



# The Blue Box

PROMOTING THE DEVELOPMENT OF ALL CHILDREN  
THROUGH ROUTINES AND PLAY



The Blue Box is an interactive tool involving the parents and caregivers, based on playing, that aims to prevent or mitigate the developmental delay of children aged between 2 month and 3 years.

## THE MOST EFFECTIVE APPROACH TO FOSTER THE DEVELOPMENT OF YOUNG CHILDREN

Children with impairments, premature, low birth-weight, children with malnutrition, children living with social and psychological distress are at higher risk of developmental delays : they have less opportunities of positive interactions with caregivers, family and peers.

Development depends on the interaction of the child with the environment (people, places and objects), the physical and emotional experiences, and play! Early stimulation through play and positive interactions with caregivers at home is the most effective approach to foster the development of young children (0-3).

## WHAT TO EXPECT FROM THE BLUE BOX ?

Effects observed so far

**ACCELERATE PROGRESS** in developmental milestones in cases where there may have been a delay without any focused intervention

**PREVENTION** of developmental delay and functional, lifelong impact of disability

**AN INCREASE IN PLAY TIME** spent by caregivers with children in early years

**A IMPROVED PARENT-CHILD RELATIONSHIP**



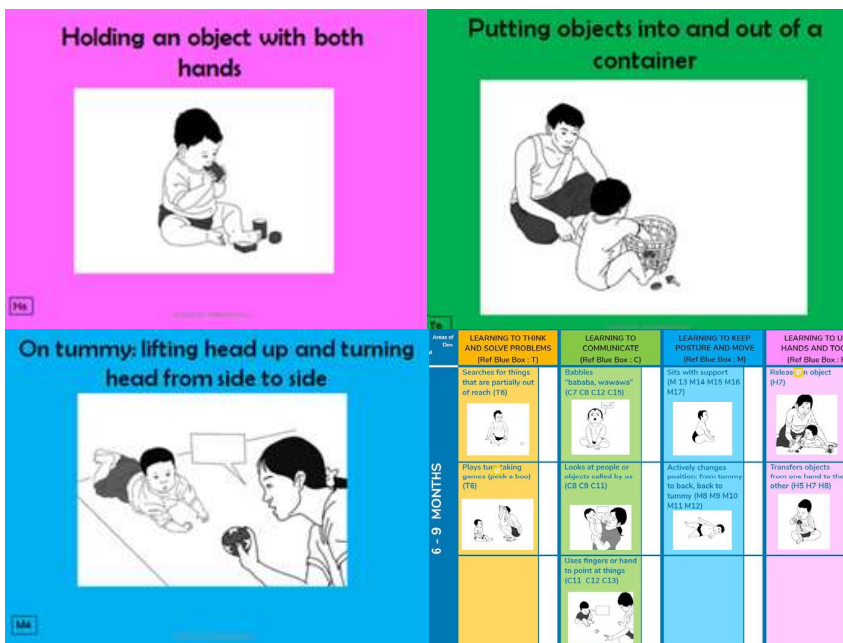
## THE “BLUE BOX” TOOL INCLUDES :

A box containing 4 sets of activity cards (85 in total) : simple examples for caregivers of activities and play to stimulate specific skills.

Flip charts to support positive parenting messages , including core notions on how children develop and the importance of early stimulation and play

The “developmental journal” can be used to observe and monitor child development milestones (0 to 3 years )

A toy box : age -appropriate, locally made toys



## IN WHICH SETTINGS CAN THE BLUE BOX BE USED?

### PARENTING GROUPS AND MOTHER GROUPS

Groups represent a safe space for caregivers to share concerns, learn from each other and get support from peers. The Blue Box can be used by communities, or in health centers, as a tool to drive educational sessions.

*Good practice* Toy making workshops are a great opportunity for caregivers to create low cost play material to be used in ECD community spaces and at home.



### INDIVIDUAL STIMULATION SESSIONS AT HOME

Children from vulnerable households or children who have developmental delays can benefit from individual home sessions. Community workers identify play activities to stimulate the holistic development and learning of skills and help caregivers integrate them into daily life at home.

*Good practice* Activity cards provide hints to community workers on adaptation needed in case of impairments.

### COMPLEMENTARY TO REHABILITATION INTERVENTIONS

Children with mild to severe disabilities and children recovering from severe malnutrition might require intensive, personalized rehabilitation care.

The Blue Box Activity cards can be useful to follow up rehabilitation plans at home ; play activities can be selected jointly with therapists and caregivers and adapted to the needs of the child.

