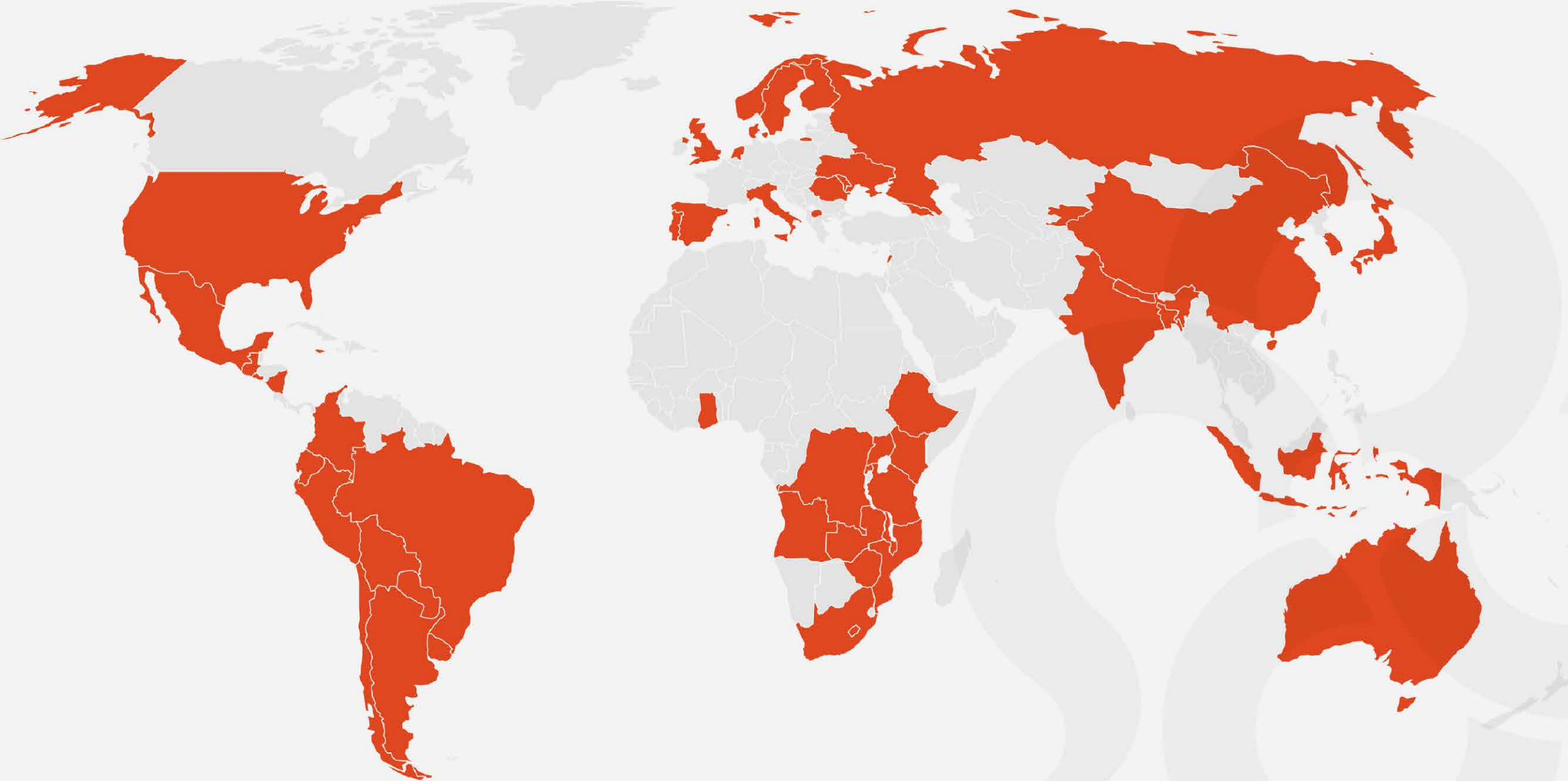




International Child Development Programme

Newsletter

Our reach so far



Comments from the chair



Dear ICDP colleagues and supporters,

In this issue we have collected news items that we received from some of you in the period from October 2018 up to March 2019.

We hope that you will enjoy reading this issue of our Newsletter.

We want to inform you that we have a new office email icdpoffice@gmail.com

The international team is looking forward to more news from you and we thank you all for keeping the ICDP flame alive!

- Nicoletta Armstrong, ICDP chair and international trainer.



ICDP in Africa

ETHIOPIA MOZAMBIQUE GHANA BOTSWANA



Work and vision for Ethiopia

Atnaf Berhanu Kebreab is continuing her work on spreading the ICDP programme in Ethiopia single handedly.

Awasa:

In Awasa, the training of the third group of facilitators (on photo above) started in February, 2018 and continued till October 2018.



ICDP was very well received and the new facilitators said that seeing the child as a person, playing and talking with their children has changed their relationship with them for the better. In the Ethiopian culture to play with a child is to lose authority and respect. But the facilitators said this was not the case for them - after practicing "seeing the child" as a person it changed their perception. They explained that as a result of their improved interaction, their relationship with their children is much better now. Their children became happy and more peaceful at home.

In addition to practicing ICDP with their children, the facilitators have already recruited and worked with 50 parents. There were positive responses from many participants. As an example of the effect of ICDP, one mother said that prior to the ICDP programme she used to think that her parental responsibility consisted only in providing food, clothing and

taking her child to school. After attending the ICDP group she explained: "My relationship with my children is different now. I discovered what seeing a child as a person means; how to show empathy and love, the power of touching. I know how to focus and explain about things. I have learnt new things that I did not think about before."

Harar:



In Harar, a workshop for a new group of facilitators (on photo below) was conducted from 3 - 5 May, 2018.

The participants were engaged and showed keen interest in the ICDP programme, particularly when they discussed about the caregiver's conceptions of the child. On the second day of the training a participant mother told the group that she had asked forgiveness from her daughter. She told her story: "My daughter is a very active child and tends to ask many questions at school; the teachers called me several times because of this; they told me that my child asks too many questions. I was annoyed with my daughter because of this and whenever my daughter asked for a hug after school I used to refuse it, saying that she was not a good girl. After the very first day of ICDP training I realized what I was doing to my daughter, so when I got home I asked for her forgiveness. I told my daughter that she is a very clever girl and that she should not stop asking questions whenever she does not understand something."



