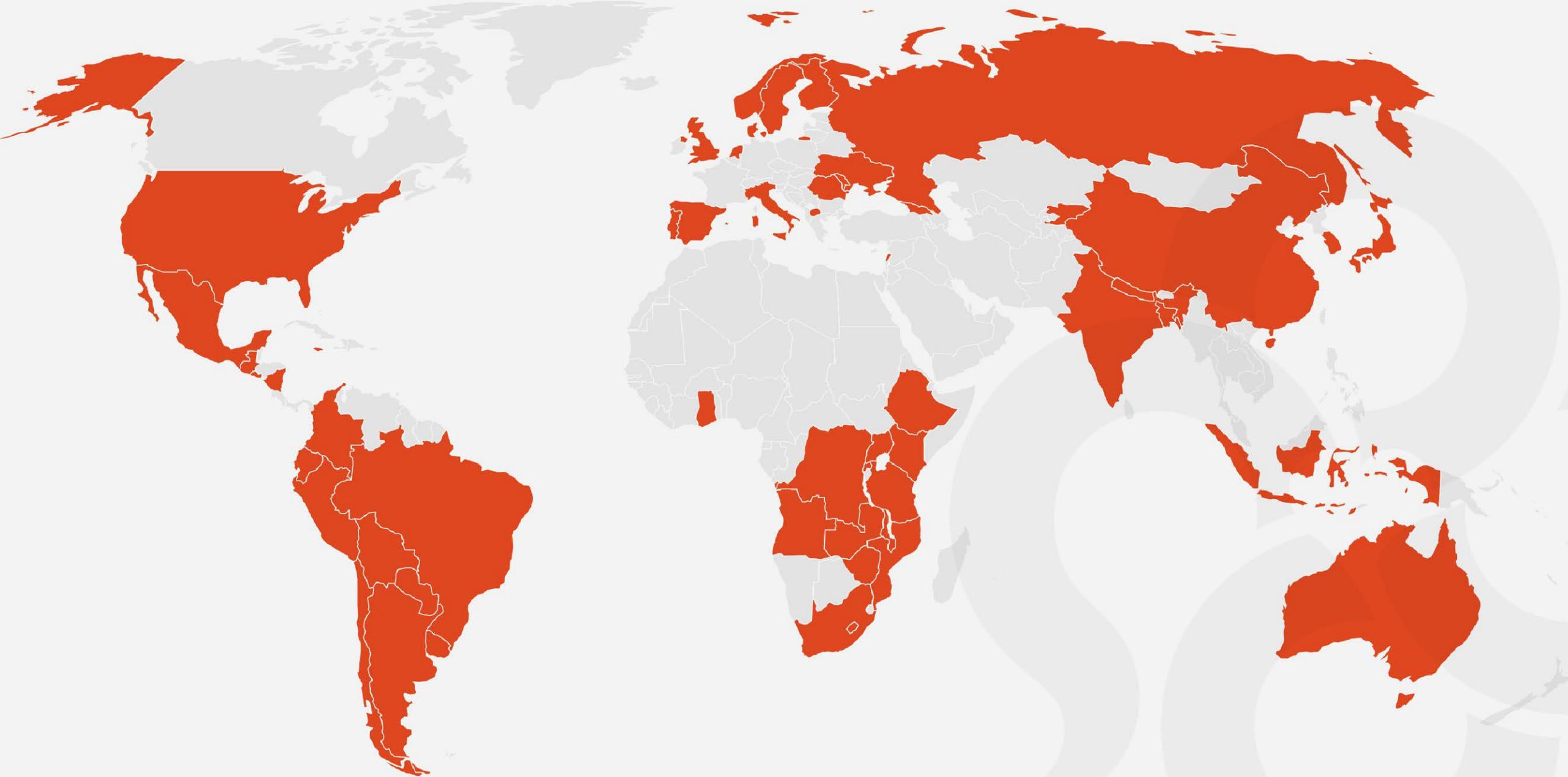




International Child Development Programme

Newsletter

Our reach so far





ICDP in Africa

BURKINA FASO MALAWI MOZAMBIQUE TANZANIA



Certification of first facilitators in Burkina Faso

In June 2018, Pedro Mendes, one of the ICDP founders and international trainer went on a training visit to Burkina Faso.



Pedro has been training Save the Children staff members in Ouagadougou. The objective of this training project is to eventually include the ICDP method in the parenting package prepared by Save the Children.

By June 2018, 15 staff members had attended two ICDP workshops and carried out their first practical projects in the field as ICDP trainees - they presented that work to Pedro as compulsory requirement of the ICDP second training module.

The June workshop took place in Kaya, a small town 100 km northeast of the capital town. It was held in the same hotel where most participants were lodged, and this contributed to a close informal contact. Most participants were male with only three women. The workshop was well run, there was kindness and support from the staff and the trainees displayed a warm attitude throughout. All workshop sessions were conducted in French and all the ICDP material to be used in the sessions was previously translated. An important practical exercise was to ask trainees to translate the 8 ICDP guidelines for good

interaction into national languages (Moré and Diúla) which naturally led to a very interesting discussion around the right way to define concepts in these languages. The translation is necessary to operate with populations that do not speak French.

Trainees reported verbally and shared in detail about their field work, and there was clear interest and engagement from the rest of the group, triggering lively enlightening discussions.

Some participants shared their personal feelings and one of them said that: "I am trying to restructure my life style and apply what I have learnt in my family". The importance of networking was stressed since expertise from different departments could provide support when there were difficult or critical situations. One of the issues they raised was the less positive role men played in the family dynamic, and it was suggested to try to include men in the ICDP sessions.

During one morning there was a field visit to observe one of the trainees Mrs Samporé, conduct a sensitization session with a group of 9 women. There was a good 'contract of trust' between the trainee and the participants. Some were so touched by Mrs Samporé that they started to talk with their neighbours and relatives about the ICDP messages. At the June workshop 12 Save the Children staff completed their training and became certified ICDP facilitators. Warm congratulations to new facilitators in Burkina Faso!

Malawi visit Oslo



On 13th of April 2018, an ICDP meeting was arranged with Paul Mmanjamwada in Oslo, Norway.



Paul is one of Malawi's four ICDP trainers. Paul has achieved the formidable task of integrating the ICDP programme as a permanent part of the strategic plan by the Malawi Norwegian Church Aid organization.

