



ICDP

International Child Development Programme

Empathy. In Action.

ICDP IN THE WORLD 2009

Message From ICDP Chairman Karsten Hundeide

There have been significant developments in the application of the ICDP program worldwide, confirming the relevance of our work in many different fields. Some activities represent new areas of expansion and others, consolidation of previous efforts.

ICDP is implemented within many different groups including: immigrant population, asylum seekers, youth, families in prisons, care givers in child protection centres, children in institutions, carers of the elderly, families of ex guerrilla fighters, displaced families, schools and pre-schools, the health sector, through child psychiatry, domestic violence prevention and in the context of HIV/AIDS.



In line with our new emphasis on the importance of evaluation, four ICDP projects are in process of evaluation; Norway with professor Sherr, Trondheim with professor Wickstrøm, Sweden with professor Holmquist, Colombia with UNICEF.

ICDP received two awards: one from the Mayor of Oslo for the best educational and awareness raising effort in Oslo, particularly for the work with the minority population, and the second in Colombia where the National Award for Human Rights went to the Boyaca department where ICDP, as their flagship programme, reached over 100,000 families.

In 2009 we held regional network meetings in Sweden, Colombia and Mozambique. ICDP gave presentations and workshops at several international conferences, establishing new partnerships, which also led to planning of new projects in Latin America and Southern African countries.

Karsten Hundeide
Chair of ICDP

Other members of the ICDP International board: Nicoletta Armstrong, Santana Momade, Penelope Villar, Virginia Thomas and Stephan Solat. Advisors: Annelie Waldau, Marianne Fjetland, Finn Godrim, Henning Rye and Markus Hoff Berge.

"...ICDP comes in to restore and revive normal human caring interaction."

Introduction

ICDP began developing its training program in 1985 but an organisation was not founded until 1992 when it was registered as a private foundation, in Oslo, Norway, with the objective of working for the development of children and young people.

Our Ethos

The ethos of ICDP is to provide for human care by activating empathy and education of both caregivers and their children.

Our Work

The work of ICDP is based on the principles that are laid down in the UN Convention on the Rights of the Child. ICDP may participate directly or indirectly in activities run by other humanitarian organisation having corresponding objectives.



ICDP parents in Mozambique

About ICDP

"ICDP is based on the idea that human beings are by nature social, and that also means that we, as human beings, are particularly vulnerable in our social relationships because that is the domain of our suffering and our happiness. So when we are deprived of normal human contact, there is suffering and loss, as we can see in institutionalized children. This is where ICDP comes in to restore and revive normal human caring interaction.

This does not only apply to the care of babies and young children, it applies at all levels of life from babies to youth, adults to elderly - we are all living in relationships with each other, and the quality of these relationships decides how we feel, cope and develop. Therefore ICDP is in principle applicable at all these levels..."

Professor Karsten Hundeide
Chair of ICDP

ICDP Approach To Training

The ICDP approach to training is based on the idea that the best way to help children is by helping the children's caregivers. It is now well known that unless children have at least one caring adult to love them and teach them life skills, social behaviour and morals, their mental and emotional development will be impaired.

Recent research suggests that normal physical development of the brain depends on proper interaction between a caring adult and the growing child. In normal circumstances such learning happens naturally. However when families are uprooted through social changes, migration, catastrophes, children losing their parents, or having been numbed by severe deprivation and emotional shock, this care often breaks down and has to be reactivated through skilled help. If children do not receive sufficient love and attention while they are young, the problem can perpetuate itself because they can themselves become inadequate parents. Therefore ICDP's focus is on trying to break this cycle.



"...The ICDP approach to training is based on the idea that the best way to help children is by helping the children's caregivers.."

Programme ICDP has developed a simple and culturally adaptable programme, based on recent research in child development that sensitises and enriches the relationship between caregivers and their children. Local child rearing practices are identified and reactivated in order to stimulate development that is truly authentic and long lasting. The main aim of ICDP training is to build competence and confidence in the members of a community or an existing child caring system and to transfer the project to the local resource persons.

