



# ICDP NEWSLETTER

**December 2019**

Dear colleagues and supporters,

In this issue we have the pleasure of sharing with you the news about ICDP developments that have occurred since our last Newsletter in March 2019.

ICDP is currently active in over 40 countries – in this issue we bring you news from 24 countries.

Some of our colleagues are just starting ICDP in different countries and to those trainers we wish all the success.

We hope that you will find this Newsletter interesting and inspirational.

Thank you for your cooperation and support in advancing ICDP in the world!

With warm greetings from the ICDP international team,

Nicoletta, Karl-Peter, Ane-Marthe, Guillermo, Tatiana, Columbus,  
Santana and Camilla

Click to read:

[ICDP Ukraine update](#)

[ICDP in Japan](#)

[ICDP meetings in England](#)

[Somaliland team](#)

[Wawa Illari project in Peru](#)

[ICDP for public health nurses in Norway](#)

[Colombia: Boyacá, celebrates 15 years of ICDP](#)

[ICDP with fathers in Georgia](#)

[ICDP plans for Armenia](#)

[ICDP expansion in Panama](#)

[Evaluation of ICDP in Nepal](#)

[ICDP in Zambia](#)

[ICDP cooperation with IAM in Afghanistan](#)

[Snippets from Japan](#)

[Yopal project in Colombia](#)

[Short report from ICDP Russia](#)

[Comments from ICDP facilitators in Ukraine](#)

[Update from Tanzania](#)

[Report from ECEC Nepal](#)

[ICDP at a Danish university](#)

[News from Pargas, Finland](#)

[In the aftermath of the cyclone Idai in Mozambique](#)

[First ICDP steps in Iraq](#)

[Introduction of ICDP in Estonia](#)

[Latest from Kitwe, Zambia](#)

[ICDP projects in Bangladesh](#)

[Save the Children staff become trainers in India, Nepal and Philippines](#)

[Events in China](#)

[ICDP youth to youth in El Salvador](#)

[Steady progress in Ethiopia](#)

[ICDP in the care of older people in Norway](#)

[ICDP USA anniversary](#)

[Bolivia strengthened its ICDP network](#)

[First facilitators in Afghanistan](#)



# ICDP Ukraine update



**ICDP Ukraine is continuing to expand its work with facilitators, parents and on scientific research.**

[Click here to read their latest update.](#)

Taken from the report:

ICDP in Severodonetsk:

The facilitators Anastasia Kopylova and Natalia Pogodina conduct parent groups at the charitable foundation "Caritas Severodonetsk". These meetings are very popular. Parents like to visit them, especially young mothers. Anastasia Kopylova and Natalia Pogodina also work in mobile teams and conduct groups with parents and educators in villages near to the front line.

Anastasia Kopylova explains:

- Within the framework of the project called "Providing for the basic needs of vulnerable people affected by the conflict in Ukraine, 2018-2019" psychologists at the "Caritas Severodonetsk" foundation conduct ICDP meetings in villages adjacent to the demarcation line.

It is possible to note high levels of anxiety, the presence of permanent crisis

situations in the lives of these people. Many questions are raised in the course of ICDP work - regulation of the emotional states, conflicts, self-realization, support, overcoming fears. Of course, a separate issue is the topic of family relations. Interestingly, everyone liked the idea of establishing interaction through the three ICDP dialogues. We are talking about this in almost all locations: Nijneteploye, Makarov, Pshenichnoe, Komyshevakh, Novoivanovka and Zolotoe, Schact`e. In total, about 120 people took part in the groups.

All participants (kindergarten teachers, school teachers, parents, grandparents) are actively involved in discussions, do exercises and play games. Age of participants is from 25 years onwards. There were groups of older people and some were over 80 years old.

*“It's amazing how little we needed to feel the effect of constructive interaction: smile, tell the rules of the game and allow adults and even the elderly to feel and act like children. Unfortunately, we are limited by lack of resources, so it is not always possible to conduct the entire programme in full. But even those attending fewer meetings understood that they themselves are a source of constructive and inspiring interaction with children and adults”.*

## ICDP in Japan

**ICDP Japan is represented by a team that has been working on voluntary basis, investing spare time, funds and a lot of positive energy.**

The team has been led by Dr Hitoshi Maeshima for several years now. They trained teachers, children's caregivers, parents and also staff working with older people. After several years, they have decided to invite others to join and support the work of ICDP in Japan in a more systematic way.

In 2019 they launched a homepage: [www.icdp.jp/](http://www.icdp.jp/). On it there is a section about making donation in order to help spread ICDP in Japan, either with single contributions: <https://congrant.com/project/icdpjapan/719> or through regular monthly instalments: <https://congrant.com/project/icdpjapan/718>

On the 31st of March 2019, four members of the ICDP team (Setsuko Kobayashi, Motoko Ueda, Hiromi Asai and Hitoshi Maeshima, on photo below) held a meeting to exchange ICDP experiences. Here is one ICDP experience that Hiromi Asai shared:

Hiromi is a mother of a 10-year-old boy and a 6-year-old girl. She works as a part time caregiver in a nursing facility where she is mainly on night duty. The nursing home has 50 older people with dementia. Hiromi said that she found the implementation of ICDP to be fruitful in relation to her daily work.

*“People with advanced dementia are not easy to deal with, but I try to receive them with respect at all times. Instead of making strong requests I use a kind tone and ask questions encouraging them to examine things for themselves to understand why we ask certain things of them. For example, my colleagues often find it hard to get the elderly patients to wear special protective underwear at night and they tend to issue commands about it - but I do not have that problem with my patients because of the way that I speak to them. As a result, the patients in my care tend to sleep more peacefully, spending the night without problems.”*





Future plans: Setsuko will be holding ICDP training in Soma-shi, in the east of Japan in the area that was hit by the Great Earthquake of 2011. Hiromi and Hitoshi will join some of the workshops

## ICDP meetings in England

**ICDP held several meetings at Ashridge house, near Berkhamsted in 2019.**

Three different groups were invited by the ICDP board to spend time together by sharing, listening, supporting, nurturing and networking with each other.



(Photo above is of the group that attended the meeting in April 2019).

All found that working in a small international team, in an informal way and in a beautiful place helped bond in a joyful way, but it also succeeded in strengthening each other's resolve and enthusiasm to continue building ICDP in Germany, Ukraine, Ethiopia, Lebanon, Bangladesh, Georgia and several other places worldwide.

# Somaliland team

The ICDP programme was attended by one hundred and fifty families in Hargeisa.

The Child Sensitive Social Protection project supports and engages the most vulnerable and marginalized IDP (Internally Displaced People) households in Hargeisa, Somaliland. The project is funded by Ministry of Foreign Affairs of Finland, through SC Finland. The project started in January, 2017 and will run till December 2021.



It consists of the following key components:

- A “child grant” in the form of a cash transfer of \$ 20 per month over a period of 48 months, to 300 households in three IDP settlements.
- “Cash Plus” activities focus on improved parenting practices and increased investment in children’s education, nutrition and protection.
- The project recognizes that a “child grant” alone is not sufficient to achieve positive outcomes for overall child development and wellbeing. It is within this approach that



the ICDP parenting programme is considered a key component of the cash plus activities.

