



# **International Child Development Programme**

**Newsletter**



# Updates

June 2016 - December 2016

# Season's greetings



To our ICDP friends and colleagues worldwide we send our warmest season's greetings and wishes!

Thank you for keeping in touch with us and we look forward to more wonderful news from you.

Let us continue to keep the ICDP flame alive in the New Year too!

From Nicoletta and the rest of the ICDP team.

# Medal of Merit for Professor Henning Rye



**We are delighted to announce that Professor Emeritus Henning Rye has been awarded the Norwegian King's Medal of Merit.**

The Medal was awarded for his work in three different fields:

- 1) for children with special needs and their families ;
- 2) his international work and cooperation, particularly with the University of Addis Ababa in Ethiopia, where his activities covered the area of research as well as developing a Masters study in special needs education ;
- 3) as one of the founders of the International Child Development Programme in the early nineties (together with Professor Karsten Hundeide, Markus Hoff Berge, Pedro and Irina Mendes, Nicoletta Armstrong and Wilbert Verheyen).

The award ceremony took place at the Department of Special Needs Education, at the University in Oslo, on the 20th of September 2016.

Warmest congratulations to Henning from ICDP!







# ICDP in Americas

Colombia, El Salvador, Guatemala, Mexico, Nicaragua, Panama, Peru, USA



**The first phase of the ICDP project in Envigado, Antioquia, Colombia, was completed and this work was supported by the Ministry of Social and Community Welfare.**

The location is Zone 10, in the town of Envigado, where ICDP has been developing with the participation of the local community.

The first phase of the project was carried out during the period between May and July 2016. During this period the ICDP team, led by Carolina Montoya, undertook all the necessary steps to ensure good quality and sustainable work in the long run: important contacts were consolidated, motivational workshops for community leaders and also for representatives from educational and religious institutions proved successful in securing commitment and enthusiasm for the ICDP method. Work schedules were defined for ICDP training in Santa Catalina and Escobero areas in Zone 10, where two groups were formed: the first group attended ICDP workshops at the Parish of the Immaculate Conception and the second at the Educational Institution La Morena.

The agenda of the ICDP training was completed as planned and both participants and facilitators felt satisfied with its content. The participants included parents (including very young parents), grandparents, aunts, caregivers involved in domestic services and teachers. They were all very actively engaged in sharing experiences during the ICDP group sessions.



Some participants had experienced very tough and violent childhoods and they saw the ICDP course as an opportunity to reflect on the need for change in patterns of parenting in the community. Trainers felt that it was important to allow time to stop and talk with individual participants to develop deeper communication and guidance - having two trainers per group was important as that made it easier to offer individual support to participants. Several parents brought their children to the ICDP groups sessions. In phase two the ICDP team will try to organize some fun activities for the children while their parents attend ICDP, although this aspect was not budgeted by the project.

The community leaders and parents of Zone 10 showed interest and openness to the project. A very positive attitude and willingness to promote ICDP was also shown by pastors and school directors. ICDP received significant support from the Ministry of Social and Community Welfare for all administrative aspects related to this project. The second phase of the project started in July 2016.



**In addition to delivering a sensitization programme for adult caregivers and parents, the new ICDP project is also training young people to use ICDP in relation to the elderly.**

This project is developing in the municipality of Cañasgordas, Antioquia, Colombia and is running from June to December 2016.

Cañasgordas is a township located in western Antioquia, 133 kilometres from the city of Medellín and it has a total of 67 villages and 3 districts, with a population of 17 763 inhabitants. The core business activities are oriented towards agriculture, livestock and mining. The percentage of the population under 18 years with respect to the total population in Cañasgordas for 2010, according to projections DANE, is 43.37%. The population over 60 years in the municipality amounts to 2050 people, there are also 50 organized groups of elderly distributed in rural and urban areas. "The inhabitants of Cañasgordas are victims of the internal armed conflict and displacement and this means that their lives are plagued by terrorist acts, attacks, fighting, harassment, threats, crimes against freedom and sexual integrity, forced disappearance, forced displacement, killings, massacres, landmines, kidnapping, torture, forced involvement of children and adolescents in conflict, forced abandonment of land and dispossession, among other." (Development Plan 2012-2015: Progress of the field and the development of the people).

The municipality has a high poverty rate (50%), high unemployment and juvenile drug addiction are among challenges that must be addressed and there are frequent cases of violence towards children, many of them generated by educational and cultural practices that are passed down from generation to generation.



It is in this context that the ICDP project seeks to implement its strategies to improve the living conditions of children, young people and the elderly, by strengthening the social fabric to help create protective environments leading to a better quality of life.

An ICDP work plan was formulated together with the Centre for Social Protection Mila Gutiérrez Pérez (Care for the Elderly), the municipal programme for the elderly and the local educational institutions, aimed at promoting within families and communities, good quality relationships and good treatment. The project objectives are to:

1. Empower and train a core group of 8 professionals and 30 young people as ICDP facilitators
2. Apply the ICDP method in relation to a group of 50 older adults and their caregivers in order to promote good quality care.
3. Sensitize the community through advocacy and training in the ICDP principles, to develop emotionally sensitive, enriching and stimulating interactions between parents and children and to generate positive relationships among family members.
4. Reactivate native parenting practices and children, capturing the fun and play as effective tools of interaction between adults and children.





During June and July 2016, two ICDP trainers, Abel Salazar and Sergio Osorio, ran a series of workshops for a group of 8 facilitators (photo above) and introduction seminars were held for 30 young people. In addition, there were two workshops for a group of 80 caregivers whose work is with children and adults who have a disability (photo below). They were conducted by a professional volunteer, Monica Maria Berrio Zapata. The workshop focused on: a) understanding the difficulties people with disability are faced with; b) providing care and good treatment for people with disability and c) how to promote non-stigmatization of these conditions.



ICDP has also reached the town of Itagui, Antioquia, where ICDP training was given to a group of professionals from two colleges, Institución educativa Loma Linda and Institución educativa Luis Carlos Galán. In future, they will offer ICDP courses to the pupils' parents.



A photo report can be found at this link:

<http://www.icdp.info/api/media/media/1061>





**On the 28th of September 2016 the ICDP project in the Zone 10 of the town of Envigado, Colombia, held a certification ceremony and celebrated its successful completion.**

The project had received support from the Mayor of Envigado, the Secretariat for Social and Community Welfare and the Committee of Zone 10 Envigado. Before the start of this project, a base line study was conducted in the area of Envigado called Zone 10, concluding that:

"There is inadequate protection and comprehensive care for different population groups, especially children and adolescents."

"Family violence is on the increase, generating family and social disintegration and problems related to mental health."

"There is a steady deterioration in community life, a phenomenon associated with lack of knowledge about basic rules of coexistence, inadequate family and neighbourhood environments, and low civic culture".

ICDP project team included Maria Marin Galeano Eumelia, Carolina Montoya Montoya, Lucy Mejia Osorio, Rosa Angelica Diaz Perez and Marleny Martinez Perez.

ICDP facilitators worked with two groups of caregivers. The weekly ICDP meetings took place over a period of four months and were attended by mothers, fathers, teachers, grandparents, and caregivers. One group held meetings in the Church of the Immaculate Conception and the other group in La Morena School.

View their short presentation in Spanish:

<http://www.icdp.info/api/media/media/1070>

### **Comments by participants about the ICDP course**

"The acquired knowledge allowed us to improve communication with our children."

"It created better understanding between us and our children."

"It helped us to reflect on our daily lives and the best way to improve interpersonal relationships."

"We reflected and became aware of our role as caregivers."

"ICDP is very useful for my future career as a teacher".

"I think ICDP covers fundamental issues to address in today's society."

"It has brought to our awareness key principles of humanized parenting."

"ICDP helped us to see the child as a person and how to educate with love and right kind of discipline."

"It made me a better parent."

"I learned to be a great mother capable of maintaining standards, but with great love."

"I was strengthened and enriched morally and spiritually, in order to work with my child."

"ICDP course should be for all members of a family, so that the same language is spoken = LOVE".

"It raises awareness about good childrearing, helps to recognize one's errors and inspires courage to change."