Implementation The ICDP program was originally developed for parents/caregivers of very young children. Over the years it has proved to be relevant for caregivers of older children too. The program can be used in the area of prevention and rehabilitation in different contexts; to train staff in centres and institutions for children, to improve relational abilities of teachers in preschools and schools, or as a parenting programme working through networks, such as primary health care or social services. The ICDP programme can help develop standards for human care in emergency situations, when young children are placed in camps or institutions due to war, migration, catastrophes, abandonment or abuse.

Training Workshops are given on two different levels, followed by practical application of ICDP in two 'self-training projects'. At the first level of training participants implement the programme directly with families; the second level of training qualifies participants to train others.

NORWAY

ICDP has been active in Norway for 11 years. In 2009 ICDP Norway became independent from ICDP International and an agreement was signed between the two foundations.

ICDP has continued to spread all over Norway. There are currently more than 1600 facilitators and 114 trainers. The ICDP programme is used in kindergartens, schools, child protection, with minority groups, in prisons, as an integrated part of primary healthcare and in asylum institutions.

The Directorate of Children, Youth and Family Affairs is responsible for the implementation of ICDP on a national scale.

In May 2009, 50 trainers attended a Network meeting in the outskirts of Oslo to exchange experiences and to acquire new knowledge and inspiration for ICDP.

In 2009 a contract about the use of the programme was signed between the Directorate/Ministry (BLD) and ICDP.

Specialized training was given to facilitators who run groups for parents with special needs children. It was the first supplementary training after the pilot project finished in 2007.

Facilitator level training started for 16 professionals mostly from the Centre for Child and Adolescent Mental Health, Eastern and Southern Norway (RBUP). They will implement ICDP in different institutions for young and single asylum seekers. The ICDP pilot project in asylum institutions finished and a new project with broader implementation in Norway is being planned.

A new book by Karsten Hundeide, called "ICDP for facilitators working with minority parents" was produced for use by ICDP accredited facilitators from minority groups. The book is sold from the ICDP head-office in Oslo.

ICDP Norway is working on a new DVD which will contain examples of good interaction between caregivers and children. A website for ICDP Norway was also developed: www.icdp.no

DENMARK

There are many requests for ICDP training from different educational institutions and so the current challenge is to form new groups of ICDP qualified trainers who can spread ICDP according to demand. ICDP Denmark is on Facebook and the webpage is www.icdp.dk

The GR Psykologerne Centre for Relations in Skive is continuously training professionals working with children aged 0-6 yrs, as well as primary and secondary school teachers. In 2009 the centre produced a DVD called "Golden Moments in Kindergarten", which illustrates the application of ICDP in caregivers' daily work with children. The DVD can be found on www.g-r.dk

Between August and December 2009, 44 pedagogues who work with children and young people with delayed mental development were trained. The project was financed by the Næstved commune and it was evaluated by the DPU, whose report confirmed that it is possible to sensitize professional caregivers and thus improve the quality of their interactions with children.

The University of Pedagogy (DPU) produced a positive evaluation of the project which applied ICDP with parents in the Vordingborg commune. This project is supported by the Ministry of Social Affairs.

In the Lolland commune, ICDP training was given to 26 pedagogues and nurses. This work was financed by the commune itself, with a contribution from the Ministry for Social Affairs who will be evaluating the project.

In the Randers commune a pilot project started to develop a public library for children, training 24 staff members. The project will be researched and if it proves successful it may lead to ICDP being incorporated as part of the general training for librarians.



SWEDEN

ICDP Sweden has been steadily increasing the scope of its activities. The training program for trainers continued to develop in 2009 all over the country.

There are signed agreements with 100 ICDP trainers, mostly working in public service, as well as a register of 1,200 trained facilitators.

Karsten Hundeide's manual was translated and published and is available from the Swedish webpage: www.icdp.se

In October ICDP Sweden organized two conferences in Stockholm. The first conference gathered 40 ICDP facilitators who demonstrated how they applied ICDP for the first time in a pilot project with the elderly.

The ICDP program implementation with this new target group produced positive results and the work generated enthusiasm among the facilitators.

The second conference gathered 40 facilitators who came to exchange their experiences in using ICDP with the following different groups: teenage parents, adoptive parents and parents from minority groups.

It became clear that ICDP represents an important and creative process, which allows facilitators to truly make ICDP their own and apply it with many different groups; the facilitators were clearly proud about their involvement with ICDP.