By December 2017, ICDP international trainer Atnaf Berhanu had completed the training of a group of 12 people as ICDP facilitators. This group was comprised of Save the Children staff, as well as staff from their partners and the ministry.

In 2018 the ICDP facilitators trained and reached 150 parents /caregivers in IDP camps. The ICDP programme, with its 8 guidelines for good interaction, was embraced and accepted by community and targeted caregivers, who often reported dramatic and significant changes for the better regarding their ways of parenting. The training will continue and a new group of 150 families will be attending the ICDP course during the coming year.

Fardus, (from the M.Moge IDP camp) is a participant of the ICDP course in Hargeisa, who said: “I used to beat my children but after receiving good parenting sessions, I changed my life and my behaviour towards children.”

## **Wawa Illari project in Peru**





**The aim of the Wawa Illari two-year project in Pachacamac, near Lima, was to create better developmental conditions for children through a multi-disciplinary approach.**

The approach included several components:

- A community health programme to detect and refer cases of malnutrition and infection and provide micronutrient supplements for children 6-36 months.
- A programme that offered support in breastfeeding, hygiene and nutrition;
- The ICDP psychosocial intervention to enhance the emotional bond and interaction between caregivers and their children
- Community and home gardens were introduced to grow food for better nutrition and as a space for interaction, in which parents could practice new skills.

The project was researched by Doris González-Fernández from the McGill University in Montreal, Canada, with the involvement of a number of other colleagues. The text below was taken from their report:

The project recruited 157 children in the control group and 158 in the intervention group. Children were aged 0-3 and living in the proximity of 3 health centres in Pachacamac. The baseline analysis confirmed that despite the project's efforts to find a comparable control community, the intervention community was quantifiably more vulnerable than those in the surrounding area in terms of food security, nutrition and the presence of health problems that can lead to development delays in young aged 0-3.

Through Community Health Promoters (CHP), the caregivers of the children in the intervention group received the following:

- 1) Home garden materials, training and follow-up
- 2) Conscious nutrition workshops, recipes, main ingredients and cooking demonstrations using accessible/nutritious foods
- 3) ICDP methodology for improving caregiver-child interactions

Data collection and evaluations were done at 3 points in time: at baseline, at 8 and at 12 months. The Ministry of Health nurses evaluated main outcomes:

- 1) Physical growth using WHO Z-scores for weight/age, height/age and weight/height;
- 2) Child development, using PAHO milestones for age;
- 3) Child health using: history of diarrhoea/respiratory infection/visit to the doctor in the last month, haemoglobin and intestinal parasitism;
- 4) Nutrition and diet, using food security and food-frequency questionnaires, intake of home produced foods and application of nutrition workshops;
- 5) Caregiver-child interactions using ICDP guidelines.

A stress score was also applied. Children with at least 2 evaluations (127 CG and 113 IG) were included for final analyses. Comparison of frequencies and means, T-

test, one-way ANOVA and Kruskal-Wallis tests evaluated improvement of health outcomes by group of intervention.

Indirect impacts of the project include:

1) In Manchay, the Colegio Niña Maria now has an extensive sustainable garden for food production. This continues to be a learning space for staff, families and children, in addition to providing for future cohorts of children.

2) The ICDP training received by community nurses changed their attitudes to families under their care and led to improved communication and trust between them and caregivers. This change is likely to benefit all community members, and increase the likelihood of families utilising the health centres.

***Results: The project attended the most vulnerable, and despite their disadvantages, the intervention group showed lower rates of diarrhoea and respiratory infections, stable anthropometry, improvement in food security, stable motor, social and cognitive development and importantly, they better achieved language milestones for age than the control group. Further statistical analyses will allow differentiating which components of our combined methodology contributed most to this achievement.***

3) Training provided by the project led to improved skills of community nurses in assessment of developmental milestones. Nurses are now better able to detect developmental delays and these skills can be applied to children under their care.

4) The ICDP training received by community nurses, health promoters and caregivers highlighted the importance of providing children with caring and safe environment. This led some mothers to reflect on the presence of domestic and gender-based violence in their lives and the negative effects for their children. Some women were able to take the decision to separate from abusive partners to ensure the security of their children and themselves.

5) The planting of over 100 fruit trees in the area is expected to have long term indirect impacts by providing a free food supply, stabilising soil at risk of erosion, and its capacity to retain water in this desert environment.

# ICDP for public health nurses in Norway

**Public health nurses in Norway make active use of the ICDP parental guidance programme in their practice.**

A report of peer reviewed research on ICDP effects is now available in English - [click here to read it.](#)

## ABSTRACT

**Background:** Positive interaction between children and their caregivers is essential for children's development. Norwegian health policies emphasise the role of child health centres in improving such interaction. It is therefore crucial that public health nurses have expertise in promoting positive interaction.

**Objective:** To investigate public health nurses' experiences with using the skills they gained from their training in the parental guidance programme known as the International Child Development Programme (ICDP) during their continuing education in nursing.

**Method:** The study is qualitative and based on seven semi-structured, individual interviews with public health nurses who have been trained in the programme, but who only apply parts of the programme in their work at the child health centres. We analysed the data using content analysis inspired by hermeneutic interpretation and text condensation.

**Results:** The participants appear to use the ICDP in consultations, both as a conceptual framework for interaction and as a tool in their observation, communication, guidance and documentation.

The experiences of the public health nurses can be summarised in three main categories:

- The ICDP has provided the public health nurses with a useful conceptual framework.
- The public health nurses put emphasis on enhancing the parents' perception of their own competence.
- The public health nurses focus on the parents' ability to see and understand their child.

**Conclusion:** When the public health nurses do not implement the ICDP in the form of structured group meetings over an eight-week period, they still apply the knowledge and way of thinking from the programme in their communication and guidance when observing children and parents.

# Colombia: Boyacá, celebrates 15 years of ICDP

**ICDP reached 123 municipalities of Boyacá over the years, and the determination to continue with ICDP is not wavering.**

The ICDP trainer, Luis Fernando López Cardozo writes:

In the department of Boyacá, Colombia, many different activities are being carried out commemorating the fifteen years since the arrival of the ICDP programme to our department.

In this commemoration countless people have been participating. They have all been trained over the years in the different stages of the ICDP programme; caregivers, facilitators and trainers. The participants include leaders, community mothers of the Colombian Family Welfare Institute, preschool teachers, elementary school teachers, early childhood technicians and mental health professionals.



The main objective is to meet and share experiences, describe what we have been doing and have achieved so far, and to examine future challenges.



Our commitment is affirmed with the people who are caregivers, parents and families and while respecting their knowledge in terms of upbringing, we are working on spreading good treatment within a cultural and transcultural framework and promoting the rights of the child and the girl. The ICDP programme is our main instrument in this endeavour and we have achieved wide coverage and had good impact within families.

We want to continue to build on the knowledge and experiences accumulated over the years, and hope to do that not only within Colombia and the Latin American network but also with the entire ICDP family.

Thank you ICDP for helping us to change the lives of many children and their families in our Boyacá department. The many challenges continue but our determination is unchanged to carry on working hard in order to effectively achieve that more and more adults accompany the children in a happier and healthier life.

