

**HEALTH WORKERS' PERCEPTION ABOUT THE
IMPORTANCE OF EARLY CHILDHOOD
DEVELOPMENT FOR 0-3 YEARS OLD CHILDREN IN
BANGLADESH**

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A thesis submitted to BRAC Institute of Educational Development in
partial fulfillment of the requirements for the degree of
Master of Science in Early Childhood Development

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Declaration

It is hereby declared that

1. The thesis submitted is my own original work while completing degree at BRAC University.
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I have acknowledged all main sources of help.

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Ethics Statement

Title of Thesis Topic: Health Workers' Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

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1. Source of population: Community Health Workers from Dhaka and Chattogram Division.
2. Does the study involve (Yes or No)
 - a) Physical risk to the subjects- No
 - b) Social risk- No
 - c) Psychological risk to subjects- No
 - d) Discomfort to subjects- No
 - e) Invasion of privacy- No
3. Will subjects be clearly informed about (Yes or No)
 - a) Nature and purpose of the study- Yes
 - b) Procedures to be followed- Yes
 - c) Physical risk- No
 - d) Sensitive questions- Yes
 - e) Benefits to be derived- Yes
 - f) Right to refuse to participate or to withdraw from the study- Yes
 - g) Confidential handling of data- Yes
 - h) Compensation and/or treatment where there are risks or privacy is involved- Yes
4. Will Signed verbal consent for be required (yes or no)
 - a) From study participants- Yes
 - b) From parents or guardian- No
 - c) Will precautions be taken to protect anonymity of subjects?-Yes
5. Check documents being submitted herewith to Committee:
 - a) Proposal-Yes
 - b) Consent Form-Yes
 - c) Questionnaire or interview schedule-Yes

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Abstract

The qualitative study focuses on the health workers' perception about importance of Early Childhood Development (ECD). The objectives of this study are to find the knowledge gap of the health workers and the scope of involvements to promote ECD. The respondents are community health workers (N=12) from different rural areas of Dhaka and Chattogram District. Research tools used are IDI and FGD guidelines and conducted in Bengali medium. All of the health workers have some idea about ECD. Basically, most of the respondents believe, ECD starts just after birth and related to physical and mental growth only. They described, early childhood development of a child means to walk, run, crawl and speak on time. They also stated some factors like family issues, neighbors, food habit, atmosphere, culture, behavior, play mate as well as educational and financial status of parents those may hamper on early childhood development. Most of the health workers believe, adults can support ECD by giving quality time, taking care, ensuring food and nutrition, praising, go for visit, storytelling, gossiping as well as creating friendly behavior with their children. According to their job descriptions and services there is no direct practice of ECD related activities currently in maternal and child health issues (ANC, PNC, EPI and other vaccination program). The study shows, health workers require gaining knowledge through various long and short courses on ECD and applying them by involving into Uthan Boithak, Coordination meeting and ECD corner.

Key Notes: ECD; Health Workers' Perception; Key Factors; Adults' Role; Current Practices; Scope of Involvement.

Dedication

I Want to Dedicate My Thesis Work to My Eternal Father Mr. Bidhan Dhar and My Beloved Mother Mrs. Rama Dhar.

‘In my sky, you are the sun,

You made me in long run.

You are rhythm of my heart,

Soul inside, inseparable part’

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List of Acronyms

SL	Acronyms	Full Form
1	AHI	Assistant Health Inspector
2	ANC	Ante Natal Care
3	BDHS	Bangladesh Demographic and Health Survey
4	BHFS	Bangladesh Health Facility Survey
5	BMMS	Bangladesh Maternal Mortality Survey
6	CC	Community Clinics
7	CHCP	Community Health Care Providers
8	DGFP	Directorate General of Family Planning
9	DGHS	Directorate General of Health Services
10	ECD	Early childhood Development
11	FGD	Focus Group Discussions
12	FPI	Family Planning Inspector
13	FWA	Family Welfare Assistant
14	FWV	Family Welfare Visitor
15	GO	Governmental Organizations
16	HA	Health Assistant
17	HI	Health Inspector
18	IDI	In Depth Interviews
19	MMR	Maternal Mortality Ratio
20	NIPORT	National Institute of Population Research and Training
21	NGO	Non-Governmental Organizations
22	PNC	Post Natal Care
23	SACMO	Sub Assistant Community Medical Officer
24	TFR	Total Fertility Rate
25	UH&FWC	Union Health and Family Welfare Center
26	UNICEF	United Nations International Children's Emergency Fund
27	WHO	World Health Organization

CHAPTER-1 Introduction & Background

1. Introduction

According to **National Child Policy 2011** of Bangladesh, “All persons of Bangladesh under the age of eighteen shall be preferred as children”. According to the **United Nations Convention on the Rights of the Child (20 November 1989)**, “Any human baby under the age of 18 is a child”. Early child care and development is the provision of all necessary assistance to every child to realize his or her right to survival, protection, care, development and education which will ensure the desired development of the child from the fetal stage to eight years of age. It is an integrated and comprehensive approach to child development that promotes the child's maximum right to survival, protection, care and development through family, community, learning center and school-based programs (*Comprehensive Policy on Early Childhood Care and Development, 2013*).

There are 5 key areas of child development. These are: Gross motor skills- Crawling, Jumping or Running; Fine motor skills- Writing and Drawing; Speech and Language; Cognitive and Intellectual- Counting or Identifying Shapes and Social and Emotional skills- Playing with Other Children. (J Amanda, 2020) Globally, an estimated 155 million children under age five (22.9%) were fat than age (stunted), 52 million (7.7%) were thin than age (wasted) (UNICEF et al. 2017), and 99 million children (15%) were underweight (UNICEF et al. 2014). In South Asia, an estimated 61.9 million children under age five (35.8%) were stunted, 27.9 million (16%) were wasted (UNICEF et al. 2017), and 59 million children (33%) were underweight (UNICEF et al. 2012). In Bangladesh, 36 percent of children were stunted, 14 percent were wasted, and 33 percent were underweight (BDHS, 2014).

The foundation for scholastic success, economic productivity, responsible citizenship, lifetime health, strong communities, and successful parenting of the next generation is healthy development in the early years, especially from birth to three. The nutritional status of children under age five is considered a sensitive indicator of health for any country (Das et al. 2008). Proper nutrition allows children to grow, develop, learn, play, participate and contribute, while malnutrition robs children of their futures and leaves young lives hanging in the balance (UNICEF et al. 2017). Adequate nutrition is one of the most principal aspects of health, but today, malnutrition continues to be a significant health concern and remains the single largest cause of child mortality around the world (Messelu and Trueha, 2016). According to Gandhi et al. (2014), malnutrition is responsible, directly or indirectly, for 60% of the 10.9 million deaths annually among children under five.

The number of children aged 0-4 years in Bangladesh is about 4.6% (Population Pyramid, 2021). And after next 15-20 years they will become a capable manpower. Proper early childhood development is essential in building a healthy nation. But, this essential matter is largely neglected. The reasons for this can be said to be ignorance about ECD and parents not having enough knowledge about it. Also, when the question arises about the survival of the family then the issues related with child development is always neglected. To create awareness about early child development at the marginal level, involving health workers is one of the best ways. Therefore, it is important to examine the knowledge of health workers and find out their scope of involvement.

So, if we want to involve our health workers to ensure proper ECD by creating awareness and proper hands-on services among the parents and the health workers, first we have to understand the perception and the knowledge gap of the health

workers about early childhood development. Also, this is high time to evaluate the current scenario of the practices to ensure ECD and also find out the further scopes to involve the health workers properly to the community level to ensure proper development of the children at their very early age.

1.1 Statement of the Problem

A child's early development process usually starts from the embryonic stage. Therefore, it is very important that awareness of this development of the child is created from the fetal stage. It is important to check the perception of those who work in the health care institutions that exist at the field level in Bangladesh. Pregnant mothers get primary medical care here along with Anti-natal care (ANC), Post-natal care (PNC) services in these institutions. Also, rural people go there to get primary treatment like fever, diarrhea, vomiting, headaches and many others. Many health workers, especially those who go door to door, provide these services and counseling services.

Currently, there are 13,136 community clinics are functioning throughout the Bangladesh and 5000 more will be established. (NIPORT, 2021, *Utilization of Community Clinic services: Provider & Client Perspectives*). Each community clinic serves a catchment of 6000 people. They provide 34.1% of neonatal care and 77.4% of child health care to the rural community. Also, they are providing advices on nutrition and services for the malnutrition related diseases to the 74% of adolescent.

Most parents in Bangladesh still have limited knowledge about proper care and upbringing of children. Young children are deprived of proper care when their parents are at work. While parents care a lot about their child's academic success, most don't realize that lack of stimulation and security has a huge negative impact on a child's classroom performance. Barriers to early child development in Bangladesh

include violent behavior, limited access to knowledge and lack of basic services. More than that, three out of every four children experience emotional abuse and two out of every three children experience physical punishment (UNICEF Bangladesh, 2022, *Early Care for Growth and Development in Childhood*). Children from slums, remote rural areas and disadvantaged minority populations with limited access to services are at greater risk.

There is a very few of works are done in Bangladesh on the role of health workers in early child development. Basically, it is hoped that finding out the knowledge gap of health workers or verifying their perception about the importance of ECD will create an opportunity to work on the early development of children aged 0-3 years in the future. If we are able to work on this vital issue at the field level then it is expected that it will be possible to implement the ECD program properly. As a result, we can build a healthy, strong and complete child as well as a human society.

The field health workers of our country are the most effective means to overcome these problems and to easily convey the early development and related information to the parents. So they must have knowledge about Early Childhood Development. If their knowledge is well enough, they can highlight the importance of Early Childhood Development to parents and family caregivers at the field level. They have easy access to get closer to family at the rural areas. It may be noted that various government institutions such as National Institute of Population Research and Training (NIPORT) have already taken measures to train field level program managers on Early Childhood Development. So, my research topic is “Health worker’s Perception about the importance of ECD of 0-3 years’ old children in Bangladesh. By assessing their perception about the importance of Early Childhood Development we will be able to identify their knowledge gap. In the future, it is

hoped that this research information can be used for policy making related to Early Childhood Development or to provide special training to provide knowledge to health workers of Bangladesh.

1.2 Purpose of the Study

There is a lot of data to suggest that a child's early development is crucial to their health and wellbeing in later life. Early childhood is when children develop at the fastest rate, and the first five years of life are crucial for brain development. Although the brain continues to form connections throughout life, the high rate at which it does so in the first five years of existence is unmatched.

If we want to provide ECD support services to the parents or guardians or care givers of a child besides informing them about ECD by the health workers then first of all we need to find out their knowledge gap about ECD and also know their perception about ECD. Health workers should also be asked for their views on ECD promoting activities. This will open up opportunities for them to participate in ECD related activities. In order to create these opportunities and utilize them, it is important to identify whether there is any scope for public, government, NGO or even GO-NGO collaboration. The purpose of this research is mainly to find out the knowledge gap about ECD among the various health workers under ministry of health and family welfare and other NGO sectors working at the community level and to verify their perception about it. This will reveal their scope of involvement. We need to create spaces to increase the level of knowledge, develop the skills and change the attitude of the health workers through different activities like training or making policies. Consequently, by using those health workers to ensure proper development of children aged 0-3 years.