An evaluation project funded by the government's health institute was set up to ensure quality of training. A research project to find out whether professionally educated caregivers more easily detect and understand interaction has continued to develop, in cooperation with Linköping University. Evaluations of groups of parents are also taking place.

Professor Rolf Holmqvist from the Linköping University, Sweden, is developing a research project to be carried out in Tanzania in cooperation with ICDP Sweden, ICDP International, Save the Children UK and the University in Dar es Salaam.

ICDP Sweden runs a joint-stock company, ICDP AB. The purpose is to hire through the foundation consultants trained in ICDP for different assignments, such as lectures and teaching.

A number of books, booklets and manuals are currently being edited and the Swedish homepage is being rebuilt to meet the needs for clearer and more easily accessible information.

PORTUGAL

ICDP Portugal was registered in 2008 and its activities have been taking place mostly in the "Roda Viva" Educational and Social Centre, situated in Alfragide, near Lisbon. The Centre aims to contribute to the promotion and social integration of disadvantaged populations. As a result of ICDP interventions in 2008 changes were observed in participant parents, the technical team, and the newly trained promoters. This success ensured the continuity of the project, which expanded in 2009. ICDP workshops promoted practical strategies to help parents establish firm and clear rules and set boundaries for their children. In an environment of sharing and intimacy it was possible for all parents to air their concerns and find solutions together.

In November 2009 the sensitization training of new team members began, with special emphasis on the standardization of "interactive language". Ease of communication, a sense of membership and a spirit of mutual support gained expression in daily situations.

Blog: www.icdpportugal.blogspot.com



MOZAMBIQUE

The ICDP competence building programme in the field of psychosocial care for vulnerable children has been steadily developing since 2003. During 2009, the Mozambique ICDP team has put special emphasis on quality and sustainability. Internal workshops for staff to become "trainers of trainers" were carried out by the senior members of the Mozambique team.

ICDP work involved 12 institutions; 267 caregivers and promoters were trained, reaching 2142 children. ICDP activities are grouped as A and B projects:

A: Focused projects:

1. Working together with the local women's network, Organização da Mulher Moçambicana (OMM) in District 4 of Maputo, in Mavalane and Laulane communities. It involves ICDP sensitization and follow-up of groups of caregivers and supporting their initiative to replicate the ICDP process with others.

2. Cooperation with the Maputo Provincial Directorate of Women and Social Affairs (DMAS); ICDP training is given to staff in 4 Child Centers and the objective is to create a qualified 'reference group' of ICDP Facilitators inside DMAS Maputo, with autonomy to spread the ICDP programme.

3. ICDP is preparing to upgrade the work with children in the institutions in the region, with a competence building project for institutional staff.

4. Partnership was established with UEM (E. Mondlane University) and two geography students received sensitization in the ICDP program and afterwards participated in field training by joining the ICDP team.

ICDP is cooperating with the University where ICDP will be part of a master thesis program.

B: Services and training provided according to request:

1. ICDP training is requested by the Ministry of Education for primary school teachers in the Maputo area. A three day sensitization seminar for senior staff was planned for Jan 2010.

2. ICDP gives continuous support to local NGOs: ADSC and "Rebuilding Hope". The highlight of the cooperation with ADSC was researching over three days the impact of ICDP. The evaluation involved 134 caregivers.

3. ICDP support to the "1st May Child Care Centre" is also continuous.

4. ICDP sensitization in the first module was given to Red Cross staff in the Childrens Day Care Centre for 150 children at high risk.

5. ICDP gave important input in a workshop organized by UNICEF, advocating for psychosocial support to become top priority and be mainstreamed in the current programs by UNICEF and its partners.

SOUTHERN AFRICAN NETWORK MEETING

The yearly network meeting took place in Maputo with 18 participants from 6 different countries: South Africa, Malawi, Zimbabwe, Tanzania, Mozambique and Ethiopia. The objective was to strengthen cooperation and mutual support in order to promote good practices in ICDP. During field visits participants had the chance to observe and participate in activities with caregivers and children. Some of the most rewarding aspects of the meeting were the informal contacts and the friendly atmosphere, sharing meals and going out together, exchanging experiences and being inspired by ICDP developments in different countries. Thank you letters sent by participants after the meeting expressed great appreciation and motivation to work on further expansion of ICDP.