## ICDP with fathers in Georgia

**A successful story of connection and hope.**



Report from ICDP trainer Nino Margvelashvili:

During March and April 2019, in Tbilisi, I was honoured to invite fathers and together with them embark on this amazing adventure of exploring the eight principles of positive interaction. The training was held in Ziferblat Tbilisi, on behalf of my own organization Kaikona that brings opportunities to help individuals, families and communities to connect and see each other with more compassionate eyes. Here are some testimonials from the courageous, funny, interesting and supportive fathers.

*“This course helped me to understand how important it is to give attention and time to our children. Thanks to this course and getting to know the main principles I eventually systematized my actions that I was already doing without awareness. Now I think ahead how to approach each incident related to children with these principles. I spend more time interacting with my children and I observe our relationships more.”*

*“Group work was very positive and educational. We were all listening to each other’s ideas and perspectives. We were all different, with different upbringing methods and visions and still, we were able to get to the common understanding in the end. The differences we shared were actually the catalysts of our progress as we were discovering the positive and negative traits in ourselves that we were not noticing before.”*

*“I feel thrilled by discovering ICDP and I see huge vital potential of positive changes for everyone. It nurtures the hope for better future.”*

*“You directed our attention towards the essential themes, like empathy, how to transfer our relationships into more positive outlook... This training gave all participants more confidence, that we have the power to be more caring and more involved in upbringing. I think we also realized that child’s upbringing is not only mum’s responsibility and it is cool to be a good father...It is very important what kind of persons our children will flourish into.. Will they grow with old stereotypes that as we see was not effective or will they be empathic, free, open minded, creative and resilient?”*

*“I can say it out loud that I am a better father and better spouse than I was before joining the course.”*

It was the first experience of working with all male participants only. Meetings were held twice a week for two hours throughout 5 weeks. Preparations for each session were specifically tailored to them. The way discussions, role plays and games were unfolding was stimulating, compelling and refreshing. Just their being together was beautiful. It has to be noted that none of the participants have ever attended group trainings or workshops before acknowledging the huge power, purpose, love and motivation their own children seemed to fill them in taking this step forward in their fatherhood. The age range of their children was from new-borns to 12 years old.

Nino says that from September 2019 she is planning to reach out with the ICDP programme to more caregivers in Tbilisi and afterwards she wishes to reach the whole country with the help of new caring facilitators.

## ICDP plans for Armenia

**The ICDP programme will be introduced to Armenia for the first time.**

The



ICDP trainer, Merethe Kvernørød (second from the left on photo below) was one of the participants of the ICDP international meeting that was held mid-June, in a training centre near London. It was conducted by Nicoletta Armstrong and participants included trainers from Lebanon, Georgia, England, Bangladesh and Norway.

Merethe joined the meeting to discuss her ideas about starting ICDP in Armenia and in order to join forces with the ICDP trainer Nino Margvelashvili from Georgia. A few days after the meeting, she left for Yerevan on a fact-finding trip. The plan is for her to start an ICDP pilot project and also to apply for funding for larger scale implementation of the ICDP programme in future. Merethe speaks Russian and during the 1990ies she worked for the Norwegian Refugee Council in Armenia, Georgia and Azerbaijan. She spent 17 years abroad working in both development contexts and with humanitarian aid.

*“I have shared my enthusiasm for ICDP with former colleagues and discussed the programme with one of my former staff members from Yerevan. She is very keen to start ICDP in Armenia, targeting organizations working with parents of special needs children, as well as orphanage staff and possibly also others working in the field of child poverty. Needless to say, I am very excited about this possibility, as I know that there is a really great need for a programme like ICDP in Armenia.” – says Merethe.*

## ICDP expansion in Panama





## **A new group of facilitators have started their training in Bugaba.**

Over the last couple of years ICDP has been working in the Panama city only, but a new project has recently started to develop.

During the first week of July 2019, a group of community workers attended an ICDP workshop in the parish of San Andres, in the district Bugaba of the Chiriqui province. The project received support from the parish and community funds, and it represents cooperation between the ICDP foundation, ICDP Colombia and the local church.

ICDP Colombia trainer Anisah Andrade travelled to Panama to deliver the workshop. The participants (on photo above) included teachers, mothers, fathers, parish workers and community leaders.

*"It was a wonderful workshop. There was great enthusiasm for the programme and the new facilitators are looking forward to start their self-training projects." - Antonio Mendoza, ICDP coordinator.*

# **Evaluation of ICDP in Nepal**

## **A new evaluation of ICDP is now available.**

A report from a pilot study in Nepal was prepared by PhD Ane-Marthe Solheim Skar for Save the Children. The title of the study is:

### **A Quantitative Pre- and Post-assessment Study of a Parenting Intervention linked to the Child Grant and Child Endowment Fund in Nepal**

Background: Social protection is recognized as an important intervention to fight childhood vulnerability and poverty in Nepal as well as other developing countries. Save the Children has introduced the ICDP parenting programme in 2017 as a key social protection 'plus' activity based on the understanding that complementary interventions can make social protection more impactful.

Objective: This report describes results from two pilot studies in Nepal. In pilot study 1, Child Grant for Children under five years, baseline (before the introduction of the parenting programme) and endline data (after the introduction of the parenting programme) will be presented from one intervention arm and one control arm in Kavre, Nepal. The intervention arm received the parenting/ caregiver programme as well as the government child grant cash transfer, whereas the control arm only received the government cash transfer. In pilot study 2, baseline and endline data

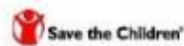
from caregivers who received cash from the Child Endowment Fund, as well as baseline-endline data from a sub-group of their children and the children's teachers are presented.



**A Quantitative Pre- and Post-assessment Study of a Parenting Intervention  
linked to the Child Grant and Child Endowment Fund in Nepal**

Report from a pilot study, May 2019

Prepared by PhD Ina-Martha Solheim Star for Save the Children



For the caregivers taking part in the Child Grant for Children under five years, the parenting intervention included 14 sessions covering social protection programmes, parenting skills, family budgeting, nutrition, and education. Each session had pre-designed content and process qualities. Session 2 to 9 was based on the ICDP programme. For the Child Endowment Fund, the intervention was the same, but with focus on the importance of education and setting limits to child labor instead of nutrition (session 12 and 13), as this intervention is generally focusing on slightly older children. The topics covered are:

- 1: Social protection
- 2: Introducing ICDP
- 3: Empathy
- 4-5: Emotional dialogue
- 6-7: Meaning dialogue
- 8-9: Regulative dialogue
- 10-11: Family budgeting

12-13: Nutrition / education and child labor

14: Child work and importance of education.

*Results: Caregivers in the Child Grant for Children under five years reported that their biggest worries were related to children`s education, followed by health, money, and feeding the family. At baseline, the caregivers reported a high mental health burden, and low level of warmth and high level of invasion towards their child. Caregivers also reported high levels of physical punishment. The results showed that the intervention group reported improved scores at endline on several caregiver outcomes, such as positive interaction with the child, less corporal punishment, and improved mental health, as well as improved caregiver reported child outcomes, such as social functioning, learning, somatic and mental health.*

[CLICK HERE TO DOWNLOAD THE STUDY](#)

## ICDP in Zambia

**The ICDP training in Kitwe took place in mid July 2019.**

The ICDP programme's core principles will serve as the foundation for promoting sensitivity towards the needs and rights of children among parents and caregivers in the Child Sensitive Social Protection Project (CSSP) project in Lufwanyama. The ICDP programme with its series of parenting session will be contextualized to the local situation.