Addis Ababa:

In Addis Ababa, an ICDP sensitization session for 150 participants took place on the 27th of October 2018. The participants were members and representatives of several local organizations and churches who expressed interest to have ICDP introduced in their own settings.

Future prospect:

“In Ethiopia 42 % of the population (about 46 million) is under 15 years of age. The country is trying to change the attitude of youngsters, to help them learn to value each other as worthy individuals, to show respect to one another, instead of fighting. In this context ICDP is very relevant as it can help parents establish meaningful conversations and dialogue with their children early on, developing in their children respect towards others and teaching them to explore their different ideas through dialogue. The Lutheran church in Ethiopia is interested to apply ICDP and they have applied for funding to their partner in Norway. If they manage to obtain funding we will start working together on a strong programme for Ethiopia.”
– Atnaf Berhanu Kebreab.

Mozambique

Strengthening protection for vulnerable populations and improving access to psychosocial support for displaced children in emergency settings in Mozambique.

ICDP Mozambique in partnership with IOM has been working on a project in four districts of the Manica province: Mussurize, Gondola, Vanduzi and Barué. The project addresses existing vulnerabilities and protection needs and aims to strengthen the resilience in high-risk areas. It is responding to the need to provide direct psychosocial support to affected children and communities. Building upon the positive experience from the previous project and focusing on building the capacities of the

Community Child Protection Committees (CCPs), Local Committees for Disaster Risk Management (CLGRC) and to some extent District Reference Groups on Child Protection and Combating Human Trafficking (DRG), ICDP achieved the following results:

- Organized on 5 separate occasions joint multidisciplinary training on Protection in Emergencies for several organizations in the districts Gondola, Vanduzi, Mussorizi and Barué and another at Provincial level in Manica
- Trained 15 members of the risk management committee and their reference group
- Trained 114 officials from the districts of Gondola, Vanduzi, Mussorizi and Barué
- Managers of resettlement and accommodation centres were sensitized in psychosocial care and support
- A protocol that includes training, follow-up, monitoring and evaluation, was established at central, provincial and local level.
- Regular meetings were held at district level to plan psychosocial support and to create a database of the trained staff and activists who constitute the local protection group.
- 179 community activists from 4 districts of Manica received training and will offer support to the community
- 13 open nucleus - Child Friendly Space (CFS) – were created to assist children in the community.
- The number of children involved in informal trade (on the streets) was significantly reduced.
- 179 officials, activists and reference group members in 4 districts were trained in psychosocial care and support activities in emergencies (Identification of the real emotional, psychosocial and affective needs of children, empathy, psychosocial and psycho affective recovery, rights of the child, identification of protective and risk factors, management of accommodation centers).
- ICDP held monthly follow up meetings for families to raise awareness about childcare, parenting skills, children's rights, gender, community risk and protection factors for the integrated development of children.



- 149 activists implement activities in the Child Friendly Spaces twice a week. Children are encouraged to play, tell stories, make drawings on card and cloth, play football and other collective games. As a result of the project children are better able to identify their communities in resettlement districts; they are able to identify potential hazardous places, and choose safe places and roads.

- 1,500 parents and community members in the 4 districts received sensitization in order to:

1. Practice positive interaction and recognize the real needs of children.
2. Become aware of the importance of play for children, not only as a way of safeguarding their basic right, but also to help them recover from trauma;
3. Allow children to attend CFS;
4. Permanently withdraw children from informal commerce (on the streets);



Comments from the project:

A delegate from the ministry for social action from Manica province spoke about the importance of joint efforts by stakeholders of the reference group and also said that psychosocial support had brought added value to the interventions. He said: "It will be necessary to cooperate with colleagues during

emergencies to avoid re-traumatization or re-victimization. I think the service will be different thanks to the psychosocial tool".

"... When the trainer asked me when I last hugged my children, I felt a stirring in my feelings and thoughts because I could not remember – it was not my habit to hug. I grew up in a family that did not express feelings, where we did not bond. I feel that it is important to start developing the ability to express ourselves ... " - a Mussurizi district participant.

"... I want to request this training for the magistrates in my district attorney's section. I think it would greatly help humanize our interventions and decisions ... "- said the District Attorney.

"... It is a strong programme and I think it should continue, because for our change we need an activity like this continuously. I am speechless!

"... This training made me sad because I realized I made mistakes, but I am also happy because I was given the opportunity to improve my behaviour and interaction with children - I improved my relationship as a result.... " said a participant from the Vanduzi district.

Report from Ghana

The ICDP Ghana team members share about their work. Click here to read their report:

<http://www.icdp.info/api/media/media/1378>

Botswana: ICDP has taken us from Egypt to Canaan

Parents in Botswana used this as a metaphor meaning that ICDP moved them ("from slavery to freedom"), from negative parenting to a joyful experience of parenting.



Follow the link to read an update on the ICDP work in Botswana:

<http://www.icdp.info/api/media/media/1367>

Comments from parents and facilitators:

ICDP brings unity, peace and joy to families. The home tasks that we were given during our group meetings have brought us closer to our children.

I used to have no accommodation now my child has built me a tiled house with modern amenities. My relationship with him motivated him to complete it.

ICDP has taught us how to raise a child.

Our children's feelings towards us have become more positive than before.

We are now confident in our role as parents and understand the importance of our role in our children's lives.

ICDP has opened a new page in my life, it has increased my thinking capacity, not only for me as a parent but for the children as well. Our children are people with feelings therefore we need to include them in decisions that affect them and this is for the future of Thamaga Community.

ICDP was therapeutic to my emotions, my father always beat my mother, this destroyed my ego. As things stand we are able to discuss different issues freely in the household, no beatings. ICDP is a Godly thing it was prophetic to us, Thamaga is completely healed.

ICDP is like a mirror. It has reflected that we have been far from our children. They are there, but in a corner somewhere.

ICDP has given us the benefits of learning from one another and we realised that we all have diverse issues.

The program has drawn us closer to our children, now there is consultation in my family-open door policy.

My habit of bad parenting is slowly going away. Indeed small progress is still progress. My children always reminded me to do and discuss ICDP home tasks with them. My children were so interested in this. They have recruited other children from the neighbourhood to join our discussion. Parents from the neighbourhood also joined. We are now a large group of ICDP mothers and children.

ICDP has helped me control my anger and be more open to my children.