However, before any problem is confirmed by the doctor, the parents cannot be given a final opinion on the matter. Parents should be encouraged to accompany their child to the nearest doctor or health care center, if necessary. If the parents are not encouraged at first, efforts should be made to encourage them through local dignitaries, teachers or religious people. If necessary, the doctor in charge of the medical center should directly describe the child concerned and encourage the parents to come to the medical center with the help of the doctor. Field workers will play a particularly helpful role in raising awareness about autism. In addition to describing the symptoms of autism, parents should be hopeful that with proper care and training, children with this type can lead a near-normal life.

1.3 Justification of the Study

Generally, two types of people can provide childhood related information to the parents and caregivers of the children. Those are: Primary school teacher and the health workers. When any guardian goes to the health workers or any health centre for treatment like vaccination or primary treatment they can suggest to the guardian about some curative and preventive solutions for their children. Despite of this they can provide information on early childhood development issues. So, it is very necessary to understand health workers' knowledge about ECD before providing information to the guardian. If they practice it with their children and family, they will be the role model to their clients (Parents and Guardian). Our health workers go door to door at the community level providing health services as well as advice on maternal and child health. Therefore, it is important to find out their knowledge gap and verify the scope of involvement. Through this research, we can identify the knowledge of health workers as well as any training needs. As a result, it will help the government to make

policy and take decisions. Above all this research will be used by our health workers to create awareness about ECD among all and contribute to building a healthy nation.

A child with a developmental delay has skills and abilities that are behind those of children their age in one or more areas. A child's capacity to speak, learn, move around independently, make decisions, and take care of oneself may suffer from developmental delays. Early detection of developmental delays can provide your kid with the support and opportunity needed to learn new abilities. Research suggests the quality of nurturing and support provided in the early years influences a child's ability to learn, their behavior, their ability to control emotions and their risks for disease later in life. By creating awareness among the parents and the caregivers about the developmental delays the risk can be minimized. In this sector health workers can play a vital role. Without proper knowledge about this issue they will not be able to inform this issue to the parents as well as the caregivers and the family members. Though, our main target is to make a healthy nation through proper development of the children of Bangladesh. For this purpose we need to involve our health workers to encourage our parents as well as to understand this issue. Generally, a child's proper early development influences his future life. If his development is hindered or there is any kind of deficiency, it causes problems in his normal life. Imperfect children make a weak generation. Consequently, a weak and incomplete society will be created. So everyone should ensure this development of the child. For this, the family members as well as the community and the country should come forward and play their role equally. Through the health workers of our country, if we can give the parents or caregivers of the child an idea about the early childhood development and ensure the development of the child by making them work properly, then our society and the country will be benefitted. Therefore, it is important to assess the knowledge of health

workers about ECD and find out their scope of involvement. Then we can identify exactly where we need to work or what we need to do. Skilled health professionals can assist families in understanding the significance of child development and can offer advice and support to caregivers as dependable sources of knowledge and support.

1.4 Research Question

1. What is the knowledge and perception of the health workers about Early Childhood Development of 0-3 years' old children?
2. What are the current practices and how the health workers can be involved in Early Childhood Development Program in Bangladesh?

1.5 Research Objectives

The objectives of this research are-

- To find out the knowledge gap of the health workers about early childhood development.
- To understand the Perception of the health workers about the importance of early childhood development of 0-3 years old children.
- To understand the current scenario about the practices of the health workers on ECD.
- To find the opportunity of the involvement of the health workers in ECD Programs.

1.6 Operational Definition

- **Health Workers**

According to oxford advanced learners dictionary, Health workers means person who works in healthcare, for example a doctor or nurse. A health professional, healthcare professional or healthcare worker is a provider of health care treatment and advice

based on formal training and experience. (Medscape, 2021). But in this research Health workers means those workers who work directly with the maternal and child health issues. They will belong from the Ministry of Health and Family welfare as well as from the NGO and corporate sector. Those workers are: Health Assistants (HA), Family Welfare Assistants (FWA), Community Health Care Providers (CHCP), Assistant Health Inspectors (AHI), Family Planning Inspectors (FPI), Sub Assistant Community Medical Officers (SACMO), Family Welfare Visitors (FWV), Senior Staff Nurses (SSN) etc.

- **Early Childhood Development**

According to the Oxbridge Academy, Early childhood development (ECD)' refers to the physical, psychological, cognitive and social development that a child experiences between birth and school-going age. According to the Comprehensive Policy on Early Childhood Care and Development 2013, early child development refers to the development of a child from the fetal stage to eight years of age. In this research ECD refers to the physical, psychological, cognitive and social development that a child experiences between the ages 0-3 years old.

CHAPTER-2 Literature Review

2. Literature Review

The first five years of a child are called early childhood and this development is called early child development. Early child development is the complete development of a child's body and mind from the mother's womb to the age of five (NIPORT, 2021, *Curriculum on Early Childhood Development*).

The period from birth to age eight is crucial for the development of the brain as well as the body. A child's developing brain is very malleable and adaptable during these years as billions of integrated neuronal circuits form as a result of interactions between genetics, environment, and experience. A stimulating environment, sufficient nutrition, and social connection with caring adults are necessary for the best possible brain development (UNICEF, 2022, *Early Childhood Development Overview*).

A child's development refers to whether he is doing the things he needs to do and developing skills in terms of intelligence, emotional and social aspects. So observe on the physical growth pattern of the child is as important as observing on his development. So it is important to be familiar with the important stages of child development. There is a normal age range for achieving these steps and there may be some variation between children in achieving them. Just as the health worker will keep an eye on how the child is growing, he will observe the milestones or stages of the child's development. At the same time, he will make the mother and family members aware of the child's growth and development so that they take initiative to inculcate healthy habits in the child.

2.1 Milestones of child development

Child growth is a continuous process. This process involves gradual progression of the child's growth, called stages of child development. However, every

parent should observe regularly on whether the child is doing developmental activities like physical and intellectual activities according to age. The rate of development of several children of the same age may not be the same. Sometimes his development may be slower than other children of the same age. If the child is not ready to do something himself, forcing him is useless. So every parent should be aware of this.

There are some signs that tell whether the baby is developing normally or not. For example:

2 months: Smile when talking

3 months: Recognizing mother

4 months: Hugging the neck, looking around

5 months: Going near something

6 months: Saying the words 'ma', 'ba', 'da'

8 months: Learning to sit without someone's help

9 months: Learning to crawl

12 months learning to stand

13 months learning to walk with no help

24 months: Climbing stairs and speaking small sentences

36 months: Learning to ride a tricycle

At this period of age, children will be able to feed self neatly, draw a line, run, pivot, and walk backwards, say first and last name, walk up and down stairs. Also at this period toddlers begin pedaling tricycle, can name pictures of common objects and point to body parts, dress self, learn to share toys, learns to take turns (if directed) while playing with other children. Moreover, a child of 3 years old can recognize and label colors appropriately, differences between males and females, uses more words and understands simple command (Mediline Plus, 2019).

2.2 Factors that influence a child's development

Most of the parents and the care givers think that, children's development depends only with the nutrition and food habit of the children. But, recently a research stated that- Many factors influence the child's development. These are physical, intellectual, spiritual, economic, and social. Family structure, child-rearing methodology, and child care services are three critical factors considered in child development (Smartivity, 2022, *Essential factors that influence a child's development*)

A child's growth and development depends on various factors. These include: Genetic factors such as genetic inheritance, age, gender, maternal and child nutrition after birth. Environmental factors such as good housing, sunlight, safe drinking water, environment to prevent and control diseases and infections like diarrhea etc. There are also familial factors, such as family size, number of members, birth interval between two children, maternal care during pregnancy, etc.

Most of these issues are directly related to the socio-economic status of the family and especially women. It is important to keep these things in mind to develop the normal growth of the child.

Normal cognitive development of the child is hindered due to some crucial factors.

These are:

Genetic or hereditary factors, Lack of awareness and health knowledge of mothers, Reactions to various diseases and excessive drugs during the child's intellectual development, Responsibility of family, social and educational institutions towards child's intellectual development, Malnutrition of pregnant women, Constantly scolding or condemning the child without praising him for good work, Not feeding the child the necessary nutritious food, Apart from this, family quarrels and rude

behavior in front of the child is one of the obstacles in the child's intellectual development.

Physical factor is one of the traits that we truly can't help but naturally pass on to kids. Height, weight, body type, eye color, hair texture, and even physical and intellectual propensities are all naturally passed down from parents to their offspring. Not simply parent's favorable physical traits, but also any diseases or unhealthy conditions they may have may be passed on to their offspring. Therefore, it is best to be aware of their physical limitations and feed their children appropriately in order to, if possible, reverse or correct those conditions through lifestyle changes.

The environment has a significant impact on a child's development, whether it is the geographic location, the physical surrounds, or the child's mental and emotional surroundings. The physical environment can have a significant impact on a child's interests and activities, whilst the mental and emotional environment will have an impact on how the youngster surrounds themselves as they get older. It's important to keep in mind that children will unknowingly engage in the environment throughout their formative years for the rest of their lives. It's therefore best to continually assess the environment child, whether it is through physical location or social and cultural upbringing. Keeping things interesting will help them develop a broad understanding of many places and people as they get older.

Another crucial factor is gender. A girl and a boy will develop physically and mentally differently as children, both consciously and unconsciously, especially throughout puberty. Their personalities, preferences, likes, and dislikes will all differ, which make it the more crucial to instill in them moral principles that will enable them to lead lives that are more inclusive of people of all genders. They are most receptive to information about both other genders and their own at this time. Parents

should let them interact with people of both genders. It's also a good idea to spend money on games that are gender-neutral, such as educational toys.

The impact of children's physical and emotional health and well-being for their development cannot be neglected. For their physical health and to help them grow and develop, they should have a healthy lifestyle that includes exercise and sports in moderation. On the other side, mentally stimulating activities like music, painting, and meditation can have an impact on a child's ability to grow and develop mentally. Other examples are instructional toys that let kids design their own toys.

In this day and age, we need to be particularly vigilant about nutrition, which is a major element determining children's growth. When food is processed, parents or caregiver should pay close attention to the ingestion of essential nutrients, especially when it comes to foods that appeal to kids the most, such chips, soda, chocolates, etc. Giving kids such treats occasionally might be acceptable, but it's preferable to consider their diet as a foundation for developing habits for their future selves as well. If they form the habit of eating healthily as they grow older, it will not only have a favorable impact on their growth and development but also carry over into their adult lives for their continued good health.

Their social and family environments will serve as the foundation for their adult lives, profoundly influencing their growth and development. The love children get has a greater impact on their growth and development than anything else. Additionally, what they learn about relationships from their immediate surroundings, such as their family and friends, will be of tremendous assistance to them throughout their lives. Therefore, parents and caregiver should ensure the appropriate social environment, including family and friends for their child. When they discuss their pals, show interest in their life and motivate them to keep up positive connections with those who

make them feel good. It's always great to help someone understand that they don't need to become complacent to that kind of conduct if you hear them engaging in activity that doesn't make them feel good.

It goes without saying that the type of education your child receives will have a significant impact on their growth and development. Additionally, what they continuously learn at home is just as important as the instruction and learning they receive at school. And once more, your attention should not only be on your homework. They should be able to learn in enjoyable ways that both challenge and enrich their minds. Consider instructive games, picking up a new language, mastering a musical instrument, or simply enjoying a nice book.