**A film showing how the ICDP programme "Tambien soy persona" was received by those who benefitted from it in El Salvador is now available on the ICDP website.**

The film is in Spanish, with English subtitles. To watch it follow this link:

[www.icdp.info/var/uploaded/2016/08/2016-08-11\\_09-47-36\\_tambien\\_soy\\_persona.mp4](http://www.icdp.info/var/uploaded/2016/08/2016-08-11_09-47-36_tambien_soy_persona.mp4)

"The film was sponsored by UNICEF who have been supporting ICDP developments since 2006; that year UNICEF was instrumental in bringing ICDP to El Salvador and for inviting the Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA) to participate in the training.

From the very beginning and over many years to follow, Marina Morales (UNICEF), maintained an unwavering commitment in overseeing and supporting the ICDP work and on the other hand, there was consistent willingness from ISNA to coordinate the training on long term basis. As a result the ICDP programme "Tambien soy persona" became an integral part as a permanent strategy in a national programme coordinated by ISNA.

The present executive director of ISNA, Elda Gladis Tobar Ortiz, continues to promote the methodology with interest and commitment. Last year (November 2015) she participated in the ICDP Latin America Network Meeting which we organized in Colombia; she came together with several members of her team, including Rina Aparicio who has been maintaining contact with me with regular updates.

This year, a new project is developing, in which ISNA is cooperating with a new partner: Plan has agreed to receive training in "Tambien soy persona" in order to apply it in



their work with families in those communities where they already run programmes. Plan this connection, ISNA organized training workshops for technical staff from Plan (photo above) - and on the last day of the training, on the 12th of May 2016, there was a certification ceremony in the presence of the executive directors from ISNA, as well as Plan (photo below)."

El Salvador, together with Norway, are the only two countries where ICDP became institutionalized as a national programme and in both countries it is still going strong; although the largest scale in terms of numbers of participants, was actually achieved in Colombia, thanks to the wide vision and support we received from the UNICEF country representative Manuel Manrique. In the past UNICEF has also supported large scale projects in Angola, Macedonia, Guatemala, and more recently in Ukraine and Mozambique. On the other hand, our cooperation with Save the Children in Brazil and Plan in Guatemala had also resulted in big projects and in Scandinavian countries, local teams have been successful in spreading ICDP to many municipalities in Denmark, Sweden and Finland. This historical reflection, however, does not intend to take away any glory from many successful smaller ICDP projects in the world - on the contrary, these proved to offer opportunities for establishing closer communication ...and as a result perhaps deeper impact long term.

**- Nicoletta Armstrong, ICDP chairperson.**



## **The work with the ICDP programme in Guatemala continues.**

Julio Martinez, ICDP trainer and teacher by profession, has been working with the ICDP methodology for almost ten years now. He was employed by Plan Guatemala for many years and was leading a team involved in spreading the ICDP programme to hundreds of communities in the country. Recently (in July 2016) Julio sent a short update:

Since 2015, he has been involved in his latest initiative in Bajo Verapaz, which is to complete the ICDP training of 66 university students. Most of these students will later be involved in teaching and caring professions; some are studying neuroscience. Currently, the trained students are running ICDP courses for parents, and that work is part of the requirement for their certification in ICDP.

"Students found their ICDP work in the community very satisfying and the families who benefitted gave us very good feedback too. In general, the interest in ICDP has been ongoing and based on my own experience over time, I have become convinced that it is the solution for our country's future, by improving family relations and building a stronger society in the long run, in which children can be guaranteed love and security. I am applying to different organizations in the hope of raising more funds for ICDP "

### **- Julio Martinez**

In Guatemala, another strong partner over the years has been the Aldeas Infantiles (Children's Villages) SOS Guatemala. ICDP was included in their overall programme for violence prevention and child protection. In addition to implementing ICDP in their children's villages and youth communities, their work also focused on using ICDP to sensitize staff working with children in a number of social and community centres.





**ICDP has been inserted as a module of a course at the Mexican university Benemérita Universidad Autónoma de Puebla (BUAP).**

The Faculty of Psychology at the Benemérita Universidad Autónoma de Puebla (BUAP) (Meritorious Autonomous University of Puebla) has a Diploma course in Attention deficit disorder, which begins on the 23rd of September 2016. The ICDP programme is included as module 5 of the course. The ICDP trainer and psychologist Jose Luis Flores will be introducing the content of the ICDP programme by conducting ICDP training sessions over a period of 4 days: on the 18th and 19th and on the 25th and 26th of November 2016.

BUAP is the oldest and largest university in Puebla, Mexico. Founded on 15 April 1587 as Colegio del Espíritu Santo, the school was sponsored by Society of Jesus during most of the Spanish colonial era before turning into a public college in 1825 and eventually into a public university in 1937.

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## A new ICDP initiative is planned in Ocotal, Nicaragua.

ICDP has recently signed an agreement for training and cooperation with the “Instituto De Promocion Humana” (INPRHU), a non-governmental agency working in the area of social development.

“Our organization is inspired by Christian values and we are ecumenical and nondenominational. We facilitate and implement programmes in order to promote equal opportunities and citizen participation that enables individuals, organizations and Nicaraguan society to exercise all fundamental human rights. We are actively promoting alternative projects of social, economic, productive and environmental nature. We look forward to the ICDP training and hope that our educators will be able to replicate the ICDP programme to many families in our community.” – Aura Estela Mendoza, coordinator at INPRHU.

### More information about INPRHU:

INPRHU is the oldest non-governmental organization in Nicaragua. Founded in 1962, INPRHU began its activities in Managua and, since 1990, has expanded its geographical coverage to the departments of Nueva Segovia, Estelí, Madriz and Bluefield.



INPRHU is a non-profit, non-governmental organization working for human rights and the welfare of children, adolescents, families and communities. Their goals are the socio-economic research, projects for the promotion of social change, providing technical assistance, linking the private and public sector, contributing to the development of a new critical social culture, supporting rehabilitation and socio-economic transformation.

### Areas of Focus:

Promoting human development through the formulation and management of projects and resources.

The development and implementation of communication strategies aimed at the defense and human rights.

Promoting socio-economic development through technical support, implementation of new technologies, education for behavioural change and facilitation of rural microcredit. Strengthening local capacity through training and technical support processes.

Articulating efforts with stakeholders and advocating for the development and construction of citizenship through educational processes.



**ICDP and INPRHU (Instituto de Promocion Humana) established cooperation with a shared vision for ICDP expansion in the municipality of Ocotal, Nicaragua.**

Aura Estela Mendoza, from INPRHU, invited members of her organization and also several other organizations in Ocotal to participate in the ICDP training with the hope of reaching a large number of families and children at risk with the ICDP programme in the future.

The first workshop was held on the premises of the Red Cross, during the second week in November 2016, and it was conducted by Nicoletta Armstrong, who was accompanied by Monica Andersson. A group of 30 people attended, including INPRHU educators, social workers and teachers, as well as a few young volunteers. The workshop was very well received. The group enriched all discussions around the ICDP themes with a wealth of personal experience. The training will continue in 2017.

Very strong interest in ICDP was expressed by the Ministry of Education (MINED). They plan to spread ICDP through the education network - ICDP was told that there are 18 schools and 27 preschools with the potential of receiving the ICDP training.





**ICDP has started to cooperate with father Antonio Alberto Mendoza Aparicio, from the "Movimiento Nueva Generacion" (New Generation Movement), an NGO operating in Panama city.**

The New Generation Movement (<http://www.mng.org.pa>) is a community-based social organization whose main goal is to implement programmes, projects and social, cultural and sports activities in order to provide comprehensive protection for children and youth. The emphasis is on prevention of violence and gangs through the promotion of ethical and moral values. The vision is to create opportunities for education, socializing, sport and culture for children and adolescents as a basis for their development and a better future life. The New Generation Movement has 6 centres in Panama and these are attended by children and young people. The State offers some support to their programmes.

Their centre for young children (3 and 4 year old) is attended by 300 children whose mothers go to work; the children are at the centre from 7:30am till 4.30 pm. Another centre is attended by children 5-18 years old, who come to the centre after school to do homework and to have lunch. There are also programmes for young people, providing a space for them to establish dialogue, explore different topics and engage in activities. In addition, they also run a school for parents (Escuela para Padres), offering them education as well as some material help.

Nicoletta Armstrong and father Antonio Aparicio have agreed to begin the ICDP training of a group of professionals from the New Generation Movement in February 2017.



