

# NEWSLETTER



International Child Development Programme

March 2015

## Welcome 2015!

Dear friends and colleagues,

ICDP wants to wish you all a wonderful start of 2015. In this issue we are glad to bring you news from different countries, which we received between January and March 2015. We wish to thank the project leaders who took time to write to us, and all ICDP supporters for their important contributions to our work.

-Nicoletta Armstrong, ICDP chairperson

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*“The hope and wish that all children should grow up in an environment where care and upbringing could lead to a good life in accordance with basic values in their own culture, has always been central in our effort to develop ICDP”*

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

For more information about ICDP or this newsletter and/or Suggestions for articles for the next edition please email [lailah@icdp.info](mailto:lailah@icdp.info)

# UPDATES

## The ICDP Regional Network Meeting in Colombia

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Theme is "KEEPING THE FLAME ICDP ALIVE: What does it mean to live ICDP at adult to child and adult to adult levels?"

Dear ICDP colleagues,

We invite you most warmly to come to the ICDP regional network gathering, which will take place over four days, 26-29th of October 2015. The main topic is SHARING OUR EXPERIENCES IN ICDP and the structure of meeting is as open as we can make it!

This is an opportunity for the ICDP South American region to get together to meet e.ach other, share and exchange their experiences and the meaning behind our work with the ICDP programme. What does it mean to live ICDP at adult to child and adult-to-adult levels - " to keep the flame alive"?

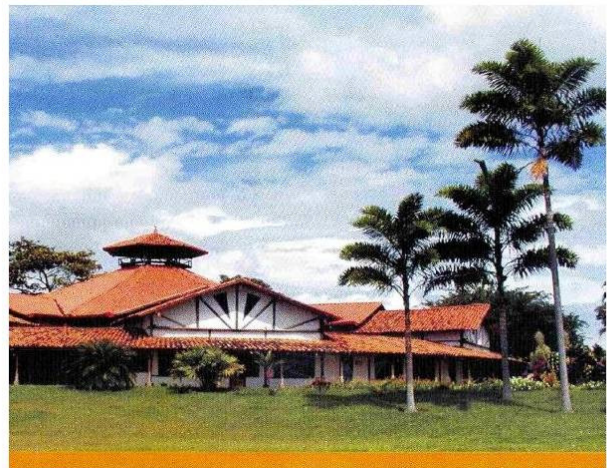
The gathering will be in Spanish, except for the presentation of the results of the evaluation study of our work in the department of Choco, which will be partly in English. The venue is the Amanecer International Centre in the famous Colombian coffee region of Quindio.

Amanecer is also the place where ICDP Colombia has its headquarters. The accomodation at Amanecer is simple, but very affordable.

The cost: Registration fee: 40 USD Accomodation and all 3 meals 40 USD per day (160 US\$ in tot)

Total cost: 200 USD

Please let us know if you are interested to attend by writing to [lailah@icdp.info](mailto:lailah@icdp.info)



## ICDP material in different languages

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In UK, the twenty-page booklet for parents "I am a person" has recently been published by ICDP in English: <http://www.icdp.info/api/media/media/681>

Two more booklets are also in print: "See your child" with exercises for parents, and "What has research taught us" containing a summary of theories and research behind the ICDP programme. These materials were originally prepared as part of didactic materials in Spanish called "ICDP mochila"; and have been used in Colombia, Argentina and El Salvador in connection to ICDP-UNICEF projects.



In Romania, the ICDP programme is implemented through cooperation with SOS and they translated Karsten Hundeide's handbook for facilitators into Romanian, as well as the booklet for caregivers and most of the materials that are part of the above mentioned "ICDP mochila".

In Denmark, the entire ICDP mochila was translated and Karsten Hundeide's book was published.

In Guatemala, Plan Guatemala has been spreading ICDP to many different communities and their current focus is on reaching indigenous Indian families; they have recently adapted the photos and are re-printing the booklet "I am a person" (on photo above).

In Ethiopia the handbook for facilitators "The Essence of Human Care: an introduction to the ICDP programme", by Karsten Hundeide has been translated into Amharic and is in process of being prepared for printing.

In Japan Karsten's book mentioned above was also translated into Japanese; "What has research taught us" was also translated, as well as other basic ICDP material.

In Nepal, the ICDP project has printed a leaflet with the 8 guidelines for good interaction with local photos (see below) as well as other material including some beautifully drawn sketches.



In South Korea the ICDP leaflet and brochure has been translated into Korean, as well as a leaflet with the 8 guidelines for good interaction.

## UNICEF evaluation

Several years ago UNICEF sponsored a study that evaluated the work of ICDP in the department of Huila, Colombia, which was publicly presented in 2010. This is one of very few studies that we have in ICDP in which adult-child interactions were filmed and analyzed pre and post implementation, both in experimental and control groups. Photo: Evaluator Oscar Solano (on far right) with the ICDP Colombia team. The full study has been available in Spanish on this website - you can find it by following the link below:

[http://www.icdp.info/var/uploaded/2013/04/2013-04-11\\_08-28-43\\_evaluation\\_of\\_icdp\\_in\\_colombia\\_2010.pdf](http://www.icdp.info/var/uploaded/2013/04/2013-04-11_08-28-43_evaluation_of_icdp_in_colombia_2010.pdf)

The executive summary has only recently been translated into English: <http://www.icdp.info/api/media/media/676>



## News from England

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A workshop for a new group of interested professionals, whose vision is to spread the ICDP programme to those who most need it in their respective areas of operation, took place in north London, Edinburgh and Kalimantan.

The north London group is working with the local authorities providing courses in social healthcare and childcare and also working directly with parents. Their wish is to include ICDP in their courses. They also hope to develop a course for fathers.

The Indonesian participant has been working as a teacher in the Bina Cita Utama School in Palangka Raya in central Kalimantan and hopes to take ICDP there. The school has a holistic and student centered curriculum, integrating learning areas and giving students ownership of their learning. It has been running for ten years now.

Workshop participants also included two ICDP volunteers from Oslo, Norway, who are working with the executive team in the area of fundraising and raising the profile of ICDP in general. The volunteers participated in the workshop in order to gain deeper insight into ICDP and the workshop clarified their ideas about the content of the programme and its delivery, which will be useful for their future efforts. Sahana Sriskandarajah is working to support Ghana and Camila Solberg is helping with the project proposal for Ethiopia.