Play is just as crucial for your kids' growth and development as instruction is. So, in addition to teaching them and helping them succeed in school, be sure to provide an environment that encourages play and creativity. Tech learning toys and educational games may be a fantastic tool for this type of learning at home by allowing kids to create their own playthings ingeniously and then experience the pride and joy of using them as users. Outdoor recreation will also help them stay physically well and nourished. Therefore, in addition to educational games, it's beneficial to encourage playing outside so that kids can lead active physical lives while interacting with friends.

Nowadays, children's development will be highly influenced by the type of culture they are exposed to. So be sure to expose children to amazing things that will inspire them, such as environmental and cultural documentaries from around the world, the music that parents enjoy and the reasons why they enjoy it and works of art and movies that might astonish young, inquisitive minds.

Financial condition is also one of the factors that might not have direct impacts on children's development especially mental development. The child from a rich family gets more opportunities to enrich him or herself than a poor family. They get more opportunity to study, food & nutrition and many other facilities.

2.3 Adults' support to enhance Early Childhood Development

To enhance proper development of a child adult should play some roles. As adults are the role models of the children so adults' roles are very essential.

It is common practices in our society that, mother help her child to recite nursery rhymes, poems, or stories. These poems and rhymes are being read aloud to the toddler in a rhythmic manner. For this reason, child's memory become improves as a result, and new words will be added to his spoken repertoire.

Also, parents help their children in recognizing the letters and numbers to their child. They also help their child to speak, recognize, and understand various objects.

Toddlers are taught about different animals and items make different noises, sizes, colors, and shapes of the things by the care givers. As a result, children will be familiar with various things and be able to distinguish between them.

It is seen that, in many family parents or the guardian play with their child. They encourage their kids to participate in a variety of sports, small tests, Sudoku, hide and seek, chess, cricket, football, or other games he enjoys are all acceptable. They also maintain a good relationship with the family members. So, children can learn different things by playing with other babies and with the family members. This helps a child to recognize the relationship and as well as to continue family bonding. Moreover, in many families all of the family members sit together from meal like breakfast, lunch and dinner. This practice teaches a child the idea of socialism and

manner. (BOU, 2019, Home Economics, *Child Development and Family Environment*, p. 55-62)

In many family children are allowed to decide on their own in some small daily tasks without letting the parents decide everything. For example, the child should be encouraged to make decisions about what clothes he wants to wear or what he wants to eat. They usually praise their child for their good job.

Guardian take care of the pregnant women of their since the mother's pregnancy. Adults help the mother to get enough sleep, consume a diet high in iron, zinc, and calcium, and drink plenty of water. Over 100 billion neurons are present in a human kid at birth, and these neurons are especially attentive from one to five years old. These brain neurons play a crucial role in how intelligent a child will become, and they can only grow during pregnancy and the first five years following birth. Therefore, adults care is very essential to provide the child with special attention and nutrition during this time (DGFP, 2019, *School Health, Nutrition and Population Education Curriculum*).

2.4 Current Practices in Bangladesh

Analyzing the scope of work of health workers in our country gives a picture of what they do in early child development and maternal and child health. According to their job description, no community health worker is directly works for the early childhood development. They do many activities related with maternal and child health issue. Those activities indirectly impacts on child development.

Health Assistant (HA) works 6 days a week (excluding public holidays) in the work area for registration of births and deaths, control of communicable diseases, identification of vulnerable patients, pregnant, antenatal and post-natal care, newborn care, 3 days a week in community clinics for diagnosis of various diseases. They also

distribute 30 types of medicines provided by the government to the patients. Providing women's reproductive health services, 5 doses of TT vaccination to all women aged 15-49 years and 10 vaccinations of children within 1.5 years. (NIPORT, 2019, *Curriculum on Basic Training of HA*).

Sub Assistant Community Medical Officer (SACMO) takes part at the health education programs are in place in primary and secondary educational institutions of the country to increase health awareness, health protection and access to health care among public school-based adolescents. It may be noted here that the SACMOs working at the Union Health and Family Welfare Center (UH&FWC) under the Directorate of Family Planning organizes health education sessions 2 days a week i.e. 8 days a month. Out of which 4 days at their workplaces and 4 days at schools/madrasas located in the Union organize health and nutrition education periodically and focus on family planning, reproductive health, diarrhea, worm, cleanliness, hygienic toilet use, immunization, nutritious food, violence against women, gender He discussed about equality etc. (NIPORT, 2019, *Curriculum on Basic Training of SACMO*).

Medical Officer (Mother-Child Health and Family Planning) / Upazila Family Planning Officer and Senior Family Welfare Inspector under the guidance of Medical Officer (Family Welfare), Sub-Assistant Communicative Medical Officer, Family Planning Inspector and Family Welfare Assistants with the assistance of Family Welfare Assistant Register and Local Area. Formulate a plan for the following activities using Maternal, Child Health, Family Planning and Immunization in the Union. Taking history of all expectant mothers, filling antenatal care card, performing physical examination like measurement of uterine height, fetal heart sound,

positioning of baby in the womb, weight, blood pressure, edema etc. Urine test, blood hemoglobin determination and follow-up with routine care of all expectant mothers Identify at-risk expectant mothers and refer them to the Medical Officer (Maternity, Child Health and Family Planning/Clinic/Family Welfare) and ensure their regular follow-up. Advice all expectant mothers about immunizations, access to trained midwives for delivery, and health and nutrition counseling. . (DGFP, 2019, *School Health, Nutrition and Population Education Curriculum*).

Taking necessary measures to ensure safe delivery of all expectant mothers, postpartum examination of mothers and newborns, care of newborns, encouragement of breastfeeding and advice on family planning are vital activities for the SACMO. Also, referral of any postnatal complications to the Medical Officer (Mother-Child Health & Family Planning/Clinic/Family Welfare) as well as regular follow-up to monitor body growth in growth charts of children less than five years of age are their routine duty.

Family Welfare Visitors (FWV) are posted at Upazila Health Centers, Union Level Health and Family Centers, District Level Mother and Child Welfare Centers, Village Level Satellite Clinics and other public and private clinics and all related to National Health Family Planning. Provide type of service. (DGFP, 2019, *School Health, Nutrition and Population Education Curriculum*).

Also various activities related to Maternal and Child Health such as providing services to pregnant women, Postpartum Services, Antenatal Services, MR Services, Neonatal Services, Child Services (0-5) Years & Referral, Reproductive System / Sexually Transmitted Diseases Services, EPI, Providing services at the center, distribution of vitamin A capsules, distribution of misoprostol tablets, visits to the service center with interested clients and providing them with family planning

methods, and their subsequent follow-up, distribution of dietary pills, Contraceptive injections, NSB (male permanent procedure) services, Ligation/Tubectomy (female permanent procedures) services, family planning admission/use side effect complications services, child growth monitoring and counseling, nutritional deficiencies Obstetrics, antenatal care, postnatal care, primary care, midwifery training, and satellite clinics. (DGFP, 2019, *School Health, Nutrition and Population Education Curriculum*).

Family Welfare Assistants (FWAs) mass awareness of pregnant women including mothers on child health, nutrition and cleanliness. (DGFP, 2019, *School Health, Nutrition and Population Education Curriculum*).

National Institute of Population Research and Training (NIPORT) is a nationally mended training and research institute for the Ministry of Health Family Welfare of Bangladesh developed different training curriculum for the community health workers. The names of those curriculums are “Early Childhood Development and their Rights” and “Disability Care and Health Services” on the year 2020. High class resource persons Ministry of Health and Family Welfare, Ministry of Social Welfare, NDDP Trust, Suchona Foundation, Bangladesh Shishu Academy, Department of IER, Dhaka University, Institute of Mental Health, Dhaka Medical College and USAID were involved in developing this curriculum. 240 Parents and care givers were trained on the curriculum “Disability Care and Health Services” in 2021. 480 frontline community health workers were trained on the followed curriculum in 2021. Also, in 2021 1300 frontline community health workers like FWA, FWV, SSN, CHCP and SACMO are trained on the curriculum “Early Childhood Development and their Rights”. The objectives of these curriculum is to inform the community health workers about the milestones of early childhood

development, ECD related factors, different stages of ECD, disability care and their rights. And the goal is to create awareness among the parents and the care givers about ECD and disability care through the direct involvement of the community health workers (NIPORT, 2021, *Annual Report 2020-21*).

One of the most effective and economical equalizers we have available to ensure that the most vulnerable children may achieve their full potential is to offer early childhood development (ECD) programs to all young children and families. There is a potentiality to ensure proper development of the children through different ECD Promoting activities like parenting, GO and NGO supports, campaign, health related issues, developing play-based curriculum, counseling to the parents and care-givers etc. Also, It is very important to understand about the factors influence the ECD like Family, Age, Physical issues, Psychology, society, economy, culture, geography, religion, child-learning methodology, child-care services etc.

2.5 Global Perspectives

The growth and development of young children is specifically impacted by the health sector working in collaboration with other sectors. In a 2008 report, the WHO Commission on the Social Determinants of Health urged health systems to "build on existing child survival programs and extend interventions in early life to include social/emotional and language/cognitive development" in order to reduce health inequities within a generation. The time when children are most at risk and have the most potential to change the world is from conception through the early years of life. Rapid brain growth has an impact on cognitive and social-emotional development, both of which are essential for safeguarding every child's right to survival and development as well as for long-term economic output. Over 200 million children under the age of five are thought to be suffering from underdevelopment

globally, with about 89 million of these children living in South Asia. The Millennium Development Goals can be met and the wealth gap can be closed by making investments in the early growth and development of children, especially those who are impoverished. Most South-East Asian nations have had outstanding economic progress and notable reductions in child mortality during the past two to three decades. The Region should shift its emphasis from child survival to a broader concern for children's healthy development, economic productivity, and the eradication of wealth inequities. WHO/UNICEF have developed a package of tools and a training manual, "Care for Child Development" that can be used along with "Care for Feeding" by primary health care and community health workers to assist individuals and families in promoting good nutrition and development, and preventing risks. This strategy framework suggests creating policies and strategies to support these programs as well as programs for the growth and development of children that can be implemented in the South and South-East Asia Region through the health sector with partners. It describes age-appropriate, evidence-based strategies that families, communities, and healthcare facilities can adopt to guarantee the best possible early child development. The Strategic Framework outlines the steps each country could take to develop a plan for implementing the programs and policies for promoting early childhood development and recommends that countries integrate primitive, preventive, and curative care for early child development into integrated primary health care (WHO, 2022, *Role of the health sector in promoting early childhood development*).

CHAPTER-3 Methodology

3. Methodology

3.1 Research Design

This study is a qualitative study. Here, researcher conducted IDIs and FGDs through proper guideline. The knowledge gaps and perception of the health workers about ECD were try to understand in this research. Also, the current practices of the health workers on ECD and the scopes of the involvement are illustrated in this research.

3.2 Research Setting

Since this is a descriptive research designed to understand the perceptions of the health workers the study were conducted at the different areas in Bangladesh where there are easy access of the health workers with the parents as well with the guardians. Researcher selected the health workers who are directly involved in maternal and child health issues. The researcher conducted the study in Bangla (Mother Tongue) medium. The research was conducted in Dhaka and Chattogram district. Most of the participants were from the rural area.

