



# Impact Study of Early Childhood Development Centers on Parenting Styles in Nairobi, Kenya

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## Abstract

Early childhood development centers (ECDs) in Nairobi, Kenya have been established to enhance child well-being and parental engagement. A mixed-method approach combining qualitative interviews and quantitative surveys was employed to assess changes in parenting practices before and after enrollment in ECDs. Parents reported a significant shift towards more nurturing and responsive parenting, characterized by increased responsiveness to their children's needs and reduced authoritarian behaviour. This change was evident across all socioeconomic groups studied. The findings suggest that ECDs play a crucial role in shaping parents' approach to child-rearing, particularly in promoting positive parental behaviors. Governments should continue supporting the expansion of ECD programmes and integrate them into broader social welfare policies to ensure comprehensive support for young families.

**Keywords:** *African Geography, Early Childhood Development, Parenting Styles, Qualitative Research, Social Policy Analysis, Community Engagement, Child Wellbeing*

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