

NEWSLETTER



International Child Development Programme

Dec 2015

Happy Holidays!

Dear friends and colleagues,

This is our third and last issue for this year. It covers news received from you since July 2015.

Thank you for your contributions and particularly for all your great commitment in using the ICDP programme for the benefit of children and families who need support.

It is soon time for festivities and we wish you all a joyful time with your families!

With our warmest season's greetings from the international team!

Nicoletta Armstrong, ICDP chairperson

- Russia
- Brazil
- UK
- Norway
- Finland
- Bolivia
- El Salvador
- USA
- Ukraine
- Malawi
- China
- Ghana
- Colombia
- Mozambique

“The hope and wish that all children should grow up in an environment where care and upbringing could lead to a good life in accordance with basic values in their own culture, has always been central in our effort to develop ICDP”

www.icdp.info

For information about ICDP or this newsletter and/or suggestions for articles for the next edition please email nicolettaarmstrong@gmail.com

UDPATES

Conflict matters conference

ICDP has received an invitation to attend the *Conflict Matters Conference: learning across the differences*, which is taking place in Brussels from 21 to 23 October 2015.

The Evens Foundation, a public benefit foundation based in Antwerp, Belgium, with offices in Paris and Warsaw, organizes the conference. Through its projects and support, it seeks to achieve a more harmonious and democratic society in a diverse Europe. Since 2010 its Peace Education Program is focused on promoting conflict management in the educational field.

Nicoletta Armstrong, ICDP chairperson, received an invitation to attend the Conflict Matters Conference in connection with her written application for the Evens Prize for Peace Education 2015, which passed the first two rounds, putting ICDP in the group selected by the Evens Foundation as candidates of their prize.

ICDP, together with the other candidates of the Evens Prize for Peace Education is also invited to two events outside of the main conference program: one is the Opening meeting on the first day of the conference before the official opening, and the other is a Networking buffet on the first evening of the conference. Nicoletta will be doing a presentation about ICDP at the Opening meeting.

"The Conflict Matters Conference explores a crucial yet neglected question: How can we learn to manage conflicts in a constructive way – in schools, in families and in society?"

Focusing on conflict facilitates work on a wide range of urgent issues, such as prejudice, racism, school violence and dropouts; it helps to develop skills needed to deal with them, including cooperation, emotional intelligence, empathy and non-violent communication.

At the three-day event in Brussels, practitioners, teachers, policymakers, students and researchers will discover good practices and inspiring initiatives, and be able to forge new partnerships to better promote conflict-management education in the EU.

The program highlights include contributions by education specialists, psychologists, neuroscientists; as well as tailor-made workshops and training sessions on conflict management in school, handling controversial topics in the classroom, alternative approaches to school rules and sanctions, school climate, shared decision-making at school, conflict and social media and many others.

This 2015 networking event is a unique opportunity to advance conflict management in education all across Europe." - the Evens Foundation for Peace.

**MAJOR
EUROPEAN
CONFERENCE TO
TACKLE CRUCIAL
ISSUE
– DEALING WITH
CONFLICT**



News about facilitators in Oslo

In August 2015, the Haug Resource Center in the Baerum municipality, near Oslo, Norway, has acquired a team of twenty-six new ICDP facilitators.

From the report by ICDP trainers Hilde Tørnes and Berit H. Johnsen:

This group of 26 facilitators received training in the ICDP basic programme and afterwards took part in a special programme to enable them to work with caregivers of children with special needs and disabilities. The training represents a pilot project and The Norwegian Directorate funded it for Children, Youth and Family Affairs (Bufdir).

The majority of the new ICDP facilitators have many years of professional experience as advisers for parents and professionals in kindergartens in the Oslo municipality. Some participated in ICDP meetings several years ago, and have since then been waiting for the possibility to train as ICDP facilitators within their field. They were educated at Master level, mostly within special needs education, having completed the Bachelor of Art degree in preschool teaching.

Their ICDP training took place during the autumn of 2014 and spring 2015. A celebration on August the 20th 2015 marked the conclusion of their training project and it included a ceremony of issuing them the ICDP Facilitator level diplomas.

Their trainers Hilde and Berit felt it was an honour training such a group of highly knowledgeable and experienced professionals. They both have a long standing experience within this field: Hilde has been working as a counselor for young children with disabilities in the Education-Psychological Service, in the City of Bergen, and as a trainer of trainers together with late Professor Karsten Hundeide, the chairman of ICDP for 19 years. Berit has been working for many years as a counselor and she has also been working for more than twenty years as an associate professor at the Department of Special Needs Education, University of Oslo, where she is a colleague of Professor Henning Rye, one of the founders of ICDP.



ICDP RUSSIA

Psychologists Oksana Isaeva and Natalia Dunaeva are visiting UK and have just attended an ICDP workshop, which was held at Ashridge House, Berkhamsted, Herts.

They are both ICDP trainers and are responsible for the ICDP developments in the Nizhny Novgorod region, Russia. Nicoletta Armstrong led the workshop they attended at Ashridge and it included making plans for future expansion of ICDP through cooperation with universities and local ministries. Oksana Isaeva has also assumed the role of the country representative for ICDP in Russia - congratulations!



Greetings from Russia- ICDP project to train a group of specialists from the social-rehabilitation centres in the Nizhny Novgorod region!