3.3 Research Population

Our community health care providers have easy access to reach door to door and work with the family as well as with the parents in both maternal and child health issues. So, the respondents for this study are the health workers from the urban community health care centers. Those are: Family Welfare Visitors (FWV), Family Welfare Assistants (FWA), Community Health Care Providers (CHCP), Sub Assistant Community Medical Officers (SACMO), Family Welfare Visitors (FWV), Senior Staff Nurses (SSN) etc.

3.4 Sample Size and Sampling Method

The study was conducted with 12 health workers from the urban and rural area of Bangladesh. They were selected randomly from the different regions of Dhaka and Chattogram. Regions were chosen on the basis of convenience of the researcher.

3.5 Data Collection Tools

For conducting this research, researcher prepared a In-Depth-Interview guideline of 12 questions for interviews. Also, he prepared another guideline of 9 questions for conducting Focus Group Discussion (FGD). Both of the guidelines had 03 sections and were prepared in both Bangla and English version. After completing the IDIs and FGD the data were analyzed manually.

3.6 Data Collection Procedure

This research was qualitative. Researcher collected in-depth and extensive detailed information about perception of the health workers through 06 (seven) In-Depth-Interviews (IDI) and a Focus Group Discussions (FGDs) of 6 participants. The reliability and validity of IDIs are call into questions due the openness of the interview structure and inability to do repeated study. Also, by FGD researcher tried to find the key points about their perception and knowledge gap within a very short period. Here, researcher understood their perception about the importance of ECD, basic features of physical, cognitive and socio-emotional development. Also, he found the scenario about the current practices as well as the scopes of involvement of the health workers in ECD program in Bangladesh. The information will not be used for generalization but to elucidate the particular perceptions of the educators.

For conducting the IDIs a guideline were prepared by the researcher of 12 questions regarding perception of early childhood development and its importance. Also, some question about the current practices and scope for the further involvement

was included in this guideline as well as the demographic information of the participants. For the FGDs researcher prepared different questionnaire of 9 questions related with the research topics and objectives. They have answered all the questions on the basis of their personal experience and knowledge as well as related about the research topics. Interviews were conducted face to face. The interviews were recorded and the raw data sheets were preserved for a certain period of time.

3.7 Data Analysis

Data were managed once it has been collected. There was an accuracy check on the data. The researcher's responses, which were originally made as brief notes, will subsequently, be recreated in narrative form after the IDI and FGD responses have been processed. The following steps were involved reading and writing to help make sense of the data. The contents were analyzed by breaking down the data into subjects, themes, sub-themes and specific patterns. Then this data were recognized after a step-by-step analysis and classification procedure. Last but not least, data were evaluated in an effort to comprehend the significance of the conclusions by seeking out concepts that are pertinent to the subject, recurring themes, and conclusions that support theory.

3.8 Ethical Issues

The careful adherence to ethical guidelines is required to make it clear under what circumstances the research was conducted. Researchers took consent from BRAC IED authority to conduct the research. Then, he took the concern from the individuals before beginning the interviews or discussions. They were informed about the study's setting, goal, objectives, justification for contacting them, researcher profile, etc. Additionally, the researcher requested authorization to record the interviews and keep the raw data sheets. The researcher gave them the questionnaire

after receiving their inquiry. It is important to inform about the approximate time duration of the interviews. All the participants were given the assurance that their privacy will be respected at all times, and that the study will not reveal any of their personal information. Any participant who is uncomfortable answering a question can withhold himself or herself from the research any time. Participants' wishes must take precedence if they are unable or unwilling to complete the IDI or FGDs. No study-related information was purposefully withheld. The researcher didn't provide information that might sway respondents' responses.

3.9 Limitation of the study

This research had some limitations. Those are given below:

- This data were collected from rural and urban area of Dhaka and Chattogram districts. So, the complete scenario of Bangladesh may not be illustrated through this research.
- As these interviews and FGDs were conducted face-to-face, so there was a scope of biasness of the information. Participants might be influenced by the researchers as well as the other participants also.
- The study was conducted in a specific class of health workers (Frontline workers). It would be more effective if the study will be conducted in different social class like tribe or ethnic group or others high class health workers.
- Many frontline health workers like FPI, HI, AHI, SI etc. were missing in this research.

Chapter 4 Findings & Discussion

4. Key Findings

The study was held on the basis of the knowledge and perception of the health workers about ECD. Also this study illustrates the scenario of the current practices and the scope of involvement of the health workers in the field of ECD. The key findings of this study are described below.

4.1 Demographic Information

Total number of the participants is 12 where 06 persons (50%) are for In-depth-Interviews (IDIs) and 06 persons (50%) are for Focus Group discussions (FGDs). Age range of the participants is 23-42 years old. The demographic information of the participants is as follows:

No. of Participants		
Total	:	12
Male	:	06 (50%)
Female	:	06 (50%)
Age		
Age Range	:	23-42
23-32	:	08 Persons
33-42	:	04 Persons
Educational Status		
Masters	:	03 Persons
Degree (Hons.)	:	05 persons
Diploma	:	03 Persons
HSC	:	01 Person
Occupation		
Health Assistant (HA)	:	02 Persons
Family Welfare Assistant (FWA)	:	02 Persons
Community Health Care Provider (CHCP)	:	02 Persons
Sub Assistant Community Medical Officer (SACMO)	:	02 Persons
Family Welfare Visitor (FWV)	:	02 Persons
Senior Staff Nurse (SSN)	:	02 Persons
Job Station		
Union Level	:	08 Persons

Upazilla Level	:	04 Persons
Area of the Participants		
Dhaka	:	07 Persons
Chittagong	:	05 Persons

Chart-1 Demographic Information of the Respondents

4.2 Results

The objectives of this research are to find out the knowledge gap and to understand the Perception of the health workers about early childhood development of 0-3 years old children. Also, to understand the current scenario and find the opportunity of the involvement of the health workers about the practices on ECD are the objectives of this study also. Based on these objectives, the IDIs and FGD guidelines were prepared. On the basis of them, the respondents describe their opinions. Those are divided into two themes. The key findings of this study are:

Theme 01: Perception of the Health Worker’s about Early Childhood Development

According to the objective of the study the participants were asked about different issues on ECD. The respondents were asked about what is ECD, importance of ECD, different stages of development in 0-3 year old children, crucial factors those impact ECD and what adults should do for proper development of the child. Based on these questions they gave their opinion. This theme is divided into 05 sub-themes according to their views and research objectives. These are described below:

Sub-theme 01: Knowledge of the Health Worker’s about Early Childhood Development

By the opinion of Oxbridge Academy, ‘Early childhood development (ECD)’ refers to the physical, psychological, cognitive and social development that a child experiences between birth and school-going age.

According to my research objectives, it was asked to participants whether they are familiar with Early Childhood Development (ECD). It has seen that, all of the participants have little bit knowledge about ECD. When they were asked about ECD, they mentioned about the mental and physical growth of a child only. One of the participant stated *“Infancy is the period of child from birth to 0-8 years of age. During this time all the development of the child is observed is the early or childhood development of the child.” (IDI-1)*

60% of the participants believed that, child development start from the fetus stage. They described that, the physical and mental changes of the children between 0-8 years old is called early childhood development. Rest of the participants stated that, change like walking, crawling, talking, recognizing people or parents gradually after birth is called the early development of a child.

Sub-theme 02: Perception of the health workers about the Importance of ECD and Long-term effect of it

I asked them whether they have any idea about the importance of ECD. All of the participants agreed that, proper development of a child in his early stage is very important. They described that, if any child does not walk on time or speak on time, there would be some major problem like autism or disability or any kind of abnormality. One of the respondents told that, without proper development at their early stages they would lag behind in their educational and personal life. Some of them mentioned about malnutrition. 03 of the respondents said that, without proper development of children their brain and physical development won't occur properly. One of the participants said-*‘What a child learns early on is useful later in life. If a child's early childhood development is done right, it will be useful in the future. If the child is malnourished from childhood then he will not have proper structure, physical*

and mental growth will not be proper, his inner talent will not develop. So I think everything should be perfect for him from childhood" (FGD).

According to the respondent's opinion, there are some massive long-term effects that might happen if the developments do not occur properly. If so, a child may fall on the deep sea of autism, less cognitive development, malnutrition like Kwashiorkor, and Marasmus etc. They also described that, child may lead monotonous life.

One of the participants said that- "*I have a cousin of 18 years old. Both of his parents are job holders. From his early life he did not get much quality time from his parents. So, that his proper development did not happen properly. Now, he does not talk with anybody. And most of the time he used to spend at his room alone. He doesn't want to play or go outside. His room remains closed all of the times. He is spending a boring and monotonous life. My uncle is too much worried about that matter' (FGD).*

Sub-theme 03: Different changes of the children of 0-3 years old

When the question raised about the physical, socio-emotional, cognitive and linguistic development of a child of 0-3 years old different information are found.

Toddler stage is when the child is one to three years old. At this age the baby can stand or crawl on its own, learns to walk unaided. Children's personality type starts from this age. That is, whether the child is active or can mix with everyone, whether he is quiet or speaks very little, these things start to be revealed from the toddler stage.

Running with small steps, waving goodbye to someone, recognizing letters and pictures by looking at picture books, trying to draw with colored pencils or crayons, learning to speak small sentences starting from half-bubble, and even learning to follow instructions at this age.

Most of the participants said that at the age of 0-3 years old a child can work, run or sit properly. They informed that at this stage the height of a child will be about 2 to 3 feet and weight will be 12 to 14 kg.

The participants stated that at this stage the neuron of a child is building gradually. Limbs are grown up. At this period a child can feel happiness, sadness, anger, emotions, interest etc. They can start laughing while they are in a good mood. They can choose their dress, foods, and favorite people at this stage.

The participants stated that a child can speak literally at the stage 0 to 3 years old. Also they informed me that they can call Baba, Maa, Dada, Chacha at this stage. Also they can exchange the emotions.

The participants explained that, at the stage of 0 to 3 years old the children can count A, B, C or 1, 2, 3 etc. They also can recognize the color, rearrange the materials, wear shoes, and try to draw something with pencils. According to their observation a child of stage 0 to 3 years old can recognize the person not only the lap of them. One of the participants said- *“This time is basically the pre-school period. During this time, the child will develop interest in learning, learn counting, recognize colors, recognize objects, learns to eat rice”*. (IDI-4)

Every child goes through major physical and mental changes in this journey from childhood to adulthood. If any of these stages of development are not manifested or if you notice anything unusual in the child's behavior, you should consult a doctor as soon as possible without delay. Children are like soft clay. They can be built as they wish. All that is needed is right guidance at right time for mental development and right nutrition for physical development.

Sub-theme-04: Factors that may influence early childhood development

All of the participants except two stated about different factors that may influence early childhood development. Two of the total participants stated that they have no idea about that issue.

According to the participants opinion the factors that may influence early childhood development are- family issues, parents, atmosphere, food habit, play, TV shows, society, cleanliness, neighbors, behaviors, playmates, educational status of family members and economical condition of the parents.

