

Building relationships and brains through “book-sharing”



DOH: Private healthcare providers

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“Parental preparedness” is identified in the RTHB and is defined in the Nurturing Care Framework, FTD pillars and the Side-by-Side campaign



Nurturing Care Framework



- Good health
- Adequate Nutrition
- Responsive caregiving
- Opportunities for Early Learning
- Security and Safety

Side by Side



- Nutrition
- Love
- Protection
- Healthcare
- Extra care

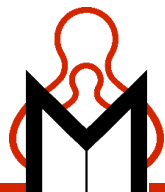
First Thousand Days



- Nutrition and Health
- Care and Support
- Safety and Stimulation

What does “Parental preparedness” mean to you?

Parental preparedness is about being equipped to, and feeling capable of, building a secure relationship while stimulating children's development



LOVE

Sensitive parenting/ caregiving – is **responsive** to baby's cues

Mutually enjoyable interactions that create an emotional bond

Engagement between caregiver and baby before they can speak

Affectionate and secure caregiving from adults in a family environment

Develops interpersonal relationships with other people

GROW

Helps children learn about people and to understand the world around them

Guided in daily activities

Early experiences of social learning

Social interactions that stimulate connections in the brain

Mikhulu Trust has developed a tool to empower caregivers to build the relationship with their child while stimulating their development



Look here... who's this? Who is it, again?

- 1) What did you observe them experiencing?
- 2) What do you think they took away?







Book-sharing is a two-way interaction that mothers can use to help them grow closer to their child, while also developing their brains



The experience of book-sharing (between mother and child)

-  Interactive
-  Closeness
-  Easy
-  Engaging
-  Excited
-  Inquisitive
-  Lively
-  Enjoyable
-  Supportive
-  Respect

The benefits of book-sharing

-  Stimulates language development
-  Builds thinking skills and concentration
-  Learns about the world around them
-  Learns to identify and understand emotions
-  Learns to understand people
-  Grows closer to you – increases parent sensitivity

The “Experience” that we are asking the mother to create for the child, is the same one as the health staff should model to the mother



The experience of learning book-sharing (between caregiver and health staff)

- Interactive
- Closeness
- Easy
- Engaging
- Excited
- Inquisitive
- Lively
- Enjoyable
- Supportive
- Respect

What behaviours will help mothers have this experience?

- Discussion-based
- Exploratory and inviting
- Supportive and collaborative

What exactly should health staff do when talking to mothers about book-sharing?

- Ask questions
- Listen attentively
- Respond caringly
- Collaborate on finding solutions

At each level, we must model what we want to see between the caregiver and child



The Book-sharing Philosophy

At each level of interaction, we must model what we want to see the next person doing.

When you share this message, think about how you can use this method to help them understand the philosophy



Different book-sharing actions facilitate different growth opportunities, underpinned by three core principles



Book-sharing principles

Book-sharing action

Growth opportunities

Ask questions

Follow the child's interests
responsively

Always be positive



Pointing and naming



Facilitates language development



Extensions and making links



Enhances child's knowledge and understanding



Discussion about emotions,
intentions and perspectives



Promotes socio-emotional development



Promotes conversational turns



Stimulates the language centre in the brain



Provides opportunities for closeness

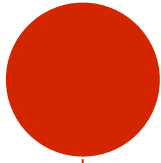


Builds a secure relationship



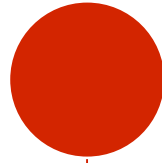
Do book-sharing every day at the same time for at least 10 minutes

Mikhulu Trust was started to disseminate evidence-based early childhood development interventions