A map of the Americas, including North and South America, is shown in a light blue color. Overlaid on this map are several semi-transparent circles in shades of blue and grey. A solid blue horizontal bar spans the width of the page, partially overlapping the map. The text 'ICDP in Americas' is written in white on this bar. At the bottom of the page, a list of countries is displayed in blue text.

ICDP in Americas

EL SALVADOR COLOMBIA PANAMA BOLIVIA PARAGUAY CANADA USA



Network meeting in El Salvador

The meeting of the Latin American ICDP Network took place in San Salvador, El Salvador, coordinated by ISNA, UNICEF and ICDP.

During the week from 5th to 9th of November 2018, the Second Meeting of the Latin American ICDP Network took place at the Maquilishuat Hall, Hotel Mediterráneo Plaza, San Salvador.

You can view photos from the event by using this link:

<http://www.icdp.info/api/media/media/1354>

On 5th of November 2018, the inauguration of this event was held at the "San Oscar Arnulfo Romero" hall, in San Vicente de Paúl, San Jacinto, San Salvador, El Salvador.

In addition to members of the ICDP network, the inauguration was also attended by Elda Gladis Tobar, the Executive Director of the Salvadoran Institute for the Integral Development of Children and Adolescents (ISNA); Nadine Perrault, the Representative of UNICEF of El Salvador; Ticas Vice, the Minister of Health; Luis Roberto Flores Hidalgo, Vice Minister of Social Prevention; Erick Romero, the Representative of EDUCO; and Jaime Chinchilla from the PNC (National Civil Police).

The ICDP participants came from Colombia, Ecuador, Bolivia, Peru, Mexico, England, Canada, Sweden, Denmark, Nicaragua, Brazil, Paraguay and El Salvador. The five day event was attended by representatives from the following institutions in El Salvador: National Civil Police, UNICEF, EDUCO, ISNA, SOS Villages, MINED, Integral Childhood and Save the Children.

The meeting learned about the work carried out by different governmental and non-governmental institutions that had added the implementation of the ICDP programme to their ongoing projects or programmes.

The 3 main objectives of the meeting were to:

- Maintain "live the ICDP flame" by holding international or regional meetings periodically;
- Inform about the progress of the application of the ICDP programme;
- Establish new goals and intervention strategies.

The achievements in the region are impressive and high numbers of people have benefited from the content and tools of the ICDP programme. Throughout the meeting, participants witnessed the versatility of the methodology and also the ability of facilitators to reach out and assist families living in complex and difficult situations. It was moving to see how many lives had gone through positive transformations thanks to ICDP.

El Salvador is a country in which the ICDP programme has been inserted into public policies and at national level. In 2018, the national police started to receive ICDP training and members of the police have delivered ICDP to different communities with success. This year, the work on the adaptation of the ICDP pack of material for use with families of adolescents was carried under the guidance of Nicoletta Armstrong and this material will be published by UNICEF El Salvador in early 2019. It will be offered to other countries in the region, as many are already working with adolescent population.

On the fourth day participants went on a field visit to the City of Childhood and Adolescence in the department of Santa Ana and afterwards enjoyed a tour of the Lake Coatepeque.



A declaration of commitments and projections for the implementation of ICDP was formulated and agreed by all present on the last day. The closing ceremony included cultural displays and dancing.

Presentations from different countries confirmed that ICDP is still alive and that it is having a significant impact where it is being implemented, leading to changes in those who participate in the ICDP training processes.

Colombia

ICDP Colombia has initiated projects in three departments of Colombia.



ICDP work in Colombia during 2018 has so far benefited 1650 children.

Follow the link to read their short report:

<http://www.icdp.info/api/media/media/1371>

ICDP, a key strategy against violence in Boyacá, Colombia

At the Summit of the Mayors of the department of Boyacá, the ICDP programme was recognized as the key departmental strategy to reduce violence against children and adolescents.

The Summit of Mayors of Boyacá was held on 26th of October 2018, at the Hotel Sochagota in Paipa, department of Boyacá, Colombia.

The "Summit of Mayors: We create a friendly Boyacá, free of violence for the children and adolescents", was led by Engineer Carlos Andrés Amaya Rodríguez, governor of the department and the secretary of Human Development, Adriana del Pilar Camacho León, with the

support of Unicef Colombia, the Attorney General's Office and the Municipalities Management, the Mayor administration Yamit Noé Hurtado Neira, with the presence of the representatives from family commissions and municipal representatives for childhood and adolescence from the 123 municipalities of the department of Boyacá and the management agents of the National Family Welfare System.

The meeting between the local, departmental and national authorities, and the members of the newly formed and established Departmental Board of Children and Adolescents, served to sign a pact for a life free of violence for the present and future generations of the region.



Likewise, it allowed highlighting and recognizing the administrations of Samacá, Paya, Turmequé, San Mateo, Panqueba, La Capilla, Santa María, Nobsa, Paz de Río, Campohermoso, Maripí, Belén, Santa Sofía and Paipa, for advancing outstanding initiatives in each one of its localities and provinces, for good practice in the prevention of violence in favour of early childhood, childhood and adolescence.

In most interventions, the positions were aimed at strengthening the administrative, fiscal and operational management at municipal, departmental and national level in the field of early childhood, childhood and adolescence.

During the meeting that had about 350 participants, Governor Carlos Amaya, invited mayors to keep in mind, at all times, that the most important thing in our society is children: "They are not only the future, they are the present, so you have to work for them and fight for them to be happy."



There was recognition of the importance of the actions by the departmental administration in applying the ICDP programme to reduce the rates of violence against Boyacá girls and boys (strategy Soy Como Tú – I am as you are).

Cooperation with the Fundación Amanecer, Quindío, Colombia

ICDP Colombia carried out a sensitization project in partnership with Fundación Amanecer, near La Tebaida, Quindío, Colombia. The project targeted parents of children who attend the after school programme run by the Amanecer foundation. The project was launched by the mayor in August 2018 and was carried out in the period between August and December. Due to positive results, a follow up is being considered.

For Spanish speakers, follow this link to see a video from this project which was placed on YouTube:

<https://m.youtube.com/watch?v=lnuy2yCn7bY>

Summary of project observations:

One of the important aspects of the training was that the caregivers discovered the importance of sharing their experiences with their companions in a free and easy way, and this allowed them to get to know each other better and to develop a high degree of trust and harmony, as well as being involved in sharing a lot of fun together - while at the same time they were able to participate actively in all aspects of the ICDP process. The trainer contributed to the warm and close atmosphere and the objectives of the programme were easily achieved as a result.