Three groups have embarked on the training and these professionals were selected from each of the 55 rehabilitation centres of Nizhny Novgorod area. The training starts in August and will continue during September 2015. Each group will attend a workshop over two days and afterwards we hope to continue their training up to facilitator level.

This is how we introduced the ICDP programme to the centres:

The International Child Development Programme (ICDP) is one of the best international practices teaching parents effective communication with their child as a tool in the prevention of violence and abuse. The programme increases the sensitivity and enriches the relationship between adults and children. In 1992 and received a positive assessment and was later adopted by the World Health Organization (WHO) with the title "The programme of early psychosocial intervention WHO / ICDP». Training is focussed mainly in improving the sensitivity and creating a sense of trust and confidence among mothers (caregivers) in their own abilities to nurture and educate their



children. The implementation of this programme allows you to

develop skills of analysis of the communication process between parents and their children, helps change unwanted habitual behaviour of the parent, and is a special form of prevention of violence and abuse against children. Leading the program are

two trainers certified in the ICDP programme: Dunayev NI, Ph.D., a psychologist at NNRC "Childhood without violence and cruelty", OM Isaeva, Ph.D., Development Director of NNRC.

Keeping the flame alive

The meeting of ICDP colleagues working in Latin America was a very successful event that took place from the 10th to the 14th November 2015. It was held at the Amanecer International Centre, near Armenia, in the region of Quindio, Colombia. The title of the meeting was “ Keeping the flame alive: What does it mean to live ICDP at an adult-child and adult-adult level?”

The general objective was to reaffirm the human values proposed by ICDP in relation to people, family and society. The meeting combined presentations followed by discussions on identified topics - in small groups and then in the plenary. The results obtained during the meeting were the input for the elaboration of a plan for future action. The meeting was opened by the ICDP chair, Nicoletta Armstrong, who later also presented an international panorama about ICDP in the world. Participants' presentations included videos, pictures, posters, printed material etc. Particularly moving was the video about the impact of ICDP in El Salvador, where the " ICDP programme Tambien soy Persona" has been institutionalized by ISNA (Salvadoran institute for childhood and youth) and whose director came to the meeting.

There was also an opportunity to hear about how ICDP became institutionalized by the Health Secretariat and is being implemented in the whole region of Santander, Colombia.

The ICDP team from Canasgordas, Antioquia, Colombia, showed that it is possible to work with entire communities - they applied ICDP with staff in hospitals, with parents, children, youth, men to men and with the older people and their staff in the home for the elderly.

An impressive presentation came also from a team from Medellin, Colombia whose ICDP work reached 55 students this year alone.

The participants who welcomed the new team to the ICDP family celebrated the start of the ICDP project in Bolivia.

There were moving stories from ICDP project experiences from Paraguay, Peru, Ecuador and Sweden. The ICDP materials that were published by UNICEF were translated and presented by Inger Holm from Denmark.

Ane-Marthe Solheim Skar, ICDP board member and researcher from Norway, led a discussion about evaluation. Guillermo Navas, ICDP board member was also present and he focused on strategic planning and fundraising.

Participants from Mexico, Brazil and Guatemala had to cancel their trip last minute and were unable to attend due to work commitments.

The ICDP Colombia team, Oliverio Jimenez, Ilaina Ramirez and Anisah Andrade made everyone very welcome and all appreciated their organization of the event.

Report by Liz War: <http://www.icdp.info/api/media/media/903>

Photos by Rosa Angelica Diaz Perez:

<http://www.icdp.info/api/media/media/905>





ICDP IN EUROPE

Norway, Finland, UK, Ukraine

NORWAY

An ICDP report published in Norway

The Centre published the ICDP report written by Silje Bjørnstad for Child and Adolescent Mental Health, Oslo, Norway.

ABSTRACT

The International Child Development Programme (ICDP) is a psychosocial preventive programme directed towards parents and other caregivers, aimed at improving childhood conditions. This paper provides a brief introduction to ICDP's main components, the training of ICDP personnel, materials, the different modules, the management of the programme and a review of research findings to date.

The review of available evaluations and research on caregiver level indicates that caregivers who participated in the ICDP feel



that the programme has made a positive influence in their own and in their children's lives. They also report better interaction with their children and a more positive perception of them. Studies also find that the programme can increase

participants' self-reflection and confidence as caregivers. ICDP may also strengthen mental health for both caregivers and children.

Article in Norwegian: <http://www.icdp.info/api/media/media/863>

UK

ICDP London Group

An ICDP training project is starting in England, linked to the SarahNicco Training Centre in north London. The ICDP London group, comprised of three facilitators (on photo) will deliver ICDP to groups of parents from the local community

The SarahNicco centre was founded in 2012, as a state registered training provider working with the Council for Awards in Care, Health and Education. It offers tuition for vocational and

professional courses and experienced lecturers and assessors in further education manage it. The Centre is proud of its high standard of teaching.



