



International Child Development Programme

Newsletter - June 2016



Updates

December - May 2016

Dear Friends and colleagues



It is with great pleasure that we are sharing the ICDP news with you all!

The ICDP family has been growing steadily as a result of our shared efforts. Some of the ICDP work that is taking place around the world is mentioned in this issue, but we are sorry that due to lack of space there are projects that we have not been able to include.

To all ICDP trainers and facilitators we wish to express our appreciation for your unwavering commitment to children, young people, families, caregivers and different professional groups that you are training in the ICDP programme in your respective countries and communities all over the world.

To our supporters we also extend a special thank you and hope that you will enjoy reading about ICDP.

Warm wishes to all from the international team!

Nicoletta Armstrong

Goodbye to a leading light in ICDP



We share with our ICDP colleagues a sad news. One of the ICDP founders, and a dear friend Markus Hoff Berge passed away on the 20th April 2016.



Markus was a leading light in ICDP, a man of honour and generosity, who had accomplished a great deal in his life, not only for himself but also helping so many others. I remember Markus working very long hours, often into the night, in order to produce documentation in support of ICDP projects, always volunteering his work and sharing his business office freely with ICDP since the beginning. His financial support to ICDP kept the organization going for years. He was much loved and appreciated by all who knew him. I feel fortunate to have worked with Markus for so many years; during that time I experienced only his kindness and support. He will be sorely missed.

Nicoletta Armstrong.

ICDP and the Human Rights Council



The work of ICDP and the content of the ICDP programme were presented at the meeting of the Human Rights Council in Geneva.

Each year, the Human Rights Council holds three regular sessions at the United Nations in Geneva, Switzerland. They take place in March (four weeks), June (three weeks) and September (three weeks).

In 2016, the 31st session of the Human Rights Council is taking place from the 29th of February till the 24th of March.

The NGOs are given the opportunity to run side events in parallel with the main session - this year ICDP was able to take this opportunity and on the 9th of March, the ICDP chair Nicoletta Armstrong presented the work of ICDP in room XVIII, at United Nations.

The presentation attracted a number of interested parties who sought cooperation, including high ranking representatives from Mexico, Paraguay and Switzerland. It was the first time that ICDP attended this event, and as a result a new space has opened up for networking and advocacy work.

To read the Human Rights article by Nicoletta Armstrong please follow this link:

www.icdp.info/api/media/media/977

Handbook in Spanish

ICDP is pleased to announce that the handbook by Karsten Hundeide is now available in Spanish, both part one and part two.

It is available from ICDP.

Swedish study



A study about the implementation of the ICDP programme was published in the Scandinavian Journal of Caring Sciences. It was funded by the Swedish National Institute of Public Health.

Managing the initiation and early implementation of health promotion interventions: a study of a parental support programme in primary care.

Anna Westerlund MSc PhD Student, Rickard Garvare PhD Professor, Monica E. Nyström PhD Senior Lecturer, Eva Eurenus PhD Researcher, Marie Lindkvist PhD Senior Lecturer and Anneli Ivarsson PhD Assistant Professor.

Link to the version online:

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1471-6712/earlyview](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1471-6712/earlyview)

Background

Mental health problems are increasing among children and adolescents worldwide, and parental support programmes have been suggested as one preventive intervention. However, the actual impact and low rates of adoption and sustainability of prevention programmes have proven to be a concern, and thus, further studies on their implementation are needed.

Aim

This study focused on the initial implementation of the International Child Development Programme (ICDP) in primary care. The aim was to investigate the involved actors' views on factors likely to affect implementation and the strategies used to manage them.

Design

A case study design with a mixed-methods approach combining quantitative and qualitative data from questionnaires and interviews was used.

Methods

Eighty-two professionals at different positions in the involved organisations participated. Directed content analysis was used for analyses, focusing on perceived levels of importance and the manifestation of implementation factors.

Findings

Interviews and questionnaires provided descriptions of factors influencing the initial ICDP implementation. Uncertainty on how to manage important factors and vague change strategies was reported. Discrepancies in the perceived levels of importance versus manifestation were found regarding several factors, including hands-on support, time and resources, communication and information, a comprehensive plan of action, follow-ups, and external and internal collaborations. Manifested factors were a need for change, motivation and the ICDP's compatibility with existing norms, values and practices.

Conclusions

Implementing a parental support programme in a complex setting will benefit from being preceded by a thorough examination of the intervention and the target context and the development of clear implementation strategies based on the results of that examination. This study provides insights into how and by whom knowledge on implementation is applied during the launch of a health promotion programme, and these insights might help increase the rate of adoption and the use of such programmes and thereby increase their effectiveness.

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ICDP Russia new booklet

Congratulations to ICDP Russia for their new booklet.

Oksana Isaeva shared with us their beautifully illustrated new booklet, which has just been printed in Nizhny Novgorod. It is the Russian version of the ICDP booklet with the 8 guidelines for good interaction and the pictures are by a local artist.

To see its content please follow the link:

www.icdp.info/api/media/media/965





ICDP in Europe

Norway, Finland, Denmark, Russia, Ukraine, Belarus, Romania



An article about new cultural perspectives in ICDP training was published on the webpage of the RVTS professional resource centre whose work is on violence, trauma and suicide prevention. The article is in Norwegian and it can be found by following this link:

<http://www.rvtsvest.no/fokus-pa-kultur-pa-sa-mling-for-icdp-rettlearar/>



Main points from the article:

ICDP trainers are now required to develop some new cultural competences in order to meet the needs of the increasingly multicultural Norwegian society.

Accordingly, the ICDP training and certification processes have undergone modifications; the training was extended from four to six days, and a cultural perspective was integrated in the programme. The new course provides trainers with a deeper understanding about different cultural perspectives expecting them to apply this new knowledge in their work with caregivers.

At a recent meeting of ICDP trainers (on photo above) the following topics were discussed:

- Culture, values, attitudes
- Cultural sensitivity and communication
- Using an interpreter
- Typical cultural differences
- Migration: Challenges and Opportunities
- Role of parents as members of a new cultural context
- Adaptation methods and potential conflicts
- Violence in close relationships and other serious limitations of child and adolescent freedom
- How to talk about violence and other taboo topics in counseling groups

Comments from ICDP trainer Mahabad Hamasor (on photo above) who attended the meeting:

"I work with children and youth at the Ny Krohnborg kindergarten and have been an ICDP trainer since 2006. I have benefited greatly from the ICDP programme, both in my work in the nursery, and at home with my own children. We are very satisfied with the programme.

The ICDP programme has eight concrete topics for parents. I think about the first topics in particular, the ones concerning showing positive feelings and how to show that you love your child. For me this was useful, since in Kurdistan, where I'm from, it is not natural to show feelings in the same way. It was useful to look at different ways of showing love to your child.

Having meetings such as this one, where one brings in a cultural perspective is particularly useful. We need to update ourselves, to meet more ICDP trainers and share experiences with them."