Sub-theme-05: Adult's roles to support early childhood development

All of the participants strongly agreed that, adults could play many roles in nursing ECD. According to participant's opinions, adults should play with their children, gossip with them, make fun, go for site seeing like a river, zoo, park etc. Also adults can help them with storytelling, reciting poetry, jokes etc. One of the participants said- *“Adults should ensure proper nutrition, health protection of children. Parents should give quality time to the child, be caring, and take care to build good relationships. Any needs of the child need to be responded to. Adults should give children more time, play with children, and ensure a safe environment. Every child is different. It is important to give importance to the requests of children”.*
(IDI-3)

Theme 02: Roles and involvement of the health workers for promoting ECD

According to the last objectives of the study, the participants were asked about their job related current activities and future aspirations. Basically this episode tries to highlight what they do about ECD in their current workplace. Apart from this, an attempt has been made to know what is currently being done in this regard in Bangladesh and what can be done in the future.

Based on these they give their opinion. This theme is divided into 02 sub-themes according to their views and research objectives. These are described below:

Sub-theme 01: Current Practices of the health workers to support ECD

All of the participants strongly agreed that it is very important to involve them to various activities for promoting is ECD. They described that, as they are health workers, so they can provide information door to door. They can provide the information about autism, nutrition, diseases, different stages of child development etc. Also, they briefed that, they can give proper guideline to te parents and the caregivers about safe motherhood, childbirth, different issues about vaccination, EPI Programs, s well as sexual and reproductive health.

05 participants mentioned that, they do not work directly for promoting ECD. They take part in vaccination program; provide primary care and treatment to the children of 0-5 years old. They also confirmed that, they provide ANC and PNC to the pregnant women and mother respectively. Those activities may support proper development of the children at their early stages.

Health workers like HA, FWA and CHCP are directly involved with child care services. They described that, they provide primary treatment to 5-7 children daily about fever, diarrhea, nutrition, vitamins also 29 kinds of medicine in a Community Clinic (FGD). Also, mothers and adolescent come to the community clinic for treatment. They provide information about maternal and child health issues to them. One of the participants gives emphasis to adolescent care. She described that, today's adolescent will be mother of tomorrow and finally she'll create a new generation. So, it is very necessary to give them proper care. Also, they said that, they measure height and weight to the children as well as provide medicine to them.

Sub-theme 02: Scope of involvement of the health workers to promote ECD

All of the participants strongly agreed that, they should be involved in ECD promoting programs. They wished that, if government takes initiatives to train them about different issues of ECD, they could serve better in their services. They want to enrich themselves if they are sent for higher education or short or long courses in various ECD related courses.

They said that because they go to everyone's doorstep, they can deliver messages about early child development to everyone. As health workers, it is their responsibility not only to provide medical services, but also to inform the guardians about child development, role in the family, role in the society, etc.

They also said that mothers are present in their courtyard meetings. If they are able to convince the mothers there properly it will help in the proper development of the child. Also there are 2-3 school programs in a month where if they tell the children about these things, then they can tell the parents that information.

The participants said- *'We have monthly meetings and coordination meetings at the community clinic. Elderly people of the society and guardians also live there. Public representatives, social workers, imams, teenagers, many dignitaries of the area are also there. We can inform about the importance of ECD and related issues in these meetings. Recently Hon'ble Prime Minister appointed 4-7 multipurpose volunteers in each community clinic based on need. Health workers say that using them, they can distribute birth and death information as well as information about ECD from house to house' (FGD).*

4.3 Discussions

Early child development is an ongoing process. Usually, this stage of baby development begins when a baby enters the mother's womb. During pregnancy, the baby in the mother's stomach receives the food and nutrients necessary for the growth

of the fetus. Then after nine months and ten days or 280 ± 7 days the child was born. A new phase of development begins. This study examined health workers' perceptions of early development in children aged zero to three years. Besides, the present scenario of the activities of health workers regarding ECD in the current context of Bangladesh and their scope of involvement in the future has been highlighted.

Discussions and Conclusions

Early child development is an ongoing process. Usually, this stage of baby development begins when a baby enters the mother's womb. During pregnancy, the baby in the mother's stomach receives the food and nutrients necessary for the growth of the fetus. Then after nine months and ten days or 280 ± 7 days the child was born. A new phase of development begins. This study examined health workers' perceptions of early development in children aged zero to three years. Besides, the present scenario of the activities of health workers regarding ECD in the current context of Bangladesh and their scope of involvement in the future has been highlighted.

The demographic information of this research illustrates that, there were total 12 health workers for this research from 06 different designations. Their age limit was 23-42 years and 67% of the health workers are completed their graduation. They are working at the rural community areas of Dhaka and Chattogram district.

In this study, almost all the participants have little-more knowledge about early childhood development. It can be assumed that all health workers in our country have a basic understanding of ECD. They have mentioned about mental and physical development of the children during 0-8 years old. Very few of the health workers can describe about socio-emotional, linguistic and cognitive development. According to World Bank and UNICEF Early Childhood Development (ECD) refers to a broad term aspects that describes how young children develop physically, mentally,

emotionally, and linguistically up until they enter primary school i.e. 0-5 years old. It seems that, the health workers' perception about ECD is not fully clear.

This study found that all health workers believe that early childhood development is essential to build a healthy nation. Moreover, they have mentioned about various far-reaching issues due to lack of proper childhood development. They have mentioned about various complications like autism, malnutrition, physical and mental immaturity etc. They also mentioned that, a child does not become a complete child if the early development is not done properly. Apart from the physical growth of the child, mental development is also important. Imperfect children never bring anything good to the family, society and nation. These issues satisfy our previous knowledge about long term effect of imperfect childhood development.

Most of the health workers perfectly said about physical, mental and linguistic development of the children. Very few of them could brief about socio-emotional, cognitive and others. They have mentioned that, early childhood development of a child means to walk, run, crawl and speak on time. As well as height and weight is usually fixed with age (Ht. 12-14 kg and Wt. 2.5-3 feet for 0-3 years). Some of them mentioned that, at this time the baby can feel emotions, sadness, happiness as well as feelings of anger, pride and complaints. They have also mentioned that, during this time children learn to recognize relationships, parents, and learn to call as well as different words and sentences. Also, the child learns to recognize different colors, birds, animals, things, etc., learns to count and learns to draw with colors or pencils. It shows that, majority of our health workers are concerned about physical and linguistic development. But according to medical encyclopedia, able to recite their first and last names, feed themselves precisely, draw a line, run, pivot, and walk backwards. During this time, toddlers also learn to ride a tricycle, name pictures of everyday

objects and point to body parts, dress themselves, share toys with others, and take turns when necessary when playing with other kids. Additionally, a three-year-old can distinguish between males and females as well as recognize and label colors appropriately, use more words, and comprehend simple instructions. So, we can say that, due to their experiences and observations they can perfectly said about different changes of the children of 0-3 years old.

20% of the participants have no idea about different key factors that may influence ECD. Most of the participants gave more priority to food and nutrition and family. But, all of them mentioned about family issues, parents, atmosphere, food habit, play, TV shows, society, cleanliness, neighbors, behaviors, playmates, educational status of family members and economical condition of the parents. But a study of DGFP shows that, gender and religious matter can influence ECD. So, this research shows that, all of the health workers are not concerned about these factors. This study shows that, all of the health workers are not directly involved in ECD related activities. An analysis of the job descriptions of health workers in Bangladesh shows that their work does not have direct involvement in early child development. Basically they provide maternal and child health services in their field of work but do not do much in ECD. About 5-7 mothers and children come to the community clinics a day to take care, which are given medicines for about 30 types of diseases. This study has brought up that issue. This study also demonstrates the desire of health professionals to learn about ECD by enrolling in a variety of long and short courses. Additionally, they aim to work tirelessly to promote ECD by participating in Uthan Boithak, Coordination meetings, and ECD corners, among other venues.

Basically, most of the health workers in this research are highly educated and majority of them got training on child health issues at their job places. So, they have

some knowledge about ECD. This scenario might be different if the education level was low and short job experience. If they did not work in maternal and child health issue then it might be seen that, nobody has knowledge on ECD. Though the knowledge is not adequate. Also, some of the health workers are not engaged in child health services. So, they have a very little knowledge on it. All of the respondents want to enrich themselves in this sector and work on it.

4.4 Recommendations and Conclusions

Bangladesh is now in an era of highest demographic dividend. According to Census 2021 25% 05 the total population is children. So, this is high time to work for ECD to build a strong, energetic and sound manpower. On the basis of the study here are some recommendations these can be established are mentioned below:

- Government should provide ECD related knowledge to the health workers by engaging them in long & short courses on ECD.
- Special training curriculum can be developed to train our health workers on ECD.
- An ECD corner can be establish to all health care centers with GO& NGO collaboration.
- National Policy should be made to include ECD related topics in school and college curriculum.
- National Policy should be made to add ECD related services to the job description of all the health workers.

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6. Appendices

Annexure-1

Consent Form

Assalamu Alaikum /Adab

My name is Hero Dhar. I come from BRAC Institute of Educational Development, BRAC University. I am conducting this interview for a thesis under BRAC Institute of Educational Development, BRAC University of the requirements for the degree of Master of Science in Early Childhood Development. My research topic is- Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years' old children in Bangladesh. The objectives of this research is-To understand the Knowledge gap and perception of the health workers about the importance of early childhood development of 0-3 years old children as well as to understand the current practices and the opportunity of the involvement of the health workers to support ECD Programs.

Now, I need your support for this research. If you want, you can choose not to answer any questions or stop the interviews at any time. But, I hope you'll help me in my research work by completing this interview. All of your information will be confidential and strictly preserved for a certain period. It will not be published any social media or public place.

Now, you can ask me any question if you have further query.

May I start this interview?

YES		NO	
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Starting Time:

Closing Time:

(Signature of the interviewer)

In-Depth-Interview (IDI) Questionnaire

Research Topic : Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

Section-A (Demographic Information):

Name :
Age :
Sex :
Designation :
Place of Posting :
Educational Qualification :

Section-B (Perception of the Health Workers):

1. What do you understand about Early Childhood Development (ECD)? Please explain.
2. What is your perception about the importance of ECD? Please explain.
3. What kinds of physical changes occur in a 0-3 year old child? Please explain briefly.
4. What kinds of socio-emotional development occur in a 0-3 year old child? Please explain briefly.
5. What kinds of linguistic development occur in a 0-3 year old child? Please explain briefly.
6. What kinds of cognitive development occur in a 0-3 year old child? Please explain briefly.
7. Which factors may influence early childhood development you think? Please explain briefly.
8. What are the roles of adult in nurturing ECD you think?
9. What kind of long-term effects do you think may have if this early childhood development isn't done properly?

Section-C (Involvement of the Health Workers):

1. Do you think that, it is important to engage our health workers for supporting ECD properly? Please explain.
2. In your current job sector what do you do for ECD?
3. How else do you think you can be involved in working on ECD?

