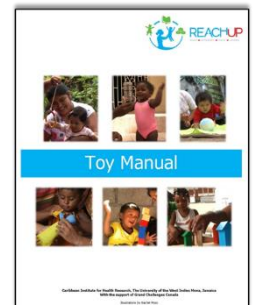
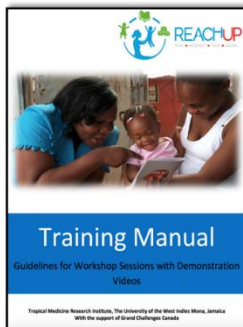
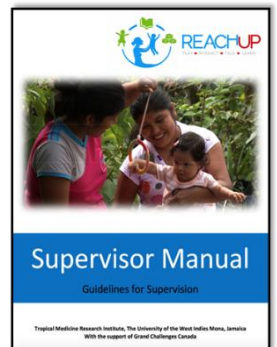
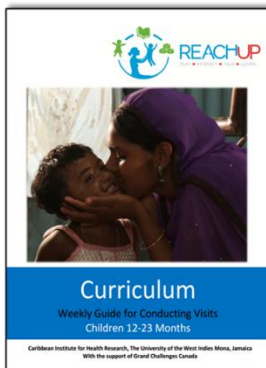


## Reach Up: Early Childhood Parenting program

### What makes Reach Up, Reach Up?

#### Key components of Reach Up

- Uses a play-based approach
- Involve at least one main caregiver
- Build relationship to support caregiver strengthening skills to promote child development.
- The visit is enjoyable, build mothers' skills, self-esteem and enjoyment in helping her child play and learn.
- The visit is interactive - discuss/describe, demonstrate, modelling and practice
- Use of structured systematic curriculum - builds on each session and covers learning concepts
- Regular visits/contacts
- Supervision/mentorship
- Praise/positive feedback for parent and child.



### Checklist

- ✓ At least half of the home visit/group session should focus on child development. At minimum, this would be one play activity and one language activity
- ✓ Recommended minimum frequency of contacts - 2 times/month.
- ✓ Recommend minimum duration of program to achieve impact - 9 - 12 months
- ✓ Play materials that support children's learning must reflect core learning concepts in the Reach Up curriculum.
- ✓ Play materials must be left behind in the home to encourage caregiver to practice with child.
- ✓ Materials should be adapted for setting - can be made with locally available materials
- ✓ Hands-on training: training builds core competencies, supervisors and facilitators learn by doing.
- ✓ Strong mentoring and coaching: continuous quality improvement to build competencies throughout program and ensure that workforce is applying
- ✓ Involve primary caregiver and other family members (grandparents or siblings) in demonstration to build scaffolding skills
- ✓ During sessions - provide positive feedback and build relationship with mother - listen, ask about things she already does with her child, acknowledge these, and give encouragement and praise.

*Typical steps in a home visit:*



1. Caregiver demonstrates activities from last session with child.
2. HV gives caregiver feedback and praise
3. HV lets child explore learning material
4. HV models activity with child
5. Caregiver practices activity with child
6. HV gives caregiver feedback and praise
7. Child tries to do activity independently
8. Praise for child and caregiver
9. Caregiver makes commitments before next visit