Main courses:

Child Care Levels 2 and 3 - Cache; Health & Social Care Levels 2 and 3 - Cache; Preparing to Teach in Lifelong Learning Sector (PTLLS) Level 4; Assessor Awards (TAQA)

Short courses:

GCSE Maths and English; Functional Skills Maths and English; First Aid at Work; Paediatric 12 hour Infant/ Child First Aid Level 3; Child minding Level 3; Food Hygiene

ICDP:

In September 2015, the SarahNicco centre will offer the ICDP programme as a parenting course delivered at their own premises. ICDP facilitators, Rosemary Nicco Annan, Cordelia Brown and Barbara Addo have been receiving ICDP training



from Nicoletta Armstrong and are now ready to start training parents. They will first run a pilot project with two groups of parents and then afterwards the aim is to run regular courses for the community - they are very enthusiastic

about this new initiative that will benefit many children and their families. The SarahNicco centre has access to a local radio station and this will be one of the ways to raise awareness and promote ICDP courses in the community.

FINLAND

Announcement of attainment

Twenty-four professional people (on photo) received their ICDP certificates.

Two ICDP trainers, Hanna Sellergren and Jaana Tirkkonen, are happy and proud to announce that today, 20th of October 2015, a new group of people graduated in the ICDP programme.

This group is comprised of 24 professionals who are from different parts of Finland, including the cities of Porvoo, Kotka, Hanko, Lohja and Loviisa (Iloa vanhemmuuteen-the Joy of parenthood-project).



Warm congratulations to our colleagues in Finland!

“An experience that will make me a better parent”

The first ICDP family camp was held in Sipoo, near Helsinki, in Finland.

The participants included 7 families, 12 children aged between 1 and a half years and 13 years, and there were 6 mothers and 5 fathers. At least one and often both parents had previously participated in the ICDP training group.

The Camp was implemented by three organizations: Kymenlaakson Ensi-ja turvakotiyhdistys ry (Child welfare association), A-Clinic Foundation Eastern Finland and City of Kotka. The planning, implementing and assessing of this successful, warm and inspiring camp was done by two ICDP trainers, Mia Lahti and Hanna Kivilahti and also by three ICDP Facilitators, Laura Aalto, Fiia Eho ja Tommi Iivonen. Two childminders were also involved.

The Camp program was implemented along the lines of the ICDP ideology. We worked, played, gave massages and had massages. We used the sauna, went swimming and had time to relax. We also blew bubbles, took photos and videos, hunted for treasures, had barbeque, played silly games and ate good food. There was also separate programme for parents and children. While the parents were attending their groups, children were playing with childminders and camp coordinators.

Mothers and fathers gathered in separate groups to discuss the ICDP programme in practice. There were also fathers with no previous experience of ICDP group work, but nevertheless this group opened up quickly and partook in confidential discussions. Participants in both groups had a very powerful experience and asked for more time to carry on with their deep conversations. Camp coordinators gave massages to the parents and showed massage methods for children. Mindfulness practice helped participants to relax.

We collected anonymous feedback from the children and parents. Children were especially keen on swimming and outdoor activities.



Most of them really enjoyed the tasks that involved the whole family, but they also loved the whole camp programme. They

said that all the adults at the camp were great. Parents really appreciated the warm and calm atmosphere and also said the camp programme was excellent. They described the camp with the following words: Fantastic experience; warm and great atmosphere and a varied programme; joyful, important time with family; finding the new side of fatherhood; fulfilling, good group conversations; peaceful and getting closer with your own family; an experience that will make me a better parent.

Parents also filled a form where they evaluated perceived changes in themselves or in their children during the camp. The answers were so encouraging that a strong belief in the effectiveness of ICDP emerged.

We extend a huge thank you to Kotkan Lasten Ystävät ry who funded this project. The camp experience will have a long lasting good effect on both children and adults. There is some room for improvement as many wished for the camp to have lasted longer... and they are hoping to take part in the future.

Best wishes, Mia Lahti – Camp programme leader

UKRAINE

ICDP at child friendly spaces in Ukraine

Since the beginning of June 2015, the International Charitable Fund "Caritas Ukraine" has been developing a new project called "Child Friendly Spaces" (CFS) and ICDP has been partaking in this initiative.

As part of the CFS project, Caritas is opening special centers for children of internally displaced families. Teams of psychologists, teachers and educators are employed to provide education and deliver classes for children of internally displaced persons at CFS in six Ukrainian cities: Kharkov, Dnipropetrovsk, Svyatogorsk, Slavyansk, Odessa and Kiev. In parallel, these professional teams have been receiving training in ICDP in order to become certified facilitators of the ICDP programme – and as such become enabled to deliver ICDP to parents or other caregivers.

ICDP trainers, Sergei Krasin and Anna Truhan have been leading the training process. Over the past months they have been conducting workshops for the above-mentioned professionals linked to the CFS project. Sergei and Anna are continuing to pay visits to the CFS centers on regular basis in order to provide supervision to the trainee facilitators and offer them support during their practical work with parent groups.

Several groups of trainee facilitators have already started to implement the ICDP programme and are holding meetings with children's parents at the centers - this work is part of their self-training projects required for ICDP certification. Such ICDP implementation activities have been carried out in Dnipropetrovsk and Kharkiv, whereas in Svyatogorsk, Slavyansk and Kiev the ICDP groups are about to begin.



In addition to the work in CFS project, the ICDP training of several groups has recently started in Zaporozhye and in Slavyansk.

ICDP is in process of being incorporated at the university of Slavyansk (<http://donippo.blogspot.com/>). ICDP training will be given to schoolteachers, kindergarten teachers, psychologists and other specialists from the department of Education. For this work the Slavyansk University is signing an agreement with the public organization called "Association of child and family psychologists of Ukraine". The "Association of child and family psychologists of Ukraine" is an official representative of the ICDP in Ukraine and ICDP Ukraine operates under its umbrella.

