



International Child Development Programme

December 2017 Newsletter

Updates



Study from Mozambique

A new research article was published in the Journal "*Child Care in Practice*" by Routledge Taylor & Francis Group. The article is called "*Strengthening a Whole Child Approach within Residential Care Settings Through Psychosocial Support and Nutritional Guidance.*" and is written by Ane-Marthe Solheim Skar, Rodrigo Marrecas De Abreu & Marsha J. Vaughn. The study explores a psychosocial support intervention based on the International Child Development Programme integrated with a health and nutritional supplement to child centre staff in the Maputo area in Mozambique. There is growing evidence to support interventions that integrate psychosocial and nutritional support. Despite limitations, the study showed implementing integrated projects was suitable. The article can be found here:

<http://www.icdp.info/new-paper-on-icdp>

Study from Colombia

The evaluation of the ICDP project in Choco, Colombia studied the effect of ICDP in reducing violence. Participants were allocated into one of three conditions: Organized Community Activities at child centres and ICDP (CA + ICDP), CA, ICDP and a preventive Violence Curriculum (CA + ICDP + VC), or a comparison group with only CA. The comparison group attending the child centres and other social activities also reported reduced violence but to a lesser extent than the groups who attended specific interventions, indicating that ICDP is effective in reducing violence. The findings were published in the Safe Journal of Interpersonal Violence, and was titled "*Evaluation of Parenting Interventions to Prevent Violence Against Children in Colombia: A Randomized Controlled Trial*". The article was written by Ane-Marthe Solheim Skar, Lorraine

Sherr, Ana Macedo, Stephen von Tetzchner, Knut Inge Fostervold.

An abstract can be found here:

<http://www.icdp.info/new-paper-about-icdp-in-choco-colombia>

ICDP and Save the Children

ICDP have been cooperating quite intensely with Save the Children this year. Currently, ICDP is being incorporated into STC projects in 5 countries: Nepal, Somalia, India, Burkina Faso and the Philippines. ICDP was mentioned in their September newsletter in relation to the incorporation of ICDP into the CSSP programme in Nepal. One participant says:

"Nowadays, I stay with my child and frequently praise when he does his homework. This has encouraged him to improve his handwriting. I have learned in ICDP training that parents' attention and praise can inspire children to perform better".

You can read the short article on ICDP in their newsletter here:

<http://www.icdp.info/api/media/media/1229>



ICDP in Europe

Georgia, Germany, Finland, Moldova, Russia, Ukraine

Europe



Georgia

Nino Margvelashvili is a neuropsychologist in Tbilisi with visions to scale up ICDP in Georgia. Nino became familiar with ICDP during her studies in Oslo 2010-2012 and wrote her thesis on ICDP and positive interaction between teacher and students of different abilities. This summer, a pilot project was conducted for parents at the Institute of Neurology and Neuropsychology in Tbilisi and in early October, Nino went to London to attend an ICDP training by Nicoletta Armstrong. Nino intends to start training her colleagues and hopes to encourage other organizations in her country to embrace ICDP.

Nino explains *"I have two children, my work experience is largely connected to children and I can often notice pitfalls in parents' existing skill repertoire when interacting with children and dealing with challenging situations. (...) I believe ICDP will give a unique experience and provide skills to parents, focusing on their engagement and personal experience."*

You can read Nino's full statement in the article: <http://www.icdp.info/icdp-in-tbilisi>

Germany

Rita Crecelius has been undertaking the necessary steps in order to start an ICDP initiative in January 2018. Her plan is to hold an ICDP course over 8 weeks for a group of parents, grandparents and caregivers at the Culture and Communication Center in Hameln, Germany. Rita is an ICDP facilitator and psychologist with many years of professional experience in the area of disability / family / trauma / addiction: *"I was introduced to the ICDP programme during the time I spent in Nepal and I want to make this unique and effective training available to people in Germany"*.

Finland

The big news in Finland this autumn is that they have published Karsten Hundeide's book in Finnish. Up until now Finland has been struggling with only an unfinished manuscript as a course book for trainings in the programme. Now Finnish trainees have all the official ICDP-terms and concepts available in Finnish, which greatly enhances the understanding and spreading of the programme.