Playful exercises and games, as well as plenty of humour helped create an environment of trust, friendship, harmony, respect and empathy among the whole group. The exercise on the 'inner child', followed by many reflections, songs, as well as references from research and theories,

raised the participants awareness and brought to surface their own feelings and sensitivity, expressing many emotions, stopping to reflect on their own lives and their families. They reflected on their child-rearing patterns, analysing both the positive and negative aspects. Sensitivity, reflection and self-esteem increased in the participants, and they recognized their own value, strength and skills for the upbringing of their children.

Many participants remembered negative aspects experienced in their own childhood, and also reflected on the negative aspects in their present relationships not only with their children but also with their close relatives – after reflecting on these they chose to seek better ways of dealing with themselves and their family.

Reliving happy moments and stories from past situations with their children reactivated some of the positive forms and aspects of communication.

The caregivers said they had discovered new and subtler aspects through self-observation and self-assessments of their own interaction with their children in daily situations. This made them more aware of the value of their daily interactions with their children as opportunities for closeness that can lead to developing reciprocal understanding and joy in their daily lives.

Another important realization made by the participants was that they became more attentive to the feelings and emotions of their children, making an effort to interpret their children's wishes and desires with more patience and responding to them positively, all of which lead to better communication and listening to each other's' opinions. They said that they felt they had developed confidence in their role as caregivers of their children and understood how important the process of guiding and supporting their learning is, in addition to providing emotional security.



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more if they can be firmer, giving clear rules depending on the children's age, without using any form of abuse.

For some participants it was occasionally difficult to meet due to their jobs and other urgent situations that arose, but they never lost their interest in participating. A few caregivers had to bring their children to the meetings because they did not have anyone to leave them with at home. At times, children participated in role plays. However, the ideal solution would be to find a person that can organize some activities for the children that come with their parents to ICDP meetings.

Some of the home assignments related to the ICDP booklet "I am a person" involved the participants' children. For example, the children participated and discussed with their parents to what extent their parents applied the 8 guidelines for good interaction and helped their parents make the interaction profile – it was interesting to see how children helped their own parents find out which of the guidelines they should pay more attention to practice more. This experience was very positive both for parents and their children and developed a positive attitude in both. The participants appreciated receiving ICDP certificates at the end of the course as a recognition of their effort, perseverance and willingness to be better caregivers of their children.

Comment from ICDP trainer, Blanca Cecilia Garcia: "It was a very interesting and rewarding process in many ways for me personally as a facilitator of the methodology, I feel there were many other things to share and discuss, but time did not allow it. The course was a very satisfying experience and participants' maintained very good disposition throughout; they felt free to express their feelings, sometimes there were tears and other times many smiles; it was good to see changes reflected in their faces and hear them talk about adopting new and different attitudes that will serve them much in their lives, in their families and will surely have some effect even on their communities."

First ICDP steps in Chiriquí province, Panama

A new ICDP development started in the province of Chiriquí, in Panama.



The new project represents cooperation with Father Erik Obaldia from the Parish of the Inmaculada Consension. The Bugaba district of the Chiriquí Province was selected and prioritized by Father Obaldia as the community where the ICDP programme will be rolled out through a project developed for the families and children living in Bugaba. In order for the planned ICDP work to have a wider reach, a local team of professionals will receive training to become ICDP facilitators, supported by Nicoletta Armstrong, leader of ICDP. Having a local team of facilitators is important as it means that ICDP could be sustained in future and later expanded to reach more families.

The first introductory workshop has already taken place in January 2019, conducted by ICDP facilitators Yirli Plaza and Antonio Mendoza. It was attended by teachers, church fathers, parents, caregivers and others from the community of Bugaba. The ICDP programme was well presented through theoretical and very practical tools which activated the participants and gave them opportunities to feel the content of the programme in a personal way. ICDP received a warm reception from the participants, as well as support from Father Obaldia.

ICDP Bolivia network plans

Several new activities are planned for Bolivia.

The new project is building on the work that was carried out during previous years in three areas of the country: Cochabamba, Santa Cruz and Potosí.

The ICDP programme will be implemented in health centres with pregnant mothers, with staff and parents in educational units, and with women in shelters victims of intra-family violence.

The new project will also provide training, reinforcement and monitoring to a core team of 9 professionals in Cochabamba.

There will be follow-ups in each of the three municipalities where the facilitators have been working, namely in Cochabamba, Santa Cruz and Potosí. The local trainers have made plans for a series of sensitization and training workshops for officials of government organizations and NGOs that are involved in early childhood care - the aim is to invite them to enter into cooperation agreements with the ICDP Bolivia Network. An important aspect of the project is its focus on developing and agreeing on a strategy with participating institutions for future sustainability of ICDP work.

A facilitator network meeting will be organized as a way of encouraging discussion and sharing of experiences from different areas where ICDP is being implemented. The ICDP Bolivia facilitators will receive support from experienced ICDP trainer Ilaina Ramirez who will visit from Ecuador to provide some assistance to the local team.

In connection with new developments in Bolivia, the ICDP Bolivia team (on photo below) has also asked for a support from Nicoletta Armstrong who will update them on the new protocols and adaptations of the ICDP materials for adolescents.



Feedback from teachers, Paraguay

The ICDP course was carried out at the “Rev. Father Dr. Antonio Terstiege” school, in Julian Augusto Saldivar, situated 23 km from the capital Asunción Paraguay.

The key ICDP trainer was Elisabeth Gavilan, from "Vida Plena" foundation in Asuncion.

Comments from the trained teachers (on photo below):



During this course, I learned how to relate to my students, to use dialogue and provide deeper meaning; to involve them in the process of understanding; to accompany them daily by putting myself at the level of each individual student – and I learned to do the same with my own children.

I reflected about empathy and the meaning of putting oneself in the place of the other person. This course has helped us a lot for a better relationship between children at school and also at home with my children.

I have learned about the types of dialogues that are having a great impact on our behaviour. I am a mother of two. What my children need the most from me is to be present for them, to share dialogue and for me to listen to them. I need to do this in a deeper way than I used to.

I realized I need to be more attentive, show understanding, and maintain children's motivation, go down to their level. They need my love to become confident, secure. I need to listen to children, guide and make them feel important.