The April meeting in Oslo gathered a team of people interested in ICDP. Some had previously been involved in the ICDP project in Malawi, but in addition there were professionals interested in possible future ICDP developments, particularly in the area of research.

Participants came from different institutions:

- Norwegian Church Aid, Malawi and Norway
- The Directorate for Children, Youth and Family Affairs
- Regional center for children and young people's mental health
- University of Oslo
- Oslo municipality
- VID Specialized University

At this meeting Paul made a presentation about the ICDP current work in Malawi. Alinafe Community Hospital has become a pioneer, as a result of their brilliant work. The Nutrition Unit at Alinafe seems to be particularly effective in using ICDP. Several of the Norwegian Church Aid partners received ICDP through existing projects and this makes ICDP more sustainable, particularly from the financial point of view.

Paul concluded his presentation by expressing a wish to document the ICDP accomplishments in Malawi and this led the participants to discuss ways of forging new partnerships and obtaining funding for research projects in Malawi. The meeting had a networking aspect allowing some time for participants to mingle and get in contact with each other; Paul got e-mail addresses of all the participants.

Paul is happy to get in contact with researchers and can be contacted at:

paul.mmanjamwada@nca.no

ICDP and IOM cooperation



In the Manica province of Mozambique, ICDP is participating in a project managed and supported by IOM (International Organization for Migration).

The project is in four districts of Manica province in Mozambique, which have been selected jointly by, UNICEF, ICDP Mozambique and the UN Agency for Migration - IOM based on existing vulnerabilities of displaced populations: Mussurize, Gondola, Vanduzi and Barué.

The project aims to strengthen the resilience in families and communities in these high-risk areas. It responds to the need to provide direct psychosocial support to affected children and communities.

It is 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).

The overall objective is to increase the access of vulnerable populations, in particular internally displaced and migrant children, to protection systems and services in crises affected areas in Mozambique.

The project is managed and supported by IOM. The main partner in the intervention is ICDP. ICDP has been working in Mozambique since 2004 and its domain of work and expertise is competence building in the field of psychosocial and emotional care of disadvantaged children through upgrading the quality of care of their caregivers, parents, and networks of care.

ICDP work has proved to be effective and has a wide outreach impact. ICDP uses a facilitative approach, and incorporates the local practices of child-care encouraging positive traditional values, aims to sensitize caregivers to the child's qualities and needs and make them aware of their own ability to provide loving care and guidance.

IOM and ICDP Mozambique have been and are continuing to work closely with the Ministry of Gender, Children and Social Action (MGCAS) at central and provincial level.





A short update from ICDP in Tanzania



Project for children and caregivers

Egla Matechi and Vernynice Monyo became ICDP certified trainers in 2008 and ever since then they have been applying the programme through the KIWAKKUKI organization. In 2018, KIWAKKUKI has been developing a small project whose aim is to offer support to children with HIV and AIDS by paying for their bus fares to help them attend the Care and Treatment Clinic (CTC).

ICDP trainers at KIWAKKUKI used that opportunity to invite children's parents and caregivers to attend an ICDP sensitization course, which was delivered through 8 weekly meetings. In total 72 parents and caregivers attended the course and in addition 16 new community facilitators were trained in ICDP.

Participation in the Tanga International Conference

The ICDP trainers participated in a conference that was held from the 12th to the 14th of June 2018 at the Tanga International Competence Centre (TICC). TICC is a social business organization which empowers communities in the Tanga region, focusing especially on children and youth to help them realize their aspirations. At the conference, the ICDP trainers from KIWAKKUKI had an opportunity to present their power point illustrating the work done with the ICDP programme in the Kilimanjaro region. As a result, the TICC Director Ruth Nesje showed interest to cooperate with them on ICDP and suggested working together for the benefit of children and their families in the Tanga region. ICDP trainers feel very motivated to organize a new intervention programme for families in the Tanga Region and hope that this will be realized in the near future.



ICDP in Americas

BOLIVIA ECUADOR EL SALVADOR MEXICO NICARAGUA PERU USA



Plans for Bolivia

ICDP work plan for the second half of the year...

The plan is to carry out a follow-up and monitoring of the ICDP teams who were trained in 2017-2018 in order to keep the flame alive in the local networks and to obtain feedback from the facilitators through a training event with the ICDP trainer in Cochabamba. During the second half of 2018, parents and caregivers will continue to be strengthened in their capacities to interact positively with children under the age of 12, reactivating principles and values that contribute to children's psychosocial development.

Specific goals:

- Training of 190 parents and caregivers in 4 municipalities, achieving significant changes in the interaction with their children.
- 19 facilitators who received training in the first semester of 2018 will receive support and reinforcement to develop their second self-training activities.
- Strengthen work with young people in educational institutions.
- Hold workshop for facilitators in Cochabamba to strengthen the ICDP network in Bolivia.

Assessment of the process of implementation:

Efforts will be made to reach parents as effectively as possible for their feedback, the following techniques will be used:

1. Group work
2. Interview
3. Survey
4. Dialogue
5. Dynamics of animation, reflection and evaluation

The above-mentioned techniques will allow the evaluation of the ICDP programme to be carried out in a quantitative and qualitative manner. The aim is to identify barriers that hinder good adult-child interaction and to define expected changes in our target population regarding the relationship caregiver - child.

Facilitators' logbooks will also provide useful information. Virtual meetings will be held with the team of facilitators to consolidate the information and prepare the initial and final reports.

SUMMARY OF PREVIOUS ACTIVITIES IN BOLIVIA

As a result of an agreement between ICDP, the Lutheran Church and the PEFAC "Educational project, Family and Community", the ICDP programme strengthened the competences of local agents at ICDP facilitator and trainer levels, to guide families in practices of positive and harmonious interaction with their children in the municipalities of Cochabamba, Santa Cruz, Potossi and Sucre. Nine PEFAC project agents became ICDP trainers and they organized facilitators groups who voluntarily transmitted the programme to families, reaching 328 families as direct beneficiaries that impacted 984 children.

ICDP for refugee parents in Ecuador



In 2018, ICDP has become part of the “Programme of integration for refugees and migrants in Quito of the University of the Two Hemispheres”.