"ICDP sensitizes facilitators to see parents and caregivers in different cultures, and facilitators learn more about how to utilise and build on the knowledge the caregivers already possess, instead of forcing unknown methods upon them." – Sahana commented after the workshop.

# ICDP IN EUROPE

## Norway, Moldova, Denmark

### Norway

#### Dissertation about the ICDP programme

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ICDP warmly congratulates Ane-Marthe Solheim Skar on successfully defending her PhD dissertation on Friday 23rd of January! As a result of Ane-Marthe's work on her dissertation, a set of reports and evaluation papers can now be downloaded illustrating the impact of ICDP on several different target groups in Norway and Mozambique.

"Ane-Marthe joined the work of ICDP international team as a PhD candidate in 2008, with the task of working on the 3-year evaluation of the ICDP nation-wide programme in Norway. She was selected from many competing candidates by Professor Stephen von Tetzchner, Department of Psychology, University of Oslo and has since proven well worthy of that choice.

The evaluation of ICDP in Norway was a complex task as it involved evaluating a large programme that was implemented with many different target groups. Thanks to her work, which included coordination with the rest of the team, the evaluation was very successfully carried out showing important results for ICDP.

Ane-Marthe Solheim Skar has been working with our international team with enthusiasm, commitment and purpose and has advanced the work of ICDP in different parts of the world. Thank you Ane-Marthe, we look forward to future cooperation in ICDP!" - Nicoletta Armstrong, on behalf of the ICDP foundation.



For the evaluation studies follow this link: <http://www.epff.no/>

# Article about the ICDP programme

"Parenting programme makes better parents" is the title of the article published on the 9th of February in the local newspaper in Hamar. The University of Oslo also published an article. Hamar is the town where Ane-Marthe Solheim Skar was born and the article is referring to her recent dissertation. The translation of the article from Norwegian is on the following link: <http://www.icdp.info/api/media/media/73>

For the text in Norwegian: <http://forskning.no/innvandring-barn-og-ungdom-psykologi/2015/02/foreldreveiledning-gir-bedre-foreldre>

## Foreldreveiledning gir bedre foreldre

**HAMAR**  
Etter et år med foreldreveiledning i Hamar, viser en undersøkelse at foreldrene har fått bedre kunnskap og ferdigheter. Dette er et resultat av ICDP-programmet som har vært i gang i Hamar i flere år. Foreldrene har fått bedre forståelse av barnets behov og hvordan de kan hjelpe barnet. Dette er et resultat av ICDP-programmet som har vært i gang i Hamar i flere år.

**PARTY**  
ICDP-programmet har vært i gang i Hamar i flere år. Dette er et resultat av ICDP-programmet som har vært i gang i Hamar i flere år.

**KORREKT**  
ICDP-programmet har vært i gang i Hamar i flere år. Dette er et resultat av ICDP-programmet som har vært i gang i Hamar i flere år.

# Moldova

## Activities in Moldova

ICDP has received news from Silvia Breabin, a professional working with the ICDP programme at the Early Intervention Institute in Kishinev, Moldova.

*Here is a short description of our activities as ICDP facilitators which we have carried out at our Early Intervention Institute in Kishinev:*

I have prepared in ICDP two groups of parents of children with special needs and I am still following them up. ICDP has been useful and the group participants have given us consistently good feedback. The typical comments are: "It was very useful and important for us; we have demonstrated that we can be and are good parents," "The exchange of experience with other families was very useful", "During the course we had engaged in some very interesting game situations and simulation dialogue situations", "We assimilated and practiced useful information about the different kinds of dialogue", "It was very helpful for us to share experiences with other parents", "It was particularly important to understand and practice how to follow the initiatives of children".



When asked to make recommendations and suggestions all parents wrote that they hoped we would, "organize more of ICDP meetings". I attach some pictures of our activities, follow this link: <http://www.icdp.info/api/media/media/712>

Apart from working with families, with Mariana we have led two introductory workshops for specialists from Romania Inocenti Foundation. The aim of this workshop was to raise

awareness about ICDP and promote the application of the ICDP programme in Early Intervention.

My colleague Mariana had several clinical cases where she used ICDP, and Marina and Ala actively use and promote principles of ICDP in everyday work in our Early Intervention Center. We all look forward to becoming certified as ICDP trainers at the forthcoming workshop, which Nicoletta Armstrong will hold in Kishinev in March 2015." - Silvia Breabin, ICDP Moldova.

## Denmark

### Activities of an ICDP team in Denmark

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"ICDP East" is a new name for a group of psychologists who have been working together to promote ICDP.

Anne Linder, Jesper Gregersen and Anne Therkildsen are a team of psychologists who represent ICDP East: "Our aim was to build an effective working relationship which would allow us to focus on the implementation and dissemination of the ICDP programme. Our collaboration proved itself to be both professionally and financially sustainable from early on, and we have therefore chosen to rename "ICDP East", "Danish Centre for ICDP – Centre for relational professionalism". – Anne Linder.

*Extracts from their recent report to ICDP:*

During 2014, we have trained and gave certificates to a total of 274 people at levels 1 and 2 respectively – an increase of around 65% compared to 2013 – and the figure looks likely to stabilise in the coming year. Over the course of the year, we also developed and tested a board game that we use for reflection exercises on our ICDP training days. The idea is to combine the principles of sensitisation with a traditional board game, and thereby create a community where people share their experiences and thoughts.

ICDP has also been shown to be suitable for use as a management-training programme. We have developed the "Relationship-based management" course, which is based on the eight guidelines for good interaction and the principles of sensitisation. In 2014,

#### ICDP new publication:

Linder, Anne (ed.) 2015: "*Livsduelighedens pædagogik*"

(The pedagogy of resilience)



Extract from the anthology. All of the articles mentioned are based on ICDP.

we have trained some 60-institution managers in their own relationship skills. We recommend that all our course participants join the ICDP Denmark Facebook group, where we post updates on what is happening in the Danish ICDP world.

In 2014, we have used a great deal of resources holding meetings with ministers, educational institutions and local government managers with a view to launching a Danish study with ICDP as a parental training programme. The Danish Ministry of Children, Gender Equality, Integration and Social Affairs has provisionally approved ICDP, but the ministry wishes to see Danish research relating to the ICDP programme and we are therefore doing our utmost to find the resources needed to establish a Danish research trial.

“Livsduelighedens pædagogik” (The pedagogy of resilience) is a new book by Anne Linder, who invited a number of professionals to write down their experiences of using the ICDP programme in their professional lives. The target audience of the book is professionals and students working in the education system, who require a broad introduction to a pedagogy that focuses on relational issues.