I learned that children need for adults to pay attention to them, talk with them and show understanding. I feel I need to be more patient with children in order to better listen to their needs.

Many times due to lack of time or because I prioritize other things, I leave aside the practice of empathy. This I need to improve. I realized we need to pay more attention and provide more support to our students. Students need to have good dialogues with adults; I personally need to practice empathy.

We need to observe their actions, their requests, their ways of being and their behaviour; to notice when they are sad, quiet. I need to work more on the comprehension dialogue, because children want to be understood.

I need to put more emphasis on the 3 dialogues of the ICDP programme, which are in fact all interlinked. They are of essential importance. It is important to apply the dialogues both at home and at school.

The change in the relationship with my children is that there is a lot more dialogue now - they want to tell me about things that happened, about their peers.

At home and at school we keep trying to apply this - but there is much to improve still. There is more understanding and communication now. The course has helped my son in this stage that is now entering. I have benefited very much. Hopefully we will continue with it later. God bless you!

Practicing these guidelines helps the children work harder to achieve better results. I felt very good participating in the course; one feels motivated.

The course helped a lot; I have been applying the dialogues with the children every day and have observed a positive change.



First ICDP activities in Canada

An ICDP initiative has been developing since the beginning of 2019.

Claudia Marcela Rojas (on photo below) is an experienced ICDP trainer who has been working with the ICDP programme for almost twenty years in Colombia and is currently living in Montreal, Canada.



Since the beginning of 2019, Claudia has been training a small team of four professionals to become ICDP facilitators. They are close to finishing their self-training projects by training groups of caregivers and will soon become certified as ICDP facilitators. The trainee facilitators are on the photo above: Consuelo is from Colombia, Helen, Edward and Ophelia are from Venezuela. This ICDP team is able to work in three languages: French, Spanish and English.

Claudia is also working on forming an ICDP organization, which she hopes to register with the Quebec government. The aim is to work on spreading the ICDP programme by making agreements for training and cooperation between the newly formed ICDP organization and the relevant local partners who work for the benefit of children and families.

ICDP international wishes Claudia and her new team in Canada all the success!

ICDP-USA

The Changing Children's Worlds Foundation, which runs ICDP-USA in the United States, provides "ICDP-USA: The Best Start for

Families-A Health Equity Approach" program to parents & children, as well as to professionals. Since 2010, we have trained 475 professionals, and paraprofessionals (social workers, educators, home visitors, childcare providers, school support service staff, psychologists, nurses) who work directly with Parents and Children.



The training teaches the community-based practitioners to implement the ICDP Guidelines: empathy-based, trauma-informed communications, interactions and relationship into their work practice. It further trains them on how to facilitate community-based Parent/Caregiver Learning Groups to strengthen parents' empathy-based communications, interactions and relationships with children, so that children are surrounded by consistent support for their positive development and well-being.

CCWF also provides "ICDP: The Best Start" Community Workshops, Professional Development & Public Awareness on Health Equity & Empathy-based Family Relationships (Programming / Education); Community-based facilitated Learning Groups; Corporate or Institution-based Learning Groups for Staff. This helps to ensure a consistent culture of empathy-based interactions and supportive team building in partner institutions. Professional Development through "ICDP: The Best Start" Training Workshops is offered at Facilitator and Training levels.



CCWF provided nearly 40 parent programs and professional workshops in 2018, collaborating with community centers, school districts, juvenile facilities, and parent groups. To-date we are running programs in a adult justice center/jail, mental health facilities, community organizations and schools. CCWF is proud of collaboration with partners and sponsors, local, national, and international - American Legion, Wells Fargo Corporation, Rotary International, Kiwanis-St. Charles, Kane County authorities, the Bright Promises Foundation and others.



CCWF ensures that program activities are supported by scientific research. For evaluating the effectiveness of the "ICDP: The Best Start", the TOPSE tool is used, measuring parental self-efficacy by following categories related with parenting statements: emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundaries, pressures of parenting, self-acceptance, learning and knowledge, resilience and hope. We also measure using the SDQ, Parent-Child Tactic Conflict Scale, Kessler Psychological Instrument, and others. Evidence consistently demonstrates that parents and caregivers improve with participation in the "ICDP: The Best Start" program. Most importantly caregivers demonstrate a reduction in self-report Psychological Aggression and Physical "Assault" of children in their homes.

This is a result of changes where parents showed significant improvement in ICDP Guidelines such as showing positive feelings, sharing experiences, responding to child's initiatives, holding meaningful dialogue, giving praise, showing enthusiasm enriching child's experiences, setting boundaries and routines etc. while their concerns on child's difficulties have decreased, and strengthened parent-child relationships - an important protective factor!

In February, Dr. Kimberly Svevo-Cianci, the founder of the ICDP USA, and her colleagues have won the National Foundation to End Child Abuse and Neglect (EndCAN) First Place Award in category "Prevention". Their paper "Achieving Comprehensive Prevention of Child Abuse & Neglect" was recognized as the best among more than 50 applications. They presented their paper at the First EndCAN's National Summit held this March 2019 in Denver, CO.

In March, the Kempe Center, a national research/education center on the prevention of child abuse and neglect, received a 2019-2020 grant for \$100,000 from the Kempe Foundation. This money is planned to bring "ICDP-USA: The Best Start for Families: A Health Equity Approach" to Colorado in partnership with the University of Chicago-Chapin Hall, with training by the Changing Children's Worlds Foundation.



ICDP in Asia

BANGLADESH PHILIPPINES INDIA CHINA NEPAL



ICDP restarting in Bangladesh

The ICDP programme will be put in practice again in Bangladesh, after 25 years.

In 1993, the ICDP programme was implemented in the villages around Dhaka through ICDP cooperation with World View International. The focus was on the prevention of nutritional blindness and enhancement of adult-child relationships. Facilitators visited local families to supply them with nutritional information and to convey ICDP messages.

Earlier this year ICDP was contacted by a Gerd Eli Haaland (on photo), a Norwegian medical doctor working in Dhaka who explained her vision for ICDP: "I would very much like to explore the possibility to start ICDP here in Bangladesh. I have seen an enormous need of betterment in the interaction between parents and children. In my work among the poor people in Dhaka I am observing severe child abuse in all its forms in my daily work. There seems also to be a common understanding in Bangladesh that children need to be disciplined by physical means. I would like to start ICDP through the Norwegian mission organization called Normission. They have worked in Bangladesh for more than 50 years and they have a broad outreach through schools, hostels, churches and different development projects."