In September, group facilitators met in Kotka to share insights and inspiration and several basic trainings have been held around the country. They also proudly present 22 new ICDP-group facilitators this year.

In addition, strategic collaboration with NGO's continues to raise the public awareness of ICDP and its potential in giving parents and families support as Finland celebrates its 100 birthday this year.



On the photo. A new group of day care professionals, who have just gone through the ICDP basic training at the family center in Pargas, Southwestern Finland, in October and November. *"We had great discussions and many of the participants found that sharing their short videos from work was especially helpful in focusing their attention to all the wonderful details of togetherness and strengthening their professionalism as caregivers."* -Petra Zilliacus, ICDP trainer.



Moldova

ICDP in Moldova is continuing to reach out to more people. They have created information in Romanian and in Russian to better be able to communicate better. This is used at events, workshops and through their Facebook and webpage.

Russia

Oksana Isaeva, the ICDP representative for Russia has confirmed that ICDP team is continuing to implement the programme with parents in the Nizhniy Novgorod region. She shared photos from some of the ICDP workshops on Facebook:

<https://facebook.com/icdpRussia/>

Ukraine

In Ukraine, a new group completed the second module on the 4th -5th of November in Khakiv. The first parent groups will begin before the participants are given attestations in December.

Maria Korobova, a facilitator in Ukraine shared some thoughts on the relevance of ICDP. Maria is an educator in a private secondary specialized school in Kiev, Ukraine. During the first week of November 2017 Maria travelled to Kharkiv to attend her second ICDP training workshop and she is now starting to implement the ICDP programme with a group of parents. The main reason for starting her ICDP training was her wish to spread the programme at the school where she is currently employed.

"The problem I see is that caregivers and educators do not have any special knowledge about working with children in ways that would provide for their proper development. University education in Ukraine does not teach about methods of interaction with children and

there are no specialized courses for caregivers at the school levels either - but demands on caregivers and teachers are very high. Therefore, there is a need to improve the system of education for caregivers and educators in order to ensure their positive, beneficial and healthy influence on children. ICDP could be useful as a tool for caregivers and teachers at our school." You can read her full statement on icdp.info.

ICDP Ukraine has been busy training four different groups of professionals in different parts of Ukraine. Three groups have already completed their training; in Severodonetsk, Kramatorsk and Druzhkovka. The last group is in Kharkov and they will receive their facilitator diploma on 10th of December 2017.

ICDP Ukraine trainers have also started, together with their team of facilitators, a pilot project in a school (School 14) in Kharkov, where they are working with the pupil's parents.





ICDP in Africa

Burkina Faso, Ethiopia, Ghana, Malawi, Somalia, Tanzania



Burkina Faso

In Burkina Faso, ICDP has started a new training programme together with Save the Children. The main objective of this new initiative is to offer ICDP training to eighteen members of Save the Children staff and some of their partner institutions. The training will take place over several months and it will lead to their certification as ICDP Facilitators. The long term vision is to insert the ICDP programme as part of Save the Children's own work, inside their Parenting Package Project.

In Ouagadougou, the capital city of Burkina Faso, the first ICDP training module was implemented from the 13th – 16th November 2017. A total 25 hours were used to cover the ICDP programme agenda. The eighteen participants are directly involved in three field projects in three different provinces. Most of the participants were men - there were three women and fifteen men. This could help mobilise more men in the target communities, by involving them actively in the caring and education of children. The ICDP trainer, Pedro Mendes feels that this is an issue that merits exploring, while at the same time he is aware that there might be some cultural hindrances.

"The atmosphere during the sessions was very relaxed and there was a good participation from the attendants who expressed their views and opinions and were ready to give pertinent examples from their field experience.

Instructions were given for their ICDP field tasks. The venue was rather agreeable and there was close sharing during meals. The planned field visit did not take place for lack of time and opportunity; however, it will take place during the next workshop." - Pedro Mendes.