## Sweden

### Letter from Uppsala



Mónica Andersson, is a social worker at Förstärkt Familjehemsvård, Uppsala, Sweden, where she and her colleagues have been using the ICDP methodology as part of a wider programme for foster parents. In her recent letter to ICDP she talks about their work.

Since 2007 we have been working with a programme called "Enhanced foster families". It is designed for boys and girls with psychosocial problems who for different reasons are not living with their biological parents. To better serve these children we offer support to a group of foster families - we are strengthening their caring capacity so that their care and treatment of children is of better quality. The basis for this support is ICDP.



Uppsala is Sweden's fourth largest city. It is located 70km north of the capital Stockholm. We are a team of 5 people, the head and 4 social workers. Our role

is primarily to support and give advice to foster families to develop better understanding of their children. ICDP is our basis for this support. It helps us focus on what is working instead of focusing too much on the problematic aspects.

We have two types of families, emergency foster families where children and young people stay only for a short time, up to six months while they are going through a crisis or while we are investigating what kind of help is needed in the long term. We also have





families with children and teenagers that actually replace the biological parents, where children and youth may stay for years and sometimes throughout their childhood. Most children maintain contact with their biological parents. At least one parent from each family receives the first level of training in ICDP, which creates a common culture, a common way of seeing and talking to the children. That helps us see the possibilities in every child and family system, rather than the impossible, and we aim to create a family environment full of possibilities. Each social worker is responsible for their families and maintains close contact with them. We have a working structure in which each one of us is visiting each designated family to provide support and advice, at least once a month. We are also able to visit them much more frequently when that is required.

Once a month we invite families to group gatherings. On these occasions we talk about current issues in order to strengthen our support to these families and to provide an environment that can enrich their reflections through group sharing. That is something that families generally much appreciate. In addition to receiving advice and support, it is a time when they can share with people who are experiencing a similar situation. It is an important time for our foster families, because in Sweden foster families have to respect professional confidentiality, they are working under the law of confidentiality.

Before a family is assigned the mission of providing a foster home, we do police record checks to ensure they are not registered for any committed crimes. We also conduct in-depth interviews to ensure that the people in question have an adequate personality and appropriate situation to be caring for a vulnerable child.

Finally, when working with ICDP we follow the Convention on the Rights of the Child. Working with ICDP is effectively implementing the Convention on the Rights of the Child. Also ICDP helps the process of emotional attachment of the child to her new family and vice versa.

WHAT YOU THINK OF ME  
HOW YOU SEE ME  
HOW YOU TREAT ME  
IS HOW I WILL BECOME



# ICDP IN LATIN AMERICA

## Colombia, Brazil, Mexico

### Colombia

#### Evaluation of ICDP in Choco

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The last round of interviews linked to the process of collecting data for the evaluation of the ICDP project in the department of Choco, Colombia took place during the first week of December. The ICDP programme was incorporated as part of the work of ICBF staff several years ago, which means that the ICDP training in Choco is ongoing.



The evaluation of ICDP in the department of Choco is a randomized controlled trial (RCT) and researcher Ane-Marthe Soleheim Skar leads it. She is working as part of the team of researchers from the

University of Oslo, Norway, and University College London, England. The study will find out about the effectiveness of ICDP in reducing violent child rearing practices; it will also explore how a new module, which was specifically designed as a violence prevention curriculum, may be contributing to the efficacy of the ICDP programme. The new curriculum was developed as a result of cooperation between ICDP (Nicoletta Armstrong with the ICDP Colombia team), the International Institute for Child Rights (IICRD), Canada and the Center for Education and Human Development (CINDE), Colombia - follow this link to read the manual with the violence prevention curriculum: [http://www.icdp.info/var/uploaded/2014/12/2014-12-09\\_04-51-57\\_cpecv\\_training\\_manual.pdf](http://www.icdp.info/var/uploaded/2014/12/2014-12-09_04-51-57_cpecv_training_manual.pdf)

The manual describes a new model of working focused on children's rights and violence prevention/protection in a community. The model was tested out in 2011 for the first time, in several pilot project sites in Colombia, one of these being Choco. The ICDP programme is implemented as the first module in the project delivery, whereas the curriculum described in the manual is delivered as a second module.

The expected outcome is to raise awareness in families about children's rights, mapping the risk of violence and protective factors and helping them to formulate and deliver concrete action plans to increase protection for children from violence in their respective communities.

The ICDP project in Choco represents the cooperation of three implementing partners: ICDP, ICBF and UNICEF. The ICDP programme and the violence prevention curriculum were implemented in day centres for children, run by ICBF (Instituto Colombiano de Bienestar Familiar). ICDP was given to the staff and also to the children's parents.

Ilaina Ramirez, ICDP trainer, has been coordinating the work of a group of students from the university in Quibdó who carried out interviews with staff and parents. The Conformat software has proved helpful enabling students to fill the questionnaires on line. Photo above is of the children from one of the ICBF centers in Quibdó and it was taken during the first week of December, when Ilaina distributed little presents at their end of term celebration.

**TRAINING MANUAL**

**Using Child Rights  
to Protect Young Children from Violence:  
Designing a Community Protection Plan  
(English adaptation)**



An initiative from the  
"Protecting Young Children from Violence" Project

In October 2015, the results of the study will be presented at the ICDP Regional Network Meeting at Amanecer, near Armenia, Colombia.

**Leaders share about ICDP success**



ICDP trainer Abel Salazar and the ICDP leaders that he trained as facilitators wish to share with others their experience of working with the ICDP programme in Antioquia, Colombia.

Abel writes: "There are many people who have managed to benefit from ICDP in Santa Fe de Antioquia and Cañas Gordas. Many ICDP facilitators/leaders have participated, and we now have a new group in the municipalities of Remedios, Segovia, Tuchin and San Antero. Through our cooperation with the two foundations,

Fundación Oleoductos de Colombia and Corporación Superarse, we have conducted ICDP training and given sensitization seminars to 70 leaders and through their work ICDP has impacted 160 families. The facilitators in Remedios and Segovia municipalities created a facebook page to share about their ICDP work and talk about its impact"

For more photos and stories (in Spanish): [https://www.facebook.com/groups/295713993961468/306410162891851/?notif\\_t=like](https://www.facebook.com/groups/295713993961468/306410162891851/?notif_t=like)



## ICDP in Charala

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ICDP established a protocol and signed a contract for ICDP training with the Health Secretariat in the municipality of Charala, in the Santander department of Colombia. The ICDP strategy was incorporated in the Mental Health Department Annual Plans 2014 (POA). The key partner in this project was the hospital Luis Carlos Galan Sarmiento.