The New Generation Movement started in 2000, in a climate of increasing violence and juvenile delinquency, and in order to protect children and youth from gang activity. It arose from the concern of its founder Héctor Brands, who saw that there were no recreation facilities for young people in the districts, so he decided to organize football clubs during the holidays, in which young people could participate in a free and accessible way. Faced with an adverse social scene and only football as a tool for teaching and learning children and young people began to listen and learn about peaceful coexistence, tolerance and culture of peace - and as a result, the New Generation Movement gained a reputation in the community. This led local authorities and organizations to offer their support. Gradually new components were included, such as the educational, recreational, cultural and spiritual. All these activities were led by volunteers, with appropriate knowledge and moral authority in the community. With the increased activities, new strategic alliances were sought and in 2005 a proposal was submitted to the Ministry of Social Development for the establishment and operation of community care centers for children and youth in vulnerable districts. The New Generation Movement was formally constituted as a legal organization in 2003, but it was not until 2006 that it was recognized as a not for profit non-governmental organization.





**ICDP has been working with several international consultants from different partner organizations in Canada and Peru to develop a project proposal for a new ICDP multidisciplinary project in Lima, Peru.**



The project aims to combine ICDP with nutritional and health messages, as well as teaching families to grow vegetables in community gardens and at home.

This initiative is building on the existing collaboration between ICDP and the University Inca Garcilaso Vega (UIGV) in Lima, and is planned to take place in the poor community of Pachacamac, an hour drive south of Lima. This project proposes to train a group of 30 student nurses at the UIGV to use the ICDP programme "I am a person" together with nutritional messages directed to improve caregiver child interaction and nutritional habits of 100 families in Pachacamac. The target group are families whose children are under 3 years of age.

Pachacamac (on photo above) is characterized by desert conditions with scarce vegetation and its population has a very low socio-economic status, with high incidents of malnourishment in children. Father Zavaleta Perez, a well-known figure in Pachacamac agreed to work closely with the ICDP Peru trainers and he will be introducing them to the community families and other relevant actors that can contribute to the project. His church will also offer space for ICDP workshops and provide a piece of land adjacent to the church where the project will be working with families to improve local food growing. ICDP has gained the support of the Dean of Faculty of Nursing at UIGV, who cooperates closely with the Peruvian Association of Nursing Schools and whose vision for the future is to spread the ICDP programme through their network of over forty schools.

It is hoped that the project will start in March 2017, provided the funding is in place by then. However ICDP trainers Ana Sofia Mazzini and Honorata Herrera have already started to implement the ICDP program with a small number of families on voluntary basis in Pachacamac.

To read the literature review follow this link:

<http://www.icdp.info/api/media/media/1041>



Over the last two years, the ICDP-USA Evaluation, funded by the Prtizker Early Childhood Foundation yielded important evidence of the growing effectiveness of ICDP-USA. Evidence suggests that ICDP is connected to positive outcomes for parents' sense of self and their reported parenting skills and relationships - including significant increases in confidence and parental efficacy, mental health and health and well-being as well as an increase in perceptions of ICDP guidelines and activities among parents and their children. With new motivation, caregivers have worked to develop and apply stronger empathy-based parenting skills, improving their adult-child interactions and family relationships. The ICDP International Cycle observed that ICDP-USA is aligned with what is typically found in international program results: (1) more effective/positive parenting practices, (2) reduced child conduct difficulties and (3) reduced parental depression (Skar, von Tetzchner, Clucas & Sherr, 2014). Additional results that we have found include more joy in family relationships, leading to children having a greater chance to thrive and succeed academically and socially.



The Changing Children's Worlds Foundation (CCWF), Geneva, Illinois, USA, offers the intergenerational International Child/Parenting Development Program (ICDP-USA) to care for the emotional health and well-being of children and parents in supportive, community-based learning environments. Our goal is to enhance positive development and family relationships, which will strengthen success in family, schools and community. In turn, this serves to reduce an often intergenerational cycle of intra-familial violence, maltreatment and neglect by providing positive social/emotional, cognitive, and self-regulative development guidance and practice for both parents and children while also building supportive community for participating families over time. This is of strong importance in Chicago and surrounding communities as 2016 proves to be an exceptionally violent year, especially for Chicago's children.

Initiated in 2011, ICDP-USA has established 7 Trainers/Trainees, and nearly 150 Certified Facilitators / Facilitator Trainees by end of 2016. Further, over 350 caregivers have gone through our programs, with at least 230 fully participated and "ICDP-certified," while our program has reached nearly 1,200 children through their ICDP-participating parents, social workers, teachers, mental health professionals and caseworker/home visitors. Over 50 children have taken part directly in our ICDP-USA Children's Program, a parallel program to ICDP for Caregivers, which we will advance further in 2017!

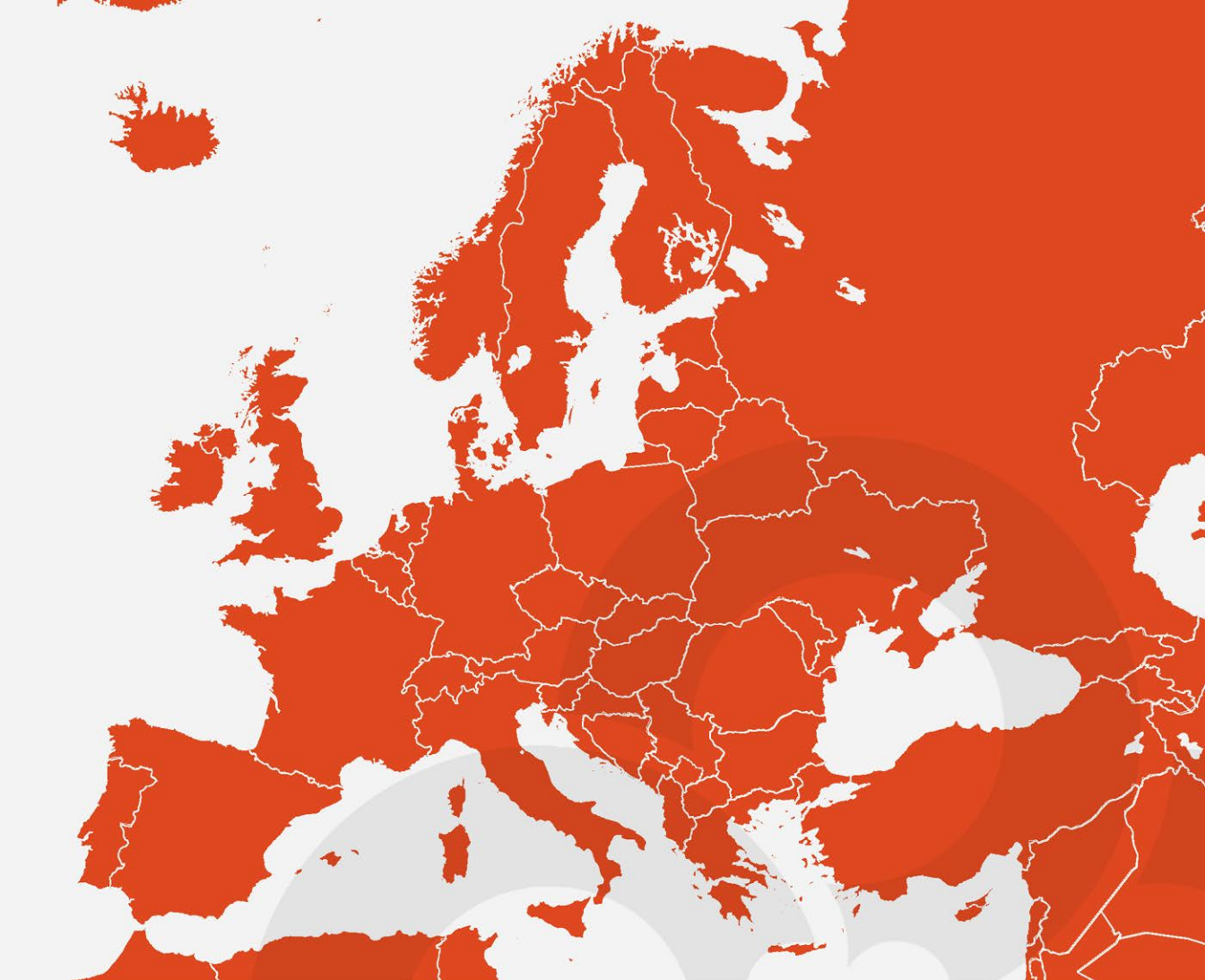
Over the 9-20 week ICDP learning group programs, participants build a trusted, safe learning community with the goal of ensuring children have a better chance to have healthier, stable households and the ability to experience love and empathy as well as develop curiosity, critical thinking skills, positive discipline, self-regulation, and empathy for others.