Ethiopia

ICDP is flourishing in Ethiopia, with several projects in the country. The response to ICDP has been positive and many organization, including churches, are interested to continue building capacity and expanding the coverage with the ICDP programme. In Hawassa, ICDP training started in 2014 and the latest group will be certified by the end of November. In Harar, in Eastern Ethiopia, a group of junior school principals and teachers completed their training as ICDP facilitators. In Sendafa, ICDP has started working Child Development Training and Research Centre (CDTRC). The first group will complete the ICDP process by the end of this year.

The CDTRC is a non-profit organization located in Sendafa/Beke town 40 kilometres east of Addis Ababa. Their vision is to see the creation of a new generation of Ethiopians who can help develop a healthier and more peaceful Ethiopia, where justice and equality of individuals and the different nations and nationalities of the country is guaranteed. The CDTRC training centre is developing and delivering culturally contextualized training and intervention programmes to enhance culture and value change among the youth. CDTRC runs a diploma programme on Holistic Child Development for grassroots practitioners. The curriculum combines child development concepts and principles with analysing and addressing root causes of the society's economic and sociocultural issues such as poverty, environmental protection, work ethics, and ethnic tolerance. CDTRC has been engaged in training both adolescents and those who directly influence them in various areas.



Ghana

Through the passionate work of Joyce Larnyoh, the ICDP country director, ICDP Ghana has been promoting the ICDP principles and programme through participation in conferences and by forging partnerships with other organizations.

ICDP Ghana is part of the Eastern Regional Network of Girls education for the year 2017-2018. ICDP was elected as a Co-Chair Member for the Civil Society Platform on the Sustainable Development Goals in Ghana. ICDP in Partnership with STAR Ghana have embarked on a project on Improving Learners Access to Quality Public Education Services in the Akuapem North Municipality of the Eastern Region in Ghana (ILAQPES Project).

Malawi

Paul Mmanjamwada, the ICDP Malawi representative, has recently updated us on ICDP activities in the country. The ICDP team continues to spread the programme. The Norwegian Church Aid in Malawi provided funds to the Evangelical Association of Malawi to implement ICDP in the Karonga district, one of the boarder districts close to Tanzania. The organization has now trained an initial group of 30 caregivers from different community-based child care centres on the principles of ICDP. From this group they intend to select a core team of 10 caregivers who are to be trained as facilitators.

The ICDP manuals have been translated into the vernacular Chichewa. This will ease the understanding of concepts and principles as such the training can be done in Chichewa.

An ICDP network meeting is also planned. The meeting will take place in December and will mobilize all ICDP players in the country.

Somalia

Atnaf Berhanu, who has been crucial for ICDP in Ethiopia, has now started conducting ICDP workshops in Somaliland as well. In Hargeisa, Save the Children organized the ICDP training of their national staff members as well as of some of their colleagues. After the two workshops that were held there in July and August, the feedback from the participants was good. Currently, the ICDP trainees are in the process of implementing the programme with groups of parents and Atnaf followed up through Skype in September 2017. The ICDP work in Somaliland is sponsored by Save the Children.

Tanzania

In the Kibosho area of the Kilimanjaro region a group of peer educators is being trained in ICDP through the organization KIWAKKUKI. KIWAKKUKI has been working with orphaned children and families affected by HIV/AIDs for a long time and some of its staff have gained extensive experience in using the ICDP method in local communities. Their latest initiative has been to train 10 recent graduates in the ICDP programme. They were previously trained as peer educators and have since gained experience through assisting school teachers. The aim of the ICDP training is to enable this group of peer educators to conduct ICDP sensitization meetings with the parents and caregivers of the children KIWAKKUKI is supporting. The plan is to reach 80 parents/caregivers. The ICDP workshop took place in July 2017 and there will be regular follow ups in future.