The ICDP training project was executed by ICDP Colombia national trainer Carmen Lucia Andrade, who carried out the training of a group of professionals to the level of ICDP facilitators and ICDP trainers. The professionals who received ICDP training include health workers, teachers, social workers and psychologists.

During the first phase of the project she trained a group of 12 professionals as facilitators who then applied the ICDP programme in their work with community families; 125 families participated in the ICDP meetings over a period of three months.

During the second implementation phase, which took place during the autumn 2014, a group of 12 trainee trainers embarked on their self-training project and held ICDP workshops for a new group of 10 facilitators. The trainee trainers supervised the implementation of the programme by facilitators and monitored their work with families. Project reached about 600 families.

Anisah Andrade regularly visited Charala offering supervision and monitoring. In November 2014 she held a monitoring session for trainee trainers, which was attended by a group of social and health workers (from Fundsalud and ESE) and a group of school teachers from the school José Antonio Galán and Sn Francisco de Asís. They discussed progress, materials and project monitoring tools. There were several other meetings with the participation of health officials.

“The Health Secretariat organized the follow up meetings and provided the venues for some of the monitoring sessions. The agents that received training showed commitment and the overall quality of ICDP implementation was good. The vast majority carried out all the 8 scheduled meetings and presented their reports with well-conducted field journals, they filled in their 2 self-monitoring lists. The evaluation questionnaires by caregivers showed positive reception of the programme.

We can conclude that the ICDP strategy was successfully implemented by the leaders of “Families in Action”, teachers (especially in school José Antonio Galán where ICDP was included in the school plans PEI 2015), with education agents from FUNDASALUD, health workers, and psychologists and with community mothers. Dr. Martha Beltran from the Luis Carlos Galan Sarmiento Hospital offered invaluable leadership and support to the delivery of the ICDP programme.

We made plans for future implementation and set up time schedules for the work of twenty professionals, who prepared their 2015 Action Plans. They will be implementing ICDP at their respective institutions from February to August 2015 and in September they will deliver their reports.

Finally I want to thank all project participants for the interest and support they gave me at all times. I wish to encourage

them to continue working for the benefit of the children of the Santander department.” – Carmen Lucia Andrade



## Brazil

### ICDP in Juazeiro, Brazil

Located in the suburbs of Juazeiro, in the state of Pernambuco, Brazil, the Lar Feliz Foundation serves children from low-income families. These families receive government assistance and are struggling to survive through activities that include trash collecting, cleaning jobs, selling drugs and prostitution.

Members of this community live in highly vulnerable conditions: the community is devoid of basic sanitation, lacks good quality water, there is poor garbage collection, there is no paving of streets and the houses are shacks mostly made of mud and cardboard. Birth and mortality rates are high and many community youth is lost too early due to drug trafficking and violence in the neighborhood. Reports of sexual abuse in childhood are common; there are large numbers of teenage pregnancies and many cases of teenage prostitution.

Thanks to the support of the Brazil Foundation and SD USA, the ICDP methodology has been applied at the Lar Feliz centre for children (Fundação Lar Feliz) - the training in the ICDP programme "I am Person too" was given to 15 caregivers, teachers and 70 families. This ICDP initiative has been successful in developing a strong sense of empathy

and respect for children and establishing good quality relationships between adults and children.



Comments from Polyanna Magalhães, ICDP Brazil:

- The format of the ICDP meetings for the parents and caregivers at the Lar Feliz included weekly meetings with duration of two hours each; whereas the teachers, because

of their work schedules, attended several six hour long workshops. In addition to the group meetings at the Lar Feliz premises, home visits were also made to accompany a number of families who needed most support.

Before starting with the ICDP courses, we carried out a baseline survey of the three groups (parents, caregivers and teachers) to investigate the socioeconomic profile and establish different aspects of adult-child relationships. Additionally teachers rated the behavior of each student and their families, taking into account the relationship with the school and the 3 dialogues proposed by the ICDP. The same survey will be performed at the end of the project, to ascertain to what extent the project has had impact.

The ICDP methodology was welcomed at the Lar Feliz institution generating a good response all around. It was possible to observe changes in behavior, attitudes and practices of parents and caregivers in their relationship with children. Despite the good reception of the work, it is important the challenges: rotation of personnel and personnel discontinuing to work at Lar Feliz.

An important aspect to highlight is the involvement of children in meetings (photo below). The children proved to be very active and they participated in the exercises and made assessments of their parents' behaviour; they also reported about their own experiences and expressed how they would like to be treated



The Lar Feliz foundation is hosting an event at its premises to present the ICDP activities that took place in 2014. The Juazeiro Municipality is organizing a “Workshop to Mobilize Action for Early Childhood Care” to build public policies for early childhood, where the results of the ICDP project activities will also be presented. Finally we are also going to perform two activities that were not initially planned; First, a three-hour long meeting with the Community Health Education regarding the use of violence and about a new law (“Menino Bernardo”) in force in Brazil. The second is an invitation of the Pastoral church to organize an ICDP training programme to form their members as ICDP facilitators - and this is scheduled for 2015.

#### *Background information:*

Serious problems affect early childhood in the semiarid region of Pernambuco, Brazil: high infant mortality, neglect, abuse, violence, sexual abuse, malnutrition, disease, and other forms of violation of the rights of young children prevent most of them from developing fully in their early years. Therefore, prioritizing actions that ensure physical, cognitive and psychosocial development is essential – and the implementation of ICDP has been one such action. ICDP started to develop in Pernambuco in 2010 in connection with the project called, “Children with All Their Rights” –an initiative by Save the Children (with partners), funded by the European Commission. It was aimed at defending children’s rights and improving the survival of children 0 to 5 years in the region of Pernambuco. As part of this project, Nicoletta Armstrong trained a core team from the NGO Acari to the level of ICDP trainers and through their work the ICDP programme has been implemented in more than 30 municipalities in Pernambuco; it has reached thousands of professionals and families through several local networks: health, education and social assistance. It is the positive results of this large project that opened doors for ICDP training at the Lar Feliz centre for children in Juazeiro.

# Mexico

## ICDP at Casa Cuna

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During January and February ICDP training was given to the staff working with children at the Casa Cuna Palafox y Mendoza children's home, in Puebla, Mexico. Casa Cuna runs a preschool, and it provides a day care and childcare for one or more days a week, as an option for working parents.