ICDP has already started the training 19 potential facilitators who include staff members of Save the Children (SCI), JCTR (local NGO partner) in the CSSP project and members of the Community Welfare Assistance Committees (CWAC).

The first workshop was conducted by Nicoletta Armstrong during 15-17 July 2019 and the second one will take place in the autumn 2019.



## Background

According to the baseline study undertaken by Save the Children International (SCI) Zambia (as part of the Child Sensitivity Social Protection (CSSP) project) in Lufwanyama, 59% of the household heads are female and only 33.9% of the household heads had upper primary education. Over 66% of the households' heads sourced income from agriculture related activities. The mean household size is 6 and 65.5 % of the houses are made of muddy bricks suggesting the level of poverty that exists in the proposed project intervention zone. Over 39% of the household heads has a chronic illness with 11.5% of the household heads having severe disability. Only close to 64% of the households could afford two meals a day. It is therefore not surprising that about 30% households had children who had dropped out of school in the past one year and over 29% of the households had children involved in work contributing to household income.





There is a strong body of evidence that social protection transfers can positively impact the pathways and drivers for achieving breakthroughs for children, particularly those for the survival and healthy growth of all children and for child learning through good quality basic education. Evidence from many contexts consistently shows that social protection transfers to poor households can improve access to and use of education and health services, food intake, dietary diversity, family food security and asset accumulation. There is also widespread evidence that social protection transfers can reduce child labour as well as, from more limited examples, supporting safer behaviours among children.

However, evidence also shows that providing cash (as part of social protection transfers) alone brings about limited results on higher level outcomes for children, such as improved learning, health and nutritional status and protection. Such higher-level impacts for children are often additionally dependent on other factors. These factors may include: knowledge and practices of appropriate child care and parenting among parents, care-givers and communities; the availability and accessibility of

local basic services; service quality and accountability to users; and household investments made in children. Complementary actions to address these factors, based on context-specific analysis, can potentially be effective in strengthening the impacts of cash transfers for children in poverty, especially at the outcome level.

In order to ensure that Social Protection (more specifically social cash transfer in Lufwanyama, Zambia) is child sensitive, complementary actions as part of the overall Child Sensitive Social Protection approach need to be built into the CSSP project. Key complementary actions proposed in the CSSP project include; i) enhancing child sensitivity of parents, caregivers, community members and ii) improving transparency and accountability in the delivery of basic services relevant to social protection interventions for children.

The findings from the KAP study undertaken by Save the Children in Lufwanyama clearly suggests and reinforces the need for implementing “parenting” as a key complementary intervention to the existing Social Cash Transfer in order to achieve the objectives of the CSSP project and to ensure that SCT can lead to positive outcomes for children, especially those from the most deprived and marginalized households.

The aim is for the ICDP programme to be well planned, designed and implemented in a way that there is a strong appetite for its uptake and replication among other actors/ donors/ government departments and Ministries in Zambia working with Social Protection.

## **ICDP cooperation with IAM in Afghanistan**

**A promising new cooperation has been established with the IAM organization working in Afghanistan.**

Emily Allan is the Mental Health and Peacebuilding Director for the International Assistance Mission (IAM) in Afghanistan. She contacted ICDP chair Nicoletta Armstrong to explore the possibility of including ICDP parenting programme as part of their mental health programme. An agreement was reached soon after to start training a small team from Afghanistan in England, in July 2019.



The first workshop was well received and the ICDP methodology will be tried out over a period of four months before meeting again with Nicoletta in December 2019. Emily, Fatah and Judy have already fulfilled the first requirement of the training linked to exploring the 8 guidelines for good interaction within their own families.

The vision and the challenge will be to adapt ICDP to fit in with the cultural context and then testing it out in a number of communities before finalizing the adapted material and inserting ICDP as part of the work of IAM long term. The first ICDP trainees are based in and around Herat (on photo above), the third-largest city of Afghanistan and serves as the capital of Herat Province, situated in the fertile valley of the Hari River in the western part of the country.

### **About IAM:**

The International Assistance Mission is a non-profit Christian development non-governmental organization working in Afghanistan since 1966. IAM is registered in Geneva, Switzerland, and is the longest continuously serving NGO in Afghanistan, and only works in Afghanistan.

It began from the efforts of teachers and medical specialists who were interested in working in Afghanistan. IAM's first projects were the National Organisation for Ophthalmic Rehabilitation (NOOR), the Medical Assistance Program (MAP), a school for the visually impaired (BINA), and a literacy programme.

Over the next 40 years, more projects were added in engineering, maternal health, community development, English as a Foreign Language (EFL), disaster

management, micro-enterprise development, mental health, and the study of languages. IAM trains Afghans in all of these roles.

In November 2008, the Deputy Minister of Economy, Dr Nazir Ahmad, thanked IAM for more than 40 years of humanitarian work in Afghanistan. Since 1966, IAM has helped an estimated five million Afghans, particularly through its NOOR eye care work. Ten members of an IAM Eye Camp team, including several doctors, were murdered in August 2010 in the Afghan province of Badakhshan. Projects are funded by foreign donor organisations, governments, the United Nations, private donations, and locally generated income. No project funds are used for expatriate salaries, allowances, home rents, or daily expenses.

**From the IAM website:** <https://iam-afghanistan.org/>:

The International Assistance Mission (IAM) exists to bring hope and transformation to the people of Afghanistan. Our focus is on building capacity in the sectors of health and development – seeing lives changed through eye care, community development, health projects, and education. IAM is working to tackle poverty and injustice in Afghanistan, giving some of the poorest communities the opportunity to thrive. We are helping to improve food security, fight infant and maternal mortality, and improve access to clean water and good sanitation; they are running literacy, peacebuilding and community leadership courses; and they are also helping families improve their finances and empowering communities to develop and thrive.

Eye care was IAM's first project in Afghanistan. We started this work in 1966, and since then we've been working to make high-quality eye care accessible and affordable for all people in Afghanistan. We focus particularly on training mid-level eye care professionals, as well as ophthalmologists, providing skilled professionals to serve the people of Afghanistan – a country where the World Health Organisation estimates that 1.5 million people are visually impaired and 400,000 people are blind.

Through our Female Teacher Education Project, Silk Road English Centre, and Peacebuilding Project, we are working to help Afghans reach their full potential. We're currently focusing on improving the accessibility and quality of education in villages (particularly for girls), equipping future leaders with English skills, and advocating for peace in Afghanistan.

We want to end the stigma surrounding mental health in Afghanistan and ensure those struggling with mental health issues have access to the help they need. IAM's Mental Health Programme is based in the western region of Afghanistan and was started in 1996 in response to a high suicide rate among women. We are working in advocacy and media, helping to train medical professionals and communities about mental health, and connecting people with services.



# Snippets from Japan



## **News about activities in Minamisoma and Hamamatsu.**

In June 2019, ICDP trainer, Setsuko Kobayashi held a workshop (photo below) on ICDP in Minamisoma. (Minamisoma is a city located in Fukushima Prefecture, Japan. It was partially inundated by the tsunami which resulted from the Tohoku earthquake in 2011, and suffered heavy damage.) The ICDP workshop was well attended and very well received. Many of the 56 participants expressed great satisfaction and said that they were very happy to have had the opportunity to learn about ICDP, that being ICDP participants was a nice experience. All felt very satisfied with the programme. Many also said they were very impressed by the way Setsuko facilitated the encounter.