The Norwegian Government has been focusing on ways to prevent social and health related problems in children and families, which are seen to be on the increase. In this context, the ICDP programme was included in the plans and strategies of the Norwegian Directorate for Children, Youth and Family Affairs (Bufdir).

Bufdir has been developing and coordinating the expansion of the ICDP programme through their country network for many years now. In 2015, 272 facilitators and 5 new trainers completed their training, bringing the total number of trained facilitators to 3511. Efforts are currently being made to improve the model of ICDP implementation in the country, through better organization of the training of facilitators in local communities.

In 2016, Bufdir is continuing to focus on three pilot projects that were started in 2015:

1. ICDP in Crisis Centres for victims of domestic violence and abuse

The ICDP programme was adjusted for parents at Crisis Centres and 22 facilitators are delivering it in 6 such centres. The expectation is to help parents in their relationship with their children, prevent violence and help them to focus on their own children during difficult periods in their lives. Bufdir is preparing a progress report which will be available in March 2016.

2. The Norwegian Government Action plan against Radicalization and Violent Extremism, June 2014

Under this plan the ICDP programme is used in relation to parents and caregivers, as a tool for prevention of radicalization and violent extremism in 9 communities. ICDP facilitators received extra competence training for this purpose.

3. ICDP in Refugee Centres

As part of the government plan against violence in close relationships an ICDP project is taking place in 11 Centres for Refugees. A group of 22 facilitators are rolling out the ICDP programme, which was adjusted to the specific situation of these parents and their needs. The expectation is for parents to become aware of their children's needs in this special situation, prevent violence and enhance their relationships with their children.



A new initiative is starting with the aim of piloting the ICDP programme in context of care for older people in Oslo, Norway.

Line Holmen's describes the initiative:

Project: "Cultivating empathy in the care for older people"

How can the International Child Development Programme be adjusted to care for older people as the International Ageing Development Programme – IADP? (Karsten Hundeide)

The number of older people in Norway has been growing. This will put pressure on healthcare. Experience in Norway shows that the healthcare needs of the older people are increasing, especially for people over 80 years of age. In 2014, 812 000 people (16 %) of the Norwegian population were 65 years old or over, of whom 221 000 people (4,3 %) were 80 years or older. The population of over 80 years old people will continue to grow until year 2100 (Folkehelseinstituttet, www.fhi.no/artikler/?id=70828).

All human beings regardless of their age feel the need to be recognized by someone - who sees and listens to their needs. It is therefore, of crucial importance to create a trustful and supporting environment within the care for older people. The professional caregivers in charge of such care will need to be people with high competence in knowing how to relate, for example by acting approvingly, by motivating and counselling the elderly.

The aim of this project is to provide an innovative contribution towards improving the care for older people in Norway.

The plan is to first do a pilot by implementing ICDP (IADP) in one nursing home in Oslo. Most of the older people living there have symptoms of dementia and need support to communicate their needs. Ten employees, six students and one professor at the Institute for Health and Nursing at the Diakonhjemmet University College will receive ICDP sensitization training (divided in three groups). One of the leaders of two of the departments at the nursing home (who also teach staff in communication with older people) will be participating in all of the three groups. Two of the group leaders are ICDP-trainers and assistant professors at Diakonhjemmet University College, and one of the group leaders is working with innovative solutions for the care of older people in Oslo. The sensitization will take place during 6 meetings as ICDP counselling of colleagues, starting in March 2016.

The focus of the study will be to investigate the outcome of the quality of life for the older people and the psychosocial working environment for caregivers caring for the older people, as well as impact on relatives after participating in ICDP groups.

Line Holmsen is planning to apply for the PhD programme at the Diakonhjemmet University College in 2016, where the pilot will be the foundation of the project.

Any cooperation with other countries that use ICDP in the care for older people would be interesting. Please contact with Line Holmsen if this sounds interesting:
line.holmsen@diakonhjemmet.no

PhD Ane-Marthe Solheim Skar who has conducted several studies on ICDP will be one of the supervisors in the project. The project will be led by Line Constance Holmsen, assistant professor at the Diakonhjemmet



The last twelve months proved very fruitful for the ICDP team in Finland.

In many different parts of the country, ICDP facilitators were busy rolling out the ICDP programme to groups of caregivers, while at the same time ICDP trainers in several organizations completed the training (at ICDP level one and two) of new groups of colleagues/staff.

In addition, the ICDP Finland Association conducted several ICDP training programmes. In May, in Kajaani, just south of the polar circle, 19 professionals from health, education and social welfare graduated at Level 1. In Pargas, in the south west of Finland, a group of 13 professionals from the Kärkulla samkommun completed the first level of training and are currently in the final stages of the second level. (Kärkulla samkommun is a service and care provider for people with disabilities for the Swedish speaking population in Finland.) In October, in Porvoo, 24 professionals completed the first level of training in connection with a large, government sponsored project, called "The Joy of Parenthood".

In June a very successful ICDP Family camp was held in Sipoo - follow this link for more information about it:

<http://www.icdp.info/an-experience-that-will-make-me-a-better-parent>

In March, ICDP Finland hosted a meeting in Turku that founded the ICDP Nordic Research Network, with participants from Norway, Sweden and Finland. The meeting discussed future possibilities for conducting collaborative research on ICDP, as well as mapping out previously conducted research.

In October, ICDP facilitators from all over Finland gathered in Helsinki for a "Facilitator inspiration day" - first of the kind. Facilitators had an opportunity to exchange experiences, and there were also lectures on the fine art of intercultural communication and the importance of lullabies - inspired by Övind Dahls and Lisa Bonnárs.

The ICDP Finland website is work in progress, but the Facebook page has a steady stream of followers, and the most popular posts have reached hundreds of people.



There are twelve ICDP trainers at the Danish Centre for ICDP. The educators are independent consultants or they may be employed by different educational institutions and healthcare centers. During 2015 the Centre certified nearly 600 people in ICDP at levels 1 and 2.



In addition, the Danish Centre for ICDP is taking part in the largest educational project in Denmark for the training of childminders. Nearly 500 childminders were introduced to ICDP. The childminders said that they noticed a positive change in the relationship with the children and also in their colleagues' general approach to children - as a result children became calmer. Subsequently, the childminders have been offered the opportunity to participate in a standard ICDP programme through their workplace. Most want to take the rest of the programme - even though they have to pay for the fees themselves.

The Centre has also participated in the following 3 projects:

1. A development project in a private kindergarten, called "ICDP in a wonderful world". The headmaster of the kindergarten, Frank Krogh, is an ICDP educator and he uses ICDP as a professional platform for his management and pedagogical work.
2. An experimental project linking ICDP to the day-to-day educational leadership, with particular focus on sensitivity principles and the three dialogues. The project will be continued in 2016.
3. A project in a treatment institution in which parental couples, whose children have been removed from home by the authorities, attended ICDP. The model was developed and tested by two specialist teachers at the institution.