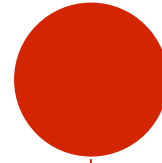
2013

Research by Peter Cooper and Lynne Murray



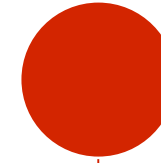
2014

RCT conducted in Khayelithsa



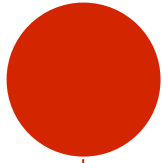
2015

Mikhulu Trust UK formed to raise funds for implementing programme



2017

Mikhulu Child Development Trust (SA) registered



2018

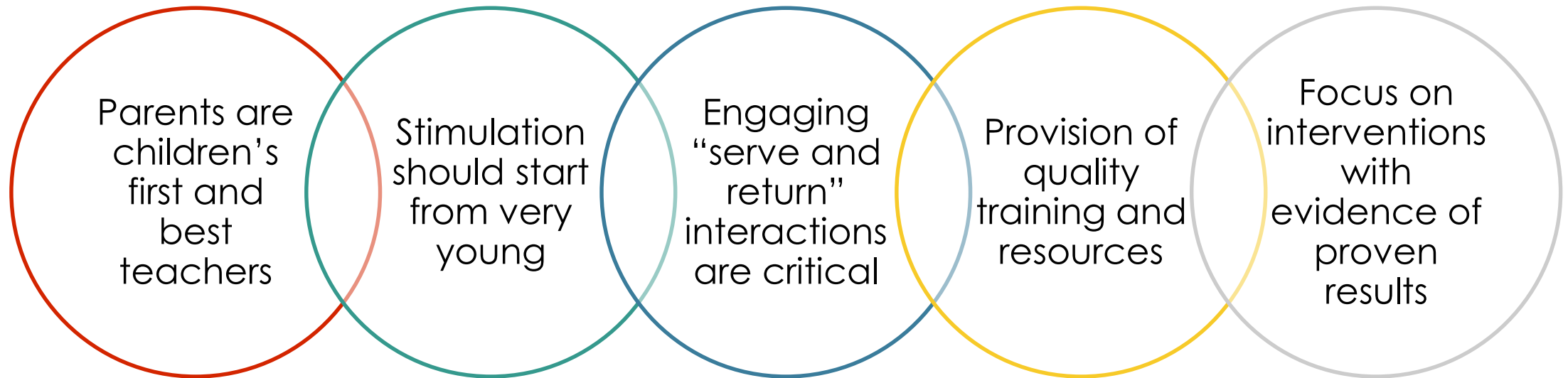
Endorsed by WHO's Parenting for Lifelong Health

Partners



University of Reading

Our core messages and values



In our main programme, “book-sharing”, caregivers are trained to have stimulating interactions with a young child using a wordless picture book



About Book-sharing

Book-sharing is a special interaction between a caregiver and a young child, where the caregiver stimulates the child's thinking by asking questions about the pictures in a wordless picture book. Book-sharing can be done in any language as there are no words in the books.



About Wordless Picture Books

Wordless picture books are special because they allow the child to explore the story, enabling them to learn about all the different things that catches their attention. In this way, the child isn't restricted to the specific story written in words. It also helps parents who cannot read to build their children's future-reading skills.

Randomised Control Trial (2014)



- 91 mother-child dyads
- Infants aged 14 – 16 months
- 8-week programme in book-sharing (n=49) or control (n=42)

Primary outcomes:

- Child Language (CDI)
- Child attention (ECVT)

Secondary outcome:

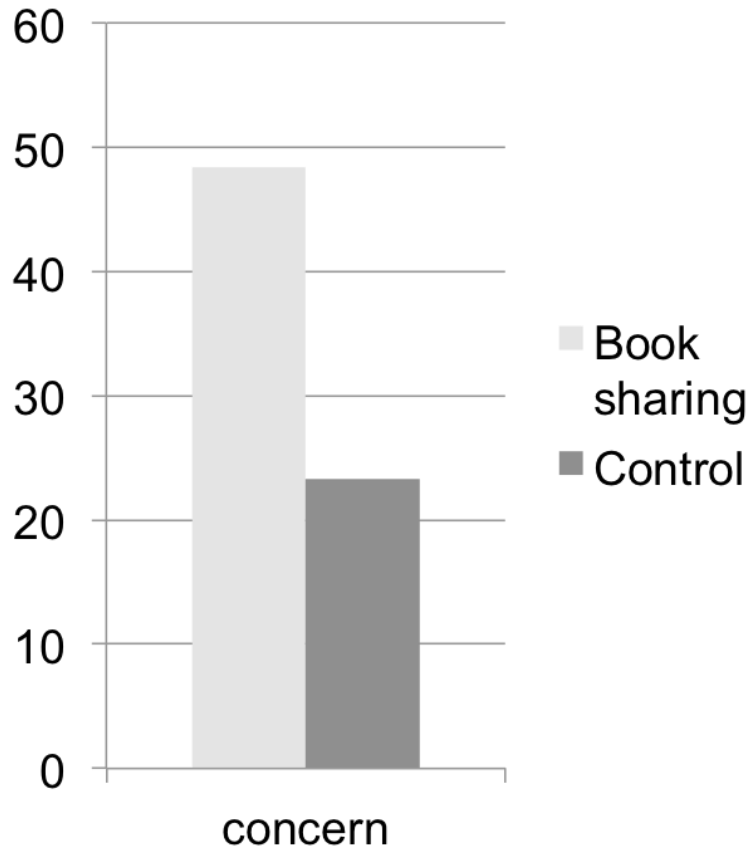
- Maternal book-sharing

Vally et al. 2015. 'The impact of dialogic book-sharing training on infant language and attention', *Journal of Child Psychology and Psychiatry*, 56(8)