In July, another ICDP workshop took place, this time in Hamamatsu, a city located in western Shizuoka Prefecture. It was conducted by ICDP trainer, Hitoshi Maeshima.

Photo above, from the left, some of the participants, Suzuki, Ueda, Asai and Hitoshi. Suzuki and Ueda currently work as volunteers in the hospice of the Saint Servant Mikatagahara Hospital in Hamamatsu. As part of their work they regularly organize tea parties in the hospice, and often look out for opportunities to develop good quality interactions with the residents and the patients. Suzuki has previously worked as a medical clerk in many nursing facilities, hospitals and home groups - he explained about the relevance of ICDP:

*" A warm human approach like ICDP, is very important in our relationship with those who are in our care. For example, I had an experience with a 90 years old woman who refused to wash over a period of three months. I approached her with respect and asked her in a kind way what she felt about bathing and what was the reason for refusing to take a bath. After listening attentively to her explanations, I carried on talking with her for a while and it was not long before she consented to have a bath*

## Yopal project in Colombia

**In Yopal, the capital city of the department of Casanare, Colombia, the training in the ICDP programme has been effectively completed.**

The overall objective was capacity building and training in the ICDP programme of 40 professionals (on photo above): 19 psychosocial counsellors from educational institutions, 19 psychologists and 2 representatives from the Health Department. The ICDP strategy "I am a person" was conceptualized as a tool for the promotion of good treatment in schools and with the objective of reducing the numbers of young people attempting suicide. The trained professionals are implementing ICDP with 400 teachers and families.

The methodology of the workshops focused on collective construction through interactive techniques, which enabled participants to assimilate the ICDP topics in a good way. In addition to ICDP standard workshops, the project also included Virtual support meetings that were carried out after each workshop.

The training process was greatly facilitated by the high level of engagement of the participants; a very committed group of professionals, who participated in the activities in a dynamic and collaborative way, contributing positively to all ICDP topics. Participants' continuous interest, encouragement and motivation in learning

the ICDP concepts were evident all throughout the training. At the end they all agreed that ICDP provides a valuable contribution to the management of the type of problems that arise in their working and community environments.



After the training, the participants proposed that the Departmental of Health should make it their priority to include the ICDP programme in their Annual Plan of Collective Interventions (PIC), in order to help tackle issues such as violence against children, suicide attempts and other problems that are on the increase.

\*\*\*

[Click here to read a report about this project in Spanish.](#)

# Short report from ICDP Russia



**ICDP Russia team is making steady progress in spreading the ICDP programme.**

During 2019, ICDP Russia with its group of professionals, have carried out a series of training workshops for specialists, in three towns in the Volga Federal Districts: in Chkalovsk, Dzerzhisk and Sarov. The workshops were attended by 39 psychologists and pedagogues, who are working in schools, preschools and private centres for children.

In addition, Oksana Isaeva, ICDP trainer and Elena Vasilieva, ICDP facilitator, conducted ICDP workshops aimed at academics at the Nizhniy Novgorod Minin



University. The participants included 27 psychology professors and associate professors and their training in the ICDP programme was linked to the project called "The maintenance of positive parenting in the Nizhniy Novgorod region".

Oksana Isaeva and Natalia Dunaeva prepared a new book with comprehensive information about the ICDP method, the theoretical background and content of the ICDP programme, as well as tools for monitoring and evaluation. The book will be used for the training of students at the Pedagogical University in Nizhniy Novgorod, who will learn about the ICDP programme as part of their regular studies. The book will be published in September 2019.

## Comments from ICDP facilitators in Ukraine

**ICDP is continuing to go from strength to strength in Ukraine.**

ICDP Ukraine chairperson, Ana Trukhan shares some of the facilitators' personal opinions about the impact ICDP had on their lives:

*"With the help of the ICDP programme, I found answers for the questions that have interested me for a long time. I have two professions; I am a teacher and I am also a psychologist. But, only after completing the ICDP course, I was able to systematize and supplement all the previously acquired knowledge. Clear rules of praise have become valuable to me. Working in a boarding school with pupils, every day, I am convinced that praise works wonders! And also, my relations with my eldest 18 years old son have become closer and more trusting. This was one of my requests before I decided to participate in the ICDP training." - Inna Golovanchuk, mother, teacher, psychologist, ICDP facilitator.*

*"I fell in love with this programme. I admired the simplicity, structure and ease of reporting. I am convinced that everyone needs to know the principles of ICDP and they need to be taught at school. My son said to me: "Mom, you started acting differently, I want to hug you". This is for me the most important result from attending the ICDP training. " - Natalya Pamazan, mother, doctor, ICDP facilitator*

*The ICDP programme is a wonderful tool in creating happy and strong parent-child relationships. Based on its principles, you can truly achieve harmony in communication with the child! I work with complex parents, those who want to abandon their children. I want every child to be happy in his family. This programme can change fates!" - Victoria Lepekha, ICDP Facilitator*



*"I am very grateful to the ICDP programme and the two trainers Ann Trukhan and Sergey Krasin for the valuable knowledge, easiness of presenting information, inspiration and energy. I will use the received knowledge in my work practice and in my communication with my child. And I have already felt good results. The simplicity and accessibility of the programme makes it easy to establish a positive and supportive relationship with a child. The principles of the programme help to understand why the child does something: By following the ICDP principles one can avoid violent behaviour and injuries; the child can be given a completely new experience, one of development and learning - which in turn contributes to the development of a harmonious family." -Natalya Kotsar, mother, psychologist, ICDP facilitator*

*The ICDP project has completely changed my life. It made me work seriously on myself. I started to look differently at what was happening in my family. I have improved my relations with my children and with my husband. All my past experiences became the foundation on which the ICDP knowledge system that I received during the ICDP course is now built upon. For me, ICDP is a huge, holistic, harmonious family that unites everyone who has chosen the path of mentoring and supporting.*

*The facilitator is someone who develops knowledge, skills, and a spiritual component that unites everyone, i.e. warmth, unconditional love and respect for others in the world.” - Alyona Bespalko, mother, teacher, facilitator of ICDP*

*The programme is unique. After completing the training, my previously acquired knowledge was inter-connected into a single picture. I saw the emotional sphere of the child in a new way. I have received answers to my questions about my own child in this area. There was a lot of practice; I liked to watch the work of professionals, which is especially valuable. The ICDP programme is suitable for soft and harmonious building of relationships between parents and their children. The programme gently brings the parent to the source of their child's feelings and desires, that makes these moments and experience invaluable. I plan to apply in my work the principles of the programme, so that all my clients/parents can feel their children, look at the world through their children eyes; also to feel the importance of being a parent and realize how important is the role of a significant adult in the life of the child for the successful and harmonious formation of the personality of the child - and on the other hand how important it is also for the parent to develop positive self-confidence and skills of a successful parent.” - Alina Gerasimenko, mother, psychologist, facilitator of ICDP*





# Update from Tanzania

Read the update about ICDP developments from Velynice Frederick, ICDP trainer at Kiwakkuki.



KIWAKKUKI is an NGO operating in the Kilimanjaro region, with many years of experience in service delivery devoted to people living with HIV and AIDS, including children, orphans and other vulnerable children.

