

# *INPRHU Institute for Human Promotion*

Ocotal, Nueva Segovia Phone 27321256



**INPRHU 2024.**

**ICDP METHODOLOGY**

**OCOTAL – NICARAGUA**

## **I-INTRODUCTION**

The Institute of Human Promotion INPRHU in the Municipality of Ocotal in Nicaragua, continues to work with the ICDP programme *I Am a Person Too*. During the year 2024 we developed activities with different groups served by our organization with the aim of continuing to implement good interactions between the adults and their children and strengthening the trust and self-initiative. We facilitated these processes with caregivers, families, teachers, and adolescent women in self-help groups. We applied exercises that lead to the discovery of new and enriching paths of interaction in participants' daily lives.

In these spaces, the 8 guidelines for good adult-child interaction were worked on directly, exposing the messages of the programme through photos, slides from the manual, reflective, educational videos and group work.

Working with this methodology has been a great experience for the INPRHU-Casa Entre Nosotras team. Wherever we put it into practice, it ignited and strengthened our work within the institution and in a personal way.

We have obtained good results and satisfactory experiences from the participants that motivate us to continue implementing the methodology in other community spaces.

## **II- ACTIVITIES CARRIED OUT DURING 2024**

### **2.1. ICDP in the Radio Programme *Mundo de Colores*.**

The ICDP Positive Interaction Method was addressed in 4 radio programmes. In these programmes, we were able to work on the objectives and content of the programme, by putting an emphasis and focusing on the interaction in the families in Nueva Segovia and surrounding municipalities. The key topics addressed were the 8 guidelines for good adult-child interaction, as experienced in the daily practice of parents.

Many parents told personal stories and recounted their own interactive experiences with their children.

ICDP methodology was used in group sessions both in schools and in homes.

The radio listeners have clearly shown interest in the ICDP themes, by sending messages to ask more about the ICDP processes and some of them got in touch to get home to work on the methodology.

### **2.2. ICDP with Community Agents**

Through training in the ICDP Methodology, 10 community agents were enabled to apply the ICDP programme by working and exploring good quality interactions between parents and children.

Parents frequently commented on the importance of working with this methodology, because it has taught them how to use different tools for better communication with their children. They stressed the importance of treating them from birth as persons who feel and think.

During the ICDP implementation it was possible to observe that some of the participants experienced difficult situations in their childhood and adolescence. Some said that their parents did not allow them to make any decisions, that many times they were punished for giving an opinion. Through the ICDP process, by using pictures and videos, for group and personal reflection about adult-child communication, they started to reflect in an increasing more positive way about their children. A sense developed in which parents started to talk about their children in a positive way,

giving examples of changes and improvements in their relationship with their children. ICDP strengthened affective ties between family members in Ocotal.

### **2.3. ICDP with Adolescent Girls**

The ICDP methodology was adapted for working with 15 adolescents, who live in families (with parents or guardians) that fail to give them attention.

In these ICDP sessions we worked on the Emotional, Regulative and Comprehensive Dialogue. This work allowed us to realize just how much these adolescents crave for affection; many live with grandmothers, aunts or friends because their parents have migrated to other countries and have lost assertive and affective communication with them.

From their personal stories we saw how badly they were impacted by the absence of their parents. Through the ICDP sensitization process they started to change their negative behaviours which they had acquired when feeling alone without anyone to show them understanding. During the group work carried out in the sessions they gradually became more resilient. The use of technology helped to keep in touch with their parents and this led to better communication, and after attending ICDP and receiving special attention their interaction with their family improved.

### **2.4. ICDP with Teachers**

Visits were made to six educational centres located in the peripheral areas of Ocotal where greater vulnerability is evident to follow up on the development of the methodology and continue putting it into practice.

During the ICDP course, the teachers realized about the great need that the students have, facing difficult situations at their young age due to the lack of education and information that parents have to be able to provide the emotional affection that they need so much.

Through the experiential activities carried out, practical work, reflective videos, they see a way out to improve the behaviour of their students, being key important to implement the ICDP methodology with mothers.

Personally, the teachers express that this methodology has been of great importance since they are necessary tools and that it was implemented by themselves in meetings with parents using the three dialogues.

## **2.5. Strengthening the ICDP Methodology**

We participated in 2 webinars on ICDP exchanges at an international level and learned about implementation of ICDP in different countries, as well as about key factors that have allowed ICDP to continue growing and improving family interactions.

### **III- PROPOSAL FOR 2025**

We have assessed the need to implement the ICDP Methodology with other families and mainly with pregnant women from different neighborhoods of Ocotal Nueva Segovia, in order to strengthen the interactions between mother and child and prepare them to provide love from the gestation of the baby and thus also improve the family environment.

In the current atmosphere of increased migration in 2025, many parents are returning to their place of origin. We plan to work with 10 families from the following neighbourhoods of Ocotal: Sandino, Nuevo Amanecer and Pueblos Unidos. The aim is to restore through ICDP healthy and assertive communication among them, and establish healthy life with protective factors at the family level.

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