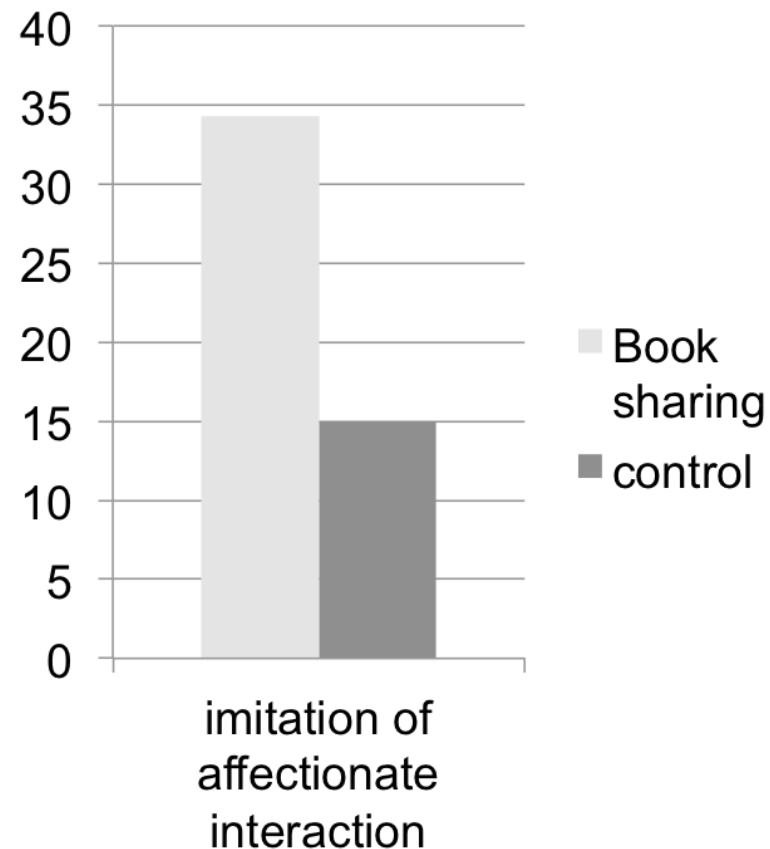
Effects of Book sharing on infant socio-emotional development (% children)



