



# **International Child Development Programme**

**June 2017 Newsletter**



Contains updates from projects - spring 2017.

In this Newsletter we also share for your interest a study that was published in the Infant Mental Health Journal, by researchers from the Imperial College London, King's College London and Oxford University. They looked at how fathers interacted with their babies at three months of age and measured the infants' cognitive development more than a year later. Follow this link for more information:

<http://www.icdp.info/new-research-on-significance-of-father-involvement>



# ICDP in Europe

England, The Nordics, Norway

# Europe



## Europe

At the end of May, ICDP board members held a meeting at Ashridge house, near Berkhamsted, reviewing ICDP policies and projects worldwide.

In June Nicoletta Armstrong held a trainer level workshop linked to the work of ICDP in Beirut, Lebanon.

## The Nordics



The Nordic Network conference took place on the 9th and 10th of May in Stockholm bringing together participants from the Nordic countries. The conference was called “Dialogue and Democracy” and the key theme was exploring the democratic and ethical basis of the ICDP programme. The main topics of the conference included: democracy and ICDP guidance; how cultural tools shape learning processes; how creative processes can protect and help; and research and evaluation of the Nordic programme.

## Norway

A report from two pilot projects where ICDP guidance was provided for parents with radicalization concerns, as well as parents in asylum centres, is now available. These trials are linked to two government measures: the “Action Plan against radicalisation and violent extremism” and “A life without violence: Action plan against violence in intimate relationships 2014–2017”. The Directorate for Children, Youth and Family Affairs (Bufdir) was responsible for these two projects, which were conducted in eight municipalities/city districts and eleven asylum reception centres in the autumn of 2015 and spring of 2016. The report can be read in full in Norwegian, with an English summary at page 14-15:

<http://www.icdp.info/api/media/media/1150>

<http://www.icdp.info/new-study-in-norway>



# ICDP in Africa

Ethiopia, Somalia, Botswana



# Africa



## Ethiopia

Two new groups of participants partook in ICDP training in Harar and Awasa this spring. The Harar training was held for 20 participants who included teachers, preschool teachers and principals. The feedback from the participants was encouraging and all the participants seemed enthusiastic about ICDP. They are now recruiting other teachers and parents to practice the ICDP guidelines and they will be attending the second ICDP workshop this summer. The training in Awasa was attended by 27 participants from local churches, and the group plans on joining the work of the previously trained group of facilitators in Awasa.

The workshops were conducted by ICDP trainer Atnaf Berhanu Kebraab who has been a driving force for ICDP in Ethiopia. Both the need and the interest in ICDP in Ethiopia is huge, and there are already other organisations interested in training. "We need to find an organisation that can sponsor ICDP training in order to respond to all the demands." Says Atnaf.

## Somalia

The ICDP programme will be included in the Child Sensitive Social Protection Project (CSSP) developed by Save the Children in Somaliland.

In Somaliland, 60% of the households live below the poverty line and low household incomes have a direct negative impact in the way households invest in their children. The CSSP project is supporting families with cash transfers and in order to make sure that these actions are child sensitive, some key complementary actions have been built into



the project: 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 ICDP programme will be a key part of the 'Child Sensitivity' package and the training is planned to start in July.

## Botswana

ICDP training has started in Botswana, through cooperation with the NGO "Ark and Mark".

In February the first training of ICDP facilitators was conducted in Thamaga. The training consisted of 36 participants from a wide variety of backgrounds recruited by Ark and Mark. Because of the long distance between the trainers' base (Norway) and the training site, it was decided to intensify the training and deliver all six training days in the space of two weeks and it worked well. The majority remain in the programme and have participated in supervision sessions via Skype. The final training is set to be completed the 10th to 12th of July, with built in final supervision and some further training on topics such as trauma-sensitive approaches to working with parents. This seminar will also be used to collate experiences from the trainee facilitators and examples of challenges reported by parents in Thamaga and possible, appropriate solutions.



# ICDP in Americas

Bolivia, Colombia, El Salvador, Nicaragua, Panama, Peru, USA

# Americas



## Bolivia

The ICDP group in Bolivia has been named “The ICDP Network” and this year they are continuing the implementation of the programme through a new project. The ICDP Network established cooperation with the Norwegian Lutheran Mission and they agreed to fund the new initiative. The new plan for expansion covers the three areas where ICDP had worked previously, and it is building on the ICDP experience of a local religious organisation. The objective is to make caregivers aware of and improve their daily practices in the care of children, to reactivate their interaction with the child and strengthen the emotional bond between them.

