



# SUGIRA MURYANGO

**Global Initiative to Support Parents**  
**22 June 2022**

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RESEARCH PROGRAM ON CHILDREN AND ADVERSITY

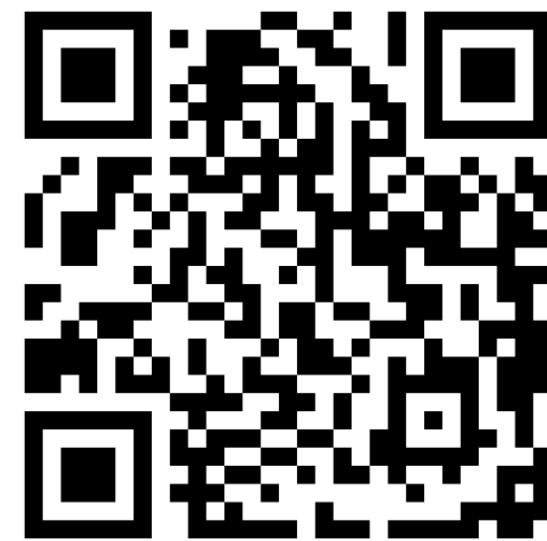


UNIVERSITY of  
RWANDA

# Sugira Muryango is a play-based, father-engaged **home-visiting intervention for early childhood development** and playful parenting

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- The Sugira Muryango (“Strengthen the Family”) intervention is designed to **improve early child development** and **reduce violence** in the home.
- It is a **active-coaching based home-visiting** intervention delivered by community-based volunteers through a 12-module curriculum.
- It targets vulnerable households with children 0-3 in Rwanda and **male and female caregivers**.
- It has been shown to **improve key child development outcomes** including **early stimulation/nurturing care and nutrition**, as well as **reducing violence** exposure in the family.<sup>1</sup>



To access publications on our work, scan here.

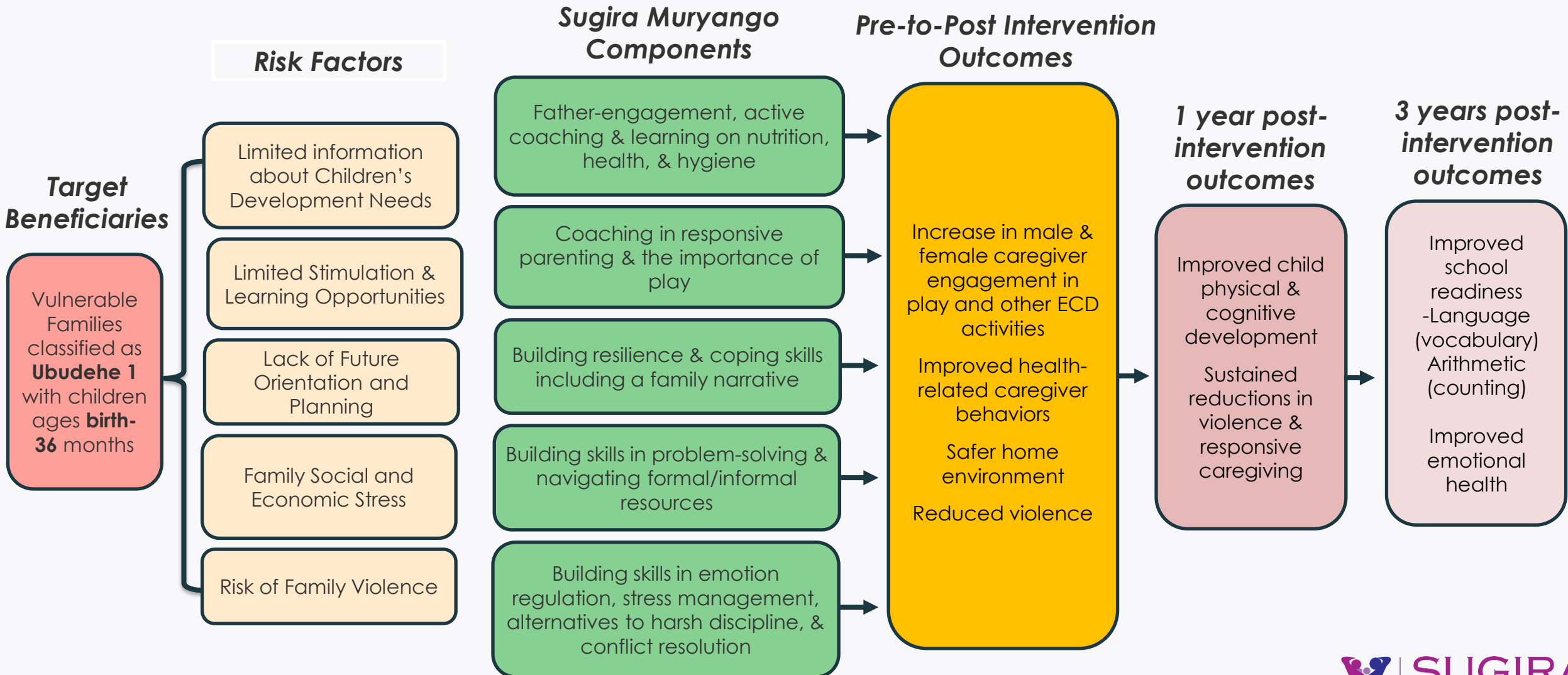
Sugira Muryango addresses the needs of **both the child and the caregiver** through customized and flexible family engagement

