examples with answers, in case you are unable to answer, refer them to a lactation consultant for further assistance</b>		
1. How can I improve my responsiveness to my child’s cues and signals?		
Ans. Take to time to observe and understand your child’s unique cues and signals, practice active listening, and respond promptly.		
2. How can I promote positive interactions and emotional connection with my child on a daily basis?		
Ans. Spend quality time with your child, engage in activities, and initiate conversations.		
3. How should I verbally communicate with my baby? Give me some examples.		
Ans. Avoid babbling language, use complete sentences while talking to your child, and read books loudly.		

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