d= 0.62



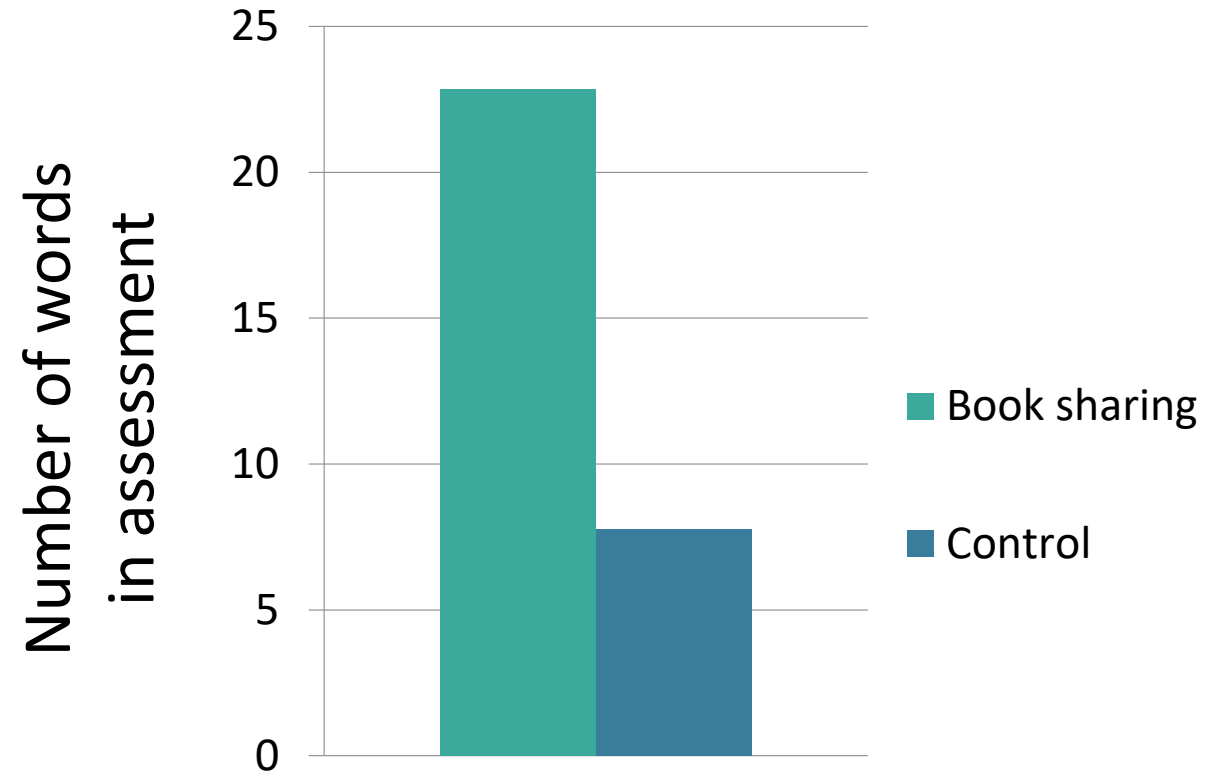
d=0.59



Language Outcomes and Results



- Mean change in CDI Understands and Says

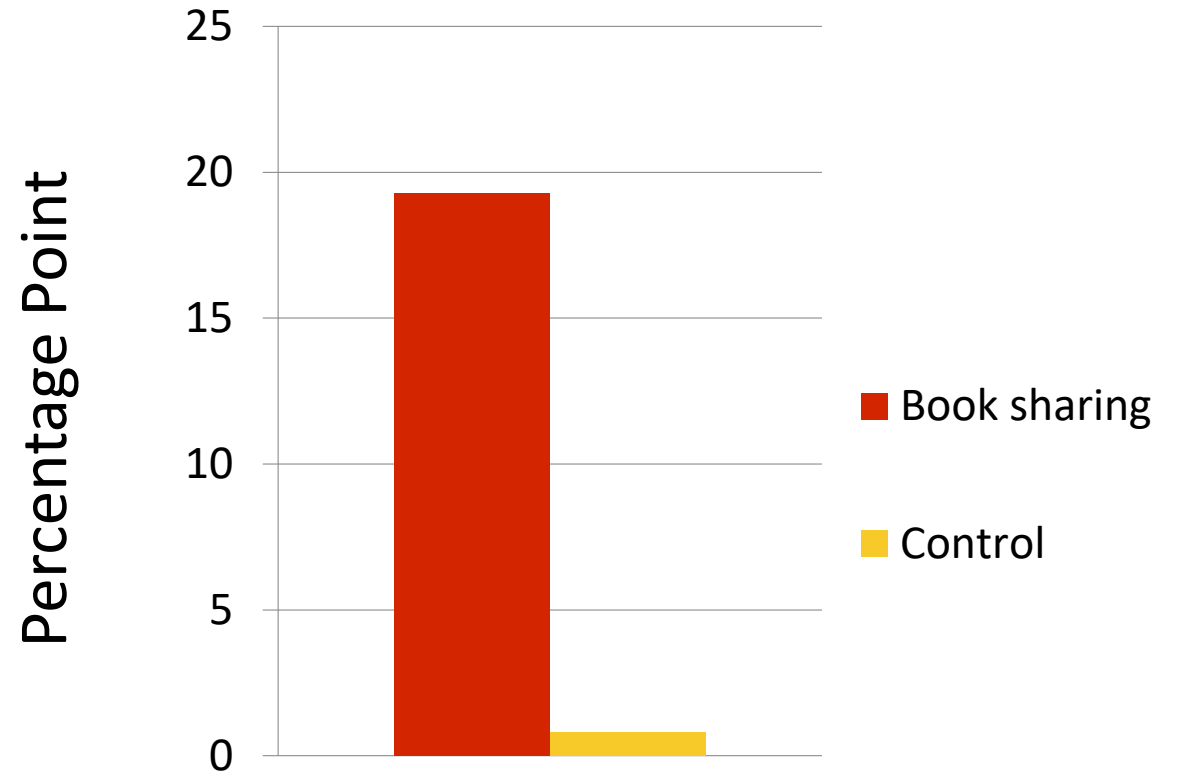


CDI Understands & Says: $U = 357.50$, $z = 4.43$, $p < 0.001$; $d = 0.98$

Attention Outcomes and Results



- Mean change in ECVT

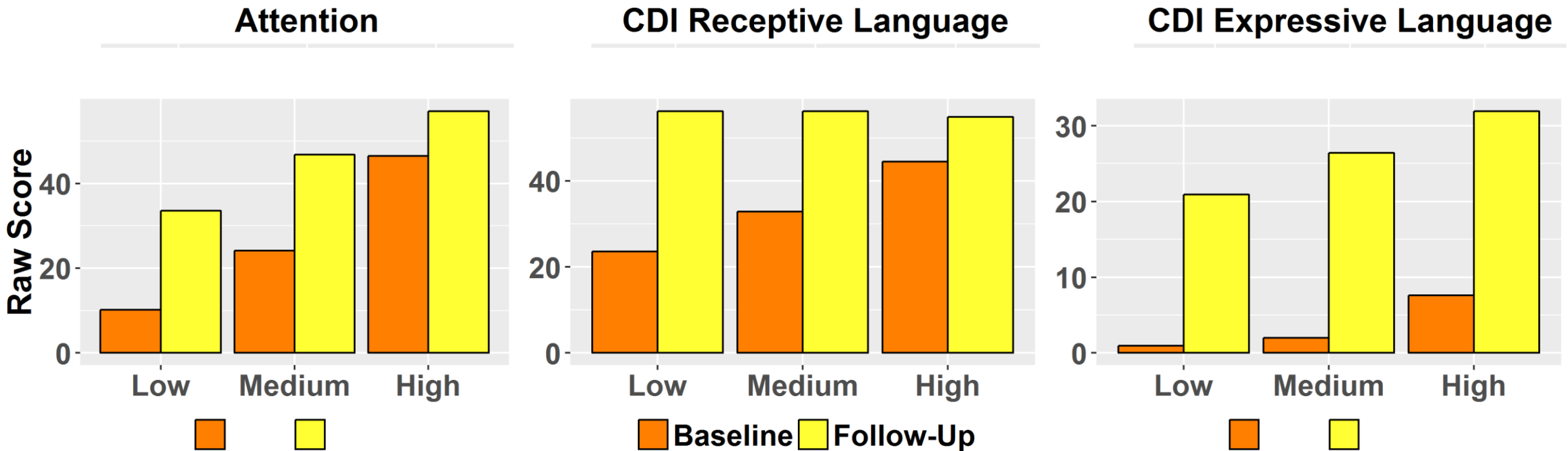


Attention: $t(80) = 4.91, p < 0.001, d = 1.10$

Who benefits the most?



Figure: Percentage change, and change in raw scores following book-sharing training