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- **In-home** and **active** coaching
- **Standard content** on early stimulation, nutrition, hygiene (WHO Care for Child Development)
- BUT ALSO: **problem solving, conflict resolution, stress management to address risk of family violence**
- Navigation of **formal/non-formal resources** & supports
- **Flexible** for all family types
- **Male caregiver engagement** emphasized in visuals and messaging as well as flexible scheduling (child care, home chores)
  - 70% of fathers completed all modules
  - **15-minute play activity** with homemade toys during each visit
  - Complementary to ECD Centers, community sensitization and home-based child care initiatives
  - Strengths-based - focus on **capacities**, not just deficits



# Sugira Muryango's **Theory of Change** responds to risk factors in targeted beneficiaries to affect **short and long term positive outcomes**



# A Cluster Randomized Trial (CRT) N=1049 families **demonstrated impact on child development and family functioning, children's cognitive development, harsh discipline** of children, **dietary diversity** and other key outcomes

Betancourt et al. *BMC Public Health* (2020) 20:621  
<https://doi.org/10.1186/s12889-020-08693-7>

BMC Public Health

RESEARCH ARTICLE

Open Access

Promoting parent-child relationships and preventing violence via home-visiting: a pre-post cluster randomised trial among Rwandan families linked to social protection programmes



Theresa S. Betancourt<sup>1\*</sup>, Sarah K. G. Jensen<sup>1</sup>, Dale A. Barnhart<sup>2</sup>, Robert T. Brennan<sup>1,3</sup>, Shauna M. Murray<sup>1</sup>, Aisha K. Yousafzai<sup>4</sup>, Jordan Farrar<sup>1</sup>, Kalisa Godfroid<sup>5</sup>, Stephanie M. Bazubagira<sup>5</sup>, Laura B. Rawlings<sup>6</sup>, Briana Wilson<sup>6</sup>, Vincent Sezibera<sup>7</sup> and Alex Kamurase<sup>6</sup>

Original research

BMJ Global Health

Effect of a home-visiting parenting program to promote early childhood development and prevent violence: a cluster-randomized trial in Rwanda

Sarah KG Jensen,<sup>1</sup> Matias Placencio-Castro,<sup>2</sup> Shauna M Murray,<sup>1</sup> Robert T Brennan,<sup>1,3</sup> Simo Goshev,<sup>4</sup> Jordan Farrar,<sup>1</sup> Aisha Yousafzai,<sup>5</sup> Laura B Rawlings,<sup>6</sup> Briana Wilson,<sup>6</sup> Emmanuel Habyarimana,<sup>7</sup> Vincent Sezibera,<sup>8</sup> Theresa S Betancourt<sup>1</sup>

## More stimulation in the home

Higher scores on the HOME inventory (Cohen's  $d=0.78$ )

Decrease in child exposure to violent child discipline (OR:0.34)

Decrease in mothers & fathers showing depression/ anxiety symptoms (OR: 0.82)

Dietary Diversity: Consumption of **0.44 extra food groups** in last 24 hrs. (Cohen's  $d=0.34$ )

Increased care seeking for diarrhea (OR: 2.2) and fever (OR:3.3)

## Effects on Reduced Violence in both mothers and children were sustained one year later

### Gross motor z-score

Higher scores in treatment children ( $d=0.162$ )

### Significant effects on ASQ Communication z-score

Greater score in treatment children ( $d=0.081$ )