While the program is valuable to all parents and caregivers, it has also been successful with targeted groups of single parents, teen parents, parents with children with special needs, immigrant parents, incarcerated parents, parents in high violence neighborhoods, etc.

Upon completion of the ICDP Parent/Caregiver and Family Learning groups participants demonstrated an overall increase in parenting skills, like patience, engagement, and consistency as well as their understanding and self-reported adherence of the ICDP guidelines and principles. Parents and caregivers also reported a significant increase in their participation of activities with the children. There were also significant improvements in child discipline and empathy among program participants. When asked about child discipline and boundary setting, parents and caregivers reported significant improvements in using appropriate methods. Parents reported their children to be more considerate of others' feelings by the end of the program, as well as an increase in their children to display more empathy compared to the beginning of the program.

Participants reported their Health and Quality of Life significantly increased from the beginning to the end of the program, as well as fewer symptoms of mental illness as measured by the Shona Symptom Questionnaire upon completion of the program. With new motivation, caregivers have worked to develop and apply stronger empathy-based parenting skills, improving their adult-child interactions and family relationships.

For additional information and results regarding the CCWF's ICDP: Evaluation Report please access it via [www.changingchildrensworlds.org](http://www.changingchildrensworlds.org)



# ICDP in Europe

Denmark, Norway, Russia, Ukraine



**In Denmark, the Institute of Relational Psychology has been using the ICDP programme for many years, organizing training for institutions, schools, municipalities...**

Presentation of the ICDP training by the Institute of Relational Psychology, <http://relationspsykologi.dk/icdp> (a summary):

Through interesting educational themes and specific, practical exercises, participants of the ICDP training can gain knowledge about key aspects in human relationships and help raise awareness about their own resources and how to use these to develop supportive professional relationships.

The training has 3 modules: Module 1 focuses on developing the participants' own relational competence. Module 2 focuses on developing the participants' ability to mentor colleagues or parents. Module 3: Trainer programme qualifies to train others in the ICDP programme modules 1 and 2 within their own organization. As an ICDP trainer you are obliged to comply with the ICDP agreements with Trainers - which were formulated by the international organization (ICDP Foundation).

Course content: theoretical and didactic basis of ICDP; Sensitization and activation of participants; Group dynamic processes; Implementation principles; How to organize ICDP courses; How to develop sensitivity and reflection; Development of training materials; Self-observation, peer feedback and video analysis; Reflection of own teaching practice based on video recordings of teaching sessions

Based on our long experience with ICDP we have developed our ICDP courses that we offer at different levels and they are adjusted to different target groups such as educators, teachers, social workers, psychologists, nurses and others.

ICDP training in Relations and Resource-oriented health care, focuses on the following objectives:

A) To promote parents' positive perception and experience of themselves and their child, so they can identify with the child and know the child's condition and adjust their own caring actions and feelings to the child's needs and initiatives. This objective means that the nurse is to strengthen parents' confidence and joy as a caregiver through a relational and resource oriented healthcare.

B) The nurse promotes sensitive emotionally expressive communication and interaction between parent and child that can lead to positive emotions and social play in the relationship between them.

C) The nurse promotes enriching interaction between parent and child, so that the parent can learn to focus on expanding and guiding the child's experience, knowledge of - and activity in relation to the outside world.



The programme is based on an interpretative phenomenological approach in which health-care nurse will try to be as close as possible to the parents' own designs, ideas and experiences. The health visitor will aim to strengthen parents to rely on their common sense, experience and traditional knowledge of life with children. The aim is to enter into appreciative and supportive interaction with parents about their parenting - to "make a difference" for those parents and children. One of the methods is video analysis of interaction, which contains specific knowledge of meta communication between adult/child. Course content: What characterizes a good parent?; Facilitating parental work; Narrative approach in parental work; Implementation of ICDP in cooperation with parents; Theoretical presentations and exercises based on self-practice.

Central to the ICDP programme is the desire to develop communication between the child and his/her caregivers; and that the process is based on the child's cultural resources. The main elements of the ICDP programme are the 8 interaction themes that describe how through three dialogues adults can optimize their ability to support children's development. (Theme 1-4) The emotional dialogue helps establish, maintain and develop the adult's contact with the child. (Theme 5-7) The meaning and expanding dialogue increases the child's opportunities to learn. (Theme 8) The regulative dialogue helps the child to control his impulses and to learn to plan

To see the Danish version of the 8 themes follow this link:

<http://icdp.meatdigital.no/api/media/media/1055>

To see the 8 themes in a Danish day care setting please follow this link:

<http://icdp.meatdigital.no/api/media/media/1056>

Three ICDP videos made by the Institute of Relational Psychology can be watched by following this link:

<http://relationspsykologi.dk/icdp-videoer>





**The current situation within the Norwegian Child Protection has given rise to profound concern among some professionals in Norway.**

A difficult and complex task of providing adequate and timely protection to children is in an increasing number of cases creating painful scenarios for both children and their parents - this was particularly evident in some cases that have come to light in Norway. For some professionals child protection system in Norway has become an area requiring urgent attention and improvement.

"As an expert witness I have detailed knowledge of how we fail in more cases than we would dream possible in a democratic value system Norway is supposed to be part of. I can only approve of the message of the links below - being representative for an unknown number of children that are being placed into custody without a good reason due to a dysfunctional system." - Einar C. Salvesen, licensed clinical psychologist and ICDP board member.

<http://www.columbusconsulting.no/en/>

To read Einar's article follow this link:

<http://icdp.meatdigital.no/api/media/media/1047>

Link to a documentary made in Australia - 26 min.:

<http://www.sbs.com.au/news/dateline/story/norways-stolen-children>

Monica Fridtjofsen's article concerning the failure of the system to take her five children into custody:

<http://www.sbs.com.au/news/dateline/article/2016/07/26/why-were-my-children-taken-away>

Einar C. Salvesen's article concerning the case of Natasha and Erik:

<http://www.sbs.com.au/news/dateline/article/2016/07/27/comment-very-worst-can-happen-child-protection>

Comment of the journalist, Georgina Davies:

<http://www.sbs.com.au/news/dateline/article/2016/07/26/could-we-all-be-accused-bad-parenting>

Radio interview with the journalist:

<http://www.sbs.com.au/news/dateline/article/2016/07/29/intern-diaries-norways-stolen-children>

A Notice of Concern, addressed to the Minister of The Department for Children, Equality and Inclusion, was signed by more than 200 professionals; approximately 30 psychologists, 50 lawyers, a number of doctors and other health workers, including child protection officers, expert witnesses and university professors.

To read the Notice of Concern follow this link:

<http://www.icdp.info/api/media/media/1053>



**Recent news from Oksana Isaeva, the ICDP Russia team leader...**

On the 3rd of June 2016, a new group of four ICDP facilitators (on photo above) received their diplomas: Maria Fadeeva, Dli Tatiana, Mantsurova Catherine and Sutyryna Ruslana. They were trained in the programme at the Mininsk university in Nizhny Novgorod, where they also attended the certification ceremony.



On the 19th of September 2016, also in Nizhny Novgorod, the ICDP programme was introduced to an audience attending the seminar on "Implementation and evaluation of programmes for children affected by violence and abuse in public institutions run by social services for families and children: results and prospects". This ICDP workshop was called: "Optimization of parent-child relations on the basis of the ICDP programme". It was conducted by ICDP trainer and psychologist Natalia Dunaeva (on photo below).



Congratulations to the new facilitators and to ICDP Russia for steadily moving forward!



**News about this recently published article comes from our colleague and ICDP trainer, Oksana Isaeva, from Nizhny Novgorod, Russia.**

Procedia - Social and Behavioral Sciences  
Volume 233, 17 October 2016, Pages 423–427  
Fifth Annual International Conference "Early  
Childhood Care and Education", 12-14 May  
2016, Moscow, Russia.

**"Early Psycho-social Intervention Program  
WHO/ICDP as an Effective Optimization  
Method for Child-parental Relationships", by  
Oksana M. Isaeva and Elena N. Volkova**

#### **Abstract**

This article investigates the problem of optimizing child-parental relationships with "Early psycho-social intervention program WHO/ICDP" in the Russian environment.

