



CAREGIVER TRAINING (CHILDREN) | Resources

Psychosocial Care and Support for Young Children and Infants in the Time of HIV and AIDS

(Regional Psychosocial Support Initiative (REPSSI))

"Research on the effects of poverty on the psychosocial wellbeing of babies and young children has convincingly demonstrated that conditions of poverty – including lack of access to services, poor environmental conditions, inadequate material supplies, social instability, and overworked and demoralised parents and caregivers – negatively affect their development. When this happens, babies and young children fail to grow to their expected levels, are more vulnerable to severe illness, and lack the capacity and energy to engage with their environment and to actively learn about the world."

"...the most sustainable, powerful and important form of psychosocial support for children is everyday care and support provided by families, households, friends, teachers and community members."

REPSSI is a regional capacity building organization working in Southern and Eastern Africa to enhance the psychosocial wellbeing of all children affected by HIV and AIDS, poverty and conflict. This practice-focused resource describes how to improve psychosocial care and support of children without significant reliance on outside financial assistance or professional help. Topics discussed include holistic child development, grief and loss, abuse, resilience, communication, play, and counseling. It can be used for developing programs or training with caregivers.

Activities Guide: Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence

(Harvard Center on the Developing Child)

"Executive function and self-regulation (EF/SR) skills provide critical supports for learning and development, and while we aren't born with these skills, we are born with the potential to develop them through interactions and practice."

This evidence-based downloadable resource describe a variety of activities aimed at improving learning and development in children ages 6 months to adolescence. Split into six age groups, the guide for each group contains developmentally-appropriate games and tasks, from fingerplays and simple role plays for six to 18 month olds, to study skills and goal setting for adolescents. By substituting language- and culture- appropriate games that are similar in nature, much of this guide could be easily adapted to fit most cultures.

Additional Resources

Research Review: The Importance of Families and the Home Environment

(National Literacy Trust)

Encouraging Cooperative Play

(Earlychildhood News)

Prenatal Period for Both Mother and Baby

(Bupa UK)

Erikson's Stages of Psychosocial Development

(University of Victoria)

Local and Indigenous Knowledge for Early Childhood Programming: A South African Case Study

(Early Childhood Development Learning Community)

Early Childhood Development for Orphans and Vulnerable Children: Key Considerations

(AIDSTAR-One)

Although CAFO recommends these resources for further exploration, it does not necessarily endorse all principles and views throughout, or agree with all opinions of each author.