Now, several months later, Gerd Eli Haaland has already started to work on her vision and has gone through the first stage of ICDP training. In addition, during the last week of October, she attended ICDP training in Dungarpur, India, conducted by Nicoletta Armstrong which enabled her to start implementing ICDP with her first parent group in Dhaka over the coming months. She will continue her training up to trainer level.

Facilitators with their diplomas in the Philippines

The ICDP Facilitator level certification workshop was held in Ormoc, from 8th to 12th of October, 2018.

The Save the Children team successfully fulfilled all necessary steps entitling them to receive the ICDP Facilitator Level Diploma. They have been working hard throughout 2018 and have delivered ICDP to over 100 families in and around Ormoc.

The task of ICDP facilitators is to sensitise, build competence and confidence in parents' ability to care for their children and all members of the team understood this well. During the year of ICDP training they gradually became more and more aware of the important points of the programme and which key aspects needed to be in place for good delivery of ICDP at meetings with parents. This became evident during the field visits when I observed the facilitators in action.

During the last workshop we spent time yet again discussing adjustments of delivery to fit in even better with the participants' education and cultural background, i.e. how to deepen the content and delivery in order to have greater impact on the way caregivers and parents behave towards their children. We agreed on a Plan of Action to continue improving the ICDP materials and the facilitators' future work with parents/caregivers. On the last day of the workshop there was a short graduation ceremony. I was glad to give all participants their ICDP Diploma in a very positive atmosphere of future commitment and with interest to go on improving. We now have our first group of ICDP Facilitators in the Philippines - warm congratulations to all!

- Nicoletta Armstrong, ICDP chair and international trainer.

An ICDP learning event in India

An ICDP learning event was held in Dungarpur, Rajasthan, India, from 31st of October to 2nd of November 2018.

For almost two years now, Save the Children has been working on including the ICDP programme as one of the elements of the Child Sensitive Social Protection (CSSP). They selected the ICDP programme because of its focus on improving the quality of care for children and as a global parenting programme that has already been proven to be effective across several countries. By September 2018, Save the Children had implemented ICDP as part of their pilot parenting programme, in four countries: Nepal, India, Philippines and Somaliland.



At the meeting in Dungarpur, participants (ICDP facilitators) from Somalia, Burkina Faso, Nepal and India gave presentation on their CSSP projects, and focused especially on their work with the ICDP programme which they have been delivering to parents in different communities.

In all four countries, ICDP was used in parallel with nutrition, gender, child work, and family budgeting - all together they represent a larger parenting/child sensitivity package. The main idea of the learning event was to analyse processes of implementation and identify areas of strengths as well as ways to improve on the weaker points. The meeting was also attended by Nicoletta Armstrong, ICDP leader and by members from Save the Children Finland. One of the key organizers of the event was Disa Sjoblom from Save the Children India who is also an ICDP trainee trainer.

The meeting agreed that the strengths of the ICDP approach lies in its simplicity, it is easy to learn, relevant for all ages, effective and culturally adaptable (for example, in Somalia, ICDP is seen as a culturally appropriate approach for Muslim context). Some of the challenges that were identified included: time needed to develop sessions, lengthy training process and drop-out of trained facilitators and caregivers.

The participants were divided into small groups to discuss training, implementation and scaling up, which was an opportunity to create future strategies for sustaining parenting groups and replicating the parenting programme on a wider scale. Some of the questions/comments that were raised during sessions:

- How to work and engage with national partner organisations? In Nepal and Burkina Faso, both partner and SC staff are trained at the same time and work in pairs in delivering the sessions.
- To prevent drop-out of facilitators can you provide incentives (not necessary money)? In India, they are planning to ask the government to make parenting sessions mandatory for those who get the orphan cash transfer and also adjust special sessions for migrating populations. In the Philippines, parenting is a mandatory component of the social protection programme that CSSP focuses on.
- ICDP guidelines exist for the home visits that are to be followed. The gender of facilitators has so far not been an issue. In India the majority are male facilitators working well with women groups.
- Nicoletta emphasised that ICDP is a flexible approach and the details can be adapted by the facilitators to fit in with the specific group; facilitators and caregivers should be rewarded in some way; strategies should be developed to attract those who are more difficult to reach (e.g. fathers).



- Scaling up the ICDP approach – how to deal with the cost and capacity issues? Could we have a minimum package (minimum sessions needed) for scaling-up? India is already working on this. In South America, the adaptation was carefully prepared for successful scaling up; very good materials were important, as well as roll-out of good trainers as a mobile team. In-built system for follow-up and reward system are also important.

The general consensus among the CSSP project team members implementing ICDP sessions across Asia and Africa is that it provides an extremely constructive base for improving parenting. In all countries, a quantitative and qualitative pre and post assessment was carried out to understand changes in parenting practices after the sessions have been implemented with the parents/caregivers. The reports of results will come out by the end of 2018.

Video with testimonials

Caregivers talk about ICDP on this new video.

It was produced by ICDP China and it contains testimonials from those who had received the ICDP programme in the Yunnan province of China. It has English subtitles.

It can be found on this webpage under Downloads, section Videos. Or to see it you can also follow this link:

http://www.icdp.info/var/uploaded/2018/12/2018-12-03_12-23-31_20181130_025047_icdp_china_caregivers_2018small.mp4

ICDP Nepal

ICDP activities by the ECEC organization have been ongoing for four years now and in 2018 over 1000 caregivers were reached.



Photo above: ICDP Facilitators from Education Horizon Nepal, Dhading. Photo Courtesy of Prabin Tamang: EHN.

From the ICDP report by Risohani Pradhanang:

The ECEC organization obtained the ICDP Nepal status in 2018 and during the year four new groups of facilitators, one in Pokhara and three in Kathmandu, were formed. This brought the total number of ICDP certified facilitators to 287. A group of 69 new ICDP facilitators conducted 8 ICDP meetings to a total of 333 caregivers.

These facilitators came from different organizations like Save the Children Nepal, SOS Children's Village Nepal, Tiny Hands Nepal, Seto Gurans National Child Development Services (SGNCDS), CWISH, Self-help Group for Cerebral Palsy (SGCP Nepal), Rise and Shine Nepal, Asha Bal Bikash Sewa (ABBS) / (HDCS), Asal Chhimekee Nepal, ECEC and different churches and schools.