We conducted a study of 75 parents who have normally developing children from ages 0-7 (a total of 75 children) and took part in the ICDP program. Before participating in the ICDP program, the parents' self-attitudes stay positive, but yet show some inner contradictions. The most controversial domain is power and influence, dominance and suppression as opposed to understanding and accepting a child.

The results show to us that the ICDP program has corrected the parents' attitudes: it strengthens an educator's positive role for a parent, develops the positive image of a child, and improves positive parenting skills (understanding and accepting a child's wishes, interests and abilities; emotional self-control; positive regulation of a child's behavior). The program allows parents to find inner resources for optimization of child-parental relationships.

Link to the article:

<http://www.sciencedirect.com/science/article/pii/S1877042816314112>



**Two ICDP trainers, Marina Sklar and Elena Sarachan gave us a brief overview of their activities in Ukraine.**

To read more:

[www.icdp.info/api/media/media/1077](http://www.icdp.info/api/media/media/1077)

Story of one participant of the ICDP workshop in Lugansk:

The ICDP programme helped me develop a better quality of communication; I am learning every second of my life to give and receive love, using the knowledge that I receive during the ICDP programme. I want to help other people to receive this knowledge, so that they too partake in the care, love and happiness they might have missed out on.

I realized how much I loved my father. As it happened, my father was taken prisoner. On the day when he was taken away, I woke up later than usual in the morning and did not have time to say goodbye to him when he left for work. He called me at lunch time and said that I should quickly pack up and find somewhere to go out of the house. He did not explain anything to me; he just said "I love you." He was away for eight days. And every night, falling asleep and waking up, my mother and I were hoping that he would return.

It is during this time that I realized that there was so much I did not tell him; that I did not hug him enough, I did not show enough love. There were moments when I mentally said goodbye to him, asking him for forgiveness and prepared for the fact that he will not return. Then I hugged my mother even stronger. All the time I was trying to keep busy to make time pass quicker. We were ready for anything, but we were waiting for him. I decided that when dad came back, I would do everything possible to make him happy; him and my mother.

It is during this time that I realized that there was so much I did not tell him; that I did not hug him enough, I did not show enough love. There were moments when I mentally said goodbye to him, asking him for forgiveness and prepared for the fact that he will not return. Then I hugged my mother even stronger. All the time I was trying to keep busy to make time pass quicker. We were ready for anything, but we were waiting for him. I decided that when dad came back, I would do everything possible to make him happy; him and my mother.

On the evening of 22nd of July, at approximately 22-00, my mother and I sat at the window and just stared at the street. And then I heard a familiar and painfully missed voice. I looked out the window and saw him. "Dad is back," I shouted and ran towards my father. I hugged him, and he hugged me. We cried. I've never seen my father do that before. Since that day almost a year ago, I continue to try to please my parents. A lot has changed. We moved from where we lived before, we lost many loved ones. But we gained love - we had never been able to love like this before.

I believe in the benefits of the ICDP programme. I love and appreciate those around me. Life is not forever.

## ICDP participant 2:



When the bombing intensified, we decided to leave home and move to the nearest safe place. Everything happened very quickly. We spent almost a day in the queue at the border. People were scared; we did not know what awaits us in the near future, we were in a state of uncertainty. The main thing was to get away from the war. For the first two months we rented an unfurnished apartment, sleeping on the floor, looking for a new school for my son and I tried to find a job.

This whole situation affected my son. He stopped smiling, and he answered all questions saying: "It's okay." The communication between us became difficult, we could not establish a dialogue. I did not know what to do and then I remembered one of the principles of ICDP - follow the initiative. I began to think about things my son was interested in and I noticed that he began to watch online lectures on scientific topics. I decided to ask him to share the link with me and I joined the viewing of the lectures. Several nights in a row we watched and discussed what we saw. We exchanged views. Then my son asked for help with his homework and in spite of the fact that I could not help him to solve all the problems with logarithms, I helped him with a number of course questions. I listened to his oral retellings of his school subjects, asked questions and talked about how the subjects were taught at school, when I was a student.

Our conversations became more and more open. Then one day my son said that he very much wants to go home, to his friends, to his home school; we began making plans. My son began to smile again. It was for me the greatest reward.

I thank ICDP for simple solutions to complex situations.



**News about ICDP activities in Ukraine for the period from April to the end of October 2016.**

"In Ukraine ICDP is spreading fast; all throughout 2016 we have been working at full power. We have trained staff in a great number of organizations and they are now using the ICDP programme in their work. We are very happy with the work as it has been a great success. We will continue with activities in 2017, and there are already requests for new training!" – ICDP trainers Anna Trukhan and Sergey Krasin.

To read ICDP Ukraine report with photos and links to articles and videos follow this link:

<http://www.icdp.info/api/media/media/1084>

Anna Truhan, the president of ICDP Ukraine, is a psychologist working for the International Charity Fund "Caritas-Kharkov", she writes:

"ICDP is present in all areas of my life: In my personal relationship with my husband and daughter; In my relationship with colleagues; When working with older clients; In my work with children; In dealing with ICDP facilitators; When I give information about the ICDP programme and conduct ICDP training workshops; When I am conducting training on other topics than ICDP.

I have an adult daughter Valeria (21). Like many mothers, I sometimes had a feeling that I "know best", and this used to cause conflicts. When my daughter graduated from high school, I thought that she was not ready to choose her profession and so I chose it for her. My daughter did not like it and had difficulties studying as she did not find the topic interesting. The ICDP programme helped me to understand better the situations, wishes and -



needs of the people close to me. I follow the initiative of my child now and accompany, accept and support her choices. This year, my daughter chose where to go to continue her education – and she is happy.

When I conduct seminars, workshops or support groups, I try to feel the mood of the group, follow peoples' initiative within the permissible limits. This allows me to keep the dynamics of group work. At work I communicate with people who have different levels of training, a different quality of life or social status, are of different age groups and have different experiences with children. There are sometimes experienced parents who raised several children, and the opposite - very young parents, there are educators, teachers, and psychologists. The principles of the programme are clear to all. They arouse a great deal of interest in people and increase their self-confidence.





When parents begin to apply the principles of the programme and observe the changes taking place in their children, they find their own ways to build a good relationship with them. My work is linked to children and families in crisis situations. Many of them are in difficult psychological and emotional states, both children and adults. Children respond to crisis differently. Their reaction depends on the reaction and behaviour of their parents. Such children may be nervous, tense, frightened, and aggressive. They may develop regressive disorders such as biting nails or enuresis. They all need acceptance and support. We started to play games that involved touching each other, and we offered to do it with children and their parents. We encouraged parents to hug and kiss their children through playing, giving their children massage and children were allowed to massage their parents. We encouraged parents to tell their children that they are loved and that adults are close by them. These simple techniques reduced levels of anxiety in children and their parents.



Irritability, tension, anxiety negatively affect relationships with family, friends and new acquaintances. Many internally displaced families find it harder to adapt to the new places, new towns where they have to move because of the military conflict, and find it difficult to integrate with the local population. People who have experienced crisis, grief or loss, often don't allow themselves to show emotions and feelings. They believe that this will make them strong. The ICDP work with them lasted for about 6 months and gave good results. Parents learned to understand themselves and their child, their own feelings and emotions and the feelings and emotions of their children. We encouraged them to talk about it and not to be afraid to express themselves and taught them how to do it with their children. The emotional state of the children and the parents returned to normal, they became more open to dialogue and integration, which contributed to their better adaptation to the new life conditions. They found new friends among the local population. I also noticed that the principles of the ICDP programme contribute to the development of non-violent communication skills and the reduction of stress levels."





# ICDP in Asia

China, Nepal



**ICDP is making a steady progress in the Yunnan province of China with two groups of facilitators already trained. Now there is also a film about ICDP.**

ICDP is developing in China in a project called "Yunnan Left-behind Children Development Project", which is coordinated by our partner organization Shincon Kunming.

