

# Compendium of Resources for Family and Caregiving Strengthening in Humanitarian Settings



**THE ALLIANCE**  
FOR CHILD PROTECTION  
IN HUMANITARIAN ACTION



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## ABOUT THIS DOCUMENT:

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The Family Strengthening Task Force is pleased to present this Compendium of Family and Caregiver Strengthening Interventions and Tools!

As defined in the [Minimum Standards for Child Protection in Humanitarian Action](#) (2019), family and caregiving strengthening aims to promote children's healthy development and to protect them from maltreatment and other negative effects of adversity.

This collection of interventions and tools is designed to offer family strengthening resources for supporting families in humanitarian settings. Resources range from programming interventions and campaigns to evaluation tools and evidence reviews and covers multiple sectors including child protection, gender-based violence, mental health and psychosocial support, education, and nutrition. The information provided here comes from a range of publicly available sources and is subject to change.

*Coming Soon! The full compendium will be accessible through an interactive web page on the Alliance website to enable sorting in terms of agencies and type of intervention.*

## ACRONYMS:

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**CP** - Child Protection

**FSL** - Food Security and Livelihoods

**GBV** - Gender-Based Violence

**MHPSS** - Mental Health and Psychosocial Support

**SEL** - Social and Emotional Learning

**SRGBV** - School-Related Gender-Based Violence

Number	Name and Web Link	Agency	Type of Document	Summary of Intervention	Evaluation (if available)
1	<a href="#">Infant and Young Child Feeding in Emergencies</a>	Action Against Hunger	Intervention	This program provides best care practices to pregnant women and support for lactating women and their young children. It also provides mental health, psychosocial support, and protection approaches for vulnerable people and families.	
2	<a href="#">Baby Friendly Spaces</a>	Action Against Hunger	Intervention	Intervention program that offers assistance to pregnant women, lactating women, and young children. The purpose of this program is to provide emotional and social support for mothers and their children in emergencies.	
3	<a href="#">Reach Up and Learn</a>	Caribbean Institute for Health Research	Intervention	Reach Up is an early childhood parenting programme that motivates and helps parents to play and interact with their kids. The programme provides a range of materials including a comprehensive curriculum and training manual to help home visitors support parents and their children to develop to their full potential. The programme is based on a robust evidence-base, is suitable for low and middle-income countries and is adaptable to the local culture context	
4	<a href="#">Singing to the Lions</a>	Catholic Relief Services	Intervention	Training package meant to help children that have experienced abuse or violence. This program is also useful to help children cope in emergency situations that can cause them stress and feelings of uncertainty.	

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5	<a href="#">International Child Development Programme (ICDP)</a>	ICDP	Intervention	The ICDP approach is based on the idea that the best way to help children is by helping the children’s caregivers. This intervention aims to sensitize families and communities to enhance their own ability to sustain the social, cultural, and environmental conditions necessary for the growth and development of children.	*Skar, A. M. S., Sherr, L., Macedo, A., Tetzchner, S. V., & Fostervold, K. I. (2021). Evaluation of parenting interventions to prevent violence against children in Colombia: A randomized controlled Trial. Journal of interpersonal violence, 36(1-2), NP1098-NP1126.
6	<a href="#">Learning at Home in Times of Crisis Using Radio</a>	Education Development Center	Guide	The Interactive Audio Instruction program is a set of series that are already written, recorded and tested. The pre-recorded programs can be used and broadcasted, or the pre-written scripts can be used with a new recording	
7	<a href="#">Community-Based Psychosocial Support</a>	International Federation of Red Cross and Red Crescent Societies	Intervention	Training guide and modules to train more staff, volunteers and everyone willing on how to spot psychosocial support needs and provide that service. The point of this training is to increase the number of people able to respond in emergency situations.	