Brazil, Colombia, Bolivia, USA, El Salvador

BRAZIL

More dialogue, less violence

Psychologist Gleice de Oliveira Cordeiro has recently finalized an evaluative report of the ICDP project that was carried out in the town of Juazeiro, in the state of Pernambuco, Brazil.

The project was developed over the last two years, ending in September 2015. The ICDP trainers from the Acari Foundation in Petrolina, who were previously trained by Nicoletta Armstrong, were responsible for the implementation of the ICDP programme with groups of parents whose children attend the Lar Feliz Centre. The Brazil Foundation sponsored this project.

Among the changes reported by participant mothers and fathers, two were the most frequent: the use of dialogue in the interaction with their child and the reduction of corporal punishment for behaviour they assess as inadequate. This result is in line with the proposal of the ICDP programme, which poses as ideal an interaction guided by affection and respect that is inconsistent with the practice of violence.

This positive outcome can, for example, be seen in the following statement by a mother who reported that she is now talking with her daughter about her behaviour in the classroom: - Once at home I went to her and we spent time talking together about what had happened in the classroom and the complaint about her bad behaviour that I received from her teacher. Before



ICDP, I would not have done that, I would have just said: "I received a complaint about you, you should prepare for a beating when we get home".

Based on the results as presented in the evaluative report, we can conclude that the goal of the ICDP intervention with caregivers has been reached, since after the ICDP workshops caregivers began to establish a more positive interaction with their children. However, it is noteworthy that the change of a cultural practice is something that takes time, which means that there is the need for continuous work, particularly since the parents seem to have realized the importance of non-violent interaction but still have self-control problems with regards to their children's behaviour considered by them as inadequate. Despite this limitation, we highlight the following positive results: greater involvement of men in child care, awareness of the need for more dialogue and less violence, consideration of affection and attention as important practices in relation to the child; and other learning such as, the significance of supporting the child's exploration of the world and of setting limits in a way that is

appropriate for the child. Thus, the reported data seem to support both the importance of intervention of this nature and effectiveness of the methodology.

The report is available in Portuguese in three parts:

Part 1 <http://www.icdp.info/api/media/media/897>

Part 2 <http://www.icdp.info/api/media/media/898>

Part 3 <http://www.icdp.info/api/media/media/899>

Link to the video showing interviews with parents:

<https://www.youtube.com/watch?v=btFI-CzS4Cc>

Photos from the project on Facebook:

https://www.facebook.com/acari.org/media_set?set=a.724004854396926&type=3&pnref=story

COLOMBIA

Progress in Santander

Over the last three years (2013 – 2015), in the town of Charala, in the department of Santander, Colombia, the health authorities have been responsible for rolling out the ICDP programme to the local community focusing on families and children at risk.

Charala is the first municipality in Colombia that has created a Street of Affection, inaugurated by ICDP and the partner institutions on 3rd of September 2015. Thank you and congratulations!

The ICDP method has been adopted by the health authorities as their mental health project, and it was used in parallel with other activities covered by their annual action plan (called "POA"). The health authorities cooperate with three partner institutions whose agents received training in ICDP: The Primary school Jose



Antonio Galan, NGO "Families in Action" and ICBF (Instituto Colombiano de Bienestar Familiar).



There are 10 trainers and 36 facilitators certified by ICDP. Each facilitator held parent groups with 5 to 10 families and as a result 600 families and 1800 children received the programme.

During 2015, 7 new trainers and 14 facilitators finalized their training and their work was evaluated by ICDP and the partner organizations. There were 160 participants (fathers and mothers) and 480 children benefited from the programme.

Trainers and facilitators plan to maintain and continue the strategy in 2016. They hope that the new mayor will recognize



the importance of the ICDP programme in strengthening families and building peace in the community. A caregivers network will be created that will hold monthly meetings in order to share experiences and continue to do exercises that can improve their interactions with their children.

The facilitators showed commitment and excellent ability to assimilate the ICDP methodology, keeping field diaries and using the assessment tools on regular basis. The facilitators all agreed that it is important to continue implementing the ICDP program because it helps to recuperate real values and strengthen the relationships in the family.

ASSESSMENTS BY FACILITATORS:

ICDP is a powerful and indispensable tool for us to use with families; it can help parents to deepen values in their home and have better relationships in the family, particularly in relation to children. The ICDP programme has produced significant changes, which were evidenced in the personal, family and group life.

We will ensure that parents are also trained as facilitators. This program has proved to be of great interest to parents who saw their children change. The caregivers started to provide more love and affection to their children. The fathers were highly motivated and keen to exchange their experiences

As a result of ICDP there were real transformations in families; Love and good communication with the children developed in families.

Caregivers understood the value of dialogue and have learned to listen to what their children have to say, to show them empathy and love. ICDP helped caregivers to understand their children and value them more. Families became closer as result of attending the ICDP group; they now tend to work together more, to do work together, to go for walks together; Parents have developed patience and are more committed to their children.

Children have become more loving, more at peace and helpful in some of the daily activities, children seem to be less aggressive, more obedient and display more often positive emotional expressions.

Children are healthier emotionally. More tolerant, active and confident; they improved at school, in relationships with siblings, friends, parents. Children have more confidence; they listen and participate more, give and receive love more easily.