The ICDP film was recently produced by Shincon Kunming in order to inform and spread information about ICDP in the country. It is in Chinese, but with English subtitles. It can be found on YouTube:

<https://youtu.be/EGf3I5jhpal>

The film can also be found by putting the following into your internet browser:

[http://v.youku.com/v\\_show/id\\_XMTY4MDQ50DgyNA==.html?from=s1.8-1-1.2](http://v.youku.com/v_show/id_XMTY4MDQ50DgyNA==.html?from=s1.8-1-1.2)

Small correction: in the film 1957 is mentioned as the date when ICDP began developing, in fact ICDP beginnings were in the early 1980ies. For information about ICDP early developments you can read the following paper:

<http://www.icdp.info/api/media/media/30>





**ICDP chair, Nicoletta Armstrong has recently been discussing strategy for Nepal with Heidi Westborg from HimalPartner, who has been a strong supporter and promoter of ICDP (on photo above in her office at HimalPartner).**

On the 12th of October, on Heidi's recommendation, HimalPartner organized a workshop at their Oslo premises to discuss ICDP strategy for Nepal. Apart from Heidi and Nicoletta, attendees included the ICDP international trainers Elsa Doehlie and Helen Christi, and HimalPartner colleagues involved in coordinating the ICDP project in Nepal.

In Nepal, ICDP training is funded by HimalPartner and the recipient of ICDP training is their local partner organization the Early Childhood Education Centre (ECEC). The project is in its second phase focused on creating a team of Nepali trainers capable of spreading the ICDP methodology to new groups of facilitators. The main focus of the October meeting was on how to scale up ICDP in Nepal in a sustainable way and what would be the steps to achieve this. A strong national centre was envisaged as a coordinating body capable of providing, training, monitoring and research but also stimulating advocacy and mobilization campaigns aimed at organizations working in different sectors. The meeting agreed that the vision for ICDP in Nepal is to become a national program in the long term and ICDP and HimalPartner will continue to share their experiences on how to best achieve this.

After the workshop there was a meeting with a visiting professor from China, one of president Xi Jipings advisors who has been working on the identity issue of minority groups in China after the cultural revolution - an issue he considers crucial for ensuring stability in China.



He gave a brief presentation of his main ideas and his programme for schools based on deep human values and afterwards he showed interest in the ICDP perspective as presented by Nicoletta.

### **About HimalPartner**

HimalPartner was established in eastern Tibet in 1938 by the pioneers Edin C. Alfsen and David Westborg. Their work was interrupted by the outbreak of the Second World War, and then continued in the early fifties.

HimalPartner has been working in Nepal on the development of hydro power, industry, education and health care. Since 1990, HimalPartner has also had projects in Tibet/China. Their aim is to strengthen local partners so that their work can have positive implications in the society as well for individuals. Their nurture a culture of respect for all people, regardless of faith and position in society and respect for nature, environment and local culture. HimalPartner workers speak local languages and have good knowledge of local cultures and contexts. Their efforts include protecting jungle areas, mountains and plains by cooperating with national and international organizations.

Heidi Westborg has been a long standing friend of ICDP. Heidi's commitment to ICDP started after she met Karsten Hundeide some fifteen years ago, immediately recognizing the value of a programme such as ICDP. Nicoletta first met Heidi after presenting ICDP at a Blue Cross conference in Brazil in 2008 and afterwards Heidi was instrumental in securing Blue Cross funding for the ICDP project in Lesotho, later developed with Karsten and Pedro Mendes (one of the founders of ICDP). In addition to her commitment to ICDP in Nepal, Heidi Westborg was the person who recommended ICDP to Magnus Aanestad from the Shincon organization in Kunming that is currently coordinating ICDP in China.

### **Brief update on Nepal**

**Yohoshu S. Limbu (Joshua), is the ICDP Project Coordinator at the Early Childhood Education Centre in Kathmandu, Nepal.**

In his recent update about the progress of ICDP in Nepal, Joshua is informing us about the commitment of many local organizations that have been participating in the ICDP training during 2015 and 2016. There are currently 39 ICDP certified facilitators who work for children and families in 12 different organizations.

Each year the ICDP facilitators deliver the ICDP programme to a new group of caregivers. So far, the facilitators applied the ICDP programme with over 200 hundred parents/caregivers.

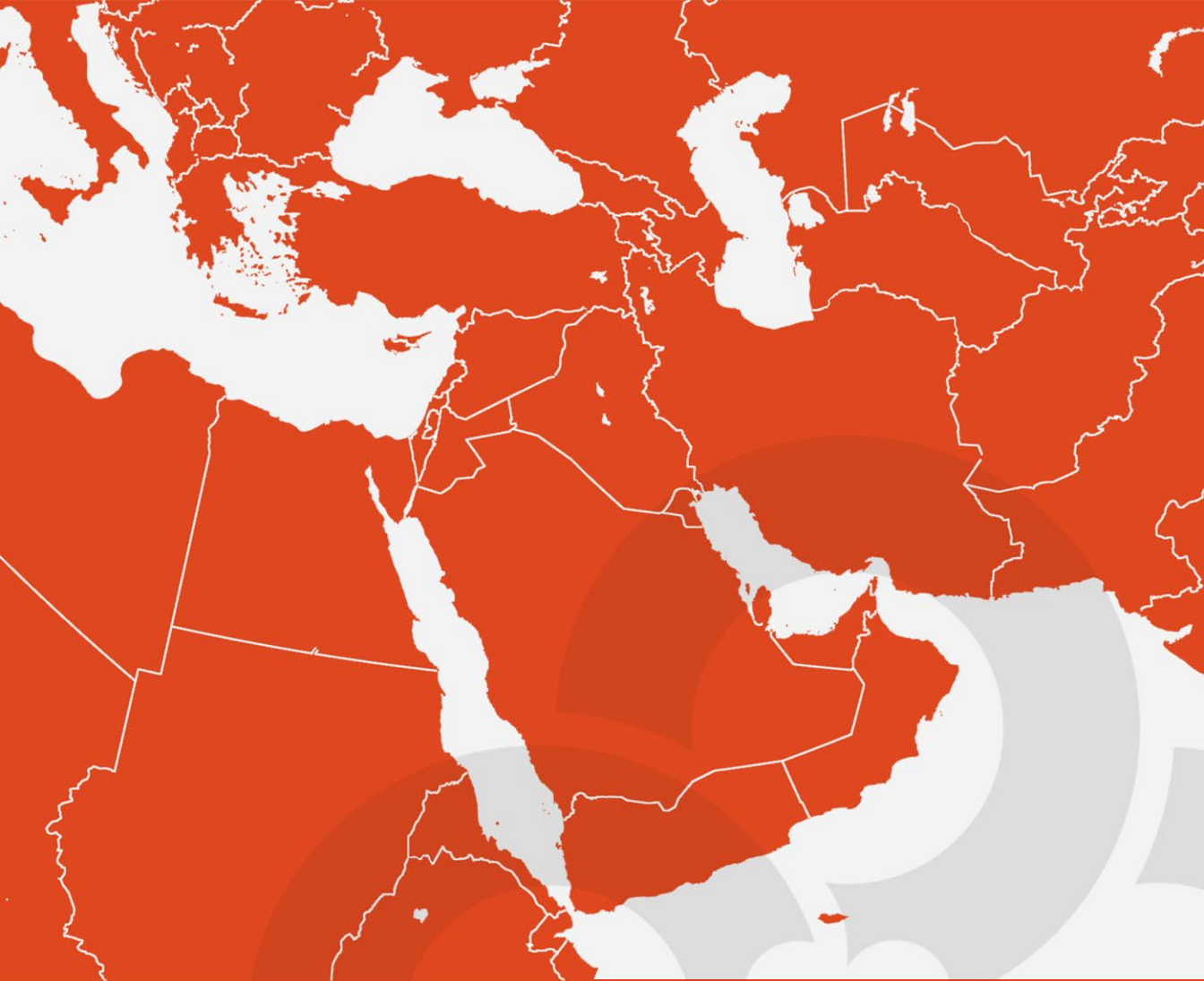
ICDP was found useful in enhancing the healthy psychosocial development of children.

The project is financed by HimalPartner and it is coordinated by the Early Childhood Education Centre (ECEC).

In October 2016, a group of 14 trainees (on photo above) attended the ICDP workshop at Trainer Level. They will continue with the ICDP process to become ICDP trainers in 2017. Their plan is to then start training on national scale by forming new groups of ICDP facilitators all over Nepal, reaching thousands of caregivers throughout the country.







# ICDP in Middle East

Lebanon



**An ICDP project will soon be starting in Lebanon, in connection with the work of the Jusoor organization.**

Jusoor (which means bridges in Arabic) is an NGO representing a community of Syrian expatriates based in Lebanon working together to support the country and people's continued development despite the current circumstances.

Jusoor is helping Syrian youth realize their potential through programmes in the fields of education, career development, and global community engagement. It is a non-political organization with strictly no ties to any political entity. Jusoor's programmes do not differentiate according to political views, ethnicity, religion or gender.