### Significant effects on ASQ Problem Solving z-score

Greater scores in treatment children ( $d=0.101$ )

### Significant effects on ASQ Personal-social z-scores

Greater scores in treatment children ( $d=0.096$ )

# Proven impact led to expansion, further study and strengthened capacity building

CRT  
2018-19

Cluster randomized trial demonstrates impact of Sugira Muryango in a study of 1,049 Ubudehe 1 families in 3 districts

Expansion  
2020-23

- **More impact:** Program expansion brings Sugira Muryango to **all eligible Ubudehe 1 and selected Ubudehe 2** families in 3 districts
- **More evidence:** New research tests an IMPLEMENTATION STRATEGY FOR SCALING OUT Sugira Muryango called the **PLAY Collaborative** and its impact

Longitudinal  
2022-24

- **More evidence:** Longitudinal and spillover study measures the **long-term impact** on CRT families:
- **Sugira Muryango children** now ages 4-7
- **Siblings** of Sugira Muryango children who may have experienced spillover effects

Capacity Building with  
UoR  
Ongoing

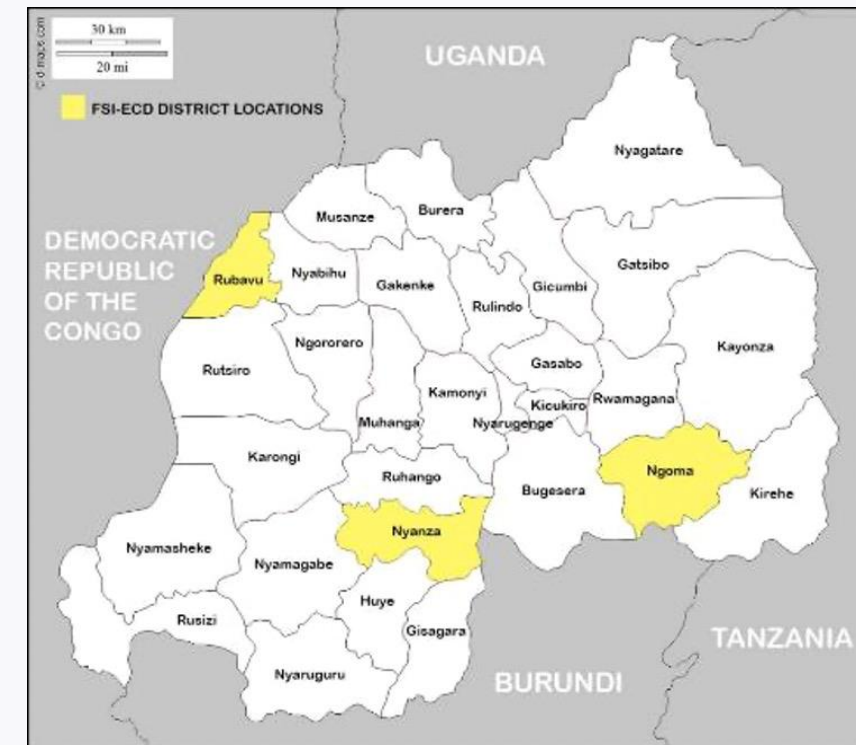
- **More impact:** UoR students, faculty and local researchers gain research & writing skills as well as grant writing skills
- **More evidence:** UoR students and faculty contribute to Sugira Muryango research & learning