An ICDP workshop took place at the Early Intervention Institute in St Petersburg and it was attended by ten professionals who will become ICDP facilitators. Photo: participants of the workshop



This was the second workshop for this group of trainee facilitators. Some of the participants from the previous workshop could not attend, however there were new people instead. The newcomers had read about ICDP and had also been updated by their colleagues. The second day of the workshop was attended by a representative from the funding organization that is supporting this training project.

The whole group of trainee facilitators are now very well prepared to start running ICDP groups, which is going to be their first experience of implementing the ICDP programme in meetings with caregivers. All together there are 10 trainee facilitators who will work in 5 pairs, each pair will facilitate one group of caregivers.

The Early Intervention Institute is working with groups of parents on regular basis and some of these parents will now attend ICDP sensitization meetings. The plan is for most of the trainee facilitators to start their work with caregivers in March. During their fieldwork, they will join support Skype sessions with the international trainers. The Skype sessions will be conducted with the help of a translator to assist those who do not understand English. Trainee facilitators will keep field diaries and these will be translated and sent to the international trainers at the end of the training process.

Plans were made for the third workshop to take place in the autumn of 2016. In the meantime, the trainee facilitators were also encouraged to contact the two professionals in Nizhny Novgorod who had received training earlier and are already ICDP trainers, and are applying ICDP in the Nizhny Novgorod region.

All trainee facilitators feel very positive about working with the ICDP programme and look forward to further training. ICDP is very much in line with the philosophy of their institute. The institute is responsible for educating and supervising other early intervention institutes all over Russia and their vision is for the trainee facilitators to continue receiving training to become ICDP trainers who can then spread the programme to other institutes.

“It is very interesting and a pleasure working with such friendly, professional and highly qualified people”. – Hilde and Vibeke, ICDP international trainers.



Stories from ICDP practice in Lugansk and Donbas areas of Ukraine, where the ICDP programme is being applied with internally displaced people, families and children.

Case of a migrant grandmother from Gorlovky, residing in the Shchurovsky camp for displaced persons (Donetsk region)

This grandmother complained about the deterioration of relations with her granddaughter. After being forced to move, the girl became irritable, stopped responding to contact, losing her temper easily and making spiteful remarks. Grandmother in turn responded by getting angry, blaming her granddaughter. Having explored the 8 ICDP principles for positive interaction her behaviour changed in relation to the granddaughter. She began to use the principles of emotional dialogue, by showing support for positive activities and sharing in her granddaughter's feelings and experiences. The relationship with her granddaughter became much better. The girl stopped arguing, began to help her grandmother with the house chores and she stopped going out in the evenings.

Case of a migrant mother from Donetsk, residing in the Shchurovsky camp for displaced persons (Donetsk region)

This mother had difficulty in her relationship with her adopted son. The child (one and a half year old) kept having bouts of aggression, biting. His mother would periodically lose her temper and beat the child. She attended ICDP meetings. One of the strategies of ICDP is to reactivate positive memories from the past. This mother remembered how she felt when she first adopted the baby and took it home.

Then she started to work with the 4 ICDP principles of emotional dialogue by applying them in her communication with the child. After two meetings, she noted that she had become much less angry. The child had become much calmer and almost stopped biting. At the last meeting before returning to Donetsk this mother said she knows how to communicate properly now and that the problem had disappeared.

Case of a young migrant mother from Pervomaisk, Luhansk region, residing in Kharkiv.

This mother was 19 years old with a 9 months old baby. During her 4rth month of pregnancy she had periodically had to live in the basement. She and her husband left for Kharkiv when she was 7 months pregnant. The baby was born prematurely, with a complicated birth – there was muscle hypertonus (increased muscle tension). The child had to stay in the hospital to receive medical treatment. Effects of his difficult birth showed at 7 months when he made the first attempts to crawl. He could not crawl as the tense muscles of his limbs did not allow the child to move. He was designated a rehabilitation therapy in the form of relaxing massage. The mother afraid of causing her child harm started to avoid touching him, and stopped stroking, kissing, caressing him. The young woman had no experience in education and child care. She grew up without a mother and was raised by her grandmother. She was unaware that she needed to talk to her child, have body contact, talk and explain about things and actions, to observe and respond to her child's needs. After learning the principles of ICDP and discussing about the importance of the emotional dialogue and touch, she was shown how to gently caress her baby, and then apply a light massage.

She understood that any contact with her child had to be accompanied by a soft voice, smiling. The child started to respond and soon after the baby started to crawl. The doctor noted that the muscle tension reduced and mother ceased to be afraid of contact with her child.

Case of a mother from the town of Belovodsk (Lugansk region)

One mother complained that her 13 years old son is frightened to go out into the street. He was emotionally closed and had no wish to share his problems with his mother. The mother received training in the ICDP three dialogues for good interaction and began to apply them in communication with her son. After three ICDP meetings she told about her success in applying the principles. At the meeting she carried out together with the ICDP facilitator a positive analysis of her own interaction. On the fourth consultative meeting, she said that her son began to change. He became more open, began to share about his experiences and became much calmer and without fear of going out of the house.

Realizations made during ICDP training

One of the tasks for the people during the ICDP training is to evaluate and score one's interaction on the five point Likert scale. One mother was doing this exercise and evaluating her own behaviour with regards to the 4 principles of the emotional dialogue in relation to her two children, when she suddenly uttered loudly "Ah-ah." She then explained: - I have just realized that I show less love towards my older child and I use negative regulation with him.

Case of a mother from Donetsk who was displaced to Slavyansk

This mother was aware that her relationship with her child had deteriorated. She was looking for a way to improve it. The answer came to her during the ICDP exercise called "The inner child." The essence of the exercise is that caregivers are asked to remember a pleasant episode ("happy moments") with an adult from their childhood and describe this to others. After the exercise this mother thought of her own son and decided to give him happy moments. At the next meeting, she said that her relationship had become much better.





The ICDP programme is being successfully implemented by 18 groups of facilitators who are running parent groups in the military conflict zone in eastern Ukraine.

Anna Mazur made a movie about their ICDP work – follow this link to see the video:

<https://youtu.be/8D7c4HuOec8>

Read a report about the work of ICDP Ukraine in 2015 and their plans for 2016, including a short evaluation by a team of psychologists:

Facilitators of Child Friendly Spaces from Caritas Ukraine in Kharkov created a cartoon about ICDP – follow this link to see it:

www.icdp.info/api/media/media/998

<https://youtu.be/ETa4imLxWR8>

Comments taken from the above report:

Comment by Tatiana Kakhiani, psychologist at "Child Friendly Spaces", Caritas Ukraine (Dnepropetrovsk):

Comment by Anna Mazur, ICDP facilitator, employee of "Child Friendly Spaces", Caritas Ukraine (Slavyansk):

"I have received the structure of the training, the finished product, which is very easy to integrate in my knowledge. ICDP has been very helpful in my work. ICDP is very useful both in group and in one to one work with mothers and children".

"After attending the ICDP programme, I understood many things; I have a completely different way of looking at situations when a mother communicates with her child. Thanks to this programme I know what I need to pay attention to. Now I understand how I can help parents. Thanks to the exchange of experiences, role-playing games, I can help mothers feel what is happening to their children."