Jusoor runs three schools in Lebanon and this year they have hired Michelle Mac Donald to work as a counsellor for teachers and parents. She will be offering emotional support to parents who are struggling in their relationship with their children, as well as to teachers who have issues with their pupils and will also be working directly with children who have behavioural issues in school.

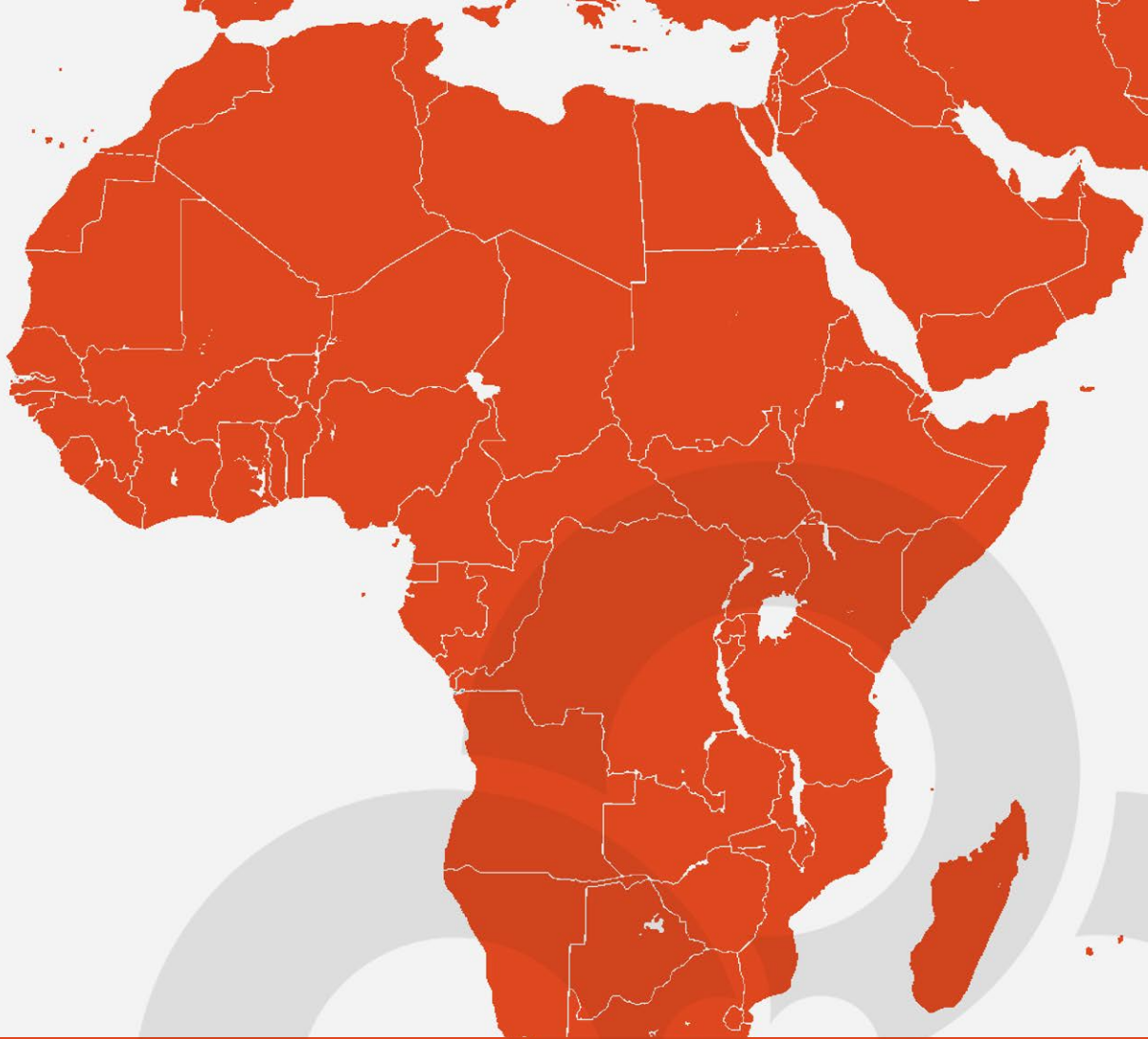
Michelle will be assuming a role as caregiver with the children and as an advisor with adults, who are all displaced from across the border, from Syria. In September 2016 Michelle started to implement the ICDP program with groups of teachers who work for Jusoor in Beirut. Michelle has been receiving training in ICDP by Nicoletta Armstrong, who will continue to provide ongoing support.



**About Jusoor**

As a community of Syrians living around the world we are working together to launch programmes for the benefit of the Syrian community inside and outside Syria. We are committed to supporting the country's development and drawing on the vast talents and experience of our global members to overcome the challenges. Jusoor believes that youth in Syria should have access to profoundly better opportunities. In particular, we hope for a nation that embraces democracy, respects human rights and rule of law and encourages free speech and the exchange of ideas. We hope for a country that offers its people high standards of living underpinned by a strong education system. And we hope for a country that promotes opportunity, in which every young woman and man grows up with hope and dreams for the future and finds opportunities within the country's borders.

There are 1,000 Syrians enrolled in Jusoor's academic programmes, and there are 200 academic scholarships, including a refugee education programme, a scholarship programme and academic mentorships. This year Jusoor has launched a TV campaign along with Memac Ogliv Jeddah, who worked pro-bono to help create the campaign, to raise awareness for the needs of these children.



# ICDP in Africa

Ethiopia, Ghana, Malawi, Tanzania



### **A network meeting took place in Awasa in October 2016.**

The meeting gathered ICDP facilitators who have been involved in ICDP over the last two years. It was an opportunity to go through and review different ICDP topics. Several newly trained facilitators received their ICDP diplomas. All attendees received copies of Karsten Hundeide's book in Amharic; it was photocopied as due to financial constraints it could not be professionally printed. One of the highlights was to hear the stories from some of the mothers who participated in the ICDP course and who came to share their experiences with others at the meeting.

For example, one of the mothers said that before attending ICDP she did not give much attention to her son and had not followed his lead, but now after participating in the ICDP group meetings she started to follow his initiatives and to give him a lot more attention. Another mother said that when her child cried she would neglect him, but now after attending the ICDP course she started to feel empathy towards her child and is able to respond immediately giving her prompt attention; she also said that she now spends more time talking and providing explanations to her child about different things and situations.



"There was a lot of enthusiasm for the ICDP programme and representatives from a new organization showed interest in receiving ICDP. It was moving to hear the mothers share their experiences and to see that they are appreciating the knowledge they received. All the facilitators showed to be committed - they expressed their wish to continue with ICDP training and we made plans for a workshop to take place in February 2017. And a new group of trainees will embark on their training in the spring 2017". - Atanaf Berhanu, ICDP trainer.







## Snapshots of ICDP Ghana in 2016



ICDP in Ghana is keeping the ICDP spirit alive and has been participating in several events in the country over the past year. Here is a selection of some of the many events they participated in.

### Child protection in Ghana

Joyce Larnyoh, country director of ICDP in Ghana is representing the organization during the launch of the 20th anniversary celebration of the Ghana National Coalition on the Rights Of The Child (GNCRC). The occasion brought together other child related organizations including PLAN International Ghana, International Needs, World Vision and representatives from the Ministry of Gender, Children and Social Protection (MOGCSP).

### Presenting ICDP's Empathy Based Approach

ICDP Ghana got the opportunity to present our empathy based approach to supporting pre-school workers in teaching at the kindergarten level. This was in collaboration of the USAID learning Project. This presentation was held during an NGO National Forum in Kumasi, a city in the Ashanti region of Ghana.

## Representing ICDP at the National Education Sector Annual Review 2016



ICDP Ghana was a key participant in the National Education Sector Annual Review 2016. We formed part of the basic education technical working group where ICDP presented the empathy based approach to teaching and learning.

## ICDP Ghana and PLAN International Ghana partnership



ICDP's Country Director met with the newly appointed country director of PLAN International Ghana Madam Fadimata Alainchar during her familiarization tour of the Eastern Program Unit, Ghana. Other partners were also present for the meeting. Key working areas for the new Strategy includes Inclusiveness and Empowerment, Youth Skills Development including the Girl Child among others.