Embera Chami facilitators in Cordoba

The ICDP project was initiated in April 2015, when the trainer undertook a number of trips to the future project sites. A jeep was hired with a driver in order to be able to reach the far off areas in the mountains with very difficult access. In Buenavista ICDP training was welcomed by the Embera Chami Aizama settlement; in Quimbaya talks were held with the community called Laurel Quipara; next was the trip to explain ICDP to the population living in the mountains of Cordoba and the last one was the visit to the Calarca headquarters of the Ember Chami governor.

The governor became very interested in ICDP and later on, he participated in the first level ICDP training. Upon his request the Cordoba community was included in this ICDP project.

The aim of the project was to form a group of facilitators who can be entrusted to roll out the ICDP programme to families and children, each facilitator working in their respective communities. The ICDP workshops were followed up by field visits to support the facilitators. The project ended in August.

The 6 ICDP trainee facilitators were all very happy with the ICDP methodology and felt the importance of such a programme for their community, one of them said: "First the person, then the family, then the community must find their strength through this, strength that gives us identity." Each facilitator went on to implement ICDP with families and caregivers.

Teaching materials (ICDP mochila with the DVD) as well as materials for caregivers (ICDP booklet) were distributed in each settlement. Facilitators were supplied with notebooks, pens, wallets, flip charts, masking tape, markers, glue, pencils. They also received help to cover the cost of refreshments for the

participants. Their transportation was also covered by the



project.

During July, the ICDP trainer Carmen Lucia went to talk to the families that attended the ICDP sensitization meetings, which were conducted by the trainee facilitators. During her field visit to the Laurel community, she had the opportunity to talk with ten families. In this settlement no one owns any land; they survive by picking coffee and oranges. The families talked about how ICDP helped them to realize the importance of understanding and perceiving what their children need from them, the importance of showing love to them and how to avoid shouting and verbal and physical abuse. The governor actively participated in the meeting, offering explanations when necessary in support of the families. Some had very young babies in their arms. All expressed that they were happy and said that they liked the programme, because before they did not know how to raise their children well. One of the challenges was to trust their ability to do so. They also said that it was challenging for them to overcome their initial shyness to participate in the meetings.

The next field visit was to the Cordoba community; here the families own the land and cultivate banana crops and cassava. However, many of the families have to survive on very little.

Children have their own school, but they would like a school with bilingual teachers in order to keep their own language alive. Here too, everyone was happy with ICDP, and there was a lot of playing and laughter sharing a good time together. It was decided to translate the material into the local language.



During the Calarca field visit, Fidel, one of the trainee facilitators explained that the ICDP programme has been strengthening family integration and enhancing good treatment of children and that ICDP was an important way to unify the community.

At the end of the process there was a workshop to evaluate the experience together with the facilitators, who had reached 36 families and 92 children with the programme:

Difficulties:

It would be important to use the Embera language in the future and not the Spanish when doing the ICDP meetings. All the materials need to be adapted. This would make the delivery easier and the participants would find it easier to engage in the topics.

At first it was difficult for participants to do role-play but this was overcome and in the end all managed to take part in the dramatizations.

The ICDP experiences in applying the 8 guidelines for good interaction produced changes in caregivers' interactions with their children. They were surprised to note that they actually managed to avoid shouting at them, by finding more positive ways to correct them - and above all showing their love and dedication to them.

The facilitators said that the project helped to increase their self-esteem by demonstrating their ability to reach people and by producing behavioral changes in the children. One facilitator managed to give talks to the youth in their community in Cordoba and they welcomed him. He feels very motivated to continue the ICDP work with the young people.

On the 8th of August there was a celebration marking the end of the ICDP project, which included a beautiful local dance display. The governor of the four communities attended and expressed his interest in continuing with ICDP, so that it could reach more families. He asked ICDP not to abandon but to go on sustaining the process, because the programme is very easy to understand and it helps to improve the caring skills and the dialogue within the Embera Chami community.

“ I hope that we can provide continuity to the ICDP processes in these settlements. Although achievements were many at the level of family groups, it is important to strengthen the capacity of the new ICDP facilitators in their management of the topics, writing of field diaries, use of evaluation tools and their understanding of the pedagogy of the programme and how to continue to support the caregivers to go on strengthening their ability to care for their children.” – Carmen Lucia Andrade, ICDP trainer.

Photo album of the project:

<http://icdp.meatdigital.no/api/media/media/882>



Fifty five students receive ICDP

During the second half of September 55 students started to receive training in the ICDP programme in Envigado, Antioquia, Colombia.

The students will all become teachers when they finish their present studies at the Envigado Normal Superior. ICDP is an additional training that the college provides as part of the overall training programme.

Specifically for the ICDP training, the students were divided in five groups, with 11 students in each group. Two facilitators were allocated per group, and for the facilitators themselves this is a self-training project that will lead to their certification as ICDP facilitators.

Interestingly, all facilitators are retired teachers, who originally graduated from the same institution where years later, they are now delivering the ICDP programme as volunteers.

The level of commitment is high from the 55 participant students. The torrential rain has not put them off from attending their first courses and no one missed out.

“I share the above news with joy. It's nice to feel that there is a string of ICDP facilitators in making, here in Envigado, which will be keeping the ICDP flame alive! Thanks to them many other teachers will become better caregivers and many children will become happier as a result.” – Carolina Montoya, the ICDP trainer supervising the whole process.