Comments by a member of UNICEF who attended the Kharkov group:

"We help people who are forced to leave their homes and move away during the first days of the conflict. We provide humanitarian assistance including psychological help. People are in a state of fear, panic and in unstable emotional states, sometimes refusing the necessary assistance. Now, knowing the principles of the programme, it has become easier to establish emotional contact with people, to build a relationship of trust with the client. During the training sessions, we were able to openly show emotions, play a variety of situations and feel like children. This is a very valuable experience. We want to thank trainers Truhan Anna and Sergei Krasin for their generosity, for sharing their personal experiences. The ICDP videos are used by all members of our team in the individual and group work."

Comment by a mother who was a member of the parent group in Slavyansk:

"I have learned to notice and follow the initiative of my child, and I know how to set limits by explaining things to him. I learned to hear my child, and he hears me, I do not need to shout. Now we have fewer conflicts. I thank ICDP for this."

Assessment by a mother who was a member of the parent group in Slavyansk; this mother came to the ICDP group and was very emotional saying:

"I came home with my child. We sat down to drink tea. I cut a small bun and gave it to him. And then he began to cry. Usually I would have punished him for it. But today I remembered about the programme, and I came up to him and I sat down at the same level with him. I looked into his eyes and asked, "What happened?" My son replied: "I would like the whole bun". Now I am always interested in the views and wishes of my child, and I do not decide things for him".

To see a presentation about ICDP in Ukraine follow this link:

<http://www.icdp.info/api/media/media/985>



On the 18th of April, an introductory ICDP workshop was held in Minsk, Belarus.

It took place in the framework of the international conference "Safe Belarus for children: in a world without borders".

The workshop was attended by a group of specialists interested in the development of parenting skills for families at high social risk.

They were introduced to the ICDP basic concepts, approaches and techniques, as well as the ICDP way of working with adults.

"It was a wonderful group, participants showed a lot of interest in the programme, the work was fruitful and everyone shared experiences in a warm atmosphere." - says Oksana Isaeva (ICDP trainer). Oksana and Maria Fadeeva (facilitator), both from Nizhny Novgorod, Russia, conducted the workshop.



The Fundatia Umanitara Pacea (FUP) is a non-political, non-governmental organization founded in 2000 by the Franciscan order. FUP works for the benefit of poor families in and around the city of Roman, in Romania, where more than 80% of the families belong to the Roma ethnic group.

According to the Roma pilot survey conducted by the European Union Agency for Fundamental Rights (FRA) in 2012, "one in three is unemployed in Romania, 20 % are not covered by health insurance, and 90 % of them are living below the poverty line. The Roma living in Romania are especially vulnerable to poverty and lack of access to basic services. Many face prejudice, intolerance, discrimination and social exclusion in their daily lives.

FUP cooperates closely with the Roman municipality and the Mayor's office, the Ministry of Education, the Ministry for Social Services. FUP is also networking with other NGOs and institutions targeting poor and marginalized people. The FUP activities include educational support, a kindergarten, literacy courses for children and adults, medical and psycho-social support, as well as cultural activities.

In cooperation with NCA, ICDP, the Roman Municipality, SOS Bucharest and SOS Bacau, FUP organized ICDP workshops in March, June and November 2015, in order to form a group of ICDP facilitators. The funding came from the Norwegian Church Aid (NCA). SOS Bacau had already received ICDP training; they have been implementing ICDP since 2014 and so they were able to provide the translations of ICDP materials in Romanian for this new ICDP training at FUP.

The group of ICDP trainee facilitators who participated in the training was comprised of different professionals, including staff at the FUP Social Centre, representatives of one FUP partner, municipal teachers, social workers and several independent psychologists. At the November workshop eighteen professionals received their diplomas as ICDP facilitators. They had completed their self training projects and through these projects the ICDP programme reached seventy caregivers and three hundred children. The caregivers groups were very different, from parents with little or no schooling, to caregivers with higher education; one group consisted of grandparents who take care of their grandchildren while the parents are away working abroad.

The facilitators were asked to write answers to seven questions about their experience with ICDP, you can read it here:

www.icdp.info/api/media/media/935



ICDP in Americas

USA, Colombia, Paraguay, Bolivia, El Salvador,



ICDP activities in USA have been many and successful.

Read about them in the recent report by the Changing Children's Worlds Foundation (CCWF).

For full report please follow this link:

<http://www.icdp.info/api/media/media/987>

Changing Children's Worlds Foundation (CCWF): ICDP-USA 2015

Background:

ICDP-USA has expanded its scope and work in 2015-16 creating community parent learning collaboratives by partnering with mental health agencies, hospitals and public health departments, schools, faith-based organizations, park districts, correctional facilities and other community organizations in Kane, DuPage and Cook counties. The collaboratives strive to increase parent/caregiver knowledge, skills, confidence, and empathic development for parents, foster parents, school teachers, teacher aides, social workers, therapists, child care workers, nurses, programming staff, etc.

Mental Health Agencies, Hospitals and Public Health Departments:

Partners piloting the project in 2015-2016 include the VNA Health Center of Aurora, Onarga Academy, Project Oz in Bloomington, Illinois, the Children's Home and Aid Society of Chicago, Family Focus in Aurora, Melrose Park, Hermosa and Cicero, the VIVA Home-based Child and Family Center, Aunt Martha's Youth Services Center in Park Forest, the Chicago Children's Advocacy Center, the Anne & Robert H. Lurie Children's Hospital of Chicago and the Kane County Health Department.



Schools:

Partners include the Todd Early Childhood Center, College of DuPage, Aurora, Chicago Public Schools (CPS) such as Langford Academy in Englewood, Coles Language Academy in South Chicago and Bradwell School of Excellence in South Shore, Heritage Elementary School in Streamwood, Lincoln Elementary School in Calumet, the U-46 School District (Elgin) and the Lisle School District.

Faith-based organizations: Partners include the historic Stone Temple Missionary Baptist Church and the Ark of St. Sabina Church, another leading church in Chicago.

Correctional Facilities: In 2016, ICDP initiated a new, very successful program at the Kane County Adult Justice Center for incarcerated fathers and mothers. We began our third project in June 2016 and have produced an "Empathy" Parents in JAIL Report which will be available later in July 2016.



Other Community Organizations:

Partners include YWCA in Elgin, Logan Square Neighborhood Association, the Illinois Collaborative on Youth (ICOY) and Strengthening Chicago's Youth (SCY), affiliated with Lurie Children's Hospital. CCWF also receives partner support from the Kane County Health Department, the Cook County Public Health Department, and the Kane County Sheriff's Office, as well as Children's Networks throughout the County.

In 2015, CCWF managed 16 parent programs (over half in Spanish), trained 61 new facilitators and served 152 parent/caregivers, impacting 380 children. In 2016, ICDP seeks to double its 2015 goals. Capacity development begins with the training of community professionals and leaders to become resources within their communities. They, in turn, facilitate 9-20-week long, community-based, "peer-facilitated" learning groups. Participants build a trusted, safe learning community with the goal of ensuring children have a better chance to have healthier, stable households and the ability to experience love and empathy as well as develop curiosity, critical thinking skills, positive discipline, self-regulation, and empathy for others at a young and crucial age. While the program is valuable to all parents, it has also been successfully with targeted groups of single parents, teen parents, parents with children with special needs, immigrant parents, incarcerated parents, etc.