Over the last two years KIWAKKUKI has been running a project enabling children with HIV and AIDS to attend a Care and Treatment Clinic. These children are 0-6 years of age and their parents are invited to attend a course in ICDP. Parents receive support with their bus fares.

The goal is to sensitize and support parents for good quality interaction with their children, to enhance children's rights, well-being and early learning, as well as ensuring that the children attain birth certificates.

The response by the parents has been very positive and they enjoyed participating in the ICDP sensitization meetings. So far 160 parents were reached and the project has also formed 16 new ICDP facilitators.



# Report from ECEC Nepal



ICDP has been integrated very successfully in the work of the Early Childhood Education Centre in Kathmandu.

[Click here](#) to read their comprehensive report, which includes activities relating to ICDP Nepal. The ICDP has an impressive outreach, with 106 facilitators and 333 caregivers completing their training.

## ICDP at the Danish university

ICDP activities continue to develop and expand by teams at the “University College UCN act2learn” in Aalborg.

Update from Mathilde Nyvang Hostrup:

At the “University College UCN act2learn” we have been training in the ICDP programme large numbers of professionals on a continuous basis.

We conduct open courses at our own facilities in Aalborg, and we also travel to different municipalities around Denmark to train staff leaders who then support the implementation of ICDP.



ICDP is well known in the pedagogical sector in Denmark, and especially in the day-cares for children 0-6 years of age. The good news is also that there is an increasing interest in ICDP in schools.

In 2018 -2019 we have trained different groups: foster care families, teachers, social-workers, health care workers and especially pedagogues. In addition to training at caregiver and facilitator levels, we are forming professionals at trainer level, which qualifies them to train others in ICDP in their own municipalities.

One of our future aims is to work with social services for older people. In the past we have educated staff working with senior citizens, and we hope to do more of that in the future.

During 2019 and continuing in 2020, our priority is to conduct research on ICDP in order to find out about the effects and outcomes of applying the ICDP programme.

The photo above: Facilitators who use the ICDP programme by working with groups of parents. The course has made an important difference for the parents and their children.

# News from Pargas, Finland



## News from ICDP trainers in Finland:

Above is a photo of the latest 22 graduates of the basic ICDP training with ICDP educators Christel Holmström and Petra Zilliacus.

This is a multi-professional group with health nurses, a psychologist, a librarian and many professionals from early childhood education.

We have shared videos and stories with each other during four intensive days and these people will use the ICDP ideas with clients of all ages in the Southwestern archipelago in Pargas, Finland.



# In the aftermath of cyclone Idai, in Mozambique



**In March 2019, a devastating cyclone made landfall in Mozambique, Zimbabwe and Malawi.**

Cyclone Idai is possibly the worst weather-related disaster to ever hit the southern hemisphere killing over 1,000 people and leaving 400,000 without a home.

The country is still recovering from Cyclone Idai and the needs of those affected by these disasters in Malawi, Zimbabwe and Mozambique continue to grow. Aid organizations on the ground are relocating affected refugee families to safer shelters.



Without emergency shelter families would be sleeping in the open or in overcrowded buildings. The lack of clean water and sanitation poses a deadly new threat as water-borne diseases like cholera begin to spread. Flooding remains severe and there is a high risk of outbreaks of waterborne diseases, but the full scale of the disaster is still unfolding.

ICDP has been active offering assistance to some of the families in the cyclone hit areas of Mozambique.

*ICDP Mozambique teams have to travel hundreds of miles on totally potholed and dusty roads to reach the most vulnerable communities in Central Mozambique. It has been a very strenuous but at the same time rewarding work. Photos (see above and below) were taken in the resettlement areas where we are conducting intervention together with the International Organization for Migration (IOM) in the aftermath of the cyclone Idai.” – Santana Momade, ICDP Mozambique country director*

## First ICDP steps in Iraq

First ICDP activities took place in July 2019.



An ICDP introductory course was held in the city of Halabja, in North Iraq. It was delivered to a group of parents in their native Kurdish language. During the ICDP meetings the attending parents were introduced to the ICDP booklet with the Eight Guidelines for Good Interaction that was translated into Kurdish.

The training was conducted by Rebaz Abdullah on voluntary basis and it took place at the Halabja office of a local organization called, "Youth Activities Developing Centre".

Rebaz is keen to continue with ICDP and the current plan is for him to team up with Alkhansaa Alkhalil, who shares the same vision of introducing many families and communities in Iraq to the ICDP programme. The ICDP board will seek to raise seed capital in support of a future pilot project.

## Introduction of ICDP to Estonia



**ICDP Facilitator level training is about to begin for participants from Estonia.**

A new project called "The ICDP parent-facilitator training to improve the social skills of parents in the neighbourhood" aims to form a new group of ICDP Facilitators in Estonia.

This project builds on a longstanding cooperation between Estonian municipalities and the Estonian Association of Central Norway that has been ongoing since 1992.

In 2018, the municipalities of Tapa asked the Estonian Association of Central Norway to help them introduce ICDP in Estonia, which resulted in the formulation of this new ICDP project, which is set to start in October 2019.

The project leader is Grete Hyldmo, headmistress of the Queen Maud Memorial Preschool in Trondheim, Norway (photo above is of this preschool). She will conduct the training together with Hege Beate Sivertsen - they both have extensive experience as ICDP trainers in Trondheim. They will hold the first ICDP workshop for the Estonian group on the 4th of October 2019.

The ICDP training will be attended by ten Estonian participants from the municipality of Tapa and three Russian participants from Narva. Translations will be provided for both languages. The ICDP workshops will take place in Trondheim, but the participants' self-training practice will be in Estonia, where they will apply ICDP with groups of parents over a period of 8 weekly meetings.

Grete and Hege plan to organize a lot of interactive exercises, discussions and practice. They will visit Tapa in February and March 2020, to offer guidance to trainee facilitators during their self-training practice.

The plan is for the new group of facilitators to receive their ICDP certificates by June 2020.

## Latest from Kitwe, Zambia

**In Kitwe, Zambia, a group of 18 facilitators received their ICDP diplomas (on photo above).**

The certification workshop took place at the beginning of October 2019, conducted by Nicoletta Armstrong.

The ICDP work in Zambia is organized by Grace Mwendapole from Save the Children Zambia with support from Mukesh Lath from Save the Children India. Some of the facilitators are Save the Children staff and others came from their partner organizations.

The newly trained facilitators agreed that the ICDP guidelines made a difference to their way of relating at home with children, and they provided touching personal examples for the 8 guidelines for good interaction. Many said they are now more



aware and try to spend a lot more time with their children. They also said that they now hold longer conversations and follow their children's interests in the way they failed to do before.

The newly accredited ICDP facilitators have been visiting villages in the Copperbelt Province in north-western part of the country, rolling out the ICDP programme in a number of villages, as part of their self-training projects. They were welcomed by the communities and parents said they were happy to be learning this programme and wished to carry on learning more.

On the second day of the workshop all facilitators and their trainer, went together by bus to a village called Katembula, situated in the large rural undeveloped Lufwanyama District, to observe some of the facilitators in action while working with parents. A few families arrived to the ICDP meeting with quite a number of children; but all seemed very focused during the ICDP activities, speaking freely and sharing many personal examples. The local team of facilitators said that the parents understood the meaning of the 8 guidelines for good interaction and have been trying to apply them at home with their children; they realized how when praising and showing their love this meant a lot to their children; they felt the importance of talking to their children in a meaningful way without shouting.