## Colombia

The 9th of May was the date of the official launch of the ICDP programme in Boyacá. The launch was attended by a number of government people, including the Director of the Department, Dr Johana Amaya Rodriguez. Representatives of different government institutions attended the event and from the ICDP side, we had the presence of Carmen Lucia Andrade, the ICDP Colombia chair.

In the three months leading up to the event, ICDP and the government worked tightly to make plans for the new ICDP project to be rolled out in different parts of the Department of Boyacá. It was decided that the ICDP programme delivery will be part of a broader initiative in parallel with other government interventions for families and children under the name “Soy Como Tu” (I am as you are). The intervention will take place in a selected number of the 123 municipalities of Boyacá. The implementation will be coordinated by ICDP trainer Luis Fernando Lopez Cardozo, who also works in the Boyacá government office.

## El Salvador

ICDP was contacted by UNICEF El Salvador who offered to help organize a regional gathering for ICDP colleagues working in South America. A tentative date was proposed for the event to take place mid-May, 2018. Details are yet to be discussed. Please let us know if you are interested in this initiative and would like to come to share your ICDP experiences with others.

Unicef has also started to work with ICDP chair Nicoletta Armstrong and the Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA) on a new project aimed at reaching adolescents. It will involve young people who will not only receive training in the basic programme, but will also partake in the process of adapting ICDP materials for this particular target group.

## Nicaragua



In March, the second ICDP training workshop was attended by INPRHU staff and colleagues. The cooperation between INPRHU and ICDP was established in 2016, and the workshop was the continuation of the training started in November of last year. All participants had already tried out the eight ICDP guidelines for good interaction in relation to their children. The participants will later apply ICDP in their -



work in the community in Ocotal, and they already saw the benefits of the methodology. One participant commented,

*"The methodology is applicable in my home with my child, and in my work. For it is necessary to create empathy to achieve confidence of each boy and girl; contribute to the emotional development and intelligence and to create good social relations. Besides that, it encourages love in the home."*

## Panama



DP started a training programme in the El Chorrillo district in Panama City in cooperation with the local organisation "Movimiento Nueva Generacion". The first workshop was attended by 18 participants, mostly staff members from centres and schools run by the organisation.

The Movimiento Nueva Generacion school in El Chorrillo was the venue for the ICDP workshop. The neighbourhood around is one of the poorest, high-risk areas of Panama, but the school is a very nice, modern, airy place for children to come to learn and to play. The founder of the MNG grew up in El Chorrillo and has worked hard, with great devotion to fulfil his dream of improving the lives of the poor children and young people.

The workshop was conducted by Nicoletta Armstrong, who says the participants were very active and showed sincere interest during the workshop. The second workshop was held in April and the trainees have been applying the guidelines in relation to their own children and also with children and young people they are working with.

## Peru

In mid-May, a group of nurses attended the first of a series of ICDP workshops for the Wawa Illari project. Nurses are frontline health workers in Peru, yet their studies don't always cover the specific psychosocial or nutritional needs of the developing brain for new-borns and small children. This multidisciplinary project seeks to correct that by combines better caregiver-child interactions, community health and nutrition for children 0-3 in the poor community of Pachacamac, near Lima. Initially, 30 senior nursing students will be trained and supported to deliver workshops to 150 families in the community.

## USA

ICDP USA is continuing their amazing work, operating under the umbrella of the Changing Children's Worlds Foundation (CCWF). Read their annual report for 2016 with their significant achievements here:

<http://www.icdp.info/api/media/media/1159>





# ICDP in Asia

China, India, Nepal

# Asia



## China

The ICDP work in China over the last two years proved there is a great potential for ICDP in the Yunnan province and beyond. In view of this, ICDP has started to negotiate terms for the establishment of ICDP China as a new legal entity that would oversee local developments and ensure high quality delivery. The talks included plans for an ICDP visit to China in 2018 to meet the group of trainers who would be taking ICDP forward in future.