# Sugira Muryango PLAY Collaborative Testing at Strategy for Scaling Out an Evidence-Based Intervention With Quality



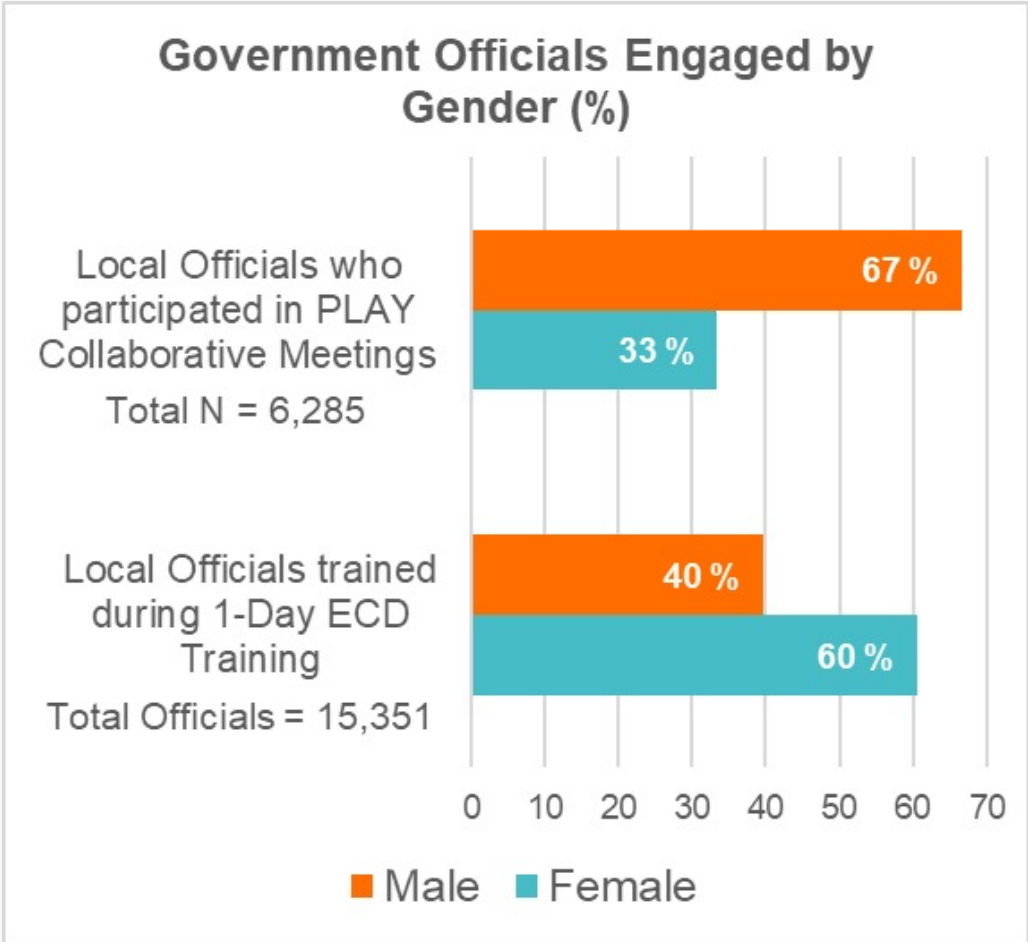
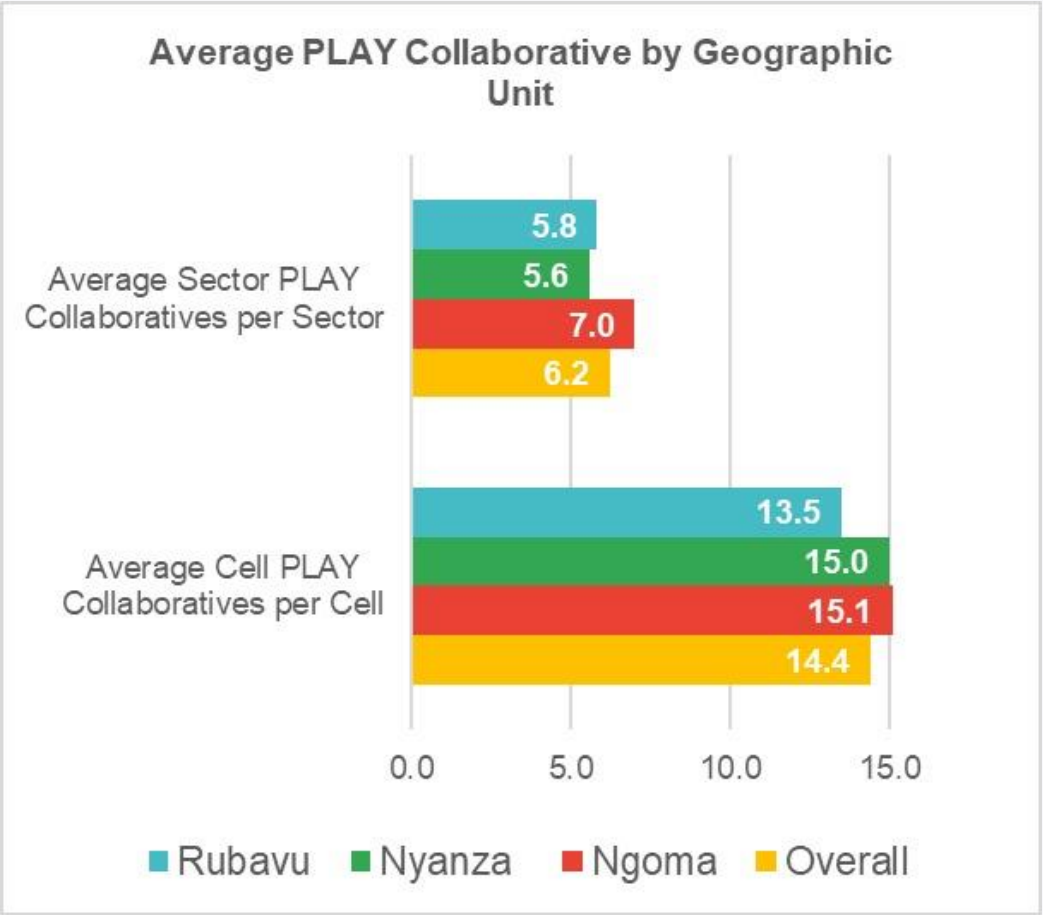
# Through the **PLAY Collaborative**, **Sugira Muryango** aims to reach **10,000 families** while **testing methods** for **stakeholder engagement** and **quality improvement**