Parents and children can access wordless picture books, and book-sharing through the partners trained by Mikhulu Trust



Parent-facing non-profit partners

FCW

Foundation for Community Work
Stigting vir Gemeenskapwerk



inceba
TRUST



Save the Children

commongood

ECD-facing non-profit partners



TRUE NORTH
Every child can shine



Government service



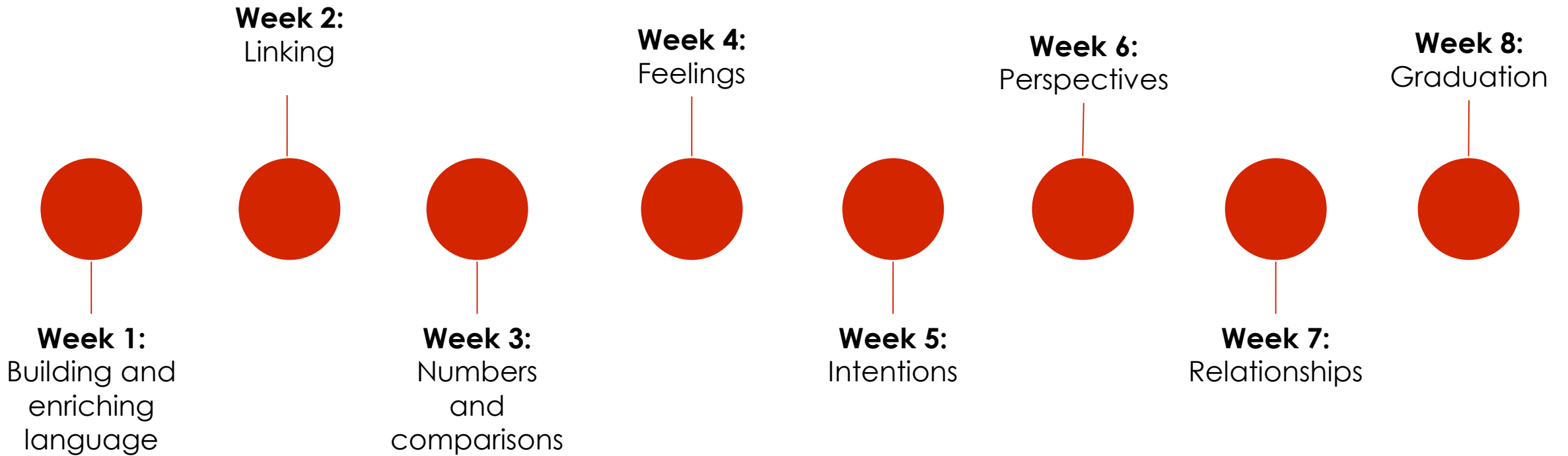
CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