BOLIVIA

First ICDP training in Bolivia

During the second week in August Ilaina Ramirez held a training workshop in Cochabamba, Bolivia. Photo above shows some of the 30 participants during role-play.

ICDP is cooperating with the Christian Evangelist Lutheran Church to develop the “Family and Community Education Project” in Cochabamba, Bolivia. The ICDP programme will be

rolled out in 4 municipalities: Cochabamba, Santa Cruz, Chuquisaca and Potosí.



The August workshop was developed together with the leaders of the different areas where the ICDP programme implementation with caregivers will be taking place.



All future facilitators are professional psychologists, lawyers or social workers with long experience in social work and a lot of commitment to the community and the current project. The ICDP groups are being formed by selecting participants from

different educational institutions, from community organizations in the municipalities and from the communities linked to the Lutheran church.

The project manager is Edwin Rios and Gunn Stromme is the link between the donors in Norway and the project in Bolivia. Gunn is also working in the project as a local facilitator. "I really enjoyed working with Gunn who is a special person, very dynamic and energetic organizer and yet a very gentle and loving person, who appreciates the ICDP programme - in fact like some of us she has fallen in love with the programme! We cooperated very well over additional three days to establish a solid structure for the future implementation of this rather large project. – said Ilaina Ramirez, the ICDP international trainer.

Among those attending there were also a few persons from the administrative side who are responsible for facilitating the implementation processes - it was felt important that they should have a clear idea about the ICDP programme they will be coordinating on the ground. A few guests were also present who work with family advocacy and as a result of attending the workshop they became very interested in the ICDP work.

More information: <http://www.icdp.info/bolivia>

USA

Evaluation Report

The recently finalized evaluation report about the work with the ICDP programme in the USA is now available in Spanish as well as English.

Participants completed a battery of pre and post assessments, measuring various related factors including parent self-efficacy, mental stress, quality of life, health, intimate partner dynamics, perceptions and observations of the child of focus, and exposure to violence. They also participated in post-program focus groups.

Report in English: <http://www.icdp.info/api/media/media/843>

Report in Spanish: <http://www.icdp.info/api/media/media/856>





ICDP has helped parents make significant changes in these areas. A total of 93 parents and caregivers participated in ICDP in fall of 2014-spring of 2015. A total of 69 completed post assessments, indicating that was the number at the final session, making a 74% completion rate. However, this rate would be slightly higher if counting those who completed all but the last session, or who attended but did not manage to complete the post-evaluation survey.

The evidence is clear, the ICDP program has helped parents from diverse communities throughout Chicago to gain confidence, a positive sense of self, as well as a more positive image of their children (See Appendices F and G). With new motivation, caregivers have worked to develop and apply stronger empathy-based parenting skills, improving their adult-child interactions and family relationships.

Results

Child development into a compassionate, responsible and contributing adult starts with quality parenting. Empathy, communication, quality time, compassionate discipline, and a balance between positive modeling and following the child's initiative constitute effective parenting. Ultimately, this type of parenting leads to nurturing homes and stronger communities with less violence and greater social cohesion.

El Salvador

Report from El Salvador

Marina Morales, the education officer at UNICEF El Salvador has been promoting the ICDP methodology in El Salvador for the last seven years and Marta Navarro, UNICEF consultant in the area of education, supports her.

“The experience has been very successful and innovative and the participant institutions realized they needed a sensitization programme such as ICDP to strengthen their work in the area of



Early Childhood Development. The Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA) discovered the importance of interagency cooperation as a way to expand the implementation of the ICDP methodology and to secure its sustainability." - Marta Navarro, consultant in the area of education, Unicef - El Salvador.

The ICDP implementation has full support from the ISNA director, Elda Gladis Tobar Ortis. The ICDP methodology was institutionalized as part of the Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA), who are responsible for the coordination of ICDP implementation in the country. The people leading this process are Carlos Tito Lopez, Assistant Director for Coordination and Monitoring and Rina of Aparicio, Head of Coordination management level.

ISNA has 40 professionals in the core team who have extensive experience in organizing training in the ICDP methodology. They are responsible for the training of new teams of ICDP facilitators and trainers around the country. During the last twelve months 190 trainers and 215 facilitators were formed inside ISNA. Training at facilitator level was also given to 421 professionals belonging to cooperating partner organizations.

ISNA has organized ICDP training workshops for representatives from different local organizations and networks working for the benefit of children and adolescents nationwide. ICDP has national coverage in El Salvador.

Trained are professionals from different areas: nurses, management of health units, directors, principals, pre-school and school teachers, staff of the national civil police, youth leaders, caregivers responsible for the care of children under 8 years old, parents, grandparents, aunts, uncles and others responsible for children's care.

The ICDP programme is currently being implemented in four municipalities in the department of San Salvador: Cuscatancingo, Ciudad Delgado, San Martín and in Ilopango.

Recent ICDP report from ISNA:

<http://www.icdp.info/api/media/media/849>

Watch the video:

<https://www.youtube.com/watch?v=jDCefC-VjmU>

The video is about the work with the ICDP programme in El Salvador, sponsored by UNICEF. The video is called "Tambien soy Persona" ("I am a person too"). This is the name of the ICDP booklet for caregivers by Karsten Hundeide and Nicoletta Armstrong, but it was adopted as the name for the ICDP programme, initially in Colombia and then in other Latin American countries too.