Facilitators later explained that the parents were doing their home tasks diligently remembering to bring their personal examples of interactions with their children to group meetings. They explained that in their local Bemba language there isn't a word for empathy but they describe it to parents as “putting yourself in the shoes of your child” and this worked well. It was also important to find adequate ways of translating the 8 guidelines for good interaction using key words, which facilitators selected after some discussion.

All new facilitators will be implementing ICDP in three chiefdoms next, and their new projects are planned to finish by the end of 2019.

## ICDP projects in Bangladesh

ICDP has found fertile ground in Bangladesh, where a small team of enthusiastic professionals has been developing ICDP projects for several months now.



The ICDP Bangladesh team is comprised of one trainer and six facilitators and they are applying the ICDP programme in different contexts: with students at the North South University in Dhaka; with staff at the girls' hostel run by Basha Enterprizes in Bhaluka, two hours away from Dhaka; with day care staff at Basha Enterprizes; and with staff of the Children Uplift Programme (CUP).

Basha Enterprizes and the Children Uplift Programme (CUP) are partner organisations working for the survivors of trafficking and for the homeless women and children living on streets; and both organizations run day cares for children. CUP and Basha have decided to give ICDP to all of their beneficiaries, 210 women in total. The training has already started. ICDP facilitator Sajeda Boby has been giving ICDP training to staff at the Basha centre in Bhaluka, she explains:

*“My colleague Edna and I, have been giving ICDP training to staff working closely with mothers and children survivors of trafficking or at risk of trafficking. These women didn't have loving parents. Most of them were found living in the street. Since they didn't receive love from their parents, they are unable to care for their own children. The girls who are in the hostel also had very traumatic childhood. The Basha staff face difficulties in managing these women, children and girls under their care. We felt there was a great need for them to receive training in the ICDP programme and we later found them very open to ICDP and very participative during the course. Initially they didn't have a positive conception of the children in their care. They also didn't realise why the mothers at the centre behave differently with their children. During the ICDP training, we noticed that their conception of children has been changing. Now they see the child as a person not as an object. They are committed to applying the ICDP guidelines in their work place*

Here are a few comments from some of the students who received ICDP from facilitator Shahnaz Parveen at the North South University:

"If we can do ICDP properly with all of our children the whole world will be changed."

"This is working as a magic wand for me."

“Doing ICDP is an eye opener for everything about my life, how I am now and how I was as a mother. “

# Save the Children staff become ICDP trainers in India, Nepal and Philippines

**The ICDP Trainer Level Certification workshop was held in Kathmandu, Nepal, on the 5,6 and 7th of November 2019.**

For over two years I have been working with Save the Children staff in the Philippines, Nepal and India and they have now become ICDP Trainers – which means that they can continue to train new groups of facilitators in the ICDP programme, who in turn can implement ICDP with parents and/or other caregivers. From among Save the Children staff there are 14 trainers: 4 in India, 6 in Nepal and 4 in the Philippines.



In an effort to ensure better child development outcomes, the ICDP programme has become a complementary intervention to Save the Children's current Child Sensitive Social Protection (CSSP) programme in all three countries. In the Philippines there are 37 volunteer facilitators and 1,1429 caregivers completed the parenting programme so far. In Nepal, there are 77 facilitators and 759 caregivers have been trained and sensitized through the ICDP programme. SC Nepal has in addition, conducted a one-day ICDP orientation for the Teachers Parents Association in schools in Mahottari, where they were able to reach 3282 parents and teachers. In



India, 2 trainers formed 21 facilitators and 200 caregivers were reached with the programme. In each country SC has been able to obtain funding and cooperation with the local government in order to expand their work - which includes training new facilitators in the ICDP programme.

The new trainers showed commitment and made efforts to do their very best during their self-training projects. Some had to travel very far in order to carry out their project (particularly in Nepal and Philippines). Each team held regular meetings to prepare the agenda and conduct mock sessions, in some cases repeating the same mock session more than once. All had carried out the ICDP training of new facilitators and had made efforts to adapt the format of training in accordance to the educational capacity of their trainee facilitators. From the trainers' accounts, their facilitators managed to carry out the ICDP sensitization with parents to a satisfactory degree. We discussed areas for improvement and sharing between the three teams was helpful to all as a means of inspiration and clarification. Several of the trainers emphasized that the ICDP guidelines made a difference to their way of relating with their own children and most trainers said that they could observe positive impact on the new facilitators and parents. They gave some examples to illustrate this; how parents show more interest and are more patient with their children, how they understood the importance of empathy, that they talk more and follow their children's interests the way they did not do before.



On the second day we went to two villages to observe ICDP facilitators in action and the task for the trainers was to observe the way facilitators conduct ICDP sessions



with parents (see photo below) and to make assessment notes in line with the ICDP sensitization principles, which we shared and discussed later on. The observation and assessment skills are required in order to monitor the work of facilitators in future projects.

Our vision as founders of the ICDP programme was to develop a tool that would be easily integrated as an additional component in an overall programme of assistance – we felt that the ICDP programme could provide a special humanizing component that would support other aspects of intervention. This I believe, has now been achieved in my cooperation with Save the Children, where ICDP became an integral part of the Save the Children overall CSSP package for parents. It is very meaningful for me as chairperson of the ICDP foundation to know that there is a good team of trainers in all 3 countries – because this means that ICDP can be sustained and the work with the programme extended to those who need it. - Nicoletta Armstrong.

## Events in China

ICDP China has been expanding and enriching its work over the last five years.



Some of the developments in 2019:

Training:

39 facilitators got their diplomas in 2019; they are teachers, social workers, nurses, and doctors among others.

500 caregivers received ICDP training and 60% of them are professional caregivers.

*“As a teacher, I was really strict towards my students before I received the ICDP caregiver training. Most of the students are left behind children, whose parents are working in another city, not at home. I did not allow any student to question my opinions. After the ICDP training, I bought a big cake and had a birthday party for all my students who were born in the same month. And we had games and played together. They enjoyed playing with me very much. I realized that I should regard each child as a person and include her or him in my empathy zone”*

Group sessions for caregivers

Since March, ICDP China has been holding weekly group sessions for caregivers on Friday nights. So far there have been 28 group sessions, which were attended by more than 300 persons. Each Friday the group would select and discuss a topic linked to child rearing. ICDP themes were revised and caregivers had the opportunity to exchange their experiences and challenges in applying ICDP in their daily life.

*“I really like this group. It is relaxing and interesting. I learned that I was not the only one with challenges with regards to child raising and I received helpful ideas on how to deal with my difficulties.”- a participant of the Friday activity*

Online supervision system

On 1st of November, ICDP China upgraded the online supervision system. Information from each ICDP facilitator and trainer can be uploaded to this system; their training plans, logbooks and training reports. ICDP China can provide supervision from the server. This system can offer a platform to facilitators and trainers operating in different geographic areas of China.

An online survey software is used for assessments of the caregiver and facilitator level training.

ICDP China network building

The ICDP summer forum was held in June. It was a network building activity. ICDP training teams from different areas came to the meeting to listen and share their experiences. It was attended by 47 participants.

