

## ECEC ICDP Nepal Annual Report 2023

Major objective of ICDP Nepal is to increase psychosocial well-being for the children of Nepal through improved parent-child communication. To achieve this objective, ECEC ICDP Nepal must collaborate with educational institutions, local government and civil societies. Since the project's inception in year 2015 till year 2023 a total of 967 facilitators has been developed. They belong to more than 50 different organizations inside and outside of valley working for children.

Similarly, presence of 5 senior trainers and 33 trainers (including Save the Children) within country had made it possible for ICDP Nepal to reach to many parents living in remote places in Nepal empowering the parents facing additional barriers to participate in civil society. By providing resources, trainings, parents can advocate for their own rights and the rights of their children leading to greater equity and inclusion within civil society. Noteworthy accomplishment involves numerous counselors embracing sensitization principles of ICDP with in their counselling endeavors, enhancing their child care practices.



**Five Senior Trainers**



**New ICDP Trainers Graduated in 2021**

Altogether the project has organized, four ICDP facilitator workshops as planned. Initially, a total of 72 participants were given trainings. However, till the completion of the third workshop, six participants from Rukum group could not continue due to their personal reason. Therefore, a total number of graduated ICDP facilitators in year 2023 is 66 (F 53, M 13). Among these, 15 teachers represented a local Municipality. Organizations like Nepal Public Awakening Forum (NPAF, partner organization of UMN), Okhaldhunga Community Hospital, Gauradaha Municipality (teachers from government school under municipality), Autism Care Nepal Society, Kiran Namaste, Sambhabya Foundation, Hope center, DZI Foundation, Kanti Children's Hospital, Balmandir, CP center, Tewa participated in the training. A total of 32 caregivers groups were formed where 374 (F 345, M 29) parents participated in the ICDP caregiver's meetings.

### **Names of organizations that participated in the ICDP programs in 2023 under Project:**

Organisation	Name of the program	Graduated
NGO group (in Kathmandu)	ToF	19
Okhaldhunga Community Hospital CBR project group	ToF	20
UMN/NPAF-Rukum	ToF	12
Gauradaha Municipality Group	ToF	15



**Mixed NGO group**



**Rukum East (UMN/-PAF), Lumbini Province**



**Gauradaha Municipality, Jhapa, Koshi Province**



**Caregivers Meeting in Rukum East**



Besides project intervention, ICDP facilitator workshop has been conducted for seven groups on private funding. They represented schools and organization working for children. Various organization from inside and outside of Kathmandu valley and two from Chiang Mai, Thailand joined the workshop. Altogether, 119 ICDP facilitators had participated in the workshop and 523 caregivers have been reached.

With the numbers of facilitators and caregivers of 2023 added in ECEC ICDP Nepal data, the new numbers of become facilitators 760 and caregivers 8360.

#### ICDP Training of Facilitators under private group:

Organisation	Name of the program	Graduated
Private group 1 (in Kathmandu)	ToF	16
Private group 2 (in Kathmandu)	ToF	11
Private group 3 (in Kathmandu)	ToF	21
SOS Children's Village, Nepal	ToF	24
Pragatisil Yuwa Samaj, Bajhang (UMN/ABC)	ToF	15
Thailand Group 1,	ToF	13
Thailand Group 2, Nexus Foundation	ToF	12
Three Star Teacher Education Centre (TSTEC) Kathmandu	ToF	07



Private Group 1, Kathmandu



**Private Group 2, Kathmandu**



**Private Group 3, Kathmandu**





**SOS Children's Village, Nepal**



**Pragatisil Yuwa Samaj, Bajhang (UMN/ABC)**



**Thailand Group 1**



**Thailand Group 2**

ICDP Facilitator Network meeting was conducted on December 15, 2023. A total of 151 (F 110, M 41) participated which included ICDP trainers, facilitators and few representative of organization interested in ICDP. The engaging theme, “Mediating Child Development” was brought to life through skits followed by discussions on parental challenges and effective strategies. Similarly, the session on the “Child Nutrition-Its impact on physical and mental health” explored the current landscape and empowered parents to make informed choices for their children’s physical and mental health.





**ICDP Nepal Facilitators Network Meeting 2023**



**Inspirational Drama by ICDP trainers**



**Guest Speaker**

## **Testimony**

### **1. ICDP Caregiver Sunita Buda, Bhume 5, Serawang, Rukum East**

"I am 22 years old, and it's been 4 years since I got married. I have five members in my family. My daughter is now 3 years old. Prior to ICDP caregivers' meetings, I mistreated my daughter. I used to prioritize daily chores and force my daughter to study by shouting, spanking, and threatening her. I did not validate her emotions. However, after participating in the caregivers' meeting, I have become aware of my negative behavior towards my daughter. Now I look at her from a positive perspective."



## **2. ICDP Caregiver, Aruna Maharjan, Teacher, Preschool, Lalitpur, Nepal**

"I'm very close to my 8-year-old nephew, and I often find myself in situations where he's at odds with his parents. Given our bond, I make a concerted effort to ensure he feels heard, loved, and valued. However, I'm mindful of the potential impacts on his cognitive development, such as emotional dependency, and the risk of him taking things for granted or his parents feeling disrespected. While I believe in fostering close relationships with children, I recognize the importance of establishing healthy boundaries for both him and myself



Having taken on a guardianship role for my nephew, I've developed skills in understanding his needs and providing a safe environment for him. Through the principles of the International Child Development Program (ICDP), I've been able to address his emotional needs effectively, ensuring he feels supported and valued. Implementing the program's eight guidelines has not only strengthened my bond with my nephew but also improved my relationships with other family members and colleagues.

I've shared my learnings from ICDP with my sister-in-law, brother, and new acquaintances. Rather than indulging my nephew with treats, I've shifted towards a pattern of explaining consequences and outcomes when he behaves impolitely towards his parents. I also make sure to spend quality time with him as a reward for finishing his meals promptly. Overall, my family members have benefited from the positive changes brought about by the ICDP training."