Ghana, Malawi, Mozambique

GHANA

New office in Ghana

Congratulations to ICDP Ghana on their new office!

"Here is a picture of our ICDP Ghana office, and you can also see some of the ICDP volunteers who are supporting our work. We are gradually making progress, expanding the ICDP programme here in Ghana. – ICDP Ghana representative, Joyce Dodzi Larnyoh (on photo below).

Information about Ghana: <http://www.icdp.info/africa/ghana>



Workshop on inclusive education

ICDP Ghana has recently organized a workshop on inclusive education, which was held in the Akuapem north district of Ghana.

From October 6 – 9, 2015, ICDP with the support of the Kwamoso Community Development Committee (CDC) working with Plan Ghana, organized a 4 – day training workshop for teachers from 20 selected communities of the Akuapem North Municipality.

The theme of the workshop was "Quality Inclusive Education to End Exclusion". The 20 teacher participants were drawn from Old Mangoase, Timber Nkwanta, Baware, Kwamoso, Bolo Kofi, Aboabo, New Asuoyaa and Addo Nkwanta.

The participants were housed in the Presbyterian chapel at Adawso to receive training which lasted for 7 hours each day; commencing from 9:00 am to 4:00 pm. Five officials from the District Education Directorate (Circuit Supervisors - CSs) also took part in the workshop so that they could assist in monitoring the participants once they go back to their respective schools.

Workshop report: <http://www.icdp.info/api/media/media/892>

In addition, ICDP Ghana is sharing their report of the Kids Read Project project, which was developed in cooperation with World Vision. The objectives were:

To inform stakeholders in education of the existing situations with regards to kindergarten education (baseline findings); Provide training in improved instructional practices for District Early Childhood Coordinators and support staff; Enable teachers to teach fundamentals of literacy; Train teachers and support staff, to use of the Teaching and Learning Materials (Alphabet cards/charts, Phonic Charts/cards, Conversational Posters, etc.) to enhance learning in the kindergartens. During Dissemination and Sensitization Meeting, stakeholders especially caregivers such as parents and teachers were sensitized on how they

MALAWI

A trainer's initiative

An ICDP course has recently been taking place in Mgoni, located in Lilongwe, Malawi. Local trainers in the local Chichewa language conducted it. The last day of the course was on the 23rd of October.

This training was organized on the initiative of a trainer from Bergen, Maries Custers, a nurse and supervisor in the variant of the ICDP programme tailored for the minority groups in Norway. She has been visiting Malawi since September 2015 and is staying there till mid December.



D) PICTURE GALLERY



Mr. Alfred Dzikanu (The Plan Education Specialist) in a group picture with participants.

Mr. Enoch Asare Bash(HR Director) delivering the Keynote address on behalf of the Municipal Director of Education.

The EPCU manager, Mr. Kofi Debrah addressing participants during the Opening Ceremony.

Mr. Pecku giving some explanation to participants.

should interact with and support children to read. The ICDP programme was used as the basis for this work.

Read about the Kids Read Project:

<http://www.icdp.info/api/media/media/893>

Before her trip, Maries contacted ICDP to find out about the ICDP contacts in Malawi. In preparation to her visit to Malawi she also received all the key ICDP materials in English.

Having established contact with ICDP and subsequently with the ICDP Malawi representative, Maires then proceeded to work



together with Ireen Mwenelupembe and two other local trainers on the organization of the ICDP workshop in the Mgoni community.



The training in the ICDP programme was at caregiver level and it took place over 9 days. A group of 20 women (on photo above) attended the course and they were selected by the community leader to participate in the workshops.

"I think that the ICDP course in Mgoni was a great success; the feedback from all participants was positive. They even prepared and performed an ICDP song and dance! My next step will be to start an ICDP course in another village in Lilongwe - it will be in Kauma whose community leaders asked for ICDP." - says Maries.

About the Mgoni community

It is a large peri-urban slum northwest of Lilongwe city, with a total estimated population of 50,000. Water and sanitation pose a huge challenge in the community. The community is exposed to numerous health hazards; it is overcrowded with virtually no sanitation facilities. Refuse disposal is non-existent; garbage is piled up all over the community, posing a huge health risk.

There are privately owned preschools, which are poorly equipped and run by untrained teachers and caregivers. About 35% of the children in the preschools are orphans. The current primary school drop out rate stands at 60%. The main causes of this are death of parents, poverty, early marriage and early pregnancy.

Training in Kauma

The little village of Kauma is situated near Lilongwe and 20 km from Mgoni. Facilitators from Mgoni went there to hold an ICDP course for 10 teachers and 11 caregivers. All participants have successfully obtained their certificates (on photo below). The teachers in Kauma were glad to participate in the ICDP course and recognized that it will help them to take better care of the children at school.



MOZAMBIQUE

Association Mozambique

ICDP Mozambique is a fully registered Association and its operation in 2014 took place under the name of “Associação ICDP Moz”. A brief ICDP report for the period between January 2014 and June 2015, by Santana Momade, the ICDP Mozambique representative

The main activities have been centred on the training, monitoring, field follow up and technical assistance to staff in Child Centres and to professionals from the Ministry of Gender, Children and Social Action (MGCAS), as well as working on the expansion in the community. Local leaders, traditional authorities and parents were reached with the ICDP programme.