City of Cape Town
Libraries

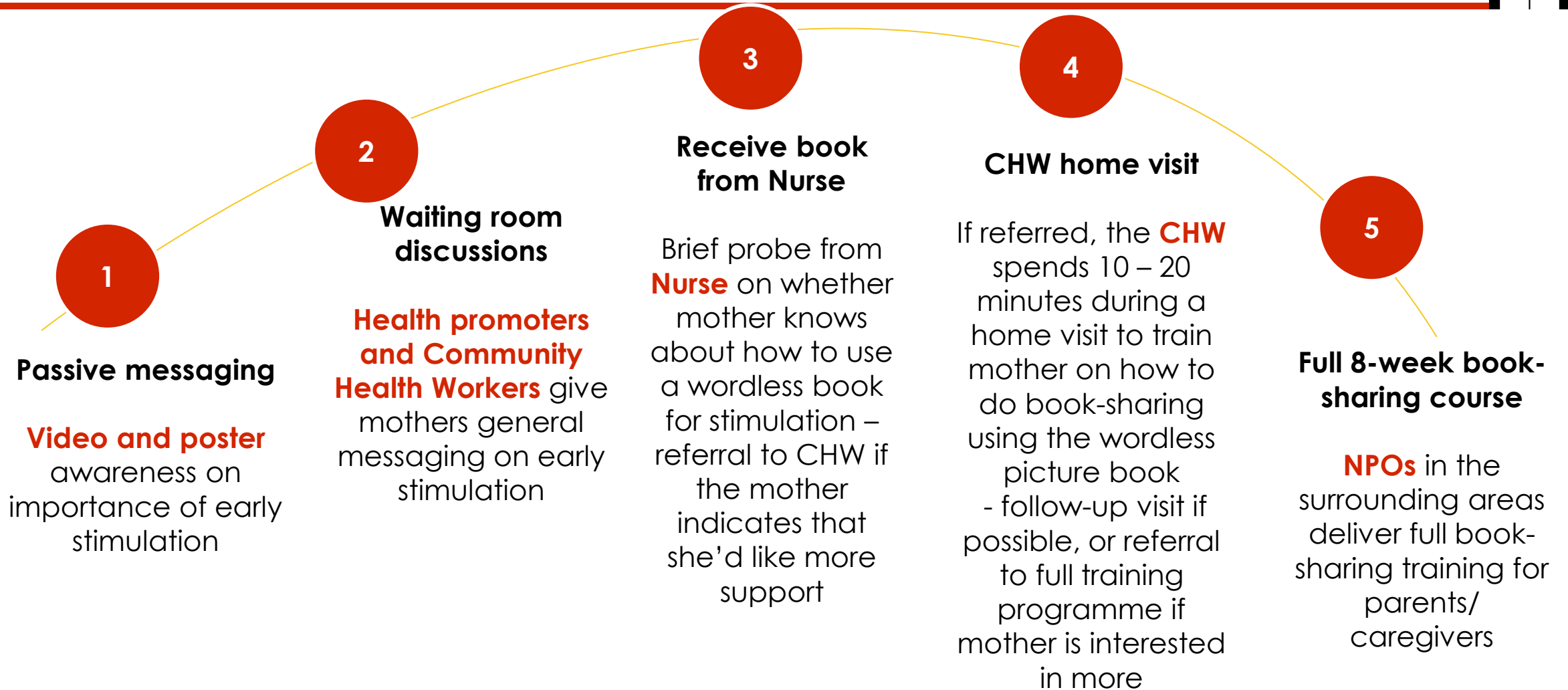


Western Cape Health
Department

Eight week programme



You will be able to train your team to get messages about early stimulation and book-sharing to mothers visiting the clinics



DOH trainers will train Health Promoters, Nurses and Community Health workers in this exact same training delivered today