LESOTHO

In March 2009 a contract was signed between Blue Cross Norway (BCN), Thaba-Bosiu Centre (TBC) and ICDP with the aim of developing ICDP in Lesotho. The first ICDP training workshop took place in Maseru, at the beginning of July. There were 25 participants from 14 different organizations. They expressed great interest, worked hard asking relevant questions and suggested many ways of implementing ICDP in their work and also personal family life with children.

They told moving stories about their relationships, especially to their fathers, who as mine workers had little time to spend with their own children. An important task for Blue Cross is to determine how to include the alcohol and drug issue into the ICDP/Blue Cross program.

TANZANIA

The Women's Organization in the Kilimanjaro Region of Tanzania, called KIWAKKUKI, was founded to combat HIV/AIDS by raising awareness, disseminating information and by offering support to those infected and affected by the disease. ICDP was incorporated in their work in projects mainly sponsored by the Bergen University and the Bernard van Leer Foundation (BVLf).

A group of 21 people are now ICDP facilitators and 13 more are trainers able to form new groups of facilitators. According to the survey conducted with children and caregivers, including teachers, about the effects of the intervention, caregivers learned to share experiences with one another, to speak and to "open up".

The ICDP training increased the participants' demonstrations of love and their use of praise with the children. They learned that using a stick is not as good as hugging, talking and praising, that giving love enables children to accept discipline and behave better. They also learned that including children in planning makes them more eager to participate.

A research study will be carried out to enhance our knowledge on two levels: the first will evaluate the effects of ICDP on parents and children, and the second level will increase our knowledge about socio-emotional functioning, child-parent interaction and perceptions of parenthood in the selected part of Tanzania and also give knowledge about these phenomena in other growing cities with transitional values in Africa.



COLOMBIA

ICDP Colombia (www.icdpcolombia.org) has been developing projects with UNICEF since 2001, focusing on the most vulnerable and poor areas of the country. ICDP is considered to be a methodology that can contribute to peace building processes and the realization of some of the most fundamental principles of the Convention on the Rights of the Child.

The most significant effect of the ICDP program, according to surveys lies in its simplicity, humanity and easy practical application which allows for rapid implementation and immediate results by sensitizing and improving the quality of adult-child relationships.

There are 1986 trainers and 16,457 facilitators who implement ICDP reaching children, youth and families through social services, education and health networks, and to a minor extent through local non-governmental organizations. The main focus in 2009 was in the following areas of the country:

HUILA: ICDP has been present since 2006. In 2009, 147 trainers and 1417 facilitators (teachers, nurses and social workers) implemented ICDP in all 37 towns of the department, reaching 65,750 children. Some of the facilitators hold positions on local councils and are thus partaking in the decision making processes about social policy and program implementation at municipal level. The UNICEF sponsored evaluation of the ICDP project in Huila showed it to be cost effective and that ICDP had a positive impact on participants, both on parents and the professional caregivers.

Parent-child interactions were observed, filmed and compared in control and experimental groups, pre and post intervention, showing in the post analysis of the experimental group an increase in sensitive behavior towards children (according to the 8 ICDP criteria for good interaction), whereas in the control groups behavior remained similar or decreased in quality.

Pre and post questionnaires and interviews using 222 informants confirmed the positive changes and the high relevance of ICDP for the work of all local networks involved.

BOYACÁ: ICDP implementation by the Education Ministry, the Health Ministry and the Secretariat for Human Development has now been a permanent ongoing activity for 5 years, promoting mental health and good relationships throughout the department of Boyacá, in well over 100,000 families so far.

The number of families reached through the health sector is increasing every year and in parallel more personnel are getting trained so that there can be a follow up, as well as evaluation of the work accomplished. The focus in 2009 was on strengthening the positive image of the father with additional activities designed for that purpose.

NARIÑO: The ICDP program has been sustained in this department since its first implementation in 2002. In 2009 ICDP Colombia offered supervision and refresher workshops for psychologists from the health network.