ICDP in Americas

Bolivia, Colombia, Ecuador, El Salvador, Panama, USA

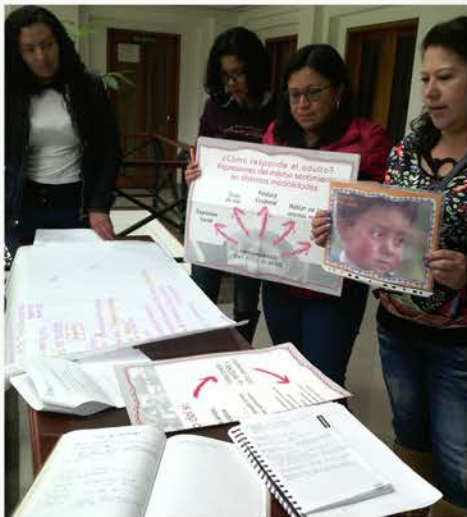
Americas



Colombia

ICDP in Colombia has a new board. The new board brought together colleagues from two teams that had been working separately for a long time. There are 6 board members (on photo above from left to right): Guillermo Navas, Carolina Montoya, Eumelia Galeano, Carmen Lucia Andrade (chairperson), Abel Salazar and Lucy Mejia. Nicoletta Armstrong will continue as an advisor to the organization.

All throughout 2017, the ICDP programme has been spreading in the department of Boyacá. This work took place in cooperation with the local government. New groups of facilitators were formed in Tunja, Sogamoso and Chiquinquirá.



A new ICDP project is starting to develop in Tebaida, Quindío, Colombia. Carmen Lucia Andrade, the leader of ICDP Colombia made a presentation of the ICDP programme to the Association of Agricultural Workers of the Tebaida town who afterwards expressed keen interest to participate in the ICDP training. In the project, the leaders of the Association will be receiving training as facilitators and through

them the ICDP method will be transferred to parents to help strengthen their caring skills and their communication with their children. The project hopes training will reach as many of the 300 families in the association as possible. The training of facilitators was started on 16th of October 2017



The project in Envigado was further developed during the second semester of 2017, with resources from participative funding by the Municipal administration and operated by COMFENALCO. Forty-six people in five groups were trained. Grandmothers, mothers and their children, as well as teachers from the urban and rural areas participated in the training; they appropriated the principles of ICDP programme, through a playful and artistic methodological strategy.

The World Prematurity Day is observed every November with the aim to sensitize the family and the community to the challenges of preterm birth as a global public health problem. This year it was held on the 17th of November in Medellin and ICDP Colombia was once again present.

USA

The ICDP programme has been valuable and well received in every community and for every population reached since 2010. The ICDP USA theme is *"Every Parent, Every Child – A superhero"*. From the autumn 2017-2018 the ICDP work was carried out with a varied group of institutions including child advocacy centres, child care agencies, churches, community organizations, hospitals, juvenile detention centres, mental health agencies and school districts.



Of 650 parents/caregivers in their weekly Parent Learning Groups, 505 parents have become certified. Even more parents have participated in ICDP workshops and empathy cafes. Over 1700 children have been reached in direct children's programmes or through trained parents and professionals. Nearly 300 professionals/ paraprofessionals have been trained in ICDP to support their empathy-based practice and to facilitate pilot programmes and more have attended basic workshops. Of these, nearly 40 have been certified as Facilitators in their communities, a process which takes a year or more. The Changing Children's Worlds foundation promotes a UNIVERSAL approach that supports parents to successfully parent their children – to help them thrive and succeed socially and academically.

A new and important development for ICDP USA is the Children's Programme with a special 88-page Children's Booklet which has sections for adult-child interactions on the ICDP guidelines (16 sessions) for children aged 3-6, 6-10 and 10-15 years. The programme

supplements parent/caregiver competencies as well as children's protective factors of positive social/emotional skills, communication, interaction, self-control and relationship building.



The Children's Booklet should be used on each level for maximum impact on the caregiver/child positive development:

1. Parent as teacher of child
2. Parallel Children's programmes to caregiver learning group
3. Supplemental programme through childcare, community program or school class setting.

Testimonials from USA can be found here:

<http://www.changingchildrensworlds.org/testimonials>

El Salvador

UNICEF has been supporting the ICDP work in El Salvador for ten years now. Their key partner has been ISNA (a nation wide social support organization that works for the benefit of families, children and adolescents) who had institutionalized ICDP and are still in charge and coordinating ICDP developments in the country.

Marina Morales on behalf of UNICEF and Nicoletta Armstrong on behalf of ICDP have decided to organize, with their respective teams, an ICDP Regional Gathering in San Salvador, in October 2018. The gathering is being planned together with the ICDP Colombia board with input from the whole Latin American region. The main idea is to exchange experiences, update and inspire each other.