Many of the children who attend Casa Cuna come from vulnerable backgrounds: children of single parents, low income families, dysfunctional homes, family problems due to drug addiction and other high risk conditions and situations that are not sufficiently supported by government protection schemes.

Casa Cuna is home to 73 children, mostly of preschool age. The children are divided in three groups with 15 to 22 children in each group. A caregiver, a nurse and a professional educator supervise the activities of each group. All caregivers from Casa Cuna have basic educational training provided by the Consejo Nacional para el Fomento de la Educacion (National Council for the promotion of education) CONAFE. Students and other volunteers support the work of the staff at Casa Cuna. Casa Cuna seeks to give children opportunities to learn to care for different natural environments. For example, they organized a project that involved children doing different gardening activities, such as growing plants and vegetables together with their parents.

An educational program for the very young, from birth to one and half years of age, is under preparation by a team of pedagogues, with the purpose of integrating the needs of this age group and detailing the educational-emotional signposts that should be present at these ages. In August, the directors



of Casa Cuna attended a presentation about ICDP at a conference in Puebla and became interested in the methodology; subsequently they contacted ICDP. When the director of Casa Cuna approached ICDP to ask for training of their staff, psychologist Jose Luis offered to conduct the workshops - he has been implementing the ICDP programme with families and caregivers in Puebla for several years.

So far, the caregivers from Casa Cuna participated in three workshops. However, there are plans for a deeper intervention that would entail regular ICDP meetings during the year, in line with the ICDP model for preschools. Jose Luis is currently consulting with the professional team from Casa Cuna in order to formulate an ICDP action plan, which will be presented to the directors for approval at the end of February. The action plan envisages the completion of the training of all the staff and the organization of various activities and ICDP courses for the children's parents. An ICDP team will be established in Casa Cuna to liaise and work closely with Jose Luis and ICDP international consultants.

# ICDP IN AFRICA

Ethiopia, Malawi, Ghana, Rwanda, Uganda

## Ethiopia

### Growth of ICDP in Ethiopia

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ICDP has been active in Awasa for about a year and a half and these developments have taken place thanks to the dedicated voluntary work of one ICDP trainer, namely Atnaf Berhanu. In 2014, Atnaf managed to organize the translation of Karsten Hundeide's ICDP manual into Amharic and she gave copies to the trainee facilitators, so that they could implement ICDP with groups of caregivers.

In February 2013, Atnaf went to Awasa, situated in the south of Ethiopia, in order to introduce the ICDP methodology to leaders and members of evangelical protestant churches.



On that occasion ICDP was presented to 70-80 people. There was a positive response and leadership from six churches showed interest in becoming involved in the process of training and developing ICDP. Eventually a group of 30 people was selected for the training in the ICDP programme and these trainees were recruited from the six churches; the group included some social workers and a number of psychologists. After a workshop that was held in October 2013, the 30 trainees were enabled to start applying the 8 ICDP guidelines for good interaction in relation to children and to reflect on their own interactive skills. In February 2014, Atnaf held a follow up workshop for this group of trainee facilitators, who afterwards embarked on practical self-training, this time implementing ICDP with caregivers in small pilot projects. The facilitator worked in pairs



and each pair implemented the ICDP programme with a group of 8-10 caregivers. They kept field diaries, which were later, used as a basis for discussion and reflection.

In October 2014, a group of 12 facilitators received their ICDP facilitator level diplomas.

#### *Plans for scaling up ICDP:*

Due to a lot of positive feedback concerning the impact of ICDP on caregivers, the six churches decided to expand and scale up ICDP through more training and by using their networks to spread the ICDP programme widely. Funding is currently being sought to bring trainee facilitators from different parts of Ethiopia to attend an ICDP workshop to be held in Addis Ababa in February 2015. The churches would coordinate the new expansion and the work would be carried out in cooperation with local NGOs. The idea is to reach out to as many caregivers as possible in communities all over the country.

Atnaf recently met up with Nicoletta Armstrong and during their meeting in Oslo they discussed possible future cooperation in order to support the initiative of scaling up ICDP in Ethiopia.

## Malawi

### A visit to Malawi

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Sharifin Gardiner has been a supporter of ICDP for many years and when in November 2014 he had an opportunity to go to Malawi he included a visit to the ICDP project, near Nkota-kota. The ICDP programme delivery to families is linked to the Alinafe community hospital, which is funded by the Norwegian Church Aid. Photo: Women at the Alinafe community kitchen.

*From an email sent to ICDP by Sharifin:*

- I'd been ill with food poisoning, but I felt I had to go to the project near Nkota-kota, a 4-hour drive north in the Central Province and fortunately I did. I was greeted as a VIP, initially in a lovely light room with paintings about nutrition on the walls, as well as some beautiful landscapes where I was introduced to the staff.

A programme of feeding under five year olds associated with the local hospital (Alinafe community hospital) was founded a decade ago. At the time 60% of the children were malnourished, but they told me they no longer



needed this room because the problem had been solved. After a while they found that although the children quickly recovered as a result from the better feeding in the hospital they quickly reverted when they went back, because their mothers or carers didn't know how to feed them or were just too poor. So when ICDP staff joined them they showed the women how really to care for the children, and set up a village nutrition program. Two of the granny's sitting there, were asked to tell their stories.

One of them told me how her daughter had died, leaving her six children, but she still had another six children of her own and somebody passed on to her a little boy who was naughty and difficult, and she used to beat him. However, the ICDP people showed her how to love and care for all the children. "I am a changed woman from being a child abuser to a promoter of child rights. I have accepted inside me that what I was doing was very wrong". She now teaches other women in the villages. After this we were driven along a bumpy track past some very poor houses to a clearing where an awning had been set up. I was greeted by a troupe of 30 ululating women, singing and dancing a song of welcome. A figure with a black mask ran across in front of us, followed by another completely hidden with dry maize leaves.

They had set up a table with a clean white cloth where three women took it in turns to show me what they had done: "This is the milk I made from soya beans, this is the milk I made from ground nuts, and this is the milk I made with juice from a local tree", and "you see this meal" displayed in a small plastic container; "some of it is maize flour and the rest is vegetables, so it is a well-balanced meal with carbohydrates and protein. These were very simple village women who had

really learnt and practiced what they were talking about. Unfortunately I was not fully recovered. I felt increasingly queasy and I had to turn my back on them and walk rapidly away for about 20 yards, and vomited in front of the audience of about 40 people. They brought me a stool and the Catholic priest came and prayed over me, and then I had to rush off down the hill because of continuing diarrhoea. Embarrassing, but they understood. I then left after many apologies. I heard later that they had completed their planned ceremonies. The project hopes to set up a community-based Child Care Centre, which would only cost about \$6600 because they will provide the labour and some of the raw materials such as sand.