CHOCÓ: ICDP has continued to spread throughout this department for 3 years now, gaining access to the most remote areas affected by the guerrillas; ICDP is coordinated by the UNICEF's regional office. The new focus is on applying ICDP with the indigenous Indian population and therefore the ICDP program has been adapted to their philosophy, cosmic vision and cultural way of relating inside the family. The "8 ICDP guidelines booklet for parents" was translated in 4 indigenous Indian languages: Katio, Embera, Waunaan and Tule.

MEDELLÍN: The FAN organization has 100 ICDP facilitators, who have been trained since 2006. In 2009 students at a government institution called SENA, received ICDP training and the ICDP practical tasks with children complemented their theoretical studies about child development. Training was also given to 30 teachers from the Carala Cristina organization working in a marginalized area of the city. Two more groups were formed in ICDP: 40 teachers from the Los Alamos institute who work with special needs children and 40 community leaders who will implement ICDP with 800 children.

Two ICDP trainers at FUNLAM University have been active since 1997. In 2009 they trained 127 youth leaders linked to the project called "Semilleros Infantiles" developed by the Medellín city Secretariat for Social Development.



BRAZIL

In 2009, ICDP was implemented in 5 schools, sponsored by the Giruá municipality. The team of pedagogues that developed competence in ICDP became responsible for further training of all school staff. In addition, a group of community workers was trained who implemented the ICDP program with 200 families of the school children. ICDP proved to be a strategy capable of helping children who are underachieving due to lack of support from their home environments. The experience was so positive that it attracted interest from other municipalities to follow suit.

MEXICO

ICDP was launched at the "First Pan-American Congress on Education for Peace" held on the 2nd, 3rd and 4th December at the University of the Americas, UDLA, Puebla, México. The program received very good reception and immediately after the conference there was an ICDP training workshop attended by 25 professionals, including psychologists and social workers from government networks DIF Municipal and DIF Estatal, as well as teachers from Luis Amigo and Montessori schools. Participants felt the importance of implementing ICDP in their institutions to enhance their work with families and children and by the end of December they started using ICDP in practical self training projects.

EL SALVADOR

The ICDP national project, sponsored by UNICEF and coordinated by Social Services (ISNA), has continued to grow steadily for three years now. It is supervised by a core team of 80 professionals trained in ICDP, including teachers, volunteers, health nurses, social workers and community leaders. During 2009 more organizations joined the ICDP network and ICDP workshops were given to new groups of facilitators; at the same time feedback meetings were held with those previously trained in ICDP. Over 6000 families were reached and these achievements will be presented to the new authorities.

GUATEMALA

The implementation of the ICDP methodology takes place in marginalized areas of the country, through cooperation with local organizations such as Secretaría de Bienestar Social (SBS), Aldeas Infantiles SOS, Fundazúcar de Escuintla, Instituto Guatemalteco de Seguridad Social (IGSS) and Plan International.

ICDP trained agents from Fundazúcar applied the ICDP program in 4 departments, reaching 3700 families and 5516 children. They included ICDP as part of their own project called "Mejores Familias".

Plan International integrated ICDP into their child protection program and used it in over 100 communities around the country. The ICDP principles for good interaction were used by some of the communities in their campaigns for peace. One of the remaining challenges is to find ways of reaching the most abusive families, who out of fear of being reported have not yet joined the ICDP courses.

PARAGUAY

ICDP has been active for 7 years. In 2009 the national Ministry for Children started sponsoring ICDP interventions in 3 homes for children and the Interamerican Development Bank funded a project in Villeta for 40 Guarani speaking families. The evaluation showed that as result of ICDP, caregivers talk more with their children, practice more physical proximity and have more eye contact.

PERU

ICDP Peru was registered in 2009. Two trainers were formed and they implemented ICDP with two groups of parents with very good results. They also trained a group of nurses at the Essalud Municipal Hospital in Lima, so that they could incorporate ICDP in their work with expectant mothers. UNICEF has shown interest to support ICDP in the future.



AUSTRALIA

ICDP has started to develop in Australia. In 2009, there were 2 training workshops held in Brisbane for a group of professionals who are in process of applying the ICDP methodology in self training projects.

ICDP Australia's core group is exploring possibilities of merging with a local organization called Morningside C.A.R.E. with the purpose of spreading the ICDP program in the country.