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8	<a href="#">Families Make the Difference</a>	International Rescue Committee	Intervention	The focus of this program is to give parents and caregivers the training necessary to support the children in their care by ensuring that the parents have the necessary resources and support. This includes a parenting curriculum for families with children ages 0-5.	
9	<a href="#">Play Matters at Home</a>	International Rescue Committee	Intervention	This project is led by the International Rescue Committee along with other international organizations to bring educational resources to refugee communities. This program focuses on supporting child and caregiver well-being through a home learning set up that helps parents and children connect while participating in educational games	
10	<a href="#">Growing Strong Together</a>	International Rescue Committee	Intervention	The Growing Strong Together Parenting Intervention and targeted work with adolescents, was piloted in CAR, DRC, Nigeria. With contribution from members of the CAAFAG Task Force of the Child Protection Alliance, the final product is a publicly available resource to support parents/caregivers.	*Blackwell et al. (in press). Drivers of 'voluntary' recruitment and challenges for families with adolescents engaged with armed groups: Qualitative insights from Central African Republic and Democratic Republic of the Congo. PLOS Global Public Health.

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11	<a href="#">Brighter Futures</a>	International Rescue Committee	Intervention	Brighter Futures is an integrated child protection and nutrition parenting intervention that aims to improve developmental, behavioural and safety outcomes of children at-risk of malnutrition or children receiving treatment for acute malnutrition in humanitarian settings.	
12	<a href="#">Safe at Home</a>	International Rescue Committee	Intervention	Safe at Home is an educational programme that helps families tackle gender and power inequalities in the home, offers parenting skills to caregivers, and promotes supportive behaviours between family members.	*Annan, J., Sim, A., Puffer, E. S., Salhi, C., & Betancourt, T. S. (2017). Improving mental health outcomes of Burmese migrant and displaced children in Thailand: a community-based randomized controlled trial of a parenting and family skills intervention. <i>Prevention Science</i> , 18(7), 793-803.

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13	<a href="#">Mother-Child Education Program (MOCEP)</a>	Mother Child Education Foundation (ACEV)	Intervention	This is a home-based education program for 5-year-old children who have not received formal pre-school education. Mothers are supported to enable learning at home. It aims to support both young child home-based learning and the parenting skills of mothers.	
14	<a href="#">Parenting for Lifelong Health Programme for Adolescents</a>	Parenting for Lifelong Health, Clowns Without Borders South Africa	Intervention	Parenting program to help parents build and maintain relationships with their children. For parents and caregivers of adolescents aged 10-17 in vulnerable and low-income families and communities	
15	<a href="#">Parenting for Lifelong Health Programme for Young Children</a>	Parenting for Lifelong Health, Clowns Without Borders South Africa	Intervention	Parenting program to help parents build positive and long-lasting relationships with their children. For parents and caregivers of children aged 2-9 in vulnerable and low-income families and communities.	
16	<a href="#">Parenting for Lifelong Health Programme for Infants</a>	Parenting for Lifelong Health, Mikhulu Trust	Intervention	Parenting program, also known as Thula Sana Mother-Infant program, was developed by colleagues from Stellenbosch University and the University of Reading to improve maternal sensitivity and responsiveness and encourage secure attachment between mothers and their infants in low-income settings.	
17	<a href="#">Parent for Lifelong Health – Shared Reading Programme</a>	Parenting for Lifelong Health, Mikhulu Trust	Intervention	Parenting program that facilitates caregivers’ stimulation of young children’s	

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				cognitive and social development through focused engagement with picture books.	
18	<a href="#">Philani Mentor Mother Programme</a>	Philani	Intervention	The key idea behind this programme is to engage capable women to improve the lives of families, within their own communities, prioritising mothers, and children. In this way the programme takes family health, including the nutrition and rehabilitation of children, beyond clinics and institutions and directly into people's homes.	
19	<a href="#">Parenting Under Pressure (PUP)</a>	Plan International	Intervention	PUP is a parenting in emergencies programme which targets parents/caregivers of children aged 0-8 in humanitarian situations. PUP is a peer-to-peer parenting program that aims to empower parents/caregivers to provide nurturing care that supports their children's healthy development and wellbeing. The program has a strong focus on parental wellbeing, promoting co-parenting and men's engagement, and strengthening support and solidarity networks between crisis-affected parents. It has been tested in numerous countries, including Burkina Faso, Myanmar and Rwanda, and a hybrid version is also being developed and tested.	