In addition, through private funding ICDP Nepal trained 37 new facilitators – these were school teachers, principals, trainers, from different private and government schools and NGOs. They sensitized in ICDP 170 caregivers.



The geographical areas that they covered with ICDP training include Kathmandu, Lalitpur, Bhaktapur, Saptari, Mahattori, Sarlahi, Dolakha, Kavre, Jajarkot, Itahari, Gorkha, Dhading and Dhankuta.

ICDP facilitators who had graduated in previous years continued to conduct meetings for caregivers and in 2018 they gave ICDP training to 548 caregivers.

Network meeting

On the 26th of October 2018, the first ICDP Network Meeting was organized which was attended by 116 facilitators.

Parent conference

On the 2nd of December 2018, ICDP Nepal held their first Parent conference and 206 caregivers were present. They were able to share their newly gained insight on parenting skills.

Testimonies from caregivers:

- Anita Limbu is a single mother with a daughter called Unisa. Unisa suffers from cerebral palsy. Anita does not receive support and love from her family and relatives, so all the responsibility for Unisa lies on her shoulders alone. This mother used to feel a great deal of frustration and burden, but then she had the opportunity to join the ICDP caregiver meetings where she met other mothers whose children were also suffering from cerebral palsy. During the first ICDP sessions she cried a lot, as she was becoming more and more aware of Unisa's needs that she had been ignoring. She started to see her child as a person rather than a burden and this made her behave in a much more positive way towards her. Anita reported that one day Unisa asked her why she was not beating and scolding her as she used to do before - Anita's eyes were full of tears while telling about this and realizing how negatively she had been treating her daughter. Her daughter can't speak but can express her emotions and feelings with her gestures. Anita is now caring and expressing love towards her daughter more than before and she said that Unisa is a great deal happier now. Anita is thankful to the ICDP caregiver meetings and

wants to be an example for other mothers with children with disabilities.



- I am working as a caregiver in the Nepalgunj day care centre for disabilities children in the Banke district. I had the opportunity to take the ICDP caregiver course. At work I used to take care of a Down syndrome child called Rizan Lamichhane. He was hyperactive and I was annoyed with his behaviour and I used to tie and leave him with food while I would go for lunch. At first I could not talk about this but in the third ICDP meeting while discussing about putting ourselves in our children's shoes, I broke down and cried, and told my story. I realized how Rizan must have felt inside. After ICDP, I have now started to play, talk and understand every child who comes to the centre. This knowledge and change was only possible because of ICDP. Thank you ICDP.

--Words from Sushila Shahi (on photo above)

- My son is studying in the Yasodhara Boudha Higher Secondary School. This school is one of the project schools of the Nepali organization called the "Children and Women in Social Service and Human Rights" (CWISH). My eleven year old son used to get hold of things around him, such as bottle tops, bottles, electricity wires, clocks, batteries, etc., in order to make boats, cars and many other things from these. I would become very agitated and would throw these things away while ridiculing my son. I would use bad words in relation to my son, such as "filthy and junk collector". After the ICDP training, I came to understand that these activities of my son are actually creative activities of great importance for his development. After this I started to collect and store all sorts of junk material for him to play. Thank you for this ICDP training.

--Words from Meena Pariyar.





ICDP in Europe

UKRAINE RUSSIA GEORGIA DENMARK FINLAND NORWAY

Europe



From Anratsit, Ukraine

ICDP trainers from Ukraine, Marina Sklar and Helen Sarachan, are sharing a few of their latest photos (see above) from the ICDP workshops they conducted with groups of parents and caregivers during autumn and winter 2018. These workshops were held in the occupied territory in the city of Anratsit, in the Lugansk region.



They have also made a short video in which they asked several children to express what it means to be praised by parents. These children's parents had attended an ICDP course.

Helen and Marina are currently developing special diaries for parents to record their thoughts and observations about each ICDP theme. The diaries will be used in parallel with the standard ICDP booklet with the 8 guidelines for good interaction. They have already piloted some of diaries with a group of parents who found them very useful. The first diary book from the "Secrets of Successful Parenthood" series of 8 books, has already been published. It is devoted to the analysis of interaction with the child within the framework of the basic principles of the ICDP programme. And the second part invites you to work on yourself. The topic of the first diary-book is love. Marina explains: "How to relate and show love to a child in different ways, how to diagnose and develop your own ability to love - these are just some of the questions that we offer for reflection. This diary book will help you return to your childhood, remember what you felt in

different situations. And also, you will find the answers within yourself and an understanding of how you can correct the current situation in the family, if necessary."

Update from Oksana Isaeva, Russia



The ICDP activities are ongoing in the Nizhniy Novgorod region.

Master level students of Crisis Psychology at the Minin University, the Nizhniy Novgorod Pedagogical University, have been receiving training in the ICDP programme as part of their studies.

In addition to this, the two ICDP trainers, Oksana Isaeva and Natalia Dunaeva have also started to conduct ICDP training workshops at a private Kindergarten in Dzershinsk, in the Nizhniy Novgorod region. The head of the Kindergarten and all staff, including nurses and teachers, showed to be very interested in the ICDP programme – some of them appear on the photos above.

Link to ICDP Russia pages in VK and ICDP Russia facebook:

<https://vk.com/club117351685>

<https://www.facebook.com/icdpRussia/?ref=bookmark>

Training of facilitators in Georgia

Trainee facilitators were busy throughout October, November and December 2018.



They attended ten ICDP meetings which were conducted at the Tamar Gagoshidze's Neuropsychology Center, in Tbilisi, Georgia. This group consisted of neuropsychologists, educational specialists, and mothers who had attended an ICDP course before. Their ICDP trainer is Nino Margvelashvili, a neuropsychologist who endeavoured to create an atmosphere of open-mindedness during the training, and encouraged participants to be receptive for new experiences and to consider each other's different perspectives.

Right from the start, the unique struggles that mothers face in relation to their children set a point of challenge and interest for the whole team. After each ICDP home task the participants expressed their astonishment at the level of awareness it brought to their relationship with children and the whole team. The exploratory process of the ICDP themes and dialogues, video analysis, role plays and engaging games brought immeasurable rewards enhancing positive aspects of their relationship with their children as well as their spouses, promoting self-confidence and activating empathy.