Panama



An ICDP certification workshop and ceremony was held in Panama city. The event took place at the premises of the NGO "*Movimiento Nueva Generacion*" in Barraza, Panama city, Panama. On the last day, on 24th of November 2017 the first group of eight people received their ICDP diplomas as facilitators. A second group is still engaged in the process of doing their 'self-training' projects, to be completed in 2018. The certification ceremony was attended by Nicoletta Armstrong, who led the training, as well as the NGO director and a representative from UNICEF Panama. It was agreed to expand the work with the ICDP programme by training parents from the neighbouring school and health centre. The ICDP team of facilitators will be coordinated by Antonio Mendoza. Another positive outcome was the commitment to fund the trip of two facilitators from Panama to attend the ICDP Latin America Gathering planned to take place in San Salvador, in October 2018.

Ecuador

ICDP is being reactivated in Ecuador, through the work of ICDP trainer Ilaina Ramirez. Ilaina has held several workshops over the past few months for parents from the poor communities that are supported by the Capuchin order, as well as training teachers from several institutions. In addition, ICDP training was adapted to the new context of work life. The training was offered to 60 employees of the cooperative that supports the work with boys in re-education. In this context the guidelines

and principles of the ICDP programme were used to improve relations among colleagues and to promote a positive attitude towards their own job tasks and activities.

Bolivia

In Bolivia, the ICDP programme is still being rolled out with the support from the Lutheran Church. The ICDP team counts on three trainers and twenty facilitators. However, there were some significant changes in the local team as Gunn Strømme, who was instrumental in bringing ICDP to Bolivia, had to return to Norway. She was replaced by Anne Dagsland, a teacher, with broad experience of working on projects involving relationships in families and among young people.



In October 2017, the ICDP team has started to develop a new project for which they printed the ICDP booklet for caregivers "I am a person". They used the original Colombian version published by UNICEF in 2005, in an adapted form with local photos and images.





ICDP in Asia

China, Japan, India, Nepal, Philippines, South Korea

Asia



China

ICDP has been growing steadily in China and it now counts on a strong team of ICDP certified trainers. In order to coordinate the future growth better, a new organization was put in place and as a result ICDP China has been formed. In order to create interest in ICDP and attract new groups of parents to join ICDP workshops, an ICDP cartoon was produced:

http://www.icdp.info/var/uploaded/2017/12/2017-12-11_09-31-07_icdp.mp4

Japan

ICDP has been introduced to caregivers of older people in Japan. Hitoshi Maeshima, ICDP trainer and doctor, recently conducted an ICDP seminar for a group of nurses and caregivers working in a facility for older people. The workshop was held at Ensemble, a home for the elderly run by local social welfare services for the aged. The first training started on the 14th of August with positive responses from the participants. Hitoshi is hopeful that a few candidates from the group will become future ICDP facilitators. A second training was started in October of this year with attendees from kindergartens and nursery schools. Unfortunately, a typhoon was approaching Japan just at that time, which meant that several people who had planned to attend were unable to come because of strong winds and intense rain. Another meeting for facilitators is planned for January.

India

In India, the first group of Save the Children staff completed their training to become ICDP facilitators. In the Dungarpur district, India, an CSSP project has been developing since 2011 and this year ICDP was added to it.

One of the key interventions of the project is based around developing improved caregiving skills with families that receive cash support from the government for taking care of orphaned children and ICDP is now being used in this context.

Most of the facilitators are working with groups of parents in poor villages around Dungarpur and two facilitators have implemented ICDP with their colleagues in the Save the Children office in Delhi. The ICDP work has been showing promising results and some of the facilitators will continue the ICDP process to reach the ICDP trainer level.

Nepal

ICDP Nepal was formed as part of the work of the ECEC (Early Childhood Education Centre) organization in Kathmandu.

A short article about ICDP has been written for publication by the Nuns Welfare Foundation (NWF). The article was written by German psychologist Rita Crecelius, who is in the process of receiving training in ICDP. Her hope is to have her article published in the NWF's Newsletter and to create interest in ICDP within the NWF.