WHAT



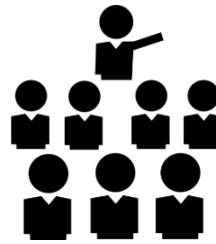
1 day workshop

- The role of the First Thousand Days
- How children develop
- How book-sharing helps children develop
- Learning how to do book-sharing
- How to interact with mothers when teaching them to do book-sharing

Don't forget:

- Attendance registers
- Feedback forms

WHO



Health staff engaging with mothers in FTD

- Health promoters working in the antenatal clinics
- Nurses working in the antenatal clinics
- Community Health Workers servicing referrals within the First Thousand Days

HOW



Health staff in FTD

- Maximum of 20 people at a time
- Materials developed by Mikhulu Trust
 - Training Agenda
 - Powerpoint presentation
 - Workbook
- Combination of presentation, discussion and exercises

Thank you!

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www.mikhulutrust.org



Passive messaging will include posters and videos that are placed in the clinics



1

Passive messaging

Mothers passively receive messages instilling the idea that they are central in creating a healthy loving learning environment for their baby

Touchpoint 1

Posters and video

- Open publication

Your unborn baby can hear you!

Moms and dads can tell stories, sing and speak

- to their unborn baby during pregnancy
- to babies even before they start to speak

Grow – Love – Play

www.westerncape.gov.za/first-1000-days/

Western Cape Government
BETTER TOGETHER

FIRST 1000 days
Right Start. Bright Future.

The Health Promoters will have a guide on how to conduct a talk on early stimulation and brochures for mothers



2

Waiting room discussions

Health promoter presents/discusses with a group of mothers why a loving learning environment is important, and what they can do (i.e., they can do book-sharing). They are able to discuss any questions with the health promoter

Touchpoint 2

Group presentation and discussion in waiting room



Proposed agenda for waiting room discussion

- 5 minutes:** Introduction to the talk
- 10 minutes:** Talk to mothers about what they know about early stimulation
- 15 minutes:** Talk to mothers about child development and book-sharing
- 10 minutes:** Teach and demonstrate some book-sharing skills
- 20 minutes:** Book-sharing practice and final questions

Nurses will give mothers a copy of the Wordless picture book, and refer her to a CHW if she does not feel confident in using it



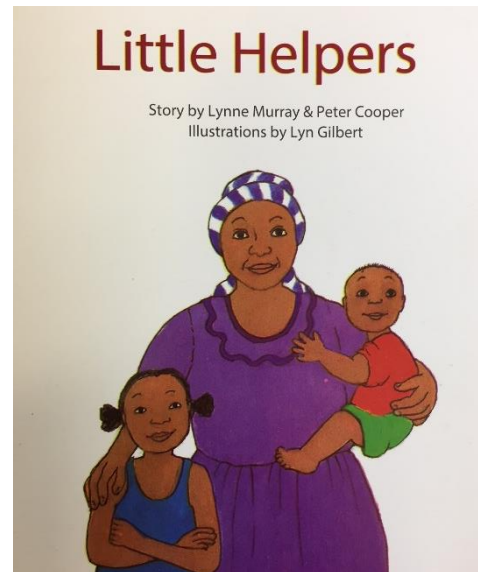
3 Evaluation by nurse

- The picture book is a gift for them and their baby, and they are asked by the nurse if they would like some support in using it to stimulate their child's development
- Mothers are referred to CHW if they would like more support

Touchpoint 3

Picturebook, pamphlet and referral

Nurses will be given a one-page guide on what to do when giving mothers the “Little Helpers” book



GUIDE FOR NURSES WHEN GIVING MOTHERS “LITTLE HELPERS”

When you give a mother her copy of the “Little Helpers” book, briefly talk to her about these three things:

- How her child develops and how to stimulate her child from a very young age
- How she can use wordless books to do book-sharing
- Whether she would like to be referred to a home-visitor to teach her more

1. Child development and early stimulation

Explain to the mother that:

- Children's brains develop at an accelerated rate in the first few years of their lives, so even if they cannot do or say much, they are developing very rapidly.
- You can help boost your child's development by creating a loving, nurturing and stimulating environment for them.
- One way to do this is to do a simple and enjoyable activity with your child for a few minutes every day – this activity is called “book-sharing”.



2. Wordless books and book-sharing

Simply describe book-sharing and introduce wordless picture books:

- In book-sharing, you use a picture book – like this one called “Little Helpers” – to explore with your child what is happening in the book.
- There are no words, so you just talk to your child and ask them about what they see in the book.