In the photo above: Paul Mmanjamwada is the ICDP Malawi



representative-He welcomed Sharifin and accompanied him during the ICDP visit.

## Malawi ICDP booklet

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We would like to share with all our ICDP colleagues this beautiful booklet recently made by ICDP in Malawi, which shows the road and the impact that the programme has moved in the country.

Follow this link to read the Malawi ICDP booklet: <http://www.icdp.info/malawi-icdp-booklet>



# Ghana

## ICDP Ghana cooperates with Plan

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ICDP Ghana has established cooperation with Plan Ghana on a project that will benefit school children with special needs. The ICDP sensitization is combined with a programme that will help teachers identify the specific needs of each child.

Through ICDP the teachers will be sensitized to create appropriate environments in the classroom that are conducive for learning to take place. This is achieved by practicing the 8 guidelines for good interaction and by working on the zone of empathy. The aim is to help develop a loving and guiding environment for children with special education need, where the needs of each individual child are attended.

In this project ICDP is combined with workshops that develop skills in teachers to enable them to detect different types of disability. One such workshop was held for 45 participants from fifteen communities in the Upper Manya Krobo District in the Eastern Region. This four- day workshop (17th to 20th of November 2014) was held at the Roman Catholic Parish Hall-Asesewa.

The workshop received support from Eastern Program Unit of PLAN Ghana and it was covered by a number of media houses namely TV3, UTV, TV Africa and an article about it was published in the 21st November, 2014 edition of the Ghanaian Times page 14; one of the most read national newspaper in Ghana. Follow this link to read report from Ghana: <http://www.icdp.info/api/media/media/732>



# Rwanda

## ICDP Golden grains in Rwanda

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"We look forward to add Rwanda on the map of ICDP International as we empower the Rwandan People with the golden grains of ICDP values and themes." - Niwagaba Gilbert, the Disability District Adviser in Musanze District, Northern Province.

Niwagaba Gilbert is preparing an ICDP pilot project in cooperation with ICDP and the local authorities. The project has also gained the approval of the governor of the Northern Province.

"I had a feeling that it is an opportunity to start developing ICDP in the Musanze District, which is doing well in disability affairs and in implementing projects. I have copied the District Disability Officer whose name is Uwitonze Hesron. I shared with him the importance of ICDP for the community and he was happy that ICDP could be a resource in capacity building in the District and also could also become a model for other districts in the Republic of Rwanda. We look forward to add Rwanda on the map of ICDP International as we empower the Rwandans People with golden grains of ICDP values and themes."

The project has full commitment of the Mayor whose letter to ICDP included the following: "This is to notify you that we got the concept of ICDP and we are happy to start an ICDP pilot project in the Musanze District. Musanze District has 15 sectors and 68 cells and 432 villages and the total population in the area is 368,267; the total number of people with disabilities is 3018 persons. There is a huge need for ICDP dialogue training for the teachers, parents and caregivers, for people who nurture children and for children with special needs. We will do the training at weekends in order not to disrupt participants' normal working routines. They will then go home to practice the ICDP theme and later come back on the following Saturday to share their experiences and what they have learnt or challenges they have experienced in practicing the theme, including what they think can work better as they continue with other themes in the planned time. The eight themes of the ICDP programme will thus be covered over a period of eight weeks, and then we will be in the position to make people understand the logic of the ICDP dialogue operating mechanisms and this will prepare teachers and parents to be more sensitive when relating and caring for children in general and particularly those with disabilities, both at school and in their homes – the end result will make a school a working place for all. The district is ready to sign an agreement with ICDP International as we wait for your confirmation to start in Rwanda in March 2015."

REPUBLIC OF RWANDA

Musanze, on 23<sup>rd</sup> December 2014



NORTHERN PROVINCE

MUSANZE DISTRICT

P.O Box, 3 Musanze:

Email: [musanzedistrict@musanze.gov.rw](mailto:musanzedistrict@musanze.gov.rw)

Website: [www.musanze.gov.rw](http://www.musanze.gov.rw)

No. 22/07.04.03

**Re: Agreement Notification for ICDP Pilot in Musanze District/Rwanda & ICDP International**

Dear Nicoletta Armstrong,

Merry Christmas and happy New Year 2015.

This is to notify you that we got the golden concept of ICDP and we are happy to start the pilot of ICDP in Rwanda, Musanze District which is a model in disability affairs.



# Uganda

## ICDP at Nyenga Foundation

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ICDP is in process of planning an agenda for ICDP training to take place at the Nyenga Foundation for development in Jinja, Uganda. The foundation runs a home for orphaned children, and also has a health center and a school. Their goal is “promoting sustainable growth through empowering individuals, families and communities”.

The work started in 2009 when they decided to build a home for orphans. There are now 23 orphans at the home with 23 Ugandan employees.

In order to provide health services to the orphaned children, a health center was built in July 2011. It has saved many lives since. They provide treatment for children, immunizations, conduct laboratory tests for malaria and other diseases, offer maternity services, counseling and training.

In 2012, they opened the New Horizon primary school that focuses on teaching practical knowledge to approximately 160 children. The school motto is “learning for self-reliance”.

In addition, the Nyenga Foundation promotes small-scale businesses and one of the services on offer is microfinance loans and assistance in establishing new workplaces.

Stiftelsen Nyenga Norge supports the work of the Nyenga Foundation. A network of volunteers and a dedicated board in Norway makes it possible to run Nyenga without a costly administration. Their sponsors are schools, individuals, families and companies, mainly in Norway, but also some within Uganda.

"The leadership of Nyenga have shown great interest to fully embrace the ICDP methodology in their valuable work for orphaned children and their enthusiasm has made the cooperation with ICDP easy and engaging. ICDP is committed to do our best to support them." - Nicoletta Armstrong, ICDP chair.

Homepage is [www.nyenga.no](http://www.nyenga.no)



# ICDP WORLDWIDE

## Russia, Georgia, Japan

### Russia

#### Update from Nizhniy Novgorod

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The ICDP programme has become part of the Master degree education programme at a university in Nizhniy Novgorod, Russia.