Evaluation:

Over the last two years, the ICDP-USA Evaluation, funded by the Prtizker Early Childhood Foundation yielded important evidence of the growing effectiveness of ICDP-USA.

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

Family Connection Support

Children's books were donated to CCWF by Houghton Mifflin Harcourt Corporation (HMHC) for parents in ICDP Program. Because of this, CCWF was able to make books available for parents who were inmates in the jail. Each dad selected 1 book for their family, wrote a holiday card, provided by CCWF, and sent those in the mail to be received by their families for Christmas.

Fathers were very happy with this, although a few did not have the address of their children due to problems in their relationships.

The KCAJC Program Director was able to pay to mail the books, even one to Mexico.



ICDP is starting a new initiative in Itagui, Antioquia, Colombia.

ICDP trainer Abel Salazar reports:

"A new team of professionals will soon start to operate as ICDP facilitators. I have been training this group since October 2015. They are all volunteers from Casa de la Infancia, a foundation in Medellin and their names are: Alejandra Velázquez, Jennifer Naranjo, Cristina Serna, Yakeline Sanchez and Angela Velez.

During the period between March and June 2016, they will be carrying out an ICDP intervention project in one children's home in Itagui, where they will be facilitating the ICDP sensitization meetings to a group of 30 caregivers and 30 children."





A new study about ICDP was prepared by Santiago Morales, a researcher and ICDP trainer at the FUNLAM University in Medellin.

The ICDP project was carried out between September 2014 and November 2015, and taking place in 4 municipalities: Segovia and Remedios in the department of Antioquia and Tuchín and San Antero in Córdoba and in one settlement near Remedios called Costeñal. ICDP was used as a tool for the development of positive relationships and the prevention of violence within communities and families.

Two foundations cooperated on the development of this ICDP project, the Fundación Oleoductos de Colombia (FODC) and Corporación Superarse. FODC is a non-profit organization, created in 1990, sponsored by two pipeline companies. Its mission is to contribute to human and social development of the communities in the departments of Boyaca, Antioquia, Córdoba and Sucre. The Superarse Corporation is a private, not-profit organization, founded and legally constituted in Medellín in 1970, committed to the care of children and young people at high risk due to situations of abuse, violence or neglect.

The training in the ICDP programme was given to 100 families who also benefited from the microcredit programme and to 60 community leaders.

The study administered pre and post questionnaires to evaluate the application of the 8 guidelines by ICDP facilitators and caregivers who participated in an ICDP project in Antioquia. Before the beginning and at the end of the ICDP process there were meetings with ICDP facilitators and home visits to families for data collection. Fifty eight people took part in the study. The study results showed more frequent use of the 8 guidelines after the programme was implemented.

The participants expressed their satisfaction with the project and a desire to continue to deepen aspects of personal and family development. The study recommends ICDP to continue working with families to strengthen the initiated psychosocial processes as the basis of social development in the 5 communities (Remedios, Segovia, Costeñal, San Antero and Tuchín).

You can read the report in Spanish here:

www.icdp.info/api/media/media/981



After a successful pilot project that was carried out last year in 4 Embera Chami indigenous Indian communities, ICDP gained the trust and support from the community leaders who asked for more ICDP training.

The Embera governor asked ICDP not to abandon the 4 communities, Laurel Quimbaya, Buenavista, Cordoba and Calarca, but to continue and also to expand ICDP to other settlements. As a result, a new ICDP project is now forming new groups of facilitators, as well as consolidating the knowledge and practical skills of previously trained facilitators. The objective of the new project is to strengthen parents' skills related to upbringing of their children in the Embera settlements in the Quindio and Caldas departments of Colombia.

During April 2016, in Armenia, Quindio, the ICDP trainer Carmen Lucia Andrade held refresher courses for facilitators, focusing on certain areas such as management of the ICDP agenda, use of field diaries, ability to use the ICDP evaluation tools.

In Riosucio, Caldas, a new group consisting of 15 traditional doctors and nurses, embarked on ICDP training to become facilitators. They have recently started to apply ICDP with families, as part of their self-training task.

Background information about the Embera Chami population:

Colombia has seen advances in the recognition of the rights of indigenous peoples; their right to a territory/land has been the main struggle of the Embera people for many years. The Embera Chami history shows that they were forced to move away from their own land, which was plundered by others.

The problem of land is vital, since the concept of the sacred land is central to the Embera Chami, motivating them to protect their territory and its historical and cultural legacy. The Embera Chami people are today strongly motivated to defend their territory, culture and development as a free people.

The decolonizing perspective besides providing a territory is aimed at bilingual education to preserve their language; in this regard it is the women (mothers) who have been the cultivators of identity and who transmitted their language and values to children. The Embera community gives recognition to women as centres of the family.

Family context:

They have a non-stratified egalitarian society. The basis of their political organization has traditionally been the extended family and the relatives. The settlements are formed by several families related to each other.

Ownership is communal. The family today is monogamous. The woman is in charge of food, clothing and basketry. Women also participate in planting and harvesting. The men cultivate the land, go hunting and fishing. Before marriage, the couples live together for a period called the Amane. Chami is a patriarchal family, the married couple has to settle first in the house of the father of the husband and then later on they are allowed to gain independence. The ceremony called Paruka is female initiation and it symbolizes the transformation of the girl into a woman. Mothers care for their children and so do the older sisters, who learn when quite young to carry their siblings on their backs.

Embera Chami Quindio councils (Cabildo) govern the settlements in the cities of Cordoba, Buenavista, Quimbaya, Montenegro and Calarca that constitute a political organization.



In Cañasgordas, Antioquia, Colombia, the ICDP programme is promoted by Health Centres through the devoted work of two directors Sergio Mauricio Osorio Ospina and María Victoria Cardona Ospina, both ICDP trainers.

The trainers apply the ICDP to provide support not only to children but also to elderly people, men groups, people with disabilities and vulnerable groups in the rural areas. Interestingly, ICDP became popular with several groups of working men, after the trainers visited them in their working environments delivering the ICDP programme by chatting informally during breaks or even whilst the men were working (see photo below).

“In our municipality of Cañasgordas, ICDP has been used in different contexts; in addition to being directed towards the training of ICDP facilitators and as a measure against abuse, it is also oriented towards the development of protective environments in coherence with local realities.

We discovered that ICDP is not only an effective way to support the family by providing a new space for interaction, but it is also a way of strengthening trust, productivity and motivation in men, the elderly, as well as other vulnerable groups.

With regard to the support to the elderly population, this is given by identifying and establishing strategies in accordance with the individual characteristics of each participant, strengthening capacities and skills that can enhance their personal as well as social growth.