3. Referral

Refer the mother for a home visit from a community health worker if the mother:

- tells you that she knows little about how the baby develops
- doesn't seem convinced about early stimulation
- is interested in the book but is confused about how to use it
- tells you that she wants more support to learn how to use the book.

The Community Health Worker will visit mothers in their homes and train them on how to use book-sharing



4

Home visitor coaching

Home visitor, as referred by the clinic, visits a mother at her home and teaches her a few book-sharing techniques. She also talks to her about her babies development cycle and how books-sharing helps

Touchpoint 4 Home visit

BOOK-SHARING GUIDE FOR MOTHERS

Stimulating your child's development helps them grow and helps you grow closer to them. It is easy and fun and you can make a big difference in their lives by doing a simple activity called "book-sharing" for just 5 minutes each day.

Child development and early stimulation

- Children's brains develop at a faster rate in the first few years of their lives. From the moment your baby is born, the amount of stimulation they get affects how well their brain develops.
- It is important that your baby has secure and supportive relationships with the most important adults in their lives as this affects how well they develop in these early months and years.
- Development in the early years (specifically between birth and 5 years old which is called the "Early Childhood Development" period) sets the foundation for their future growth and success.
- Even if they cannot do or say much, they are developing very quickly.
- You can help maximise your child's development by creating a loving, nurturing and stimulating environment for them.
- One way to do this is to do a simple and enjoyable activity with your child for only a few minutes every day – this activity is called "book-sharing."



Wordless books and book-sharing

For babies between the ages of 9 and 18 months, there are four key areas of development that are supported by early sensitive book-sharing.

- **Attention:** By focusing on pictures that babies are interested in, babies develop their capacity for sustained and focused attention.
- **Language:** By listening to an adult name and talk about the things that they find interesting, the number of words babies understand increases a lot. By responding to your questions about the book (even if baby isn't using words), the number of words babies can understand and say also increases. Your child's understanding and language will also develop quickly if you support your child's comments on the pictures in the book, build on them and link them to the child's own experience.
- **Security:** When baby shares a book with you and you are sensitive and supportive and follow your child's ideas, your child feels emotionally supported, and this builds a deep closeness with you.
- **Emotional understanding:** When baby learns the names of different emotions and how they are used to describe the feelings of different characters in the book, they start to better understand emotions.

USE THESE BOOK-SHARING SKILLS TO STIMULATE YOUR BABY'S DEVELOPMENT

Try to do book-sharing every day for just 5 minutes. Doing it every day helps babies learn something new each day. Always be positive and don't say to "no, you are wrong."



Skill 1: Follow your child's interest

Look at, listen to and watch what your baby is doing. At this young age, children learn best when parents or caregivers are sensitive towards them. When you pay attention to what your child is interested in, your child will enjoy the experience more and will be able to pay attention for a longer time.

Skill 2: Pointing and naming

If your baby cannot speak yet, point to something in the book (a thing or an action) and name it. When you point and name objects and actions in the book that have attracted your baby's attention, your baby will learn to understand more words. Repeat the same words many times to help baby learn the new word.

Skill 3: Asking 'wh' question (who, what, where)

If you think that your baby might know a word already, but cannot say it yet, ask the baby "wh" questions. For example: "Where is the banana?", "Can you show me where the ball is?"



Skill 4: Elaborating

Say at least one extra thing to build on what the child has shown an interest in or responded to. By elaborating on the object or action that your baby is already interested in, you can improve your baby's understanding. For example, if the baby is pointing to an umbrella, you can say "Yes, it's an umbrella. It's a big red umbrella that gives the people shade."

Skill 5: Making links

Connect what your baby sees in the book to objects or actions that happen around them. By making links between the pictures and baby's own experience, your child's understanding of the world grows. For example, "Look, do you see that the baby in the book is playing with a blue ball, just like your blue ball at home."

Skill 6: Using Numbers and Making Comparisons

Count different things in the book. Point at the items as you count. Repeat the total at the end. Your child's conceptual thinking is developed when you often use numbers and make comparisons. For example, you can count with your child out loud, and then ask "How many chickens are there?". Or you can ask "Are there more chickens or are there more dogs?"



Proposed agenda for book-sharing home visit

- 5 minutes:** Introduction and purpose of the visit
- 10 minutes:** Share book-sharing skills with the mother and how the skill helps her baby develop
- 20 minutes:** Book-sharing practice, observation and mentorship

NGO's in the area will train mothers in the full 8-week programme



5 Full programme

Mothers attend a full course, presented by a local NGO who has been trained to deliver this

Touchpoint 5
Full training

