

SAVE THE CHILDRENE NEPAL, 2024

In 2018, ICDP was adopted by Save the Children-Nepal and since then it has been applied as part of the child grant plus initiatives in Nepal under its Child Sensitive Social Protection (CSSP) project. ICDP focuses on sensitizing parents and caregivers whose children receive a child grant from the Nepalese government. It is a cash transfer programme 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 behave accordingly.

In 2023, a total of 99 facilitators (all female) trained by the ICDP team at Save the Children, were mobilized to run the parenting sessions throughout the 9 municipalities. Those facilitators were selected in close coordination with the local government. Major achievements in 2023:

- After the rigorous efforts to implement the parenting programme, there was clear evidence of the effectiveness of it, as part of the child grant plus initiative. Nepali government has now endorsed a guideline naming "Parenting awareness programme operation standard 2023" and circulated to all 753 local governments for the implementation.
- A total of 1806 (all mothers) caregivers participated and completed the parenting sessions, out of which 533 were covered by the local governments fund.
- Quantitative study of the parenting sessions and their impact on caregivers has been completed in four project districts and the detail report will be produced by 2024.
- Qualitative study (both pre and post) has been carried out observing parenting interactions with children, using the 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 showed significant changes like in affection pre=4.13 and post= 11.84, responsiveness pre=2.40 post=11.10, encouraging pre=1.22, post=10.60 and teaching pre=.22, post=8.87.

In 2024, the concept of CSSP, with ICDP as part of it, was in process of being institutionalized at 9 local government levels, as well as having national government endorsement for it. There were 142 facilitators who in addition to ICDP, also deliver sessions on nutrition and family budgeting. Evaluations of their work showed significant impact.

Ten animated films about the 8 guidelines for good interaction were produced to be sent to caregivers as reinforcement after each session – these films are available on YouTube:

<https://www.youtube.com/playlist?list=PL1hLdqAKvXjBdVf587oWAJR3yf05yexzL>

ICDP trainers from Save the Children Nepal started piloting the Building Brains play activities that encourage parents to use books and games to enhance children's learning and cognitive abilities. These play activities go hand in hand with the Meaning-giving and Regulative dialogues of the ICDP programme, strengthening their application through practical activities and role play.



Caregiver, Samjhana Nepali: "I have a six-year-old son, and we live in a joint family. Despite my long hours at work, I am still expected to contribute to household chores before attending the ICDP caregivers' meetings. However, I do not dwell on the workload. Even amidst my busy schedule, I have always been mindful of caring for my child. Nevertheless, I have often felt like I am falling short in some way or another.

Attending the ICDP caregivers' meetings has taught me the importance of patience with my child. Previously, I would pressure him to eat and complete his assignments on time due to my own obligations. However, I came to realize that rushing him only caused him unnecessary stress and could hinder his overall development. Collaborating with both my child and my husband, we established a balanced schedule that

includes designated study and play times. This has created an environment where my child feels understood and loved by his parents.

Implementing a timetable has helped my child complete his assignments punctually, allowing us to enjoy quality family time together. Additionally, I'm actively working on improving my relationship with my in-laws by mentalizing, acknowledging and respecting their individuality and unique love languages."



Facilitator, K.B.Saud,(on the left on photo below, receiving his ICDP diploma):

As a child, I was raised by a strict father who neither asked my opinions nor advised me with any compassion. I was spanked for small mistakes too. Therefore, I assumed that this was how a child is raised.

I treated my children in a similar way until I joined ICDP. I never put an effort to get to know my children and their feelings. The first workshop itself was an eye opening to me and I regret for the way I treated my children. ICDP took me back to my childhood stage and made me realize that the parenting style that I adopted was not positive. The workshop changed me and my way of parenting. It is difficult to change the habit now but I know I will be a better father

in course of time as I go on applying the ICDP principles.