কনসেন্ট ফর্ম

আসসালামু আলাইকুম/আদাব

আমার নাম হিরো ধরা। আমি BRAC Institute of Educational Development, BRAC University থেকে এসেছি। আমি BRAC Institute of Educational Development, BRAC University এর অধীনে Early Childhood Development বিষয়ের উপর একটি স্নাতকোত্তর ডিগ্রী নিয়ে পড়াশোনা করছি। যার গবেষণার অংশ হিসেবে আমি এই সাক্ষাৎকারটি পরিচালনা করতে যাচ্ছি। আমার গবেষণার বিষয় হলো- Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh. এই গবেষণার উদ্দেশ্য হল- ০-৩ বছর বয়সী শিশুদের প্রারম্ভিক বিকাশের গুরুত্ব সম্পর্কে স্বাস্থ্যকর্মীদের জ্ঞানের ঘাটতি খুঁজে বের করা এবং এ বিষয়ে স্বাস্থ্যকর্মীদের উপলব্ধি বোঝার পাশাপাশি বর্তমান অনুশীলন এবং ECD কার্যক্রমে সহায়তা করার বিষয়ে স্বাস্থ্যকর্মীদের সংযুক্ত করার সুযোগ খুঁজে বের করা।

এখন, এই গবেষণার বিষয়ে আপনার সহায়তা প্রয়োজন। যদি আপনি চান, তাহলে আপনি যেকোন প্রশ্নের উত্তর দেয়া থেকে নিজে থেকে বিরত রাখতে পারেন বা যেকোন সময় সাক্ষাৎকার শেষ করে দিতে পারেন। কিন্তু আমি আশা করি, আপনি এই সাক্ষাৎকার সম্পূর্ণরূপে সমাপ্ত করে আমাকে আমার গবেষণার কাজে সহায়তা করবেন। আপনার সমস্ত তথ্য সর্বদা গোপনীয় থাকবে একটি নির্দিষ্ট সময়ের সংরক্ষিত থাকবে। এটি কোন সামাজিক মাধ্যম বা জনসমক্ষে প্রকাশ করা হবে না।

এখন, আপনার যদি আরও জানার থাকে তবে আপনি আমাকে যেকোনো প্রশ্ন করতে পারেন।

আমি কী সাক্ষাৎকারটি শুরু করতে পারি?

হ্যাঁ		না	
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শুরুর সময়:

শেষ করার সময়:

(সাক্ষাৎকার গ্রহণকারীর স্বাক্ষর)

In-Depth-Interview (IDI) Questionnaire

গবেষণার বিষয় : Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

সেকশন-এ (ব্যক্তিগত তথ্য):

নাম :
বয়স :
লিঙ্গ :
পদবী :
কর্মস্থল :
শিক্ষাগত যোগ্যতা :

সেকশন-বি (স্বাস্থ্যকর্মীদের ধারণা):

- ১। শিশুর প্রারম্ভিক বিকাশ বলতে আপনি কী বুঝেন? দয়া করে ব্যাখ্যা করুন।
- ২। শিশুর প্রারম্ভিক বিকাশের গুরুত্ব সম্পর্কে আপনার অভিমত কী? দয়া করে ব্যাখ্যা করুন।
- ৩। ০-৩ বছর বয়সী বাচ্চার ক্ষেত্রে কী কী ধরনের শারীরিক পরিবর্তন ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৪। ০-৩ বছর বয়সী বাচ্চার ক্ষেত্রে কী কী ধরনের সামাজিক-আবেগীয় বিকাশ ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৫। ০-৩ বছর বয়সী বাচ্চার ক্ষেত্রে কী কী ধরনের ভাষাগত বিকাশ ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৬। ০-৩ বছর বয়সী বাচ্চার ক্ষেত্রে কী কী ধরনের বুদ্ধিভিত্তিক বিকাশ ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৭। কোন কোন বিষয়গুলো একটা শিশুর প্রারম্ভিক বিকাশ কোন কোন বিষয় দ্বারা প্রভাবিত হতে পারে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৮। শিশুর প্রারম্ভিক বিকাশের ক্ষেত্রে প্রাপ্ত বয়স্কদের ভূমিকা কী হতে পারে বলে মনে করেন?
- ৯। যদি শিশুর এই বিকাশ যথাযথভাবে না ঘটে তাহলে কী কী সুদূরপ্রসারী প্রভাব পড়তে পারে বলে আপনি মনে করেন?

সেকশন-সি (স্বাস্থ্যকর্মীদের ভূমিকা):

- ১। আপনি কী মনে করেন যে, শিশুর প্রারম্ভিক বিকাশকে যথাযথভাবে সংঘটিত হবার ক্ষেত্রে স্বাস্থ্য-কর্মীদের অংশগ্রহণ করাটা জরুরী? দয়া করে ব্যাখ্যা করুন।
- ২। আপনার বর্তমান কর্মক্ষেত্রে আপনি ইসিডি'র জন্য কী কী কাজ করে থাকেন?
- ৩। ইসিডি বিষয়ে কাজ করার জন্য আপনাকে আর কী কী উপায়ে সংযুক্ত করা যায় বলে আপনি মনে করেন?

Annexure-2

কনসেন্ট ফর্ম

আসসালামু আলাইকুম/আদাব

আমার নাম হিরো ধরা আমি BRAC Institute of Educational Development, BRAC University থেকে এসেছি। আমি BRAC Institute of Educational Development, BRAC University এর অধীনে Early Childhood Development বিষয়ের উপর একটি স্নাতকোত্তর ডিগ্রী নিয়ে পড়াশোনা করছি। যার গবেষণার অংশ হিসেবে আমি এই সাক্ষাৎকারটি পরিচালনা করতে যাচ্ছি। আমার গবেষণার বিষয় হলো- Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh. এই গবেষণার উদ্দেশ্য হল- ০-৩ বছর বয়সী শিশুদের প্রারম্ভিক বিকাশের গুরুত্ব সম্পর্কে স্বাস্থ্যকর্মীদের জ্ঞানের ঘাটতি খুঁজে বের করা এবং এ বিষয়ে স্বাস্থ্যকর্মীদের উপলব্ধি বোঝার পাশাপাশি বর্তমান অনুশীলন এবং ECD কার্যক্রমে সহায়তা করার বিষয়ে স্বাস্থ্যকর্মীদের সংযুক্ত করার সুযোগ খুঁজে বের করা।

এখন, এই গবেষণার বিষয়ে আপনার সহায়তা প্রয়োজন। যদি আপনি চান, তাহলে আপনি যেকোন প্রশ্নের উত্তর দেয়া থেকে নিজেকে বিরত রাখতে পারেন বা যেকোন সময় সাক্ষাৎকার শেষ করে দিতে পারেন। কিন্তু আমি আশা করি, আপনি এই সাক্ষাৎকার সম্পূর্ণরূপে সমাপ্ত করে আমাকে আমার গবেষণার কাজে সহায়তা করবেন। আপনার সমস্ত তথ্য সর্বদা গোপনীয় থাকবে একটি নির্দিষ্ট সময়ের সংরক্ষিত থাকবে। এটি কোন সামাজিক মাধ্যম বা জনসমক্ষে প্রকাশ করা হবে না।

এখন, আপনার যদি আরও জানার থাকে তবে আপনি আমাকে যেকোনো প্রশ্ন করতে পারেন।

আমি কী সাক্ষাৎকারটি শুরু করতে পারি?

হ্যাঁ	<input checked="" type="checkbox"/>	না	<input type="checkbox"/>
-------	-------------------------------------	----	--------------------------

শুরুর সময়: ২৫/০২/২০, রাত ৯:০০ টা

শেষ করার সময়: ২৫/০২/২০ ; রাত ৯:৪৫ টা


২৫/০২/২০
(সাক্ষাৎকার গ্রহণকারীর স্বাক্ষর)

In-Depth-Interview (IDI) Questionnaire

গবেষণার বিষয়

: Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

সেকশন-এ (ব্যক্তিগত তথ্য):

নাম

: ইমা দেবী

বয়স

: ২৬

লিঙ্গ

: মহিলা

পদবী

: পরিবার কল্যান পরিদর্শিকা

কর্মস্থল

: ইন্টনিয়ন মাদ্য ও পরিবার কল্যান কেন্দ্র, মক্কা
বাড়বুড়, মতিবুড়, চট্টগ্রাম

শিক্ষাগত যোগ্যতা

: এইচ এম সি

সেকশন-বি (স্বাস্থ্যকর্মীদের ধারণা):

১। শিশুর প্রাথমিক বিকাশ বলতে আপনি কী বুঝেন? দয়া করে ব্যাখ্যা করুন।

উঃ একটা শিশুর ০-৫ বছর বয়স পর্যন্ত যে সার্বিক ও মানসিক বিকাশ হয়; তাই হলো শিশুর প্রাথমিক বিকাশ

২। শিশুর প্রাথমিক বিকাশের গুরুত্ব সম্পর্কে আপনার অভিমত কী? দয়া করে ব্যাখ্যা করুন।

উঃ একটা -বিভিন্ন তৈরিতে তার foundation সাজ হতে হয়। অল্পশ
একটা শিশুর দুর্ভোগে তার বিকাশকে অনেকাংশে হতে হবে; নয়তো
তার জীবনে ঝুঁকি আছে যাবে। শিশুর মচিক বিকাশ না হলে শিশু
অকালে মরে পড়বে শিক্ষা ও ব্যক্তিগত জীবনে পিছিয়ে পড়বে

৩। ০-৩ বছর বয়সী বাচ্চর ক্ষেত্রে কী কী ধরনের শারীরিক পরিবর্তন ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।

উঃ প্রথম তিনমাসের শিশুর মস্তিষ্ক পরিপূর্ণ হয়; পরবর্তী ৩ বছর
ব্যাপী পরিপক্বত্বগুলো আসে: নিউরন লেভেল বাড়ে, বিভিন্ন অঙ্কা
প্রশিক্ষণের পরিবর্তন ও আকারে বৃদ্ধি পায়।

৪। ০-৩ বছর বয়সী বাচ্চর ক্ষেত্রে কী কী ধরনের সামাজিক-আবেগীয় বিকাশ ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।

উঃ এমনকি বাচ্চারা Response করতে শিখে অর্থাৎ এখন যা শিশুর
উঁচু feel করছে, বাচ্চা Hi/Hello এর উত্তর দেয়া শিখে, যুগ্ম-অক্ষিান,
Sympathy দেখানো, পছন্দ-অপছন্দ শিখে, বাচ্চাই করতে শিখে
এমন আনন্ডি।

৫। ০-৩ বছর বয়সী বাচ্চর ক্ষেত্রে কী কী ধরনের ভাষাগত বিকাশ ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।

উঃ এমনকি বাচ্চারা ছোট ছোট বাগ্ন বলে; অঙ্কর বলে, চিন্তা শিখে,
বাগ্ন-যা জঙ্কো এম্বার আদান-প্রদান শিখে।

৬। ০-৩ বছর বয়সী বাচ্চাদের ক্ষেত্রে কী কী ধরনের বুদ্ধিভিত্তিক বিকাশ ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।

উঃ বাচ্চাদের Brain Development হয়; মাগ দেয় ডাঙলে, ছুতা পড়তে পারে, এলোথলো-তিনিম সুস্থিত রাখতে পারে ইত্যাদি।

৭। কোন কোন বিষয়গুলো একটা শিশুর প্রারম্ভিক বিকাশ কোন কোন বিষয় দ্বারা প্রভাবিত হতে পারে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।

উঃ জন্মের পরপর একটা শিশুর পরিবেশ-একসবকম থাকলে, তিনি পরিবেশ, পরিবার, সমাজ, প্রকৃতি দ্বারা তাদের বিকাশ প্রভাবিত হয়। ছোটবেলা থেকে শিশুর মাথায় যা গোসল বা পুকে যায়; তার বিজ্ঞেই যে বড় হয়।

৮। শিশুর প্রারম্ভিক বিকাশের ক্ষেত্রে প্রাপ্ত বয়স্কদের ভূমিকা কী হতে পারে বলে মনে করেন?