The NWF was set up by Ani Choying Drolma in 1998. Born in Nepal to Tibetan refugee parents, Drolma's rise from teenage nun to international music star is the stuff of fairy tales. Her prolific philanthropic work and subsequent role as Nepal's first UNICEF national ambassador has earned her comparisons to India's Mother Teresa. But with 12 pop albums to her name Drolma is arguably a more unusual, ground-breaking figure. The NWF does important work, and we hope the article will bring interest for ICDP in the organization.

Philippines



In October, the first ICDP training for Save the Children staff in the Philippines took place in Ormoc. Two trainee facilitators from the India project, Disa Sjöblom and Neema Pant, accompanied Nicoletta to conduct the workshop. The workshop is a part of the CSSP project run by Save the Children in several countries and has been funded by SC Finland since 2015.

One of the key interventions of the project is based around developing improved caregiving/parenting skills with families who receive a cash transfer from the government as part of the Pantawid programme (4Ps). A draft manual with a selected number of modules and sessions related to parenting and child development has been developed in early 2017 and local facilitators have been trained to carry out the sessions. However, the experiences from India and Nepal of the benefits of working with the ICDP programme, led SC Finland to include the ICDP programme as a cornerstone for the parenting sessions in the Philippines CSSP project too - to enhance and enrich the relationship between caregivers and their children. The ICDP project will aim to identify and reactivate local cultural practices, in order to stimulate development that is authentic, sustainable and long lasting and the ICDP training will sensitize, build competence and confidence in members the existing local child caring system.

South Korea

A new research project will evaluate the impact of ICDP in South Korea. The study will be carried out by Sangwon Yoon, a doctoral research fellow at the Department of Special Needs Education, at the University of Oslo, Norway. The Korean Parents Network for People with Disabilities will recruit research subjects among the ICDP programme participants through their homepages and mailings.

The research subjects are an experimental group of 50 parents of disabled children who participated in the ICDP programme and a control group of 50 parents who have not participated in the programme for comparison and validation of the programme's effectiveness. This study aims to assess the effectiveness of the ICDP as an education programme for parents of disabled children. The specific research goal is to evaluate whether the ICDP has a positive effect on the disability acceptance attitudes of the parents of disabled children, parenting efficacy, and the degree of child abuse. A quasi-experimental design will be used to objectively examine the quantified level of change in the disability acceptance attitudes of parents of disabled children, parenting efficacy, and the degree of child abuse before and after the application of the ICDP programme. In addition, focus group interviews will be used to explore the specific changes made in the daily lives of parents of disabled children in terms of their disability acceptance attitudes, parenting efficacy, and levels of child abuse after their participation in the ICDP programme.



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
Rønnaug Andersen
Per Arvid Sveum
Juan Andujar
Daniel Armstrong

ICDP at national level

ICDP Norway, ICDP Finland, ICDP Sweden,
ICDP Portugal, ICDP Ukraine, ICDP
Mozambique, ICDP Ghana, ICDP Colombia,
ICDP Peru, ICDP China, ICDP Nepal.

ICDP representatives elected in: Japan, South
Africa, Malawi, Rwanda, Brazil, Mexico,
England, Romania, Russia and Moldova.

ICDP Denmark operates under
GR-Psykologerne, UCN and Danish Centre for
ICDP.

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 Nicaragua operates under Instituto de
Promocion Humana (INPRHU).

ICDP Lesotho operates under Thaba Bosiu
Centre.

ICDP initiatives in Kenya, Ethiopia, Ecuador,
Uganda, South Korea, Lebanon and Zambia.

ICDP facilitators in India under Save the
Children.

Contact information

Address: Linstowsgate 6, 0166 Oslo
Oslo Contact: Camilla Solberg
icdp@icdp.no
Chairperson: Nicoletta Armstrong
lailah@icdp.info Tel. +44 07504902359
Website: www.icdp.info

ICDP Charity Registration number 92/04227
Org.no. 971259906N

ICDP is a private foundation operating under the Norwegian Foundations Act of 15 of June 2001.

ICDP may participate directly or indirectly in activities run by other humanitarian organization having corresponding objectives.

ICDP is non - political and non-denominational.