Here are some of the reflections from two participants.

Mother of four children: "Our meetings and the experience I went through here is helping me to rediscover the charm of motherhood, to savour positive emotions more than the struggles and to feel pleasure from everyday routines..."

Mother of special needs child: "I started to imagine myself in my child's place, consequently, to consider his interests and to avoid "ignoring" his initiatives. I started to overcome the difficulties in our relationship that were caused mostly by the lack of "emotional dialogue."

The next phase of training and supporting future facilitators will start in February 2019.

Activities at the Danish Centre

ICDP has a strong presence in many different fields.



To read the report from the Danish Centre for ICDP, follow this link:

<http://www.icdp.info/api/media/media/1383>





ICDP Denmark national conference

ICDP Denmark held their national conference on 4th and 5th of October 2018.

Annette Groot from ICDP Denmark, describes the event:

It is with great pleasure that we look back at an excellent conference that lasted over two days. The conference had full attendance with 150 participants, including educators, teachers, municipal leaders, day care workers, child nurses, etc.

We gathered at the Fyn training centre on Thursday morning at 10 am, and started by listening to a singer's rendition of "You raise me up".

This was followed up by a very enriching and instructive talk by psychologist Dr Susan Hart, who has been teaching and working with neuro-active pedagogy for many years. With illustrative video clips, she explained how relationships shape children's emotional development and talked about the importance of good emotional development for children's well-being and learning – in other words she focused on how adults apply the emotional dialogue and the ICDP themes for good interaction.

After a nice lunch with time to network, participants were given the choice of attending a workshop on one of the following four topics: neuro pedagogy, parenting, partnerships or mentalization.

On the second day we had the great pleasure of listening to Dr Louise Klinge, who fascinated us with experiences from her research in schools. She has been studying different aspects of teacher - student relationships for several years now, and how important such relationships are for students' well-being and learning. And, in line with ICDP's basic notions illustrated in the 8 themes for good interaction,

she found that the teacher's ability to form strong relationships and unity is crucial for students' safety, motivation, self-esteem, as well as personal, social and professional learning. Her presentation was very practice-oriented including exercises that the participants could use in their own daily lives.

After the conference, we asked all participants to fill in an evaluation form, which confirmed our own experience, namely that the participants had an enriching and delightful experience - and many expressed a wish to attend the next conference.

From Turku, Finland

Certification of a new group in Finland



A wonderfully small and totally engaged group of professionals just completed their basic course of ICDP training in Turku, Finland.

Participants came from both North and South of Finland and from different professional arenas: school, day care, social family work and mother-infant rehabilitation.

The participants especially delighted in the strength based approach of ICDP: to promote health and wellbeing by focusing on resources and the positive qualities in every child and parent.

The ICDP association in Finland looks back upon an active year:

- The level of activity is especially remarkable considering that nobody in Finland is employed by the association; all is done as voluntary work. First, we are proud to



announce that we launched our new web site, where the programme is being presented in Finnish and Swedish (both national languages in Finland). During 2018, ICDP Finland was part of a national project with NGOs adding to more visibility for the programme. ICDP Finland also hosted the Nordic countries board meeting and arranged a meeting for the 16 ICDP-trainers in our trainer network. One of the events keeping us really busy lately is preparing for the biannual Nordic ICDP networking conference, which will be held 9-10th of May 2019 in Espoo, Finland. This is the first time ICDP Finland will host the Nordic conference so we have a lot to learn. In addition, there have been four basic training processes in different parts of the country with 49 people from day care, child protection and different NGO workers being trained on level one. Slowly but surely the programme is catching on even in these northern spheres.



The photo above is of the trainee facilitators and it was taken on the last day of the ICDP workshop held on 12th of October 2018.

Cultivating empathy in the care of older people, in Norway

The ICDP project for caregivers working with older people is starting to take shape.

Two ICDP trainers from Oslo, Line Constance Holmsen and Eli Østberg Baardseth, have been working on the project that adapted ICDP for caregivers working in nursing homes.

The project is in its second phase. Having completed the initial basic ICDP training in October 2018, there are twenty candidates for the ICDP Facilitator level certification. Trainee facilitators started to conduct ICDP groups for their colleagues/caregivers in nursing homes. They are currently delivering ICDP training to five groups of caregivers who are working in different nursing homes in Oslo.

With regards to research, thirteen focus groups were conducted and participatory observations of twenty different groups have taken place so far.

“The first indications are that both the employees and their leaders in the nursing homes seem to be very positive about the ICDP programme. They said that it helps them to become more conscious and reflective about their behaviour in different caring situations. Some of the participants in the interviews reported that they have started to look forward to going to work. There are also some challenges, especially with regards to their extremely hectic days at work. I hope that they will get the opportunity to apply for financial support in the future, and that the implementation of the ICDP programme will continue. I will present some of my results from all my qualitative data at the ICDP conference in Finland in May 2019.”

– *Line Constance Holmsen.*

Conference participants propose the introduction of ICDP experience in the activities of the New Ukrainian School.



The implementation of the New Ukrainian School Concept is one of the most pressing issues of our time. This process requires a comprehensive understanding, awareness and implementation in practice of its basic components. One of the most difficult components of the New Ukrainian School is the pedagogy of partnership, which includes a system of methods and techniques of education and training based on the principles of humanism and a creative approach to personal development. It was the pedagogy of partnership that was one of the most difficult topics during the discussions. The difficulty lies in the question of how, in practice, to ensure fruitful cooperation of teachers, parents and children on the basis of mutual trust and respect; How to achieve a balance of rights, duties and responsibilities in the triangle child-teachers-parents. The solution to this issue is very important. One of the ways to solve it is to use the European experience of the International Child

Development Program (ICDP). ICDP is a facilitation program and has extensive experience working with parents and children. The principles of the program are aimed at forming a positive interaction with the child,

helping to form trust, goodwill and positive attitude in relationships. The ICDP promotes the development of respect for the individual and is the answer to the question of how to achieve a balance of rights, duties and responsibility in the child-teacher-parents triangle.

The possibilities of introducing ICDP in the conditions of the New Ukrainian School:

1. Development of special courses and advanced training courses for methodologists, educators working in preschool educational institutions, psychologists, social teachers and teachers.
2. Developing programs to ensure the effective cooperation of teachers, parents and children based on mutual trust and respect.
3. Development of facilitative support in an inclusive education environment.



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