



# International Child Development Programme sti

## ANNUAL REPORT 2024



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## Introduction

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ICDP began developing in the 1980s, with the intention to help disadvantaged children by applying psychological knowledge and scientific research in a practical intervention programme. Psychology professors, Karsten Hundeide and Henning Rye, from the University of Oslo, and in cooperation with a small international team, gradually developed the ICDP programme and registered the ICDP Foundation in 1992. Hundeide's vision drove the team forward during 19 years of his chairmanship.

## Ethos

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The Ethos of ICDP is to provide for human care by activating empathy and education of both caregivers and their children. The work of ICDP is based on the principles that are laid down in the UN Convention on the Rights of the Child.

## Approach to training

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The ICDP approach is based on the idea that the best way to help children is by helping the children's caregivers. Research shows that normal physical development of the brain depends on proper interaction between a caring adult and the growing child. In normal circumstances such learning happens naturally. However, when families are uprooted through social changes, migration, catastrophes, children losing their parents, or having been numbed by severe deprivation and emotional shock, this care often breaks down and has to be reactivated through skilled help. If children do not receive sufficient love and attention while they are young, the problem can perpetuate itself because they can themselves become inadequate parents. Therefore ICDP's focus is on trying to break this cycle.

## The ICDP Programme

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ICDP is a flexible and culturally adaptable programme, based on research in child development that sensitises and enriches the relationship between caregivers and their children. The programme was originally developed for parents/caregivers of young children. However, ICDP's broad principles proved to be relevant for caregivers of older children and adolescents. More recently, it was successfully applied in the care of the elderly.

## Implementation

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The aim is to build relational competence and confidence in the members of a community or an existing child caring system and to transfer the project to local resource persons. Local child rearing practices are identified in order to stimulate truly authentic and long-lasting development.

## