

Save the Children

Nepal ICDP updates_2023

International Child Development Program (ICDP) adopted by Save the Children-Nepal as the child grant plus initiatives in Nepal under its Child Sensitive Social Protection (CSSP) project since 2018. ICDP focuses on sensitizing parents and caregivers whose children receive a child grant from the Nepalese government. It is a cash transfer program that is available to children up to the age of 5 years.

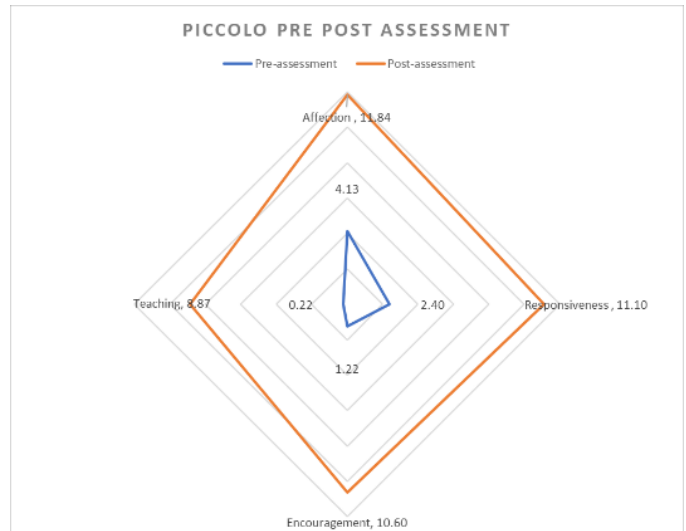
The aim of the project, along with the cash transfer, is to support parents and caregivers to develop positive caregiving practices so that they understand and see their child/ren as a person, and to be behave accordingly.

In 2023, a total of 99 facilitators (all female) were mobilized to run the parenting sessions throughout the 9 municipalities. Those facilitators were trained in 2022 and were selected in close coordination with the local government.

Major achievements in 2023

- After the rigorous efforts to implement the parenting program, there was clear evidence of the effectiveness of it, as part of the child grant plus program. Nepal government now, has endorsed a guideline naming "**Parenting awareness program operation standard 2023**" and circulated to all 753 local governments for the implementation.
- Following the guideline circulated by federal government, local governments are adopting cash plus parenting approach in their regular plans and budgets. In 2023, eight out of nine local governments from CSSP project area have endorsed parenting guideline out of which five municipalities had allocated USD 27309.00 in total from their internal sources.
- A total of 1806 (all mother) caregivers were participated and completed in the parenting sessions and out of which 533 were covered by the local governments fund.
- Quantitative study of whole parenting sessions and their impact on caregivers has been just completed in four project districts and the detail report will be produces by 2024.

- Qualitative study (both pre and post) has been carried out using the tool Parenting Interactions with Children: Checklist of Observations Linked to Outcomes (PICCOLO). The study brought significant changes in the interactions between caregivers and children. The pre and post assessment result has showed the significant changes like in affection pre=4.13 and post= 11.84, responsiveness per=2.40 post=11.10, encouraging pre=1.22, post=10.60 and teaching pre=.22, post=8.87.



Challenge:

Save the Children in Nepal places a strong emphasis on the parenting program being implemented through government structures as a means of ensuring the sustainability of the program. However, there are concerns regarding cost effectiveness, leading to discussions on potentially mobilizing only one facilitator instead of two, to conduct the sessions.

Future goal:

Save the Children is collaborating with the Nepal government to ensure the sustainability of the parenting program (ICDP). Local governments, which are at the forefront of the government structure, are gradually internalizing and implementing the program. The ultimate goal of the project is to integrate the parenting program (ICDP) into the government structure on a permanent basis.

A case study:



Rajani, 23 years old, a housewife from Bheri municipality, Jajarkot district, Nepal, underwent a transformative experience through parenting sessions conducted by the Hilly Region Development Campaign (HRDC) a partner NGO of Save the Children. Before attending the sessions, Rajani was preoccupied with household and farm work, leaving little time for her daughter. Despite breastfeeding, she lacked meaningful interaction with her child, treating her more like an object than a person. Consequently, her daughter became distant and attached to her grandmother.

The parenting sessions enlightened Rajani about the importance of spending quality time with children, effective communication, nutrition, family budgeting, and social security allowances. She realized her neglectful behavior and the impact it had on her daughter's emotional well-being. Rajani learned to cherish moments like breastfeeding, bedtime, and mealtime as opportunities for bonding and teaching.

"Before, I used to be worried more about feeding and taking care of our cattle, but now I am giving the priority to my daughter because she lives in the core of my heart."

Implementing what she learned, Rajani started engaging with her daughter, fostering a loving and communicative relationship. She became more attentive to her daughter's health. The program instilled in Rajani a newfound sensitivity towards children, shifting her focus from household chores to prioritizing her daughter's needs and emotional connection.