উঃ বয়স্কদের উচিত শিশুর অধিক সুখ নিশ্চিত করা, স্বাস্থ্য সুরক্ষা নিশ্চিত করা বাবা-মার উচিত শিশুকে Quality-time দেয়া, যত্নবান হওয়া, সুন্দর সমাজ তৈরীর ব্যাপারে যত্নবান হওয়া, বাচ্চাদের যেকোন প্রয়োজনে মাগ দেয়া দরকার। বেশি হেসি মজা দেয়া, বাচ্চাদের মাথ-খেলার সামগ্রী দেয়া, নিরাপদ পরিবেশ নিশ্চিত করা, প্রতিটা শিশুর আলাদা, শিশুদের অনুপ্রেরণার সুযোগ দিতে হবে।

৯। যদি শিশুর এই বিকাশ যথাযথভাবে না ঘটে তাহলে কী কী সুদূরপ্রসারী প্রভাব পড়তে পারে বলে আপনি মনে করেন?

উঃ - শিশুর বিকাশ যথাযথভাবে না হলে শিশু জালায়
মিছানো নিচে শিখাবে না, কোন কিছুতে আগ্রহ দেখাবে না
বড়তরফে অক্ষয়ন দিতে শিখাবে না, কিছু অক্ষয়কৃত জ্ঞানভেদে
পৃথিবী বা অক্ষয়জ্ঞান অক্ষয়কৃত বিধান বসাতে পারবে না,

সেকশন- সি (স্বাস্থ্যকর্মীদের ভূমিকা):

১। আপনি কী মনে করেন যে, শিশুর প্রারম্ভিক বিকাশকে যথাযথভাবে সংঘটিত হবার ক্ষেত্রে স্বাস্থ্য-কর্মীদের অংশগ্রহণ করাটা জরুরী? দয়া করে ব্যাখ্যা করুন।

উঃ অবশ্যই জরুরী। প্রথমত যা যখন জর্জবীরন করে আমাদের কাছে আসে
ও সময় মা'কে ও পরিবারের সদস্যদের শ্রুতিবদ্ধ খাবার ও আচরণ
অক্ষয়কৃত জ্ঞানভেদে হতে যাতে সুস্থ বাচ্চা হয়। শিশু মুহূর্তেই জন্ম নিলে
তার শিক্ষা মুন্দর হতে। যা-যা'কে Proper Guideline দেয়া, টিকা
অক্ষয়কৃত জ্ঞানভেদে, ইত্যাদি স্বাস্থ্য কর্মীদের দায়িত্ব। আমরা কিশোরীদের
যেই সৃষ্টি নিয়েও কাজ করি। একটি কিশোরী যা হবে, তাই
আমাদের হাতে শিশুর বৃদ্ধি ও শিক্ষা অক্ষয়কৃত জ্ঞানভেদে
কাজ।

২। আপনার বর্তমান কর্মক্ষেত্রে আপনি ইসিডির জন্য কী কী কাজ করে থাকেন?

উঃ আমার এরফর্মের জন্য involvement নেই। তবে আমার
মা'দের ANE, PNE দেই, টিকনা দেই এরফর্ম
করি।

৩। হিসিডি বিষয়ে কাজ করার জন্য আপনাকে আর কী কী উপায়ে সংযুক্ত করা যায় বলে আপনি মনে করেন?

উ: আমাদেরকে যদি Proper training করা হয় বা কোর্স করা হয় বা Refresher training করা হয়; তাহলে আমরা বেশি বেশি Counselling করতে পারব; যাতে বিশেষায়িত training করা যায়।

Annexure-3

Consent Form (For FGD)

Assalamu Alaikum /Adab

My name is Hero Dhar. I come from BRAC Institute of Educational Development, BRAC University. I am conducting this Focus group Discussion for a thesis under BRAC Institute of Educational Development, BRAC University of the requirements for the degree of Master of Science in Early Childhood Development. My research topic is- Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh. The objectives of this research is-To understand the Knowledge gap and perception of the health workers about the importance of early childhood development of 0-3 years old children as well as to understand the current practices and the opportunity of the involvement of the health workers to support ECD Programs.

Now, I need your support for this research. If you want, you can choose not to answer any questions or stop the discussion at any time. But, I hope you'll help me in my research work by completing this discussion. All of your information will be confidential and strictly preserved for a certain period. It will not be published any social media or public place.

Now, you can ask me any question if you have further query.

May I start this discussion?

YES		NO	
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Starting Time:

Closing Time:

(Signature of the interviewer)

Focus Group Discussion (FGD) Questionnaire

Research Topic : Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

Section-A (Demographic Information):

SL	Name	Age	Sex	Designation	Place of Posting	Educational Qualification

Section-B (Perception of the Health Workers):

1. What do you understand about Early Childhood Development (ECD)? Please explain.
2. What is your perception about the importance of ECD? Please explain.
3. What kinds of changes occur in a 0-3 year old child? Please explain briefly.
4. Which factors may influence early childhood development you think? Please explain briefly.
5. What are the roles of adult in nurturing ECD you think?
6. What kind of long-term effects do you think may have if this early childhood development isn't done properly?

Section-C (Involvement of the Health Workers):

1. Do you think that, it is important to engage our health workers for supporting ECD properly? Please explain.
2. In your current job sector what do you do for ECD?
3. How else do you think you can be involved in working on ECD?

কনসেন্ট ফর্ম (FGD)

আসসালামু আলাইকুম/আদাব

আমার নাম হিরো ধর। আমি BRAC Institute of Educational Development, BRAC University থেকে এসেছি। আমি BRAC Institute of Educational Development, BRAC University এর অধীনে Early Childhood Development বিষয়ের উপর একটি স্নাতকোত্তর ডিগ্রী নিয়ে পড়াশোনা করছি। যার গবেষণার অংশ হিসেবে আমি এই Focus Group Discussion (FGD)-টি পরিচালনা করতে যাচ্ছি। আমার গবেষণার বিষয় হলো- Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh. এই গবেষণার উদ্দেশ্য হল- ০-৩ বছর বয়সী শিশুদের প্রারম্ভিক বিকাশের গুরুত্ব সম্পর্কে স্বাস্থ্যকর্মীদের জ্ঞানের ঘাটতি খুঁজে বের করা এবং এ বিষয়ে স্বাস্থ্যকর্মীদের উপলব্ধি বোঝার পাশাপাশি বর্তমান অনুশীলন এবং ECD কার্যক্রমে সহায়তা করার বিষয়ে স্বাস্থ্যকর্মীদের সংযুক্ত করার সুযোগ খুঁজে বের করা।

এখন, এই গবেষণার বিষয়ে আপনার সহায়তা প্রয়োজন। যদি আপনি চান, তাহলে আপনি যেকোন প্রশ্নের উত্তর দেয়া থেকে নিজেকে বিরত রাখতে পারেন বা যেকোন সময় আলোচনা শেষ করে দিতে পারেন। কিন্তু আমি আশা করি, আপনি এই আলোচনা সম্পূর্ণরূপে সমাপ্ত করে আমাকে আমার গবেষণার কাজে সহায়তা করবেন। আপনার সমস্ত তথ্য সর্বদা গোপনীয় থাকবে একটি নির্দিষ্ট সময়ের সংরক্ষিত থাকবে। এটি কোন সামাজিক মাধ্যম বা জনসমক্ষে প্রকাশ করা হবে না।

এখন, আপনার যদি আরও জানার থাকে তবে আপনি আমাকে যেকোনো প্রশ্ন করতে পারেন।

আমি কী আলোচনাটি শুরু করতে পারি?

হ্যাঁ		না	
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শুরুর সময়:

শেষ করার সময়:

(সাক্ষাৎকার গ্রহণকারীর স্বাক্ষর)

Focus Group Discussion (FGD) Questionnaire

গবেষণার বিষয় : Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

সেকশন-এ (ব্যক্তিগত তথ্য):

ক্রম	নাম	বয়স	লিঙ্গ	পদবি	কর্মস্থল	শিক্ষাগত যোগ্যতা







সেকশন-বি (স্বাস্থ্যকর্মীদের ধারণা):


- ১। শিশুর প্রারম্ভিক বিকাশ বলতে আপনি কী বুঝেন? দয়া করে ব্যাখ্যা করুন।
- ২। শিশুর প্রারম্ভিক বিকাশের গুরুত্ব সম্পর্কে আপনার অভিমত কী? দয়া করে ব্যাখ্যা করুন।
- ৩। ০-৩ বছর বয়সী বাচ্চার ক্ষেত্রে কী কী ধরনের পরিবর্তন ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৪। কোন কোন বিষয়গুলো দ্বারা একটা শিশুর প্রারম্ভিক বিকাশ প্রভাবিত হতে পারে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
- ৫। শিশুর প্রারম্ভিক বিকাশের ক্ষেত্রে প্রাপ্ত বয়স্কদের ভূমিকা কী হতে পারে বলে মনে করেন?
- ৬। যদি শিশুর এই বিকাশ যথাযথভাবে না ঘটে তাহলে কী কী সুদূরপ্রসারী প্রভাব পড়তে পারে বলে আপনি মনে করেন?

সেকশন-সি (স্বাস্থ্যকর্মীদের ভূমিকা):

- ১। আপনি কী মনে করেন যে, শিশুর প্রারম্ভিক বিকাশকে যথাযথভাবে সংঘটিত হবার ক্ষেত্রে স্বাস্থ্য-কর্মীদের অংশগ্রহণ করাটা জরুরী? দয়া করে ব্যাখ্যা করুন।
- ২। আপনার বর্তমান কর্মক্ষেত্রে আপনি ইসিডির জন্য কী কী কাজ করে থাকেন?
- ৩। ইসিডি বিষয়ে কাজ করার জন্য আপনাকে আর কী কী উপায়ে সংযুক্ত করা যায় বলে আপনি মনে করেন?

Participant's List For Focus Group Discussion (FGD)

ক্রমিক	নাম	বয়স	লিঙ্গ	পদবী	কর্মস্থল	শিক্ষাগত যোগ্যতা	স্বাক্ষর
০১	শ্রী: আনিসুল হক	৩৯ বছর	পুরুষ	H.A	শ্রীমতপুর	S.M.A	
০২	শ্রীমতী মায়	২৫ বছর	মহিলা	F.W.A	শ্রীমতপুর	প্রাথমিক	
০৩	আবুত্বাতি সরকার	২৩ বছর	মহিলা	F.W.A	জেসজাঁড়	ডা.ডি.	
০৪	শ্রী: আনিসুল হক	৪২ বছর	পুরুষ	H.A	শ্রীমতপুর	শ্রীমতপুর	
০৫	শ্রীমতী খাতুন	৩৯ বছর	মহিলা	C.H.C.P	হরিরাঙ্গপুর	বি.এ.	
০৬	শ্রী: মাহিনা বেগম	৩৭ বছর	মহিলা	C.H.C.P	শ্রীমতপুর	ডা.ডি.	