- Expansion targets **10,000 Ubudehe I families with children 0 - 36 months** in Ngoma, Nyanza & Rubavu Districts.
- Expansion is testing the **P.L.A.Y. Collaborative** Strategy for Scale.
  - Based on the Collaborative Team Approach (CTA)
  - Collaboratively created Shared Charter
  - Aimed to promote local ownership, increase program oversight, promote cross-site learning, and evidence-based decision making.
- **Embedded study** including effectiveness, implementation, and impact of COVID-19.
- Developing a **locally hosted digital dashboard** for monitoring and real time feedback mechanisms.

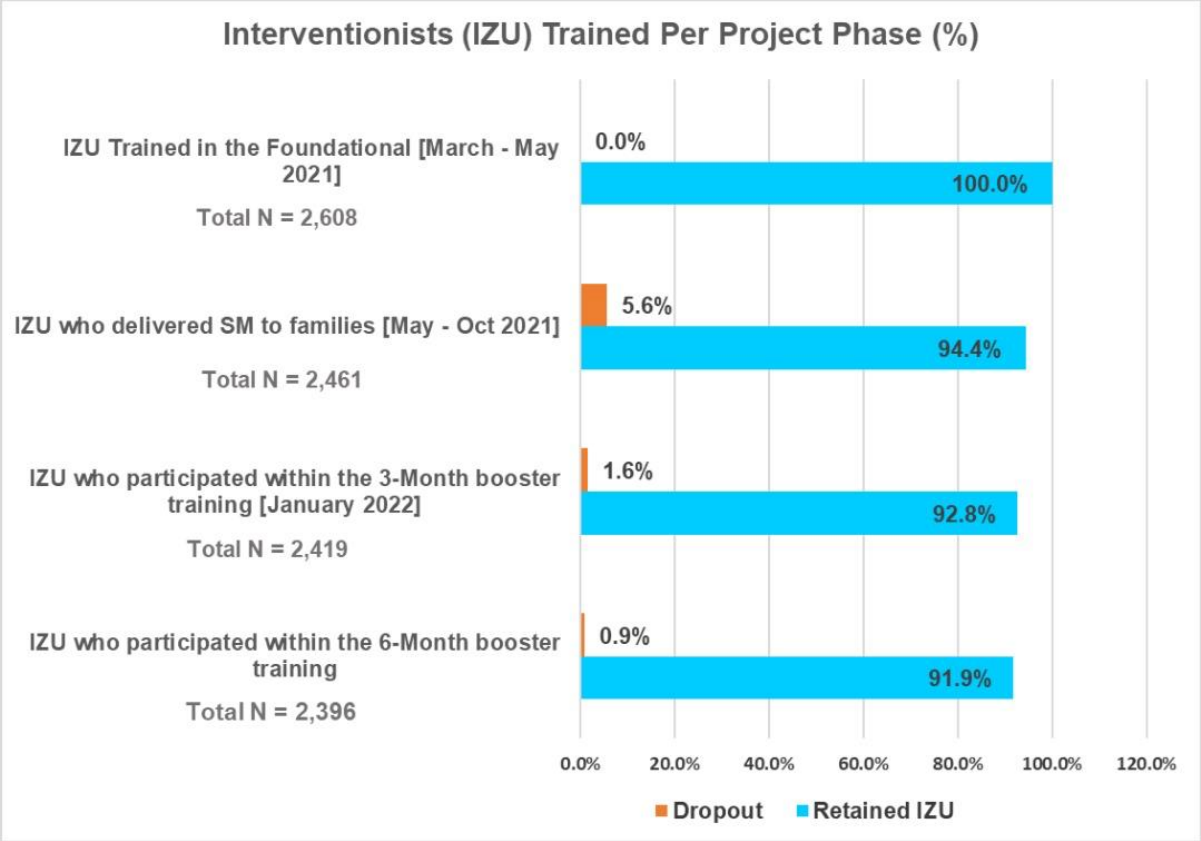
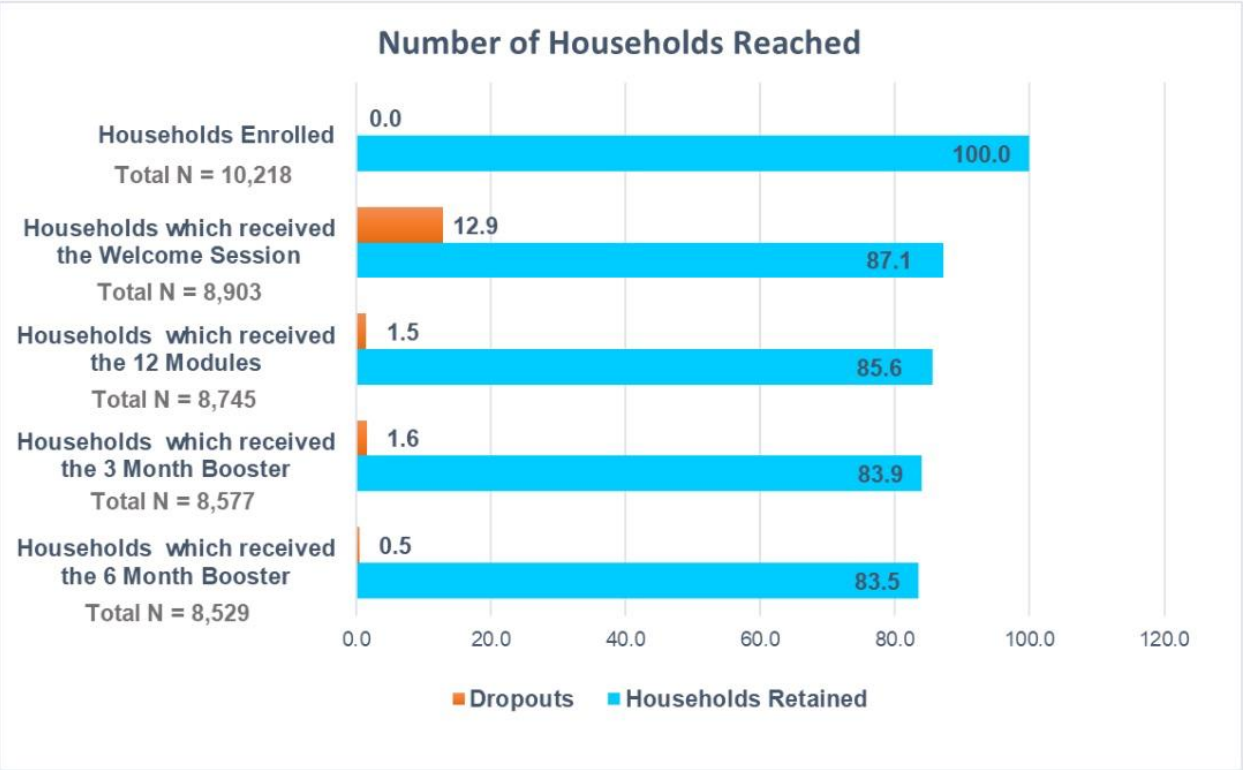




The **PLAY Collaborative** has so far **trained 6,285 local officials**, and **engaged 15,351 government officials** during a total of **2,803 meetings**



# The **PLAY Collaborative** has so far **trained 2,608 IZUs to deliver Sugira Muryango** reaching **9,483 children**, and **19,548 caregivers**



# Longitudinal & Spillover Study aims to provide **long-term evidence for ECD intervention in Rwanda**

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## Study design

- Follow up with the 1,029 families in the original CRT: Sugira Muryango families and control families
- Mixed quantitative and qualitative methods

## Research questions

- Did Sugira Muryango have effects across the range of outcomes, both new domains and those assessed in the prior CRT?
- Did Sugira Muryango have positive effects on younger and older siblings of children who participated in the intervention compared to siblings in usual care households?