



Integrated ECD, MBC and Wash: The THRIVE Project

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faith. action. results.



Background – Early Childhood Development

- In the first 1000 days of life, children undergo rapid and critical development impacting health and development
- Protective factors : healthy food, clean water, health care, and opportunities for learning are crucial elements for brain development
- Recommended expansion of services across the sectors indicating ‘stand alone’ interventions are not favorable for early childhood development.

The THRIVE II Project

- Catholic Relief Services is implementing a social and behavior change strategy for integrated ECD
- It is targeting 13,776 pregnant women and caregivers of children below 2 years in Kenya, Malawi & Tanzania.
- THRIVE II duration is Jan 2016 – June 2018.



Intervention

Integrated Messages:

Early Stimulation

Positive Parenting & Discipline

Maternal Nutrition

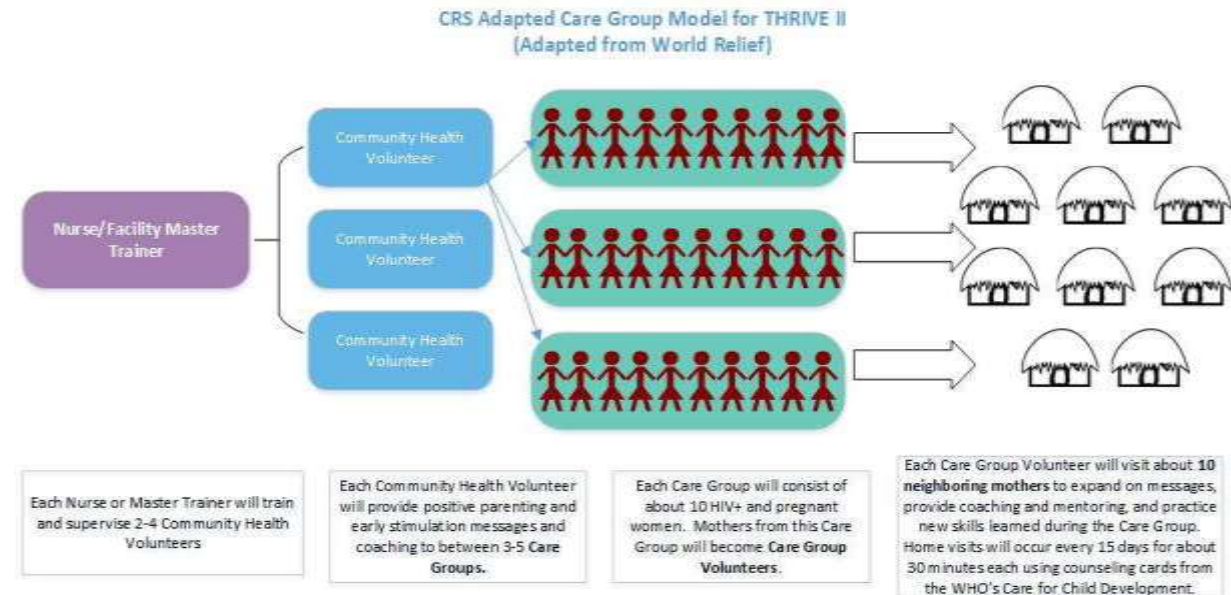
Infant & Young Child

Feeding; WASH

Maternal Mental

Wellbeing

Community Model



Health Facility Model:

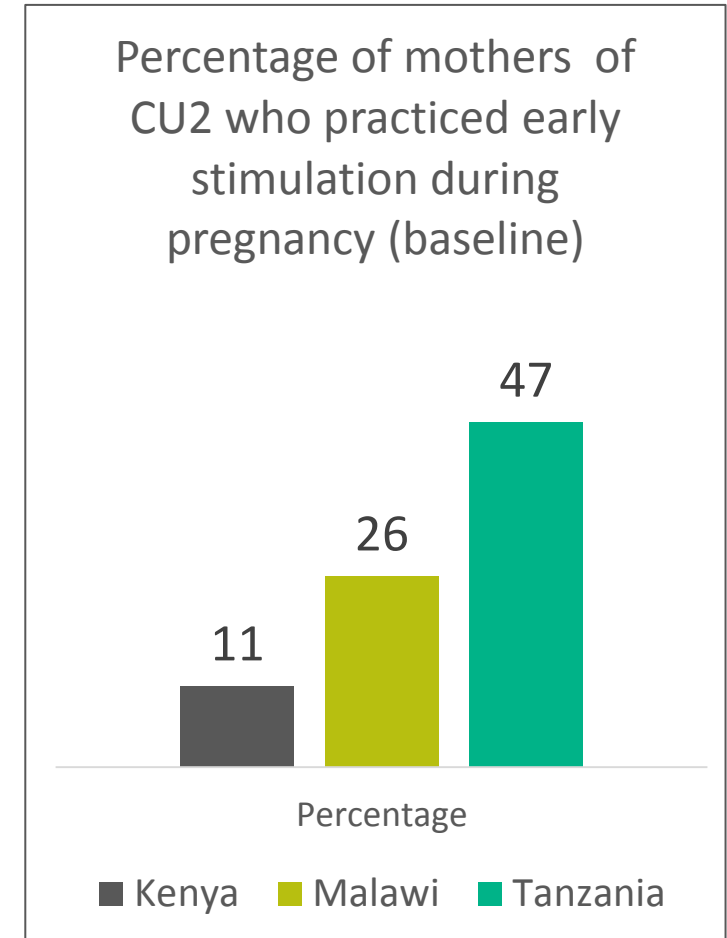
ECD Spaces

Care for Child Development implemented by Nurses in ANC & Child Welfare Clinics

Criteria to narrow our implementation research?

What did we know from the baseline?

- ❖ Mothers reported depression and anxiety
- ❖ Majority of mothers do not often practice stimulation in pregnancy
- ❖ Majority of mothers approved of physical punishment of the children
- ❖ Mother often used physically punishment
- ❖ Handwashing during the critical times by mothers was low
- ❖ There was a need to go beyond messaging and to address important barriers to practicing WASH behaviors at key times



- Amy Wash research implementation

Mimi- implementation of the MBC
Adaptation of the MBC for SCORE
John research data
Mimi next steps



Key messages:

- There is no health without maternal mental health. Children can't thrive unless the caregivers are also thriving.
- As stated in the *WHO nurturing care framework*, integrated activities: nutrition, health, safety, protection and opportunities for learning are core indivisible interventions to ensure child health, wellbeing and to develop children full potential in life.



Challenges:

- Country readiness to implement integrated ECD activities (iECD)
- Donor funding siloed interventions only
- There is a lack of mental health professional in low and middle income countries.
- It is important to continue learning whether trained lay health workers can sustainably implement integrated mental health/ECD models with fidelity



Next Steps

- Scale up of intervention packages to other IYCF/WASH programs
- Continued cultural adaptation and testing of the iMBC model in multiple Sub-Saharan African countries
- Continued implementation research to generate evidence of the impact of iECD activities in child health and development.
- Use evidence to influence governments and donor to enable scaling- up iECD
- Continued improving the capacity and institutional strengthening of in-country partners to implement quality iECD interventions.