

THE NETWORK: TOWARDS UNITY
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THE NETWORK
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"PRIMARY HEALTH CARE: A PATH
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SYSTEMS AND COMMUNITY BASED
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TUFH 2020 Abstracts

Title	Promoting resilience from childhood, experience of a Maternal and Child Program.
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Content

Childhood adversity can have negative developmental consequences, however, it can also activate resilience processes, early childhood care institutions represent an important external resource for families in this process. Objective: this study explored how resilience is configured in children under 10 years of age in a Maternal and Child Program in Bogotá, Colombia. Methodology: during the second semester of 2019 a qualitative explanatory study was carried out. The participants were: nine children and their main caregivers, and the caregivers of the program. The caregivers were given an episodic interview about the child's career in the program, In addition, the children received non-participatory observation about their routines in the program (lunch, workshops and games). The analysis of the information was done using grounded theory. Results: families who have been accompanied by the Maternal and Child Program have acquired tools (parenting guidelines, executive functions, and building receptive relationships) that have helped them in caring for children and mitigating sources of adversity. Families find a safe environment in the program, since the program works from an appreciative approach and provides interdisciplinary support to the needs of families. The program per se is a resilient tutor and trains caregivers so that they too are, which in turn favored other transformation processes in the child, family and community. Conclusion: in the face of adversity, the Maternal and Child Program and positive relationships are protective factors that explain the resilience in the child and the family, the empowerment of the mother, changes that favor community transformation.