

Learn About *Moments That Matter*®

Moments That Matter® (MTM) is an early childhood development program partnership of Episcopal Relief & Development focusing on children ages 0-3 when the quality of nurturing care children receive can affect them for the rest of their lives. MTM equips and supports parents and other primary caregivers, often in remote communities where information and resources about nurturing care are limited or nonexistent, and trains community leaders, including faith leaders, to support families with young children. This [Fact Sheet on Integrated Early Childhood Development](#) provides information about our strategic approach to Early Childhood Development programming in *Moments That Matter*®, including assessment data and program results.



The primary objectives of the program are:

Responsive Care & Early Learning: Teaching parents and caregivers the essential work of watching and tuning into a child's cues, figuring out what they really mean and responding to them in a sensitive way. This stimulates connections in the brain that affect the growth of a child. Lack of early stimulation can impact long-term potential.

Nutrition and Health: Access to nourishing food/nutrients and access to care, when needed, help children grow. This is not just about the absence of disease or ill health but also involves the provision of essential nutrients that prevent cognitive delays, stunting, blindness and death.

Physical Development: Safe environments and attentive adults give very young children opportunities to gain control over small muscles, including those needed to change position from lying down to sitting up or walking and picking up objects. This focus also helps children develop larger muscles used to walk or throw a ball and build a healthy body that gets stimulation and exercise.

Social and Emotional Development: This focus helps children learn how to develop relationships and get along with other children and adults as well as develop a sense of identity and self-esteem.

Communication Development: This gives children the ability to understand language, express ideas and learn how to read and write. Later in the toolkit, we have ways you can help with these objectives on a local level. You can also support the global work of *Moments That Matter*® [here](#).