Number	Name and Web Link	Agency	Type of Document	Summary of Intervention	Evaluation (if available)
20	<a href="#">Protecting Children from Harmful Practices</a>	Plan International	Intervention	This resource provides examples of legislation that protect children in areas where harmful practices such as female genital mutilation, forced marriage and more are still lawful. This can be used as a reference for groups attempting to change the harmful practice laws across the world.	
21	<a href="#">In Her Shoes</a>	Raising Voices	Intervention	Program that allows people to temporarily experience life for a woman or girl experiencing violence. Participants gain insight into what life is like, and obstacles women and girls face as a result of gender-based violence.	
22	<a href="#">SASA!</a>	Raising Voices	Intervention	Community program that engages a large amount of people to address violence against women and children and HIV. Program works to fight the imbalance of power between women and men, boys and girls.	
23	<a href="#">Play @ Home</a>	Right to Play	Intervention	This resource is a combination of infographics and games for children and their caregivers to play while home, specifically during COVID-19. The games help keep children occupied at home, while learning important lessons related to the current emergency.	

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24	<a href="#">Early Childhood Education and Care (ECEC) Play Hubs</a>	Romani Early Years Network	Guide	Eight Play Hubs within the European Union help children learn the necessary skills and knowledge that are needed for entering formal education. In addition, the program brings different groups of people across the community together to play and learn from each other. The Play Hubs also offer parenting support as caregivers have the opportunity to share issues they are having.	
25	<a href="#">ELM (Early Literacy and Math) at Home</a>	Save the Children	Activity guide for parents	This program supports parents/caregivers at home to enable early learning in math and reading through child-friendly games and activities that can be organized with basic materials at home.	
26	<a href="#">Healing and Education Through the Arts (HEART) at Home</a>	Save the Children	Approach	Simple expressive arts activities and supportive conversations at home aims to help children process and recover from stress with the support of their parents, caregivers, siblings, or other family/household members.	
27	<a href="#">Safe Families</a>	Save the Children	Intervention	Safe Families aims to prevent children from experiencing physical and humiliating punishment in the home. Through its implementation, fathers, mothers and caregivers gain increased understanding of child development, child rights, and positive parenting; partner and parent-child relationships are strengthened.	

Number	Name and Web Link	Agency	Type of Document	Summary of Intervention	Evaluation (if available)
28	<a href="#">Sugira Muryango</a>	Sugira Muryango	Intervention	Sugira Muryango (SM) is a home-visiting programme that uses active coaching to build parent capabilities and increase responsive parenting of both mothers and fathers to promote early childhood development (ECD) and prevent violence. SM has targeted families in extreme poverty with young children aged 0-36 months.	*Betancourt, T. S., Jensen, S. K., Barnhart, D. A., Brennan, R. T., Murray, S. M., Yousafzai, A. K., ... & Kamurase, A. (2020). Promoting parent-child relationships and preventing violence via home-visiting: a pre-post cluster randomised trial among Rwandan families linked to social protection programmes. BMC public health, 20(1), 1-11.

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29	<a href="#">Trickle Up + Family Coaching</a>	Trickle Up + Family Coaching	Intervention	This programme partners with women in extreme poverty to build economic opportunity and drive inclusion.	*Karimli, L., Rost, L., & Ismayilova, L. (2018). Integrating economic strengthening and family coaching to reduce work-related health hazards among children of poor households: Burkina Faso. <i>Journal of Adolescent Health</i> , 62(1), S6-S14.
30	<a href="#">The Families Matter! Parenting Program (FMP)</a>	U.S. Centres for Disease Control and Prevention (CDC)	Intervention	The goal of FMP is to reduce sexual risk behaviour among adolescents by engaging parents in the delivery of primary prevention messages to their children, and increasing awareness and protective strategies against child sexual abuse and harmful gender norms that may lead to violence.	
31	<a href="#">Care for Child Development (CCD)</a>	UNICEF and WHO	Approach	An approach designed to promote early learning and responsive caregiving through integration into existing services in a variety of sectors such as health, nutrition, education, and child protection.	