By raising awareness and advocating for the psychosocial and educational needs of children, including their right for parental and education care, as encoded in the UN Convention on Children’s Rights, our work is a direct implementation of this convention in an area of extreme need. In addition, young promoters were also sensitized and trained for a ‘child to child intervention’ in the centers and surrounding communities, in an attempt to tackle an especially serious and disturbing situations that children and families find themselves in, resulting from the disrupting effects of HIV & AIDS, violence and extreme poverty.

As in previous years more than 30 young children visited ICDP premises on the Children’s Days and interacted with staff that answered their questions, and played games and sang together.

Ongoing

ICDP Mozambique is a technical partner of UNICEF and a member of the Psychosocial Group coordinated by the Government and it belongs also to the Intersectoral Group for

OVC, which plays an important role in influencing children policies.

ICDP AND UNICEF

A programme is rolled out to improve the psychosocial care of vulnerable and disabled children and families in alternative and institutional care, in 7 provinces of the country. We trained and followed up 250 professionals from the Provincial Directorate of the Ministry of Gender, Children and Social Affairs.

ICDP AND NUTRITION

The following activities by ICDP Mozambique are taking place in 9 Centers for children and they include learning about nutrition:

1. Raising caregivers' awareness about the role of nutrition in children's development.
2. Development of a valid methodology for children’s nutritional vigilance.
3. Improving children's nutritional condition within a holistic vision of children development articulated with the ICDP psychosocial programme.

ICDP ON TV AND RADIO PROGRAMMES
ICDP participated in several TV and radio programmes to talk about children developmental rights



ICDP Mozambique has 50 national trainers. Training was given to several different groups as follows:

30 teachers received training and counseling in ICDP
ICDP provided counseling once a week to students at the

School in Maputo, 200 facilitators received training
1963 caregivers sensitized, 8370 children reached
148 orphans children reintegrated with their biological family with support of ICDP trainers
70 foster parents trained in parental skills and family law
15 nurses were followed up.



ICDP IN ASIA

China

CHINA

First ICDP workshops in China

The photo below shows a group of very motivated Chinese professionals, who have recently embarked on their training in the ICDP programme.

After months of careful preparation, it is exciting to report that two groups of Chinese educators attended ICDP workshops over four days during the month of September. The training was held in the city of Kunming, in the Yunnan province of China.

There were forty-five workshop participants - and they will be trained to become ICDP facilitators. The Women's Federation recruited the participants, whereas the Shincon Kunming office organized the event. Shincon is the local organization acting as a contact point for ICDP in China - they have an agreement with the ICDP foundation to collaborate on the development of ICDP in the Yunnan province. The Women's Federation has a very wide network of teachers and caregivers all over the Yunnan province, both in the rural areas and in the cities, which will make the project more easily organized and sustained long term.

The process of adapting materials to the local context is part of the pilot project, and this process has already started with the adaptation of the pictures and language. Some of the ICDP materials have already been translated and printed: Part One of Karsten's book, and some additional material prepared by Nicoletta, such as the Tools for facilitators and trainers, the

Booklet for caregivers "I am a person", a Guide for trainers and the Photos for the 7 typical situations.

The translation was made into Mandarin and checked through by a very competent team, including Gao Wanhong, professor and director of sociology and social work, at the school of public administration, Yunnan University and Ma Lijun, senior lecturer, who has been serving in the Yunnan women and children's development center since 1990, and has cooperated as an adviser, trainer and curriculum expert with United Nations Children's Fund, Save the Children UK, UK development department, Right to Play, among others.

"The workshop participants were very interested and actively took part in the training from day one. We had two excellent translators and some of the translation team was also present to double check on the meaning of the ICDP concepts. But naturally, it was a challenge having to rely on interpretation all the time, and the language barriers; however we were all amazed by the close contact we managed to establish with the trainee facilitators. Most of them are actively involved in working with children and caregivers, a few came from the organizational side and there was also staff from the University, which is



important for the implementation of the programme. Shincon staff had prepared everything really well and took very good care of us. We were even invited to a cultural event and had a day in the hot springs situated near Kunming. The ICDP team functioned very well supporting each other all the way through and we are already looking forward to continue the training. Shincon is preparing a brief report with the results from the evaluation of the first training workshops." - comments from the international trainers Elsa, Hilde, Astri and Helen.



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ICDP at national level:

Registered organizations: ICDP England, ICDP Norway, ICDP Finland, ICDP Sweden, ICDP Portugal, ICDP Ukraine, ICDP Mozambique, ICDP Ghana, ICDP Colombia and ICDP Peru

ICDP representatives have elected in Japan, South Africa, Malawi, Brazil, Mexico, Romania, Russia and Moldova

ICDP Denmark operates under GR-Psykologerne, UCN and Authenticus

ICDP Australia operates under Morningside C.A.R.E.

ICDP USA operates under CCWF

ICDP Paraguay operates under Vida Plena

ICDP Guatemala operates under Plan

ICDP El Salvador operates under UNICEF and ISNA

ICDP Bolivia operates under the Christian Evangelist Lutheran Church

ICDP Lesotho operates under Thaba Bosiu Centre

ICDP Nepal operates under the Early Childhood Education Centre (ECEC)

ICDP China operates under the Shincon Kunming Rep Office