The programme seeks to promote learning of the Spanish language, lessons and practices of entrepreneurship applied to gastronomy, education of migratory law, learning of Ecuadorian culture and history and this year for the first time there is a psychosocial component represented by the ICDP Programme.

This is a complex project which is characterized by an intercultural approach. Students participate from different faculties that make up the University, such as political and legal sciences, pedagogy, business, gastronomy, communication, among others. Many of the beneficiaries of this project come from the Middle East and North Africa, as well as from other regions. The aim is to improve their quality of life within a framework of inter-cultural and social inclusion.

The ICDP programme will be implemented with caregivers, i.e. the ICDP workshops will be developed for refugee parents. Refugee children are often facing situations of discrimination because of their culture, especially in their schools, which poses a great challenge and requires cooperation with educational institutions. The promotion of inter-culturalism leads to respect and true integration, by recognizing differences and valuing them to generate a new learning space. ICDP will put a special emphasis on this and will be working in cooperation with the UN Refugee Agency (UNHCR), NGO called “RET” (Specialized in education issues), the Mennonite Church, The International Organization for Migration (IOM). The overall implementation of the different components of this programme of integration for refugees and migrants will be coordinated by the University of the Two Hemispheres.

ICDP, as violence prevention strategy



In El Salvador, the police are beginning to use the ICDP programme to prevent violence.



The ICDP programme has been consistently used in El Salvador for 12 years now – during that whole time its implementation has not ceased to expand and spread to new target groups.

The most recent initiative involves UNICEF, ISNA (The Salvadoran Institute for the Integral Development of Children and Adolescents), the NGO called EDUCO and the Police (PNC) - they are all cooperating together on a new ICDP project to be implemented over a period of two years (2018 and 2019).

The objective is to strengthen the capacities of the PNC to develop programmes using the ICDP method to prevent violence against girls and boys within the family, encouraging respectful parenting practices and the creation of functional relationships within families.

The ICDP intervention will be taking place in selected communities that were prioritized in 26 municipalities in different parts of El Salvador. During phase I ICDP training is focused on creating teams of facilitators within the police (PNC staff members will be trained as ICDP facilitators) and in phase two these facilitators will be working with families.

There are already 94 trained facilitators within the PNC, of which 47 belong to the Prevention section and 47 are from the Police Welfare department.

The work in stage II is planned to reach 1,000 families in selected communities, and this includes families linked to the police corporation.

“On my recent visit to San Salvador, I was able to participate in one ICDP workshop session – it was attended by members of the police. These were all police chiefs who were being introduced to the ICDP programme in order to better understand and facilitate the ICDP practical work of their staff. It was a surprising but touching experience that revealed an aspect of the police one does not normally see - I was moved by the sensitivity of all participants who spoke with deep understanding of the importance of the empathic approach towards children and of creating loving relationships inside the family. They referred to their own childhood experiences, some quite harsh ones but always expressing a positive vision for the future. It is the first time that the ICDP programme is going to be rolled out by members of the police and on such large scale - so El Salvador is pioneering something new, special and important. Furthermore, the police academy has shown interest in carrying out an evaluation study about the impact of ICDP – this will take place at a later stage. The other interesting development here is the work we are starting now on the adaptation of ICDP for families of adolescents.” – Nicoletta Armstrong, ICDP chair and international trainer for El Salvador.



Trainer's letter from Mexico

The ICDP trainer in Puebla wrote a letter to ICDP chair about his new way of spreading the programme.



Dear Nicoletta,

I write to inform you that I have received many invitations to attend professional conferences in 2018 and each time I attended I made a presentation about the ICDP programme.

The conferences were usually attended by teachers, social workers and parents. However, although there was good demand for ICDP, I often did not find the time to follow up those individuals who showed interest to receive training and attend the 12 meetings for caregivers - so I decided to change my strategy. What I started to do now, is to create a team of ICDP facilitators, from those who at the conference show interest in ICDP. This means that they can subsequently take ICDP further, whereas I just supervise.

In line with this strategy I attended a conference earlier this year, where I presented ICDP to 120 people. After the conference I put together a group of 12 facilitators, although in the end only 7 people, (4 psychologists and 3 social workers) continued and finished their ICDP process to become facilitators. Nevertheless, the 7 facilitators brought very good results, because this team has been using ICDP in 11 schools. Each school has a population greater than 300 students per school and so ICDP has been reaching many families through schools. I will systematize this information and present it to you at the ICDP Latin America Network Meeting in November, which is organized by UNICEF and ISNA and which I know you will attend. In the meantime I send you a couple of photos from a conference and from my work with parents.



Warm greetings till then,

Jose Luis Flores Jimenez
Psychologist and ICDP trainer in Puebla, Mexico



First facilitators in Nicaragua

ICDP trainee facilitators in Ocotal have completed their training.

Congratulations to the new facilitators, Patricia Libertad Almendárez, Nelsy de los Angeles Suárez Méndez, Itza Karelia Quinónez Ruis and Giulia Foletti! Their certification workshop took place in April 2018, conducted by trainer Monica Andersson.



These four professionals, who became ICDP facilitators, had implemented the ICDP programme with 42 parents of children who had been sent to prison. The parents' participation in the ICDP group was a condition set by the court – i.e. the decision was to let the children go free upon the condition that their parents attend an ICDP course. The ICDP course consisted of 10 meetings, with one meeting being held every second week. The facilitators noticed that the attending parents had gradually become very supportive of each other and those among them who assimilated the programme faster started to reflect and change – and began encouraging other parents to follow suit by offering explanations and support. At the end of the course ten parents became very positive and committed and said they would like to continue the ICDP process with other parents.

Future perspective: The four facilitators expressed the wish to implement the ICDP programme with a group of young parents, as a preventing programme. In addition, two facilitators, (social worker Itza and psychologist Patricia), who work at a special home for children victims of violence and rape, want to try to use ICDP with the families of the young girls they work with. The families often make these young girls feel guilty – it is hoped that this could change after participating in the ICDP sensitization course and that the families would start to understand their own children better and show more empathy towards them.



Research project in Peru



The Wawa Illari project is continuing to develop in 2018.

Ana Sofia Mazzini, chair of ICDP Peru, is coordinating the implementation of all the components of this project - a demanding task as this is a complex multidisciplinary project, where in addition to ICDP there are three other components that are led by our colleagues from Canada: nutritional and health programmes, as well as teaching families to grow vegetables in community gardens and at home.

It is a research project with Canadian sponsorship. The overall aim is to improve the psychosocial, nutrition and health development of the children in Pachacamac. Pachacamac, is an area south of Lima (photo below), characterized by desert conditions whose population has a very low socio-economic status, with high incidents of malnourishment in children.

During 2018 the ICDP training process of a team of facilitators was carried out.

In the second half of 2018, one hundred families will attend the ICDP weekly sessions over a period of three months. The same families and children that receive ICDP will also be involved in the other components of this project and each component will be evaluated by comparing pre and post data.





Update from Kimberly Svevo-Cianci, the founder of the The Changing Children's Worlds Foundation (CCWF)

The CCWF has been working to further differentiate the ICDP-USA program from many other NON-empathy-based/peer-facilitated /strengths-based/trauma-informed parenting classes in the past several years. We will hold a special event on November the 30th, to further establish the unique and significant value that ICDP offers to children, parents, families and communities. We will debut our new health equity logo and graphics and approach explaining how we support adults and children to achieve love/relationships - at home/community - for physical/mental health - to achieve academic success and economic opportunities toward family & social equity, stability and well-being. This is newly trademarked by the Changing Children's Worlds Foundation!

A Community Investment-Educational Symposium: "ICDP-USA: The Best Start for Families: A Health Equity Approach"

The CCWF, in partnership with the Chicago Children's Advocacy Center, the Illinois Childhood Trauma Coalition and the Kane County Health Department, will offer a symposium to raise awareness and further motivate and educate professionals about the intergenerational effects of trauma on children, parents/caregivers, and family relationships. CCWF's "ICDP-USA: The Best Start for Families" focuses on strengthening the parent-child relationship which is critical for educational success.



Through educational sessions, an interdisciplinary panel, and a poster session, professionals will learn about preventative measures against child abuse and neglect, as well as, the positive benefits of empathy, community, and empowerment for parents/caregivers and children who have experienced or are experiencing trauma today.

Goal: Building Health Equity for all children and families by understanding and addressing the effects of trauma and support their educational success.



ICDP in Asia

CHINA JAPAN NEPAL PHILIPPINES



Report from ICDP China

ICDP in China has been continually expanding rapidly by different approaches.

The trainers in Kunming conducted training for 63 new facilitators who all received their ICDP certificates; 280 caregivers attended ICDP courses and 3327 children will benefit from ICDP. It is planned for more facilitators and caregivers to complete their training.



In 2018, ICDP China expended its work to reach two new provinces, Sichuan and Guizhou, where the target groups are leaders and staff in the Children's Home and local kindergarten teachers. Participants loved the ICDP training and as a result the local kindergarten invited ICDP facilitators to establish long term cooperation.

At college level, an ICDP pilot project was established for master degree students from the department for social work. ICDP trainers, Mrs. Gao Wanghong, the Dean of the department and Mr. Wang Menghu, the teacher of the department conducted training for 20 master graduates in June, 2018. All participants got the ICDP diplomas and were invited by the government to run 8 ICDP meetings for caregivers from poor families in communities and in children's homes. A total of 36 families and 60 children benefited from the

meetings; 13 social workers from the children's homes attended the training and 500 children benefit from it. The pilot project will be considered as a bridge to link ICDP to the community social service system in China.

On June 24th 2018, the ICDP China forum was held in Kunming and it was attended by 50 people, including facilitators, trainers, and football coaches for children. The aim of the forum was to encourage sharing and to exchange experiences. Jean Qin, the ICDP China leader presented the latest news about the work of ICDP in other countries and areas. The representatives of the college, of different local communities and of the Women's federation all presented their work and outcome, as well as challenges of running ICDP training in China. The forum also invited some professionals to talk on participatory teaching and effective communication and to give a short capacity building session to the participants.

The ICDP China annual forum for year 2018 will take place on Nov 12th-13th.



Karsten Hundeide's book, *The Essence of Human Care: an introduction to the ICDP programme* (Part one and Part two) and the ICDP booklet for caregivers *I am a person* by Karsten Hundeide and Nicoletta Armstrong, were both translated into Chinese in 2015. After three years of hard work one training text-book is ready for publishing – this text-book will be printed by 15th of October, 2018.

Meetings in Tokyo

Eight ICDP workshops for facilitators were conducted in Tokyo, Japan so far this year.

The workshops ended on the 22nd of April 2018. In addition, on the 3rd of June there was one follow-up ICDP meeting. The training was conducted by two ICDP trainers, Setsuko Kobayashi and Hitoshi Maeshima. Below are a few comments from Hitoshi:

“In one meeting, a participant mother talked about her experience, as follows: - One day, the skin of the whole body of my son was red, in a state of severe eczema. I took my son to a doctor, feeling very anxious. The doctor confirmed that the symptom of the skin was caused by an insect bite. I responded with a laugh and said to my son that he must have had a nice experience of playing in long grass and has learned something. Before ICDP, I would have reacted very differently; I would have scolded him and told him that he should never have entered long grass in the first place. A participant of the meeting pointed out to this mother that it was very good that she avoided scolding her son, recognizing instead that her son took on a new challenge.”

A different participant mother explained that she started to express love to her son and daughter, but found they were reluctant to accept her expressions – this puzzled her. There was a little discussion at the meeting and she was advised to try to listen harder to her children to discover what they really needed from her. There was sharing about trust - how there has to be trust first of all and how it can be difficult to establish trust if parents express only their advantage point. A facilitator said that he tends to talk frankly to his children about his own faults and limits; as a result his little ones started to build confidence and gradually a relationship of mutual trust emerged between them.

An interesting guest participated in the ICDP meeting - Professor Shun Nakamura. He is Professor Emeritus from the Tokyo University of Agriculture and Technology, and has been a researcher at the National Center for Neurology and Psychiatry for a long time. He conducted research in the field of human communication and Integrative Brain Research. He produced work on the elucidation of the nerves base and its structure which makes humans human and also on the elucidation of the process of acquisition of psychic function from birth. He wrote 3 books:

- Shun Nakamura: Affective brain science, Orient Bookstore
- Shun Nakamura: Brain science and feelings education; Quarterly "human and education," it is 60, p94-104, 2008, winter issue.
- Advanced cranial nerve science, map in the brain, Shun Nakamura compilation in the society, Shinnichi Kosaka supervision, Baihukan, p3-23, 2006.