Psychologist Oksana Isaeva sent us ICDP news from Nizhniy Novgorod announcing that in 2015 nine students will be receiving training in the ICDP programme as part of their Master level studies linked to the topic of "Child abuse and neglect". This is taking place at the Nizhniy Novgorod Pedagogical University. It is interesting to note that in Russia it is the first time that Master level students are offered the opportunity to study child abuse and neglect for their Master degree.

Nizhny Novgorod (Ни́жний Новго́род), has a population of 1,250,619, making it the fifth largest city in Russia and the administrative center of Nizhny Novgorod Oblast. The city is an important economic, transportation and cultural center of Russia and it is located about 400 km east of Moscow.

Oksana received her ICDP training in England during 2012 and since then her aim has been to take ICDP to Nizhniy Novgorod, where she works as an Associate professor at the Higher School of Economics and as the Development director of an organization called "Childhood without violence and

cruelty" [www.nrcnn.ru](http://www.nrcnn.ru). In 2013 and 2014, Oksana accompanied Nicoletta Armstrong, the ICDP chairperson and international trainer, on her ICDP training visits to Ukraine. This helped to consolidate Oksana's ICDP experience enabling her to now start working as an ICDP trainer, i.e. to train new facilitators.

During 2015, Oksana will be training a group of specialists from the social-rehabilitation centers of Nizhniy Novgorod and Kirov region to enable them to use the ICDP programme with families and children. The focus of their work will be parents at risk, who will be given the opportunity to attend ICDP courses, as a preventative measure. As a first step the specialists will be taking part in ICDP training workshops to become ICDP facilitators and subsequently they will be applying the ICDP programme by giving courses to different groups of parents, such as single parents, parents of disabled children and parents in generally difficult life situations.

Oksana and her colleagues are also working on a book "Child abuse and neglect", which is currently under preparation for publishing. A section in the book describes the ICDP programme as an effective preventative tool. The book will be published by May 2015.





## EII in St. Petersburg, Russia

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ICDP has re-established links with the Early Intervention Institute in St. Petersburg - <http://www.eii.ru/en/>. The EII main field of expertise is to work with early intervention programmes for children with disabilities; early relationships and communication are at the core of their programmes.

The institute is making efforts to stop the institutionalization of young children and is disseminating information about the damaging effects of institutionalization.

In April 2013, Elena Kozhevnikova from the Early Intervention Institute (EII) in St. Petersburg re-established contact with ICDP after some years of silence. In November 2013, Elena with eleven of her colleagues visited Oslo and Nicoletta Armstrong and others welcomed them from ICDP.

Plans were then made for Nicoletta to visit St. Petersburg to give a training workshop in 2014. The

ICDP workshop actually took place in November 2014 but as Nicoletta was unable to travel at the time, she asked Hilde Tornes to go instead. The ICDP training was well received as it can be seen from the comments from some of those who attended the workshop:

*Parents:*

Alla Mallabiu (from the letter, November 1, 2014)

ICDP seminar were very cheerful and funny, it seems to me that everyone liked it. I want very, very much to continue and to become a facilitator or even a trainer. With Zoya we are already dreaming about it...



Zoya Boytseva (from the letter written in English, November 19, 2014)

About ICDP-training: I took great pleasure in this training. I am sure, that it is very important for parents and caregivers to know about the 8 guidelines, to be able to re-define positively the negative aspects one sees in one's children, to know how to avoid the transfer of personal negative experiences into the upbringing of children. No doubt that ICDP helps parents and caregivers to become more sensitive and responsive, enabling children grow up in the atmosphere of love and respect. So I want to say "Thank you" to our amazing trainer Hilde, she inspired us, we were laughing together, role-played, and the most important thing - we were THINKING

together. I hope we will find the possibility to continue with the ICDP learning!

The picture to the left is a copy of a postcard produced in the 1920-ies; Elena sent it to Nicoletta and to all ICDP colleagues with best wishes for 2015. It says on the postcard: "Milk and mother's heart cannot be replaced by anything"

*Professionals:*

Julia Kibalova (from the letter, November 11, 2014)

I liked the seminar. All participants were actively involved in discussions. The general mood was fun and easy. This is important for productive work, in my opinion. Some things seemed familiar. Undoubtedly, the ideas voiced during the training are possible and necessary to use both at work and in the family, with your own children. As well as helping other parents to look at their child with different eyes. Disappointing is that in order to fully master the ICDP technique, you need more training sessions which we don't know when will happen.

Maria Bukhanovskaya (from the letter, November 11, 2014)

Here are my impressions of the ICDP seminar.

In terms of the format and presenting materials: very good, keeping time frame, it was comfortable and friendly atmosphere. Hilde was supporting own attention emotionally and with beautiful Norwegian sweets. She was trying to make it so that the material can be perceived through presentations as well as through different play situations, there were a lot of moments for the work in small groups. From the point of view of the content: the theme is important, partly known because it is a foundation for early intervention and parent-child relationships. Also, the seminar was only the first one. I did not expect discoveries, but it was nice that those three days were a time of repetition and assimilation of existing knowledge. Also Hilde gave us a lot of very useful practical tools that can be used in the work. I hope very much for a follow up and continuation, like a series of education seminars. This is very interesting, useful, and practical. I still do not know how (just tried) to work with video in ICDP technique. This is new and very interesting knowledge.



Irma Dzhaoschvili (from the letter, November 18, 2014)

About the seminar:

I liked very much to participate, it seemed in the beginning that exercises are too simple, but in reality it helps to form a new view on the family with possibilities to analyze your factors, childhood etc. We will use ICDP in the project for foster families, this program suits very well, we already had time to look through the first two themes and do the exercises. The program has similarities to Mellow Parenting, which we were learning, so it is not very difficult, but it is very useful.

About future plans: For me it is extremely important to get second and third phase of education, to fully master the ICDP technique, because then you can use this program not only with parents but also with professionals.

Many thanks for the possibility to participate in the training.

## Georgia

### Teachers receive ICDP in Georgia

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Ana Lelashvili has worked as a special needs educator in school for more than four years and she is keenly interested in community-based programmes that can improve the living conditions of children and young people by empowering their caregivers. During the summer 2014, Ana gave ICDP training to teachers at the state preschool # 16 in Tbilisi.

Report by Ana Lelashvili

The school has to be an arena for creating a caring and loving atmosphere that will contribute to high self-esteem and increased socio-emotional wellbeing of students.