In November, ICDP China held its annual conference. ICDP international trainers visited from Norway and gave presentations about brain development in adolescence and child maltreatment; conclusions from the ICDP evaluations conducted in Nepal were also presented.

## ICDP youth to youth in El Salvador

**Young people are key advisors for the process of adapting the ICDP programme in El Salvador.**

"In 2018, I prepared a draft set of ICDP materials for use with parents of adolescents, which were then tested out and further adapted in cooperation with professionals from UNICEF, NGO called Educo and the Salvadoran Institute for Children and Adolescents (ISNA). The new set of ICDP materials was published by UNICEF at the beginning of 2020 and the ICDP facilitators have subsequently started to use it with groups of parents.



In 2019, with the same team we have been discussing the adaptation of the ICDP programme and its materials for use by adolescents themselves; the idea is for adolescents to be trained as ICDP facilitators who then implement the ICDP programme by working with groups of other adolescents.



We designed a process of training and a pilot project, and the work on this was started in July 2019. In phase one, two groups of adolescents, one from San Salvador and the other from a rural area, were introduced to ICDP and asked to try out the guidelines in relation with peers. In phase two of the project, they attended more workshops in which they had opportunities to deepen the topics and make suggestions in terms of adaptation of the materials and content. In this phase, trainers Carolina Montoya and Lucy Mejia from ICDP Colombia, joined the team - they worked on the latest workshops for young people, in November 2019.

The phase three is a pilot project: a core group of young people will become trained as ICDP facilitators in order to deliver the ICDP programme to other young people. Throughout the pilot project, our adult team will include the young facilitators and together we will monitor and evaluate the process.

There is a lot of enthusiasm for this project and a great commitment from Educo, ISNA and UNICEF who are providing financial support and spearheading the work on the ground. The adolescents themselves are already showing some promising results in terms of the engagement and interest - they found all ICDP topics meaningful and pertinent to their young lives. The youth to youth approach will be piloted and finalized in El Salvador during 2020." - Nicoletta Armstrong, ICDP.

## Steady progress in Ethiopia





**ICDP is continuing to expand in different areas of Ethiopia.**

ICDP trainer Atnaf Berhanu has shared about the latest developments - [click here to read her report.](#)

## **ICDP in the care of older people in Norway**

**Update from Line Constance Holmsen:**

During the autumn of 2019, we conducted a new course for the ICDP facilitators employed in the care of older people. This new group of facilitators will be conducting ICDP groups with their colleagues, starting after the Christmas holidays. On the 20<sup>th</sup> of December 2019, we held a meeting with the leadership of a large nursing home in Oslo. They showed interest in ICDP and we will soon know whether they will decide to train their staff in the ICDP programme.

Applying the ICDP programme in the context of homes for older people has been a very interesting experience and all of the 70 participants that we trained so far, have embraced the programme and recommended ICDP to other employees in different Nursing Homes in Norway. I am doing the analysis for the articles in my PhD now and I look forward to publishing the first one, hopefully during spring 2020.



The photo (above) is from the ICDP training (in 2019) of the group leaders who work in the care of the elderly. The ICDP trainer-candidate Sigrid Hoem is standing in the first row, to the far right, Sigrid is working at the Økern Nursing Home in the Oslo municipality and I hope to obtain the necessary funds to be able to employ her in the ICDP project for older people.

## ICDP USA anniversary

**ICDP USA is working under the Changing Children's Worlds Foundation (CCWF).**

Kimberly Svevo-Cianci is the founder of ICDP USA and she has been developing the programme in Chicago and other areas of USA, with unwavering commitment, energy and enthusiasm. Her hard work brought many ICDP project to fruition and over the years she has built a strong ICDP team.



On 24<sup>th</sup> of April 2020, the ICDP USA team will be celebrating their 10<sup>th</sup> Anniversary!

In 2019, Kimberley received a request for support from a former ISPCAN colleague in the Democratic Republic of Congo (DRC). He is a medical doctor with a history of working to treat and protect children / women from sexual and physical abuse throughout the past many years of DRC conflict. He has now retired, and wishes to devote his energy to ICDP. He has gathered a group who would like to receive ICDP training and materials in French. ICDP international is joining in with the effort to find ways of supporting this request together with Kimberly.

## Bolivia strengthened its ICDP network

**ICDP Bolivia continues with its commitment in working for the benefit of families and children in the poor communities.**

They are working in three areas of the country: in Cochabamba, Santa Cruz and Potosí.

During the second half of 2019, with the help of ICDP trainer Ilaina Ramirez, they carried out refresher courses for all 3 groups of facilitators. Through a very participatory activity, the practical and theoretical framework of the programme was deepened and all concerns were clarified through group work and sharing.

The ICDP facilitators reported that ICDP received very good reception from the trained parents. The ICDP values expressed in the 8 guidelines for good interaction were understood and adopted by most of the participant parents. They reported new and more positive attitudes towards their parenting role.



There was a consensus that seeing their children as persons and treating them with empathy was the most important learning from the ICDP course. They reached nearly 200 families.

## **First facilitators in Afghanistan**

**On 6<sup>th</sup> of December 2019, the first facilitators received their ICDP diplomas.**

The certification workshop was held in England and three facilitators Emely, Fatah and Judy presented their self-training work. They conducted the ICDP parent sessions at the IAM office and at the Women centre in Herrat. Other attendees were

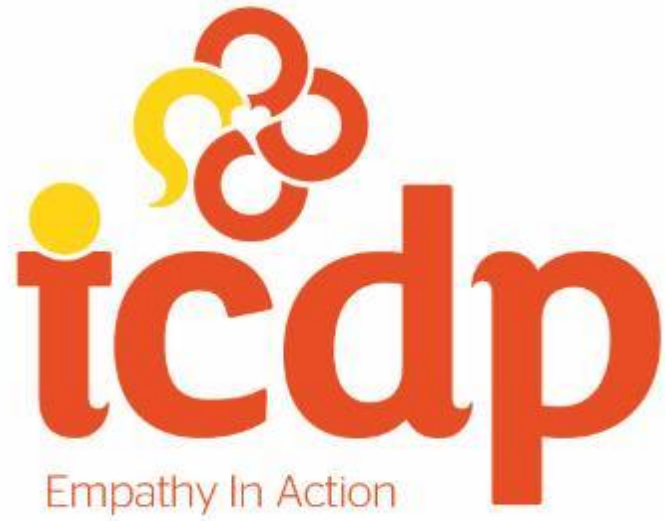


Jawed (IAM project manager) Emmy (researcher) and Andrew (child psychologist) who will be supporting the ICDP work in Afghanistan.

*Fatah implemented the ICDP programme with a group of professional colleagues, mostly psychologists. He said it was successful, with good participation. All participants want to continue and some will be future facilitators. Fatah also said that participants' children liked ICDP, and they were eager for their parents to receive the next ICDP session – the children were often asking him when was the next ICDP meeting. A particularly successful activity was when parents had to write a letter to their child; one father wrote 6 letters, one letter to each of his 6 children. The next step is the adaptation of materials, handbooks, videos, pictures. This is a small but most capable and enjoyable team to work with; also a team working in most challenging circumstances.” – ICDP trainer Nicoletta*







[www.icdp.info](http://www.icdp.info)