**The case of ICDP in Malawi has been remarkable. ICDP started in Lilongwe and Blantyre districts of Malawi under Chisomo Childrens Club and in Nkhotakota district under Alinafe Hospital. These partners piloted the concept in Malawi, and as the two organizations started working with ICDP, it proved that ICDP was the answer to so many psychosocial challenges that children of Malawi face.**

The scaling up of the concept has been phenomenal. Now the concept has spread to all the three regions of Malawi. Recently 12 facilitators were honored with diplomas in Nkhatabay after finalizing both the theory and the practicals. Evangelical Association of Malawi (EAM), with support from Norwegian Church Aid, has integrated the ICDP concept in its community programmes. The newly trained facilitators are from different community projects that EAM is implementing in Nkhatabay district.

### **ICDP, a solution to those affected by Floods**

In 2015 Malawi faced the worst of floods of all time. A quarter of a million people, was affected by the devastating floods that ripped through Malawi. 230,000 people were forced to flee their homes and many of them have been unable to return and rebuild their lives. The worst affected area was the lower shire areas in the district of Chikwawa and Nsanje. The scale of the disaster wreaked havoc in Malawi which is a densely populated country, where most people survive from subsistence farming. Crops of maize which is the staple food had been destroyed, villages obliterated, homes swept away and livestock killed. About 47% of Malawi's children are already stunted, which is caused by undernutrition, so they are particularly vulnerable.



Through Catholic health Commission (Chikwawa diocese), ICDP was introduced to those that had been affected by floods in Nsanje considering the trauma and psychological challenges that the people had been going through. ICDP came as a relief to the communities as they learnt more about how they can show their love to children who had lost their parents and their beloved ones in the floods. The lower shire alone now has 15 qualified ICDP facilitators and 60 Trained ICDP caregivers.

"The concept has come at the right time for the people of Nsanje district as it will help and support the people to cope with stress," concluded Louis, a ICDP facilitator.

### **ICDP cooperating with Quadria Muslim Association of Malawi**

ICDP has also entered the Balaka district. Through the Quadria Muslim Association of Malawi, the National Trainers have been able to train 15 facilitators who are central to scale up the programme in the district. This is seen as an advantage considering that previous to this only Christian organization had been used before to disseminate the information about ICDP.

In Total 54 facilitators have been qualified this year alone in Malawi after the intensive training and practicals that they underwent through the mentorship of the national Trainers.



## A Network meeting in Nkhotakota

A network meeting was organized to share experiences and welcome new players into the network. The partners present included Norwegian Church Aid which coordinates all the activities in Malawi, Alinafe community hospital and Chisomo Childrens Club who are the pioneers of ICDP in Malawi. New organizations that attended the network meeting included Community of St Egidio (DREAM Programme), Chikwawa health commission, Quadria Muslim Association of Malawi and Evangelical Association of Malawi. The network meeting also took the opportunity to collect all success stories from all the partners to come up with another compilation of ICDP stories from Malawi. A booklet of ICDP stories will be published in 2017.



Participants to the Network meeting in Nkhotakota included staff from Alinafe community hospital, NCA, EAM, QMAM and DREAM

## Translation of the ICDP Handbook into Chichewa

The Process of translating the facilitators ICDP handbook from English into Chichewa which is the national language is still ongoing. This is a breakthrough in the history of ICDP in Malawi, as most of the facilitators find it hard to use the English version in facilitating the sessions in the communities. Once the handbook is completed it will ease the difficulties that some facilitators were facing in training of caregivers.



The National Trainer facilitating a session for facilitators in Nsanje district



The facilitators also conducted role plays in Nsanje district





I went to Alinafe community hospital to monitor the implementation of ICDP. Alinafe community hospital has been one of the pioneers of ICDP in Malawi alongside Chisomo Childrens Club. Alinafe community hospital is situated in Nkhotakota district about 170 km away from Lilongwe, the capital city of Malawi, where Norwegian Church Aid is based. Upon arrival I met a group of trained ICDP caregivers and facilitators.

It was pleasing to note how the hospital has integrated ICDP in its activities over the years. Alinafe community hospital has integrated ICDP in its Nutritional Rehabilitation activities, Orphan care activities and Early Child hood care and Development (ECD) activities. One thing that interested me most is the way the hospital has now integrated ICDP in the Primary Health Care (PHC) activities which is a new concept for the institution. One service that is clear is that as the hospital staff conduct immunization and vaccination campaigns in the villages and communities surrounding the hospital, they also make sure that ICDP is central in message dissemination. Nkhotakota district alone has 25 facilitators who are from various departments of the hospital, Ministry of education, police and the church.

“We are as motivated as ever.” Lamented Gertrude Msowoya who is the national trainer for ICDP and also the coordinator at the hospital.

This year alone, the hospital has trained 22 caregivers from new community kitchens of msolowamphako and Mwalawambira 2. The community kitchens are important as they teach women to show love to their children by cooking and preparing for them nutritional foods. This year Malawi because of shortage of rains is likely going to face hunger as such this component is very crucial in meeting the nutritional needs of vulnerable children.



Paul Mmanjamwada (seated in front) discussing with some trained ICDP facilitators and caregivers at Alinafe hospital



### **A new ICDP project is planned for Tanzania.**

In Moshi and Haydom, in the Manyara area of Tanzania, the ICDP groups have been going on for many years and now a new ICDP initiative is starting in the same region. The new project represents cooperation between the Tanzania Association of Social Workers, TASWO and the Norwegian Union of Social Educators and Social Workers, FO.

Inspired by the UN goal for Vision 2030, The global health and education initiative, the project is called "Solidarity is fighting poverty. Social workers in Tanzania and in Norway unite for the most vulnerable". There are two main objectives as the title indicates: strengthening solidarity and organizational work in and between TASWO and FO and sharing skills and knowledge through capacity building.

The joint effort will strengthen both daily activities and contribute to improve the status of social welfare officers. The collaboration will contribute to mutual cultural understanding and respect. The ICDP programme will be used for capacity building to develop skills and excellence in social work.

The ICDP training programme will initially be led by two ICDP trainers from Norway with special agreement with the ICDP Foundation and afterwards by the existing local ICDP team of trainers. The social welfare officers together with the para-social workers will receive the ICDP training. TASWO, Manyara will be in charge of the organizational side, and for the selection of local candidates for becoming future ICDP facilitators and trainers, as well as for the long term follow up.

The first ICDP training workshop will take place in Babati from 15th to 17th of September 2016, led by ICDP trainer Martha Moen, a psychologist at the Sørlandet Hospital in Kristiansand. The ICDP programme will be offered to the most vulnerable in the effort to increase their wellbeing and life standards.





**ICDP training of social workers in the Mbulu district, Manyara region, Tanzania has started with a successful workshop.**

The ICDP workshop was held from 15th -18th September and it was attended by 9 social workers and 9 para professionals, who belong to the social worker union TASWO. ICDP trainers Gunnar Eide, Martha Moen and VERNICE MONYO delivered the training. The Regional Social worker was among the participants and he also formally introduced the workshop by emphasizing the Child Law Act on Triple P, i.e. the right to Provision, the right to Protection and the right to Participation.

The agenda covered key topics:

1. Introduction of ICDP; 2. Conception of a child; 3. Redefinition; 4. Empathy; 5. Zone of empathy; 6. The emotional dialogue, the meaning and expanding dialogue, the regulative dialogue; 7. 8 guidelines for good interaction strengthened through role plays, testimonials, group work, questions and pictures

The photo below shows the participants in group work.



The workshop was well received by the participants who commented that the ICDP programme will make it easier in their work when dealing with the child and the family. They also explained that the new skill that they have received of rearing children in a respectful manner was very important because, they said, they were harsh to their own children. The group felt committed to change for the betterment of their children.

The next workshop will take place on the 3rd of November 2016. As their home task, the group was asked to use their mobile phones to take pictures showing them in action while interacting with children.

After completing the ICDP training the trainees will later apply the ICDP programme in their daily work and will also start running ICDP sensitization meetings in order to train groups of caregivers in their working areas.

Report by VERNICE MONYO, 23rd of September 2016



### ICDP board:

Nicoletta Armstrong, chair  
Tatiana Compton  
Santana Momade  
Ane-Marthe Solheim Skar  
Guillermo Navas  
Karl-Peter Hubbertz  
Columbus Salvesen

### Executive support:

Camilla Solberg  
Sahana Sriskandarajah  
Simone van Beek  
Aisha Inger Holm  
Rønnaug Andersen  
Per Arvid Sveum

### 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 Nicaragua operates under INPRHU

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