Work teams are designated to specific groups of older people in different rural areas of the municipality of Cañasgordas, involving family and community members in general. The objective is to guarantee an effective social inclusion, as a dynamic process that is articulated with the reality of their environment. In accordance with this, at the Elderly People Welfare Centre:

- Trust links are established
- Competences are identified
- Good treatment is encouraged
- Social inclusion is promoted

Our experience consolidates the ICDP programme as an effective and dynamic strategy that works in line with local needs.

An important development for ICDP in Cañasgordas is that it has gained the support from the new mayor, Margarita del Rosario Lopera Cardona.

“We are developing actions and achieving dreams”

- Sergio Mauricio Osorio Ospina



A group of professionals who want to do voluntary social work with children and families in vulnerable communities, have recently started their training in the ICDP programme in order to become ICDP facilitators.



This group of 12 professionals is linked to the Fundacion Casa de la Infancia (House for Childhood Foundation), a non profit organization, created in late 2014 and legally constituted in early 2015, based in the city of Medellin, Colombia. The Foundation aims to contribute to the social development of children, youth and families, by promoting projects that focus on education, culture, holistic health, training in IT, art and ecology.

The participants are in process of attending ICDP training workshops that are using a facilitative methodology based on the concepts and philosophy of the ICDP programme. After the workshop the participants will undertake two self training projects:

1. A practical exercise will be conducted with one or more children. This will be an observational task in which the participants will be evaluating their own performance on the implementation of the guidelines for good interaction. They will present a self assessment report of the quality of their interactions with

2. Subsequently they will offer ICDP training to a group of families, and each professional will be responsible for 5 to 10 families in one of the poor sectors of the city of Medellin. This will take place under the supervision of their trainer Abel Salazar. Participants will make photographic and written records of the work performed with the families and this will be discussed at a workshop.

This is completely voluntary and unpaid work, as the project has no economic resources at present, but counts on human talent and motivation of its participants who want to make a contribution to society.

After fulfilling all the training requirements the participants will be issued with certificates by the ICDP foundation in line with the cooperation agreement between ICDP and Casa de la Infancia. They hope to continue to apply ICDP with many more vulnerable families.



In Asuncion, Paraguay, the Vida Plena Foundation established strong links with the Callescuela Association and they hope to reach more families with the ICDP programme by joining forces to widen the coverage in the country.

The Association Callescuela is a not-for-profit organization that has been operating since 1982 (but it was legally registered a bit later, in 1987). Callescuela was founded in a decade in which the human rights of children, adolescents and adults were often violated and the argument frequently used was that they can "be considered threats against the authorities". Callescuela's mission is to improve the quality of life of children and adolescents living on the street, in the context of promoting child participation, social equality and unconditional respect for children's rights. Their areas of intervention include educational community projects, tutoring and technical training, support for the participation of children and adolescents, as well as projects to improve health, environment and sanitation. They have acquired their first group of ICDP facilitators.



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"We are developing actions and achieving dreams"

- **Sergio Mauricio Osorio Ospina**





ICDP and ICEL (Christian Evangelist Lutheran Church) are cooperating on the development of the project called “Education Project, Family and Community”.

A comprehensive implementation plan was designed for ICDP intervention in Cochabamba, Potosi and Santa Cruz. The objective is to have an impact on social and community level through cooperation with local institutions, such as educational and community organizations, village councils and other organizations working for the benefit of children and families.

The first ICDP workshops were conducted in 2015 and during September, October and November 2015, nine facilitators ran their first caregiver groups. Besides practicing ICDP with parents, they also applied ICDP personally in interaction with their own children or close relatives. Gunn Strømme provided monitoring support through field visits. The schedule for the ICDP implementation process was adjusted to fit in with the local circumstances.

FOLLOW UP DURING MARCH 2016

All facilitators registered their ICDP work in their field journals, with photographic records and videos, kept attendance lists and applied monitoring checklists - these were presented to the ICDP international trainer Ayda Brigitte Ramirez, during the follow up workshop,



During March, a new group consisting of 22 participants (teachers, social workers and other professionals) embarked on ICDP training. These participants came from different institutions: Education Unit Juan Evo Morales and Oscar Alfaro, the Mayor's office, Departmental Social Management Service (SEDEGES, Servicio Departamental de Gestión Social), District No. 20, Pastoral Social Caritas Potosi (PASOCAP), Church Vida Nueva. There were also several independent professional social workers.

The participants expressed their appreciation for the ICDP programme and its relevance to the work of their organizations. As a result a new network was created that strengthened the bond between the project and the local organizations working in the municipalities covered by the project.

In addition, there was a discussion about contextualizing photos and videos - especially for the ICDP work with indigenous communities. In some places the ICDP material will have to be in the native tongue, Quechua. The challenge is to continue to expand the programme to complete the training of 50 facilitators in the second phase. During the next phase ICDP will reach communities at high risk and great care will be placed on the quality of implementation, so as to generate positive changes in the relationships and interactions between





The ICDP methodology has been institutionalized by the Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA). ISNA is responsible for the coordination of the ICDP implementation on national scale.



The ICDP implementation has full support from Elda Gladis Tobar Ortis, the executive director of ISNA and the people leading the process are Carlos Tito Lopez, Assistant Director for Coordination and Monitoring and Rina Aparicio, Head of Coordination at management level.

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

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

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

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



Marina Morales, the education officer at UNICEF is the person who originally invited ICDP to El Salvador and she has been fundraising and promoting the ICDP methodology for the last nine years, and these efforts are currently supported by Marta Navarro, UNICEF consultant in the area of education.

“The ICDP experience has been very successful and innovative. The participant institutions realized they needed a sensitization programme such as ICDP to strengthen their work in the area of Early Childhood Development. The Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA) discovered the importance of inter-agency cooperation as a way to expand the implementation of the ICDP methodology and to secure its sustainability.” - Marta Navarro, consultant in the area of education, UNICEF.

Read the ISNA report in Spanish here:

<http://www.icdp.meatdigital.no/api/media/media/910>

Watch the video:

www.youtube.com/watch?v=jDCefC-VjmU

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



ICDP in Africa

Tanzania, Zambia, Malawi, Ethiopia



In March 2016, an ICDP refresher course for facilitators was organized by the Tanzanian ICDP trainers at the KIWAKKUKI organization.

“KIWAKKUKI is a Kiswahili acronym (Kikundi cha Wanawake Kilimanjaro Kupambana na UKIMWI: (Women from Kilimanjaro fighting against AIDS). It was founded in 1990 after the International AIDS Day around the theme of “Women and AIDS”.

KIWAKKUKI envisions a community taking appropriate measures to eradicate HIV while contributing efforts to mitigate the impact of AIDS.

Kiwakkuki has about 6000 active members who abide with several core values; but most cherished is voluntarism. There are about 2000 volunteers, organized in 150 grass root groups, donating their time and resources for the voiceless marginalized members of the community. Our fundamental goal is to accelerate women’s access to information on HIV and empower them with skills needed to fight HIV/AIDS in their community, through integration of programmes that focus on HIV&AIDS information and to increase community participation in providing services to people affected by and infected with HIV & AIDS.