## Nepal



Kathmandu, ICDP and Save the Children Nepal are currently cooperating on a new ICDP project. The first workshop was held in April where 16 Save the Children staff members participated. The ICDP method is conceptualised as an intervention to be added to Save the Children's current Child Sensitive Social Protection Programme (CSSP), in an effort to ensure better psychosocial development outcomes for children. It is expected for ICDP to become an integral part of the CSSP and to complement the existing economic interventions in the deprived communities in which Save the Children Nepal is currently working.

## India

Throughout 2017 training events will be taking place in India resulting from the newly established cooperation between ICDP and Save the Children. Nicoletta Armstrong shared impressions from the project's progress after a day in the field in April:

"A group of ten facilitators are for the first time applying the principles and guidelines of the ICDP programme with groups of parents and their children, and yet they are confident, warm and inspiring. Families are happy to be talking in a circle, in a relaxed manner, there is some laughter; sharing of personal ideas and examples from daily practice and in relation to their views and ways of bringing up children seems to be flowing effortlessly.

Role play proved to be a very useful tool, in addition to showing videos which seems to be the best vehicle for sparking off discussions about the different themes covered by the programme. Some of the participants attempt to do role play with great success and to everyone's delight - ICDP topics are clarified through such participation with ease and enjoyment. Mothers are accompanied by their young children and some older ones, who take part in the process, once they overcome their shyness.

It is a simple and joyful process, carried out in a friendly manner and everyone seems to be happy to be part of. Photos are used for clarification and as an incentive to make the group reflect on the themes. Facilitators are particularly good at sharing own experiences, they are describing their own families and children, sharing stories and little anecdotes - as a result, the rest of the group follows suit. The personal touch is evident with this group of facilitators and they apply a form of gentle guidance that engages the group.



Facilitators' bright, smiling and open disposition is making participants feel relaxed and gradually they are able to open up.

All the usual ICDP questions (such as, what does it mean to love your child, how do you show this in practice, what kind of situations in the daily routines offer opportunities to talk and share with your children, how do you say 'no' and set limits, how do you follow their initiative and support their projects etc.) seem to attract interest and willingness to explore their meaning through reflection and observation of concrete situations that are role played by two facilitators. Facilitators enjoy the process of observing others in interaction with the child - through this process, the group started to give birth to something new and more positive that will help them in their daily dealings with their children. They recognised easily how not to do it and were quick to find the positive alternative that they know will please the child. Participant children understand this too.

Let us have more days like this seems to be the evaluation at the end of the day and all are keen to come back for more. What is the likely outcome of such sessions long term? A nice experience of sharing, making some new realizations, testing out and adopting some new ways of relating to children and consolidating what is already positive in their relationship with them; a process that can make children happy and eager to ask questions and learn, a process of achieving harmony in daily routines, a happier home and family...I enjoyed accompanying the trainee facilitators to their sessions in Bhinda, a very promising and talented team of people."





# ICDP in Middle East

Lebanon





ICDP is proving of value in reaching Syrian refugees in Lebanon. Three groups of Syrian teachers received ICDP training and one group of Syrian refugee mothers is in process of attending the ICDP course in Beirut. An evaluation study was published and the early results look very promising. You can read it at:

<http://www.icdp.info/api/media/media/1183>



### ICDP board:

Nicoletta Armstrong, chair  
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Santana Momade  
Ane-Marthe Solheim Skar  
Guillermo Navas  
Karl-Peter Hubbertz  
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### Executive support:

Camilla Solberg  
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### ICDP at national level

ICDP Norway, ICDP Finland, ICDP Sweden,  
ICDP Portugal, ICDP Ukraine, ICDP  
Mozambique, ICDP Ghana, ICDP Colombia,  
ICDP Peru

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

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

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

ICDP USA operates under CCWF

ICDP Paraguay operates under Vida Plena

ICDP Guatemala operates under Plan  
ICDP El Salvador operates under UNICEF and  
ISNA

ICDP Bolivia operates under the Christian  
Evangelist Lutheran Church

ICDP Nicaragua operates under Instituto de  
Promocion Humana (INPRHU)

ICDP Lesotho operates under Thaba Bosiu  
Centre

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

ICDP China operates under the Shincon  
Kunming Rep Office

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

ICDP facilitators in India under Save the  
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