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32	<a href="#">Helping Adolescents Thrive Toolkit</a>	UNICEF and WHO	Intervention	This toolkit includes a core set of evidence-informed strategies to promote and protect adolescent mental health. These strategies focus on: the implementation and enforcement of laws and policies; environments to promote and protect adolescent mental health; the provision of support to parents and other caregivers; and psychosocial interventions for adolescents, including for groups exposed to vulnerabilities.	
33	<a href="#">Nurturing Care Framework</a>	UNICEF and WHO	Approach	The Nurturing Care Framework draws on state-of-the-art evidence on how early childhood development unfolds. It sets out the most effective policies and services that will help parents and caregivers provide nurturing care for infants and young children, to enable their healthy growth and development.	
34	<a href="#">Caring for the Caregiver (CFC) Training Module</a>	UNICEF and WHO	Training materials	Aims to reduce parental stress and distress through an increase in the provision of social support, psychoeducation, and stress management techniques; also provides strategies for reducing harsh parenting and increasing positive parenting. The model consists of 9 sessions, one held each week for 2 hours.	

Number	Name and Web Link	Agency	Type of Document	Summary of Intervention	Evaluation (if available)
35	<a href="#">Global Multisectoral Framework for Mental Health and Psychosocial Support of Children, Adolescents and Caregivers Across Settings</a>	UNICEF and WHO	Approach	Simple expressive arts activities and supportive conversations at home aims to help children process and recover from stress with the support of their parents, caregivers, siblings, or other family/household members.	
36	<a href="#">Global Strategy for Infant and Young Child Feeding</a>	UNICEF and WHO	Strategy	The purpose of this resource is to spot issues in infant and young child feeding. The guide includes interventions with proven positive results on increasing access of infant and young child feeding initiatives.	
37	<a href="#">Caregiving for Children Through Conflict and Displacement</a>	UNODC	Intervention	Guide for parents and caregivers to support children during conflict and displacement.	*El-Khani, A., Maalouf, W., Baker, D. A., Zahra, N., Noubani, A., & Cartwright, K. (2020). Caregiving for children through conflict and displacement: a pilot study testing the feasibility of delivering and evaluating a light touch parenting intervention for caregivers in the West Bank. <i>International Journal of Psychology</i> , 55, 26-39.
38	<a href="#">Caregiver Support Intervention (CSI) Be There</a>	War Child	Intervention	This five-part package provides guidance on caregiver skills training for families of children aged 2–9 years with developmental delays or disabilities. These skills can be	

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				used at home to improve their child’s engagement in activities and communication, and to promote positive behaviour and skills for daily living.	
39	<a href="#">Caregiver Skills Training for Families of Children with Developmental Delays or Disabilities</a>	World Health Organization	Intervention	This five-part package provides guidance on caregiver skills training for families of children aged 2–9 years with developmental delays or disabilities. These skills can be used at home to improve their child’s engagement in activities and communication, and to promote positive behaviour and skills for daily living.	
40	<a href="#">Guidelines on Parenting Interventions to Prevent Maltreatment and Enhance Parent–Child Relationships with Children Aged 0–17 Years</a>	World Health Organization	Evidence	This guideline provides evidence-based recommendations on parenting interventions for parents and caregivers of children aged 0–17 years that are designed to reduce child maltreatment and harsh parenting, enhance the parent–child relationship, and prevent poor mental health among parents and emotional and behavioural problems among children.	
41	<a href="#">Improving Early Childhood Development: WHO Guideline (2020)</a>	World Health Organization	Approach	This guideline stresses the importance of nurturing care. One of the key strong recommendations stresses the importance of responsive caregiving. It recommends that “all infants and children should receive responsive care during the first 3 years of life; parents and other caregivers should be supported to provide responsive care”.	

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42	<a href="#">Child Friendly Spaces at Home Activity Cards</a>	World Vision	Catalogue of Activities	The purpose of this resource is to promote child and family psychosocial well-being during the COVID-19 pandemic. These activities allow parents and children to play together. The cards are meant for children aged 6 through 17.	
43	<a href="#">Go Baby Go</a>	World Vision	Intervention	This is a positive parenting program for caregivers of children aged 0-3 years. The emphasis is on sensitive and responsive caregiving, age-appropriate activities as well as supporting the caregiver mental well-being	
44	<a href="#">Playful Parenting Activity Booklet</a>	World Vision	Intervention	This resource includes activities for parents to play with their children at different age levels, to support mental and physical child development. Different activities for children range from new-borns to children 6 years of age.	