The “Georgian National Strategy Action Plan of Inclusive Learning Implementation 2009-2011” highlights the issue of preschool inclusion and states that the success of inclusive education at secondary level partly depends on preschool inclusion. It is evident that inclusive education approach increases the teacher’s role and responsibility in the educational settings.

Currently in Georgia pre-school teachers are expected to cope with large class sizes, teaching children of mixed

abilities and from diverse cultural and linguistic backgrounds. Teachers have to be very well organized, highly skilled and



adaptable to continuously changing conditions in the pre-school. Clearly, satisfying the needs of all pupils in a preschool setting is a challenging task. In order to enhance the quality of education in public pre-schools the best way is to start by looking at opportunities and resources that are available and use them as a basis for further development. In particular, the attention should be directed towards the positive patterns of communication and interaction between teachers and pupils as the basis for children's socio-emotional and cognitive development. With this intention in mind, during the summer 2014, I introduced the eight themes of the ICDP programme at the state preschool # 16 in Tbilisi.

My intention was to give training to preschool teachers who work with children, including those with disabilities, by exploring with them the importance of establishing positive interactions with their pupils. Moreover, the aim of the training was to demonstrate the importance of teachers' collaborative teamwork to develop a creative school for all, where everybody is welcome. By trying to understand the most significant factors influencing children's social-emotional and

cognitive development, the emphasis was placed on the positive interaction sequences founded on a resource-based communication and mediation approach, developed by Norwegian scholars Henning Rye and Karsten Hundeide.

Over a period of seven meetings, the eight themes for good quality interaction of the ICDP programme were introduced to participants and they had opportunities to try them out in practice during role-plays. After each of the activities the floor was open for discussions among the participants. Moreover, in order to enhance teamwork and collaboration between the teaching staff, two research methods were introduced linked to the ICDP theme "Follow the child's lead", i.e. the methods of interviewing and observation. Teachers might never become researchers but they certainly can become observers of their own classroom activities and of the educational processes as a whole. Therefore, these two research techniques were introduced in order to better observe the child and gather more democratic information about the teaching-learning process



# Japan

## New Facilitators in Tokyo

ICDP Japan is happy to announce that a new group of facilitators will begin to receive training in ICDP.

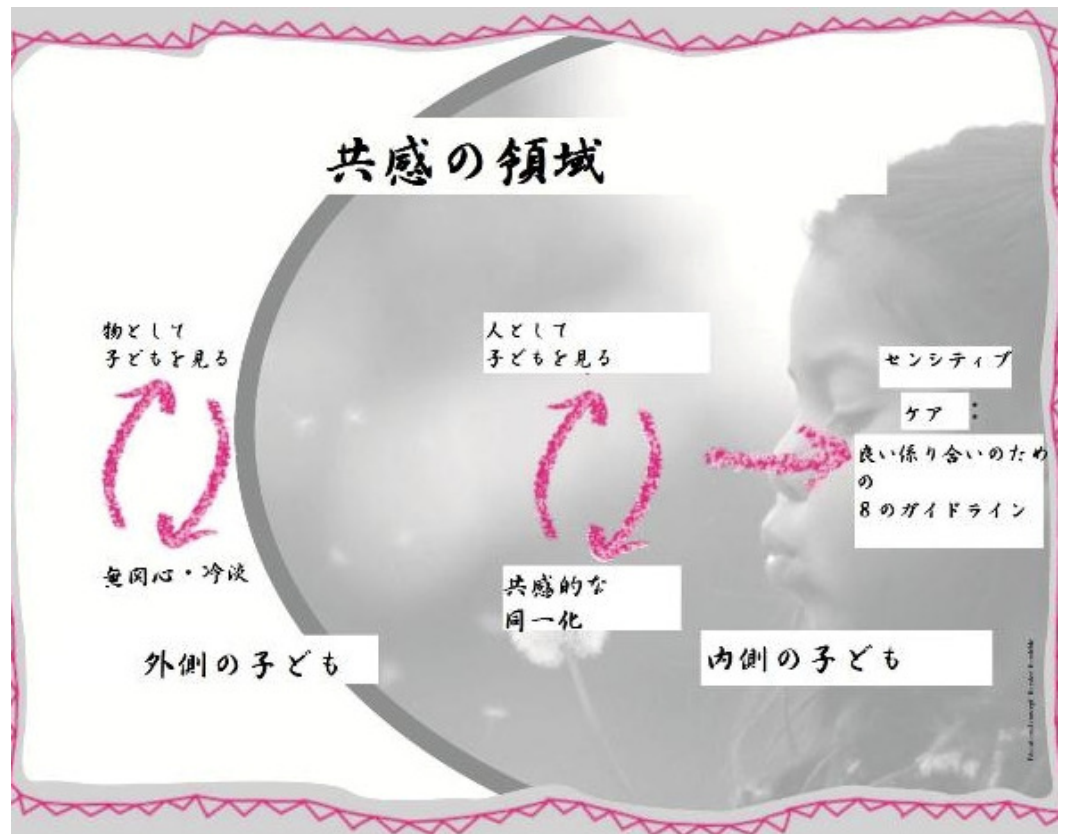
The ICDP team in Japan is ready to start a new initiative. Two trainers, Hitoshi Maeshima and Setsuko Kobayashi will jointly organize a series of ICDP workshops in Tokyo, which will take place during the period between April and July 2015.

"We hope that some of the participants will have real enthusiasm for ICDP and will become ICDP accredited facilitators: "Our first target is to

produce more facilitators in order to be able to expand the ICDP work in Japan" - Rozak Tatebe, ICDP Japan member.

The Japanese team has recently translated some additional ICDP material:

Follow this link to see their new posters: <http://www.icdp.info/api/media/media/746>; and they also made a leaflet about ICDP in Japanese, <http://www.icdp.info/api/media/media/74>



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## **ICDP at national level:**

Registered organizations: ICDP England, ICDP Norway, ICDP Finland, ICDP Sweden, ICDP Portugal, ICDP Mozambique, ICDP Colombia and ICDP Peru

ICDP Denmark operates under GR-Psykologerne, UCN and Authenticus

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

ICDP USA operates under CCWF

ICDP Paraguay operates under Vida Plena

ICDP Guatemala under Manos de Dios

ICDP El Salvador operates under UNICEF and ISNA

ICDP Lesotho operates under Thaba Bosiu Centre

ICDP representatives in Japan, South Africa, Malawi, Ghana, Brazil, Ukraine, Mexico and Moldova