The director of the Grameen Bank Australia Foundation attended the workshops and afterwards invited ICDP to adapt ICDP for efficient delivery inside the Grameen way of working.

INDIA

ICDP has been developing in West Bengal since 2004, operating through local organizations. Several groups of promoters were established with support from the German organization "Indienhilfe". During 2009 the focus was on consolidating and evaluating. The following organizations that apply ICDP in different locations were involved in the evaluation: Manab Jamin (SEVA), Vikas Kendra (SEVA), Bikash / Bankura, Seva Kendra Kharagpur, Namasole Palli Mangal Samity, Lake Gardens / Kolkata.

Evaluation discussions took place with ICDP facilitators, with individual mothers and with different parent groups, which revealed that parents who attend ICDP meetings show more loving attention, empathy and sensitivity towards their children. They are now more patient, considerate and more aware of the way they are bringing up their children. Physical punishment of children has been considerably reduced or stopped altogether and as result children have become more cooperative, better emotionally balanced and happier.



Overview of ICDP Activities in 2009

Country *	Target groups	Trained since starting	Time scale	Project holder	ICDP local branch	Funding sources
MOZAMBIQUE	AIDS affected orphans and abused children	Over 1000 staff/caregivers potentially reaching 10,000 children each year	6 years	ICDP	ICDP Mozambique	NORAD as main donor
TANZANIA	Families & children affected by HIV/AIDS pandemic	21 facilitators and 13 trainers	4 years	Kiwakukui women's organisation	no	University of Bergen, B. van Leer Foundation
LESOTHO	Families and children at risk of substance abuse	25 facilitators in process of training	1 year	Thaba-Bosiu Centre	no	Blue Cross Norway
NORWAY	Children & families linked to social, educational & health services	114 trainers, 1600 facilitators, 117 municipalities with trained facilitators	12 years	ICDP, Municipalities	ICDP Norway registered in 2007	Ministry of Children and Family Affairs
DENMARK	School and preschool children and parents	10 competence groups spread around the country	9 years	ICDP, Local organisations	ICDP Denmark new board elected in 2008	Local authorities & educational institutes
SWEDEN	Parents and children, youth, elderly, teachers	100 trainers, 1200 facilitators	10 years	ICDP, schools, social and other local networks	ICDP Sweden, registered in 2000	Local authorities, EU
BRAZIL	School children with difficulties in learning, families & children at risk	Teachers and children in schools & preschools, 81 trainers, 270 facilitators, 3,617 families	6 years	CELUAN	no	Municipality of Gurua, CELUAN, SOB, B. van Leer, Education Ministry
PORTUGAL	ICDP sensitization courses for teachers and parents	3 trainers, 32 facilitators, parents & children at Roda Viva Centre	3 years	ICDP	no	Roda Viva Education & Social Centre
COLOMBIA	Poor communities, displaced families, families and children at high risk	1986 trainers, 16,457 facilitators, 139,909 families, 652 000 children	14 years	ICDP, UNICEF, Universities, local networks & NGOs	Fundacion ICDP Colombia, registered in May 2003	UNICEF, Ecopetrol, SD Britain, Ministries, NGOs, FUNLAM, FAN
EL SALVADOR	Caregivers, vulnerable families and children	95 trainers, 1400 facilitators, 21 000 children	4 years	Ministry of education, health, social services, ICDP	no	UNICEF and local ministries for education, health & social services
PARAGUAY	Children's institution, poor community	4 trainers, 50 facilitators, 290 caregivers, over 1000 children	7 years	Vida Plena Foundation	no	Ministry for Children, Interamerican Dev. Bank
GUATEMALA	Families & children in poor communities	83 trainers, 1200 facilitators, 15 000 children	3 years	Plan International, local NGOs and local networks	no	UNICEF, Plan International, NGOs, social service networks
INDIA	Families and children living in difficult conditions	3 local networks of facilitators working with local organizations, in Bolpur, Kharagpur and Kolkata	5 years	Local organizations	no	German organization "Indienhilfe"

*Smaller scale activities have also taken place in South Africa, Zimbabwe, Malawi, Mexico, Russia and Australia.



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