Professor Shun Nakamura was an enthusiastic participant of the ICDP meeting and on the other hand his presence was appreciated by other participants. At the end of the session, he said that the ICDP facilitation method was excellent, far better than transmitting knowledge to caregivers by lecturing. He also said that he would like to participate in another session of ICDP and that the content of ICDP should be spread more widely in Japan.



Three ICDP success stories from Nepal



As a psychologist, I have been working for many years in the areas of disability, family, trauma and addiction. My professional focus has always been on a trustful and encouraging relationship with my clients, which I understood as a resource for their next developmental steps. ICDP was perfectly fitting to my own opinions and experiences. I found out that the programme is an effective tool for activating the essence of human care, which is so crucial for living and growing as a human being. I am now in the process of making this useful training available for caregivers in Germany too.

In January 2018, I happily started the first ICDP training group in Germany with both mothers and professional caregivers. Josie, student of psychology and caregiver for special needs children said: "ICDP provides a new view of the daily problems when you are working with children. It helps to implement theoretical knowledge in daily life. ICDP facilitates the discussion with one's self, with environment and fellows".

Katrin, mother of 4 children and professional child minder said: "ICDP awakens hidden emotions in me. It empowers and validates me in what I am doing and thinking. It came to Germany much too late!"

- Ms. Rita Crecelius ICDP Facilitator

My early childhood was, to the utmost, "no play... only study". From this astonishing training I acquired the understanding that children are more sensitive than we or our parents believe. Your training unlocked my perceptions on how we can help our kids be productive and shape them to be better humans. As I was the only male participant I would say to all the fathers from my son's school that you failed to hit the fun of learning the beauty of what a child sees a child does.

I highly recommend every parent out there to get this training. I want all the readers to know the training made a difference in my life.

- Mr. Bijay Gurung, ICDP caregiver in Nepal.

"ICDP is all about tuning in with the child's feelings. "Redefinition" is something that has transformed my attitude toward my children. This has made me pause, think and then react to any incident. Being certified as an ICDP trainer had provided me with ample opportunities to reach huge numbers of parents via the facilitators training. This has also encouraged me to interlink theory to the eight guidelines of ICDP which in turn helped me realize that ICDP really works. Now I am aware that if I want to be in the child's shoes then I have to FIRST remove my own shoe".

- Mrs. Meena Subba Karki Ktm, office manager/ICDP trainer, Nepal.

ICDP work in Ormoc

The ICDP project on the island of Ormoc, in the Philippines has been making good progress.

During the last week in April the ICDP facilitators attended an ICDP training workshop, which was conducted by Nicoletta Armstrong. As part of the training, there were also two field visits which were filmed and analyzed afterwards through positive feedback and group discussion. A special focus was placed on understanding the traditional cultural practices and attitudes in order to contextualize ICDP within the Philippine way of life. The local team of facilitators appeared to be quite motivated to implement the ICDP sensitization programme in parallel with a number of other activities they are responsible for and which they carry out with families in different communities around Ormoc.

All facilitators are Save the Children staff. The overall project encompasses two other topics in addition to the content of the ICDP programme, i.e. gender sensitivity and budgeting. The facilitators have been working with groups of parents in several villages around the island, some quite remote. The 8 ICDP meetings are being attended by one hundred families. The poor families that attend the ICDP meetings all receive cash transfers, as well as help with budgeting aimed at improving their life situations. Two facilitators run one parent group. The ICDP topics which are addressed in group meetings with parents are strengthened through home visits. Each family will be visited at home on three separate occasions. During home visits, facilitators will have an opportunity to meet the children and to establish closer contact with their parents.

The ICDP work with families will be evaluated for impact, and the initial base line study has already taken place.

Feedback from Ormoc

On the island of Ormoc, in the Philippines, the ICDP programme was delivered by Save the Children staff as part of their Child Sensitive Social Protection (CSSP) package. They received training from Nicoletta Armstrong in April 2018 and started to apply ICDP as trainee facilitators.



The ICDP programme was included in a new parenting module and piloted in four areas: Barangay San Marcelino, Barangay Mansalip, Barangay Cansoso and Barangay Naulayaan. In July 2018, the Project Coordinator Zenona Gread organized a number of meetings with participants from the pilot areas in order to receive feedback about their experiences. The module will be rolled out to other areas in the future, by including the experiences and lessons learned so far.

Participants of the new module included parents and other family members of children up to 16 years of age. They attended 13 group sessions, 8 were CDP sessions and there were some home visits; a part from ICDP the other sessions include nutrition, budgeting and gender topics. The facilitators worked hard on conducting sessions as well as submitting written reports. The parenting module made an impact on the lives of the parents and caregivers; it helped them to deal with their children in a more sensitive way.



Some of the participants' comments:

There are changes in our attitudes as parents. These changes include the tone of our voices, we don't spank or hit our children easily, we have adjusted our attitude in handling our children, we do eye to eye contact and we show our love towards our children.



We will apply our learning from the sessions such as the topic on empathy where we learn how to put ourselves to the situation of the child. We also learned how to praise our children.

We learned how to show love to our children and let feel love.

Give time to our children. Give guidance. We learned to control ourselves.

There is close communication. Our children are no longer ashamed to talk about their problems with us.

We now know how to empathize with our children.

We have changed our views towards our children by giving them importance.

Discipline in a good manner. Set limitations in a positive manner.

Learned to appreciate all the success accomplished by the children.

We became close with our children. I now praise my children always.

We learned how to show our love to children most especially to our husbands.

We now look at our children positively and we avoid giving negative labels to our children. It brought a lot of changes to us as parents. We learned to understand the personality our children, we learned how to control ourselves as well as the behaviors of our children and most importantly we learned to give love to them. We learned about love, empathy, for example calling children's attention in a gentle manner, helping them in their assignments and spending ample time with them.

The time we spent in attending the session was never wasted. It was a big help to us parents. Before attending the parenting sessions, we used to scold our children very often. Our children could not even finish what they wanted to tell us because we immediately scolded them. However, at present we learned to talk to them gently.

Before we only praised our children during graduation or closing of classes. Now we learned that we must praise our children every day because this can help in building their self-confidence.