KIWAKKUKI uses the ICDP programme to improve home based care and as part of the intervention for orphans and vulnerable children.

In March 2016 we held a refresher training of ICDP facilitators who work in the community as home based providers.

We used the poster (on photo below) showing the ICDP house, which was brought to us by our ICDP friends in Norway Martha Moem and Gunnar Eide, who supported us during training of 14 ICDP facilitators in Manyara Region.” – Velynice Fredrick, ICDP trainer.



ICDP training has been taking place in the Kibosho area, in Kilimanjaro, Tanzania and it is involving teachers, home based providers and parents.

From the report by Verynice Frederick, ICDP representative for Tanzania:

The training was delivered by the KIWAKKUKI organization as part of their project called Improving Learning Outcomes to Children Using the ICDP Approach. In this context they used the ICDP methodology in 5 schools for grade 2 and 3. This project was funded by Firelight Foundation.

20 teachers attended the ICDP sensitization training, particularly focusing on positive discipline for children, interaction, good communication with children and play to help learning.

250 parents/caregivers of the children from 5 schools attended the ICDP courses which focused on the 3 ICDP dialogues: emotional, meaning creating and regulative. Most of the community parents are not at home and they leave their children to be looked after by grandmothers. KIWAKKUKI encourages teachers to give extra home work to children and they encourage parents to be close to children when they are doing their homework - something they did not do before the ICDP training.

20 home based providers received training in the ICDP in order to use the approach when visiting homes and also when following up the children at school.

ICDP trainers from KIWAKKUKI provide regular monitoring to teachers who are reporting that they have seen positive changes in the parents with regard to their relationship with their children; that they come to school more often to ask for school report progress for their children and that even in school meetings the attendance is perfect. Teachers said that they realized that being harsh during teaching does not have a good impact on the children - which is why they have adopted more positive types of discipline.



ICDP has only recently started to develop in Lusaka, but already there is a strong commitment to continue to use the ICDP method and to expand the work widely in the future.

ICDP's partner is the Primary Health Care Education & Training Trust (PHC-ETT). They are currently in the process of applying for funding to spread ICDP more widely. For more information about their work in general see the webpage:

www.primaryhealthcaretrust.org

ICDP training so far:

Two groups of professionals are in the process of becoming ICDP facilitators and two groups of parents attended ICDP courses. So far thirty four people were trained.



Primary Health Care Services



Community based outreach



Partnerships with corporate institutions



Capacity building opportunities

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Seven professionals completed their practical projects and received the ICDP Facilitator level diplomas on 3rd of March 2016, signed by Elisabeth Hellzen, ICDP trainer and Nicoletta Armstrong, ICDP chair.

All trained facilitators will be using the ICDP programme to run courses for parents in the local communities and this work will be under the umbrella of PHC-ETT.

A second round of workshops is planned for June.

So far all the training has been done on voluntary basis. " I am very happy about finalizing the first part of the ICDP training. My experience so far is that ICDP has become very popular and many more people than we have possibility to support, are interested to learn and to be trained in ICDP. Most of the facilitators are interested in continuing with the training to the next level - to become ICDP trainers." – Elisabeth Hellzen - to read her personal report please follow this link:

www.icdp.info/api/media/media/1014



ICDP has signed an agreement with the Primary Health Care Education and Training Trust (PHC-ETT) in Lusaka, Zambia.

PHC-ETT is interested in reaching people who lack the resources to access and obtain quality health care services. It is a non for profit organization established in Zambia, in 2008, with the following mission statement: To advance opportunities that help to build strong community health and well being responses and to helping making life better.

Their activities focus on two aspects: 1. Enhancing the delivery of primary healthcare related services through training and outreach activities. 2. Providing capacity building opportunities that are aimed bettering the quality and living standards of the disadvantaged and key population groups.

Through collaboration with ICDP, the PHC-ETT intends to embark on an ICDP training programme to help parents from diverse backgrounds develop a positive relationship with their children. The ICDP training is given on voluntary basis by ICDP trainer Elisabeth Hellzen, who commented: "Parents in Zambia as it is elsewhere in the world, have an important role to play in the moral development of their children. This is necessary because the moral standards and values children pick up from their parents has a strong impact on how children perceive themselves and on how they relate with others. ICDP can build a foundation for positive self-regulation and moral growth in children."

This project will also seek to train teachers with the view of transmitting the ICDP skills to students in schools and more particularly in tertiary educational institutions, where on graduation students are more likely to get married and begin to raise their own families. ICDP will help prepare such parents to raise their children within the context of the ideals promoted in this project.

The vision for the future is to help as many Zambians as possible develop an appreciation for the importance and necessity of a positive relationship between parents and children that contributes to their children's psychosocial development.

Primary Health Care Education and Training Trust (PHC-ETT) webpage:

<http://www.primaryhealthcaretrust.org/>



CDP in Malawi is progressing very well.

“ICDP in Malawi is progressing very well despite some financial constraints – last year we received the last contribution from Norway, but we are now trying to mobilize new resources.

Over the last three months we have finalized the training of a group of 32 new ICDP Facilitators. These facilitators are linked to our partner organizations, the Chikwawa Health Commission and the Evangelical Association of Malawi. It has been a long journey but we are finally there. It is very encouraging for us that ICDP has been included in the new strategic plan for the period 2016-2020.

Another significant development is that we have integrated ICDP in the disaster response for the Lower shire – this is the area where there was an enormous flooding and a lot of lives were lost. The effects of the displacement were massive. In this context we have trained several facilities so to enable them to go on training groups of caregivers and thus to scale up ICDP in this part of the country.

We would appreciate linking up with other potential partners that might be interested to scale up ICDP in Malawi.” – Paul Mmanjamwada, ICDP Malawi country representative.



My Sisters is an independent, non-governmental organization, offering assistance to poor women and their children in the Mekanissa area of Addis Ababa, Ethiopia.

ICDP trainer Atnaf Berhanu Kebreab has been supporting the work of the My Sisters organization as one of their board members for some time, but soon she will contribute to their efforts in a different way - by introducing the ICDP programme to their staff.

From its very beginning in 1988, the My Sisters organization has been making efforts to assist single mothers struggling to survive. They do this by providing a place for children in one of their day care centres, which frees the mothers to go out and seek employed work.

In line with the traditional Ethiopian culture, women work in their homes or bring their youngest children along when working. However, unmarried women or widows are forced to work outside their homes in order to survive. Available jobs include mostly working as day labourers, such as carrying water or stones at construction sites. There is also some work available in the local market, such as washing clothes or baking and selling injera - injera is a national dish, a big pancake of fermented dough made from tef. Clearly, it is difficult for women to obtain any kind of work if they have to care for small children at the same time, so there is a continuous need for a place where children can be taken care of during their mothers' working hours. Throughout the years, My Sisters has managed to open three day care centres. They receive support from Norway through a sponsorship program from individual donors.