 আনিসুল হক
 সাফাওয়ার গ্রহণকারীর স্বাক্ষর
 HERB DIAR

Focus Group Discussion (FGD) Questionnaire

গবেষণার বিষয় : Health Worker's Perception about the Importance of Early Childhood Development for 0-3 years old children in Bangladesh

সেকশন-এ (ব্যক্তিগত তথ্য):

ক্রম	নাম	বয়স	লিঙ্গ	পদবি	কর্মস্থল	শিক্ষাগত যোগ্যতা
১.	মোঃ আব্দুল্লাহ	৩৯	পুরুষ	স্বাস্থ্য সহকারী	দৌলতপুর	স্নাতক
২.	দিপা রায়	২৫	মহিলা	পরিবার কল্যাণ সহকারী	ধামরাই	স্নাতক
৩.	আবৃতি সরকার	২৩	মহিলা	পরিবার কল্যাণ সহকারী	তেজগাঁও	স্নাতক
৪.	মোঃ আশরাফুজ্জামান রিপন	৪২	পুরুষ	স্বাস্থ্য সহকারী	দৌলতপুর	স্নাতকোত্তর
৫.	সাথী খাতুন	৩১	মহিলা	কমিউনিটি হেলথ কেয়ার প্রোভাইডার	হরিরামপুর	স্নাতক
৬.	মোঃ সাকিল চৌধুরী	৩৭	পুরুষ	কমিউনিটি হেলথ কেয়ার প্রোভাইডার	হরিরামপুর	স্নাতকোত্তর

সেকশন-বি (স্বাস্থ্যকর্মীদের ধারণা):

১। শিশুর প্রারম্ভিক বিকাশ বলতে আপনি কী বুঝেন? দয়া করে ব্যাখ্যা করুন।

উত্তরঃ

- একটা শিশুর জন্মের পর যে শারীরিক বা মানসিক পরিবর্তন হয়, যেমন সে বড় হচ্ছে একটু একটু সেটাই মূলত প্রারম্ভিক বিকাশ বলে ধারণা করছি।
- জন্মের পর থেকে সে আস্তে আস্তে বড় হচ্ছে, কথা বলা শুরু করছে, আশে-পাশে জিনিসগুলোর সাথে পরিচিত হচ্ছে, এই যে পরিবর্তনগুলো হচ্ছে তাই শিশুর প্রারম্ভিক বিকাশ।
- শিশুর গর্ভকালীন সময় থেকে ধীরে ধীরে যে শারীরিক বা মানসিক বিকাশ হয় সেটাই প্রারম্ভিক বিকাশ।

২। শিশুর প্রারম্ভিক বিকাশের গুরুত্ব সম্পর্কে আপনার অভিমত কী? দয়া করে ব্যাখ্যা করুন।

উত্তরঃ

- প্রারম্ভিক বিকাশটা যদি সঠিকভাবে না হয়, তবে তার ব্রেইন বা শারীরিক সুস্থতা ডেভেলপ করবেনা। প্রারম্ভিক বিকাশের সাথে তার সারাটা জীবন জড়িত।
- প্রথমদিকে একটা শিশু যা শিখে, তা তার পরবর্তী জীবনে কাজে লাগে। শিশুর প্রথম যে বিকাশ ঘটে তা যদি সঠিকভাবে হয়, তা তার ভবিষ্যতে কাজে লাগবে।

- শুরুর্তে কোন বিষয়কে যদি সুন্দর করে গড়ে তোলা না হয়, তাহলে তা ভবিষ্যতে কোন কাজে আসবেনা। একটা শিশুকে যদি ছোটবেলা থেকে সুস্থভাবে গড়ে তুলতে না পারি, তাহলে বড় হলেও সেটা তার মধ্যে থেকে যাবে।
- শিশুর যদি ছোট থেকেই পুষ্টিহীনতা থাকে তাহলে তার সঠিক গঠন হবেনা, শারীরিক বা মানসিক বৃদ্ধি সুন্দর হবেনা। তার ভেতরের প্রতিভার বিকাশ হবেনা; তাই আমাদের মনে হয় ছোটবেলা থেকেই তার তার সবকিছু পরিপূর্ণতা থাকা উচিত।

৩। ০-৩ বছর বয়সী বাচ্চার ক্ষেত্রে কী কী ধরনের পরিবর্তন ঘটে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।
উত্তরঃ

- শিশু জন্মের সাথে সাথে কিছুই করতে পারেনা। যখন বড় হচ্ছে তখন আস্তে আস্তে হাত-পা নাড়ছে, অ-আ শব্দ করছে, হামাগুড়ি দিচ্ছে, চিত হচ্ছে, উপুড় হচ্ছে, বাবা-মা ডাকছে, হাঁটা-চলা করছে, চেহারার পরিবর্তন হবে।
- হাঁটা শেখা, ০৩ বছরের বাচ্চার ক্ষেত্রে ওজন হবে ১২-১৪ কেজি, উচ্চতা হবে ২.৫-৩ ফুট। পুষ্টিহীন বাচ্চার ক্ষেত্রে এটা কম হবে।
- খেতে শিখবে, মানসিক পরিবর্তন হবে, কোন কিছু ধরতে চাইবে, আগ্রহ তৈরি হবে, রাগ-অভিমান তর্গরি হবে। এই সময় সে কেবল কারো কোল না চিনে বাবা-মা চিনবে অর্থাৎ ব্যক্তি চিনতে শিখবে।

৪। কোন কোন বিষয়গুলো একটা শিশুর প্রারম্ভিক বিকাশের পথে প্রভাবক হতে পারে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন।

উত্তরঃ খাদ্যাভ্যাস, আচরণ, পিতা-মাতার প্রভাব, খেলার সাথী, পরিবেশ, আর্থিক অবস্থা, পরিষ্কার-পরিচ্ছন্নতা, শিক্ষাগত অবস্থা, পরিবার, প্রতিবেশী ইত্যাদি।

৫। শিশুর প্রারম্ভিক বিকাশের ক্ষেত্রে প্রাপ্ত বয়স্কদের ভূমিকা কী হতে পারে বলে মনে করেন?

উত্তরঃ সময় দেয়া, যত্ন নেয়া, ইতিবাচক মনোভাব তৈরি, গল্প করা, গতিবিধি লক্ষ্য রাখা, বন্ধুসুলভ আচরণ করা, পরিচর্যা করা, আগ্রহকে সম্মান দেখানো, দাদা-দাদী, নানা-নানী এসব সম্পর্ক চিনতে শেখানো, ঘুরতে নিয়ে যাওয়া, গান শোনানো।

৬। যদি শিশুর এই বিকাশ যথাযথভাবে না ঘটে তাহলে কী কী সুদূরপ্রসারী প্রভাব পড়তে পারে বলে আপনি মনে করেন?

উত্তরঃ

- একধেঁয়ে হবে, মেধার বিকাশ হবেনা, বাক বা বুদ্ধি প্রতিবন্ধী হবে
- মোবাইল বা টিভিতে আসক্ত হবে
- নৈতিক অবক্ষয় হবে
- আমার একটা মামাতো ভাই আছে তার বাবা-মা দুজনই চাকুরিজীবি। তার বাবা-মা সময় দিতেনা। এখন সে কলেজে পড়ে; কিন্তু সে কারো সাথে মিশেনা, দরজা বন্ধ করে বসে থাকে। সে সম্পূর্ণ একধেঁয়েই ও একাকী জীবন-যাপন করছে।

সেকশন- সি (স্বাস্থ্যকর্মীদের ভূমিকা):

১। আপনি কী মনে করেন যে, শিশুর প্রারম্ভিক বিকাশকে যথাযথভাবে সংঘটিত হবার ক্ষেত্রে স্বাস্থ্য-কর্মীদের অংশগ্রহণ করাটা জরুরী? দয়া করে ব্যাখ্যা করুন।

উত্তরঃ

- আমরা যেহেতু সবার দোড়গোড়ায় যাই আমরা সবার কাছে শিশুর প্রারম্ভিক বিকাশ সংক্রান্ত ডিটেইলস গুলো বার্তা আকারে পৌঁছে দিতে পারি। স্বাস্থ্যকর্মী হিসেবে শুধুমাত্র চিকিৎসা সেবা না, গার্ডিয়ানদের শিশুর বিকাশ সম্পর্কিত বিষয়াবলী সম্পর্কে তথা পরিবারের ভূমিকা, প্রতিবেশির ভূমিকা, সমাজের ভূমিকা ইত্যাদি বিষয় সম্পর্কে জানানোটাও আমাদের দায়িত্ব।
- আমাদের যে উঠান বৈঠক হয়, সেখানে মা'রা উপস্থিত থাকে। আমরা যদি মা-দেরকে যেখানে সঠিকভাবে বুঝাতে পারি, মাসে ২-৩ তা স্কুল প্রোগ্রাম হয়, আমরা শিশুদের সেতা জানালে তারা তাদের মা-বাবাকে সেটা জানাতে পারি।
- কমিউনিটি ক্লিনিকে আমাদের মাসিক সভা, সমন্বয় সভা হয়, সেটা সমাজের বয়স্ক লোক ও গার্ডিয়ানরা থাকেন, জন প্রতিনিধি, সমাজসেবক, ইমাম, কিশোর-কিশোরী, এলাকার গণ্যমান্য ব্যক্তিও থাকেন। আমরা যখন মিটিং করই তখন তাদেরকে ইসিডি বিষয়ে জানাতে পারি।
- মূলত প্রান্তিক পর্যায়ের জনগোষ্ঠীদের কাছে এই তথ্যটি পৌঁছানোর ব্যাপারে আমরা সরাসরি কাজ করতে পারি। মাননীয় প্রধানমন্ত্রী সম্প্রতি প্রতিটি কমিউনিটি ক্লিনিকের জন্য চাহিদার ভিত্তিতে ৪-৭ জন মাল্টিপারপাস ভলান্টিয়ার নিয়োগ করেছেন। আমরা এদেরকে ব্যবহার করে জন্ম-মৃত্যুর তথ্যের পাশাপাশি ইসিডি বিষয়ক তথ্যাবলীও প্রতিটা ঘরে ঘরে পৌঁছে দিতে পারি।

২। আপনার বর্তমান কর্মক্ষেত্রে আপনি ইসিডির জন্য কী কী কাজ করে থাকেন?

উচ্চতাঃ

- ওজন-উচ্চতা মাপি, শরীরের দৈর্ঘ্য মাপি, পুষ্টি পরিমাপ যাচাই করই
- CHCP, FWA এরা শিশুর বিকাশে গর্ভবতী মায়ের সেবা দেই, টিকা দেই, কাউন্সেলিং করই, শালদুধ খাওয়ানোর পরামর্শ দেই
- CHCP-দের কাছে দৈনিক কমপক্ষে ৫-৭ জন শিশু আসে। আমরা ২৭ ধরনের ঔষধ দেই। শিশুদের জন্য জ্বর, কাশি, কোট্রিম, প্যারাসিভেমল ইত্যাদি ঔষধ দেই।

৩। ইসিডি বিষয়ে কাজ করার জন্য আপনাকে আর কী কী উপায়ে সংযুক্ত করা যায় বলে আপনি মনে করেন?

উচ্চতাঃ

- আমরা যদি এই বাচ্চাদের নিয়ে কাজ করতে চাই তাহলে আমাদের বিভিন্ন লং/শর্ট কোর্সে করানো যায়।
- আমরা CHCP রা কমিউনিটি ক্লিনিকে বসি সেবা দেই, HA রা সরাসরি মাঠ পর্যায়ে যাই, FWA রা ঘরে ঘরে যাই, ০৫ বছর বয়স পর্যন্ত বাচ্চাদের সেবাগুলো আমরা দেই।