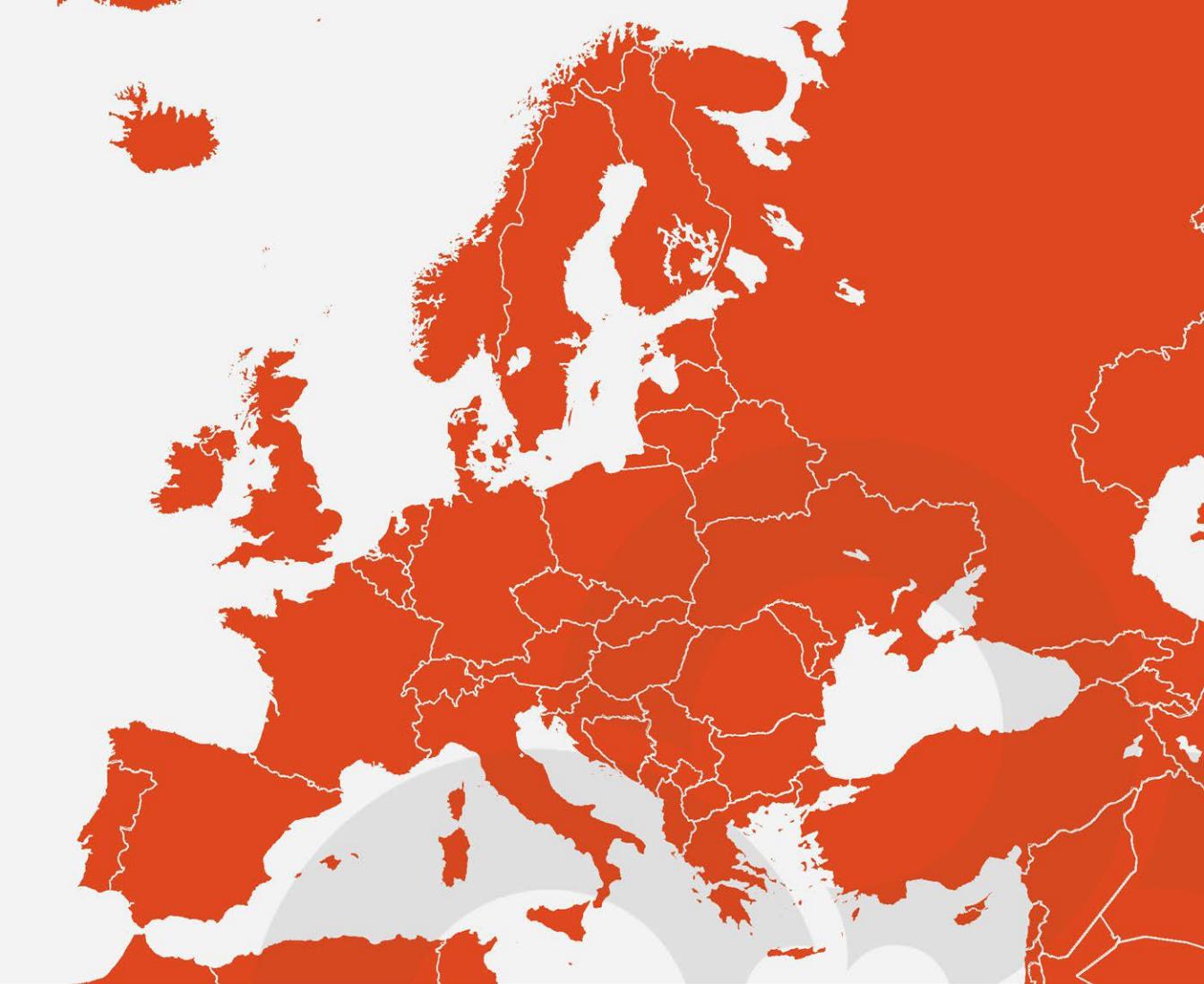
We have better relationship with our children. I don't raise my voice to my children anymore that is why we became close.

I learned how to properly support my children. We also need to listen to the side of the children. We learned how to put ourselves in shoes of our children.

Our children need our support. If they come to us parents asking for assistance we must not reject them instead we must help them. We learned a lot such as, following child's initiative, close communication in the family, understanding the child's feelings and giving love to the family.

Through this we could share with our children, our neighbours, with the entire community until the next generation develops new norm of parenting.





ICDP in Europe

GERMANY NORWAY ROMANIA RUSSIA UKRAINE



ICDP starts in Germany

A group of parents and caregivers attended an ICDP course in Germany.

Early in 2018, an ICDP course for caregivers was held in the city of Hameln. Participants included two mothers and four professionals (three caregivers of special needs children and one childminder). It was the first ICDP course to take place in Germany.



“We had a wonderful meeting, in which we successfully engaged in building shared awareness, bonding and created the ground for sharing and future ICDP work together. I am very happy to finally get started with ICDP and this group! Some institutions, I got in contact with, are also interested in the ICDP programme and my plan is to offer ICDP training to different groups later on, i.e. parents of autistic children, education of childminders, and caretakers of older people.” – said Rita Crecelius (on photo above), the ICDP facilitator in charge of the course in Hameln.

ICDP in public health

A new paper about the ICDP programme is available.

The paper is addressing the use of ICDP by health professionals in Norway; it is in Norwegian and this is the link to it:

<https://sykepleien.no/forskning/2018/06/helse-sostre-bruker-program-foreldreveiledning-aktivt-i-praksis>

Public health nurses use Parental Guidance Program actively in practice



VERKTØY I ARBEIDSHVERDAGEN: Helsesøstre i studien får sjelden gjennomført ICDP-programmet med åtte foreldregruppemøter. Men de bruker metodikken i møte med foreldrene på helsestasjonen. (Illustrasjonsfoto: Anna Bizoñ / Mostphotos)

Helsesøstre bruker International Child Development Programme (ICDP) aktivt i arbeidet for å forbedre samspeillet mellom foreldre og barn.

Good interactions between children and their caregivers is essential for the development of children. Health policy guidelines emphasize the role of health clinics in strengthening such interaction. It is therefore important that (public health) nurses have the competence to promote good interaction.