The day care centres provide free care for the children from the age of four months until they are four years old. Children may arrive to the centres as early as seven in the morning and often remain in the centre until five in the afternoon. They are provided with good care, nutritious food, a bath, clean cloths and spend the day playing and enjoying the company of children of their own age. They are taught a few social skills and about some of the things they are likely to encounter later when they start school. Their mothers are offered the opportunity to learn about childcare, nutrition, hygiene and other skills, by attending regular training courses. ICDP will be added as another such opportunity.

For more information see their webpage:

http://www.mysisters.no/index_10_en.php?id_mnu=1

From the 29th of February to the 2nd of March 2016, Atnaf will be conducting an ICDP sensitization workshop for caregivers at My Sisters. She has translated the ICDP booklet for caregivers "I am a person" into Amharic and will give out at the workshop.

In addition to this initiative, during 2015 Atnaf has finalized the training of a group of 12 ICDP facilitators in Asasewa and early in 2016 she visited them for the graduation ceremony. It is worth noting that all her efforts are undertaken on voluntary basis.



ICDP in Asia

China, Japan, Bangladesh



In 2012, one out of five children in China were left-behind children - over 60 million children. Left-behind children are children left-behind in their hometowns whose parents had gone to work in other cities.

In China, ICDP is part of a project called "Yunnan Left-behind Children Development Project", which is implemented by the Shincon Kunming Rep Office. The ICDP approach is seen as a preventive measure to reduce the number of parents leaving their children, but also as a support to those caregivers who are left in charge of the children. The donors of this project are Norad, the Norwegian agency for development cooperation and the Norwegian Lutheran Mission.

Two groups of professionals (totaling 37 people) are being trained as ICDP facilitators and they are in the process of implementing the ICDP programme with about 250 parents/caregivers. The participants come from schools, kindergartens, governmental entities, academic circles, as well as grassroots organizations such as Children's Home that is providing after-school activities.

The trainee facilitators found the training very relevant and useful in their communication with children. A number of them came to the realization during the training, that their childhoods had not been filled with love and such reflections created a new motivation for them to work with ICDP to change society.

A WeChat group (the main social media channel in China) was established as a platform for all participants to share questions and experiences. The scale of communication has been overwhelming.



In the pursuit of a sustainable implementation of ICDP in China, plans are being made to include an academic foundation. This work is progressing in three different directions: 1. Collecting existing key articles and reports in Chinese on ICDP related topics. 2. Doing research on ICDP in a Chinese context. 3. Working towards establishing ICDP as a subject of a university curriculum.

"We are looking forward to 2016 with great anticipation and are excited about the impact ICDP might have in China. We are eager to complete the facilitator training and to start the training of trainers in 2016, but most importantly we have the long-term goals in mind, that many children will grow up in a loving and stimulating environment with good boundaries." – Magnus Aanestad, director of the Shincon Kunming Rep Office, the ICDP partner organization in China.



ICDP has made a steady progress in China.

The following is taken from the report which can be found the here:

<http://www.icdp.info/api/media/media/1024>

In the fall of 2015 and spring of 2016 the first two groups of ICDP facilitators were trained in China. They are the pioneers who are defining the future for ICDP in China.

Context

The introduction of International Child Development Programme (ICDP) to China is part of a development project called "Yunnan Left - behind Children Development Project" which is implemented by Shincon Kunming Rep Office on behalf of Norwegian donors; Norad, The Norwegian agency for development cooperation and Norwegian Lutheran Mission. Women s Federation is one of the main partners.

Process

The training of facilitators consisted of three workshops, each workshop lasted 3,5-4 days, in the time period between September 2015 and April 2016. After the second workshop, the facilitators conducted a training of caregivers between the second and third workshop. Out of 47people starting the training in September. 10 were hindered to complete due to job related issues, 4 werent able to finish the homework and 1 got sick. 32 got the Diploma as ICDP facilitators in April at the lovely graduation ceremony.



ICDP trainers Setsuko Kobayashi and Hitoshi Maeshima conducted eight ICDP workshops in Tokyo during the period between June and September 2015.

“All participants were very active in expressing their experiences in relation to the ICDP guidelines during all our sessions. By hearing each other’s story and listening to each other’s experiences, new and deeper meanings in relation to the ICDP guidelines emerged.

I thought that the group dynamics that developed in our ICDP workshops was especially nice.

One of the participants is Lima Kimura, a high school teacher from Yokohama, who wrote a piece called Reflection on the ICDP Seminar in Japan.”

– Hitoshi Maeshima.



You can read Lima Kimura's reflections on ICDP here:

<http://www.icdp.info/api/media/media/954>



The study is called: An “ICDP” Baseline Study of Three Cases of Mother-Child Dyads in Socio-Economically Underprivileged Families. It is a master degree thesis by Nafiza Ferdowshi, at the University of Oslo.

You can read the study here:

<http://www.icdp.info/api/media/media/917>

The purpose of this study is to investigate positive interaction patterns in three mother-child dyads, to search for the similarities and differences among them, to dig out the mothers' perception of interactions with their children, and to identify influential contextual factors of their interactions. The study is conducted in one of the socio-economically underprivileged areas of Dhaka, Capital of Bangladesh. For understanding the phenomenon of this study, main emphasis lays on the eight guiding principles of the International Child Development Program (ICDP), that is, the resource-based approach developed by Henning Rye and Karsten Hundeide in 1985, along with other related theories on attachment, humanism, systemic-ecology, and development.

Qualitative case study design is chosen on the basis of the purpose of the study. Purposive sampling strategies are used for selecting the study area and participants. Three mother-child dyads are chosen in accordance with pre-decided criteria; the ages of children are under 8-years as the focus of is delimited to early childhood. Observation and interview methods are used the data collection. As part of data collection, an observation protocol is designed in accordance with the eight themes of ICDP and an interview guide is developed from ICDP and other relevant literature. A total of 30 observation sessions approximately 90

Triangulation, prolonged field work, intensive note-taking, recording, brief follow-up interviews contribute to the accuracy of the study. Ethical issues are cautiously followed throughout the process.

Data analyzing shows that all the eight themes of ICDP are found in this study. The three mothers show positive interactions with their children in terms of emotional, meaning, as well as regulative dialogues. In addition, the findings reveal that all the three mothers conceive their children in accordance with a humanistic point of view. Thus, they consider their children as respected persons with own needs, wishes, skills, temperament. The data also indicate influential contextual factors that identify how to learn child upbringing, what are the helpful and difficult conditions for interactions as well as how to manage such difficulties. As the mothers have similar background and live in the same area, they are pointed out resemble influential factors for interactions.

These findings from Bangladesh show several similarities with equivalent studies in other countries, such as in Norway, Bosnia-Herzegovina, Georgia, and Ethiopia, as well as with studies in family contexts and in school. Thus, this study adds to the examples of international studies confirming positive communication and mediation approaches across cultures. The findings indicate that a series of essential positive interaction patterns between caregiver and child are found. Further studies and innovation projects are suggested in order to validate these findings further as well as to strengthen these patterns among caregivers.



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