The purpose of the study was to examine the nurses' experiences of using the skills they have gained through training in the parental guidance programme - the International Child Development Programme (ICDP) in their work. To try to understand how the nurses experience the use and benefit of ICDP in their meeting with parents and children a qualitative method was chosen. The research questions were:

- What experiences do public health nurses have in using their ICDP facilitator skills?
- How do the public health nurses think they can promote good parent-child interaction?

The study was conducted based on seven semi-structured, individual interviews with public health nurses that had training in the programme, but who only use parts of it in their work at the health clinics.



The study was conducted based on seven semi-structured, individual interviews with public health nurses that had training in the programme, but who only use parts of it in their work at the health clinics.

Result: Participants seem to use ICDP in consultations, both as a conceptual device for interaction, and as a tool in observation, conversation, guidance and documentation. The experiences can be summarized in three main categories:

1. ICDP provides a useful conceptual framework.
2. The nurses emphasize that the programme is strengthening the parents' experience of their own competence.
3. The nurses emphasize the parents' ability to see and understand the child.

Conclusion: The nurses that didn't conduct the ICDP programme in the form of structured meetings over eight weeks still used the knowledge and way of thinking of the ICDP programme in their communication and guidance when observing children and parents.

Four new trainers in Bacau

At Fundația Umanitara Pacea (FUP) an ICDP workshop took place on the 18th and 19th of January 2018.

Fundația Umanitara Pacea (Humanitarian Foundation for Peace) is a non-political, nongovernmental organization founded in 2000 by the Franciscan order in Bacau, Romania. It was set up in order to assist poor and marginalized people and focuses especially on providing education opportunities for children and young people.

ICDP, FUP and the Norwegian Church Aid (NCA) established cooperation in 2015, to bring the ICDP programme to FUP staff. NCA has been providing administrative and financial support to the ICDP training process at FUP.

After the workshop in January 2018, FUP has gained four new ICDP trainers: Cornelia Disca, Michaela Moraru, Dana Smerea and Lucian Mihai Bobarnac. "All their tasks and requirements for ICDP certification were carried out in a satisfactory way. We had a small celebration with champagne, cakes and speeches. Silvia Breabin, ICDP trainer from Moldova was also present and she made a good and professional contribution to the group. There are six trainers now and they hope to organize a gathering of all the ICDP facilitators in Romania to a brush up on ICDP and hold an inspirational day." - says Elsa Dohlie, their ICDP trainer.



Silvia Breabin was trained several years ago in ICDP by Nicoletta Armstrong and has since then been training in Moldova as well Ukraine, but she is currently living in Romania. She is now seeking support from ICDP to establish together with the Romanian trainers an ICDP Romanian association, acting as a vehicle for spreading ICDP training more widely and systematically in Romania.

ICDP courses at a university in Russia

ICDP training is going to be offered at a pedagogic university in Russia.

At the end of February 2018, Dr Oksana Isaeva, ICDP representative for Russia, had a meeting with the Chancellor of the Minin University (Pedagogic University) in Nizhniy Novgorod, Russia.

It was an important meeting for ICDP and as a result it was agreed to start working on incorporating ICDP at the University. This would be achieved by offering ICDP training to professionals involved with the master programme - starting from next year. The long term plan is to form groups of ICDP facilitators at the university who would subsequently work with parents and specialists in pre-schools, schools and social centers.

There is also great interest in organizing international meetings (conference and education sessions) together with ICDP. In addition, Oksana would like to invite academics worldwide who are working with the ICDP programme at different universities to link up with the Minin University. Her idea is to establish collaboration in order to explore some scientific questions relevant to the ICDP parenting programme.

To read the article on ICDP "Early psycho-social intervention program WHO/ICDP as an effective optimization method for child-parental relationships", by Oksana M. Isaeva and Elena N. Volkova, follow the link:

<http://www.icdp.info/api/media/media/1288>

ICDP network conference in Ukraine

ICDP Ukraine is hosting a network conference in Kharkov, the first one ever to be held in the country.

The ICDP Ukraine network conference is taking place on the 8th and 9th of October 2018 and it will be attended by 60 facilitators and the local team of trainers. Ana Truhan (on photo above), ICDP Ukraine chair informs:

ICDP in Ukraine continues to develop actively. There are already many people familiar with the programme and it receives consistently positive feedback. We are invited to many events dedicated to the family and the upbringing of children as representatives of ICDP in Ukraine. We do not have enough time to attend all events. Therefore, we offer facilitators who already have sufficient work experience to present ICDP at various forums and conferences. This became possible because we have established a structure for ICDP in Ukraine with coordinators in different cities. This is important for interaction, exchange of information and experience. On 22 and 23rd of September 2018, the Psychology Global Forum will be held in Odessa, where the facilitator ICDP Irina Ilinova (from Odessa) will conduct a workshop on the ICDP "Three Factors of Effective Dialogue with the Child". On 29th of September in Kharkov, the First Parent Forum will be held. ICDP facilitator Irina Sergeeva (from Kharkiv) will conduct a workshop on the "Eight principles of a good dialogue with the child from the International Child Development Programme".

We have facilitators who conduct parent groups in Kharkov, Odessa, Kiev, Severodonetsk, Vinnitsa. Many of them will be coming to the conference. Two new groups of the facilitators received training this year in Kharkov and one group in Odessa. These groups included school psychologists, psychologists and teachers at children's development centers, medical clinical



psychologists who work with children in medical institutions, psychologists from charities and the International Red Cross organization. One new group of facilitators received training in Vinnitsa and in this group there were psychologists from different educational institutions.



In each area we have appointed coordinators and these coordinators from different cities asked us to organize meetings where the facilitators could share their experience and tell about their achievements. After receiving this request we organized an exchange through an online conference, which was held on the 21 and 22nd of August. ICDP trainer Sergey Krasin and I together with the facilitators, conducted master classes for 9 hours (three days for 3 hours each day). We shared our experience in the webinar room. Each evening, 28-30 people attended the event.

We are very pleased that thanks to Marianne Fresjara who raised the necessary funds in Norway, we now have an opportunity to meet facilitators in person and to work with them at the forthcoming conference in Kharkov.

On the first day of the conference the trainers will give master classes and the facilitators will be able to observe the work of different trainers who will work in pairs. Then on the second day the facilitators will conduct master classes and will share their experiences. Special time is allocated for discussion and exchange of information. There will be a Resolution from the conference participants which will be sent

to the Ministry of Education and to the Institute for the Quality of Education of Ukraine.



RESOLUTION

(translation from Russian original)

First International Practical Conference

“International Child Development Program in the context of modernity. Practical Aspects”

November 08-09, 2018.
Kharkiv, Ukraine

Conference organizers:

Norwegian organization Ukrainagruppa
(Norway)

NGO "Association of Children's and Family
Psychologists of Ukraine" (Ukraine)

ICDP Ukraine (Ukraine)

Early Intervention Centre VOINICEL (Moldova)

The conference was attended by over 50 participants, from countries such as Norway, Ukraine, Moldova and Romania.

The main objective of the international practical conference is to find a solution to the problems associated with the harmonization of parent-child relations and the upbringing of children in the conditions of modern Ukraine.

As a result of discussion of the draft resolution of the First International Practical Conference “International Child Development Program in the context of modernity. Practical Aspects”, which was attended by ICDP facilitators, in particular school psychologists, teachers, university teachers, psychologists, social workers and other representatives of public organizations, it was decided to approve the resolution as follows:

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.



ICDP in Middle East

LEBANON SYRIA IRAQ



New ICDP group in Beirut

ICDP training started for staff at SOS Children's Villages in Lebanon.

ICDP training was delivered to staff members at SOS Children's Villages –Bekaa during the last week of May 2018 and the first week of June 2018.

Comments from ICDP trainer Michelle MacDonald:

- We discussed the need for psychosocial support within the Syrian refugee context in Lebanon and the main points of ICDP were introduced, its objectives and how the ICDP approach- focusing more on sensitization rather than instruction - differs from other programmes. Through group-work, analysing videos and various activities we discussed the importance of caregivers' conception of their child and of their own role as caregivers. Then the participants reflected on the local child rearing practices within (the host and refugee community), and identified negative conceptions and prejudices that block sensitive communication.

The "inner child" exercise brought back memories of their own childhood and helped activate their empathy, seeing the child as a sensitive 'person' with feelings, intentions and needs that require a sensitive response. We worked on caregivers image of the child - breaking negative pre-definitions and defining the child in a new positive way.

Particularly important were the exercises in empathy and attunement: 1. interpreting different expressions and body language on provided photos; 2. creating a story/narrative with emotional expressive content interpreting the photos; 3. interpreting feelings and non-verbal communication on video samples

(what was the caregiver feeling; what was the child feeling); 4. sharing of personal experiences analysing feelings of both caregiver and child/ren.

Finally there was also a group-work activity to discuss the 8 ICDP guidelines and create interactive profiles.

All participants had to complete a home task given in relation to answering the questions in the ICDP booklet and recording a video of their interaction with a child.



The second part of the ICDP training addresses how to get the ICDP approach across to caregivers, how to become an ICDP facilitator after having done the caregiver level, and how the participants are going to fit what they learned into their private as well as professional life. The participants were engaged in general after a slow start the first day and their interest grew as we got through the training. They were comfortable expressing their opinions as well as participating in role-play and other activities. Some who seemed reluctant at first actually became very enthusiastic about the workshop. Others will need a bit more time and support to integrate the ICDP principles. Certainly the core group of participants displayed qualities of sensitivity, respect, patience and empathy which would make them good candidates for implementing the ICDP programme. Although the level of engagement was good, it is only when the trainees start using ICDP in the field that a true evaluation can be carried out. An ICDP club was formed and follow-up will continue after the summer.

ICDP prospects for Syria and Iraq



Al Khansaa Ahmad Al Khalil is a Syrian professional living with her husband and two children in Oslo, Norway. She has previously lived in Syria and Iraq, where she worked with children in preschools and helped manage an NGO organization. These experiences represent a good background for her future work with the ICDP programme – and Al Khansaa has a keen interest to become an ICDP facilitator and to take ICDP to both Syria and Iraq. She came to know about ICDP a few years ago during the time that her husband attended an ICDP course in Oslo. Al Khansaa is currently receiving ICDP training from Nicoletta Armstrong.

As part of that training Al Khansaa is now putting into practice the 8 ICDP guidelines for good interaction and evaluating her own interaction in relation to her two children, both girls. This is a consciousness raising exercise designed by ICDP to help participants discover their own style of interacting with children. It involves practicing one guideline at a time, as well as writing down personal examples for each guideline. In addition, Al Khansaa will have a short video recording made of herself in some of the typical daily situations with her children, such as meal time, bath time, reading a story etc. This will later be discussed with her trainer.



ICDP board:

Nicoletta Armstrong, chair
Tatiana Compton
Santana Momade
Ane-Marthe Solheim Skar
Guillermo Navas
Karl-Peter Hubbertz
Columbus Salvesen

Executive support:

Camilla Solberg
Sahana Sriskandarajah
Simone van Beek
Rønnaug Andersen
Per Arvid Sveum
Juan Andujar
Daniel Armstrong

National ICDP bodies and other partners:

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

ICDP representatives elected in:

Japan, South Africa, Malawi, Rwanda, Brazil,
Mexico, England, Romania, Germany, Russia,
Nicaragua and Moldova

ICDP Denmark operates under the Institut for
Relations Psykologi, UCN act2learn and Dansk
Center for ICDP/ Center for
Relationsprofessionalisme

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

ICDP USA operates under CCWF

ICDP Paraguay operates under Vida Plena

ICDP Guatemala operates under Plan

ICDP El Salvador operates under UNICEF and
ISNA

ICDP Bolivia operates under the Christian
Evangelist Lutheran Church

ICDP Lesotho operates under Thaba Bosiu
Centre

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

ICDP facilitators in India, Botswana, Georgia,
Germany ICDP project in cooperation with
Save the Children in India, Philippines, Nepal,
Burkina Faso and Somalia.



Contact information

Address: Linstowsgate 6, 0166 Oslo

Oslo Contact: Camilla Solberg

icdp@icdp.no

Chairperson: Nicoletta Armstrong

lailah@icdp.info Tel. +44(0)7504902359

Website: www.icdp.info

ICDP Charity Registration number 92/04227

Org.no. 971259906N

ICDP is a private foundation operating under the Norwegian Foundations Act of 15 of June 2001.

ICDP may participate directly or indirectly in activities run by other humanitarian organization having corresponding objectives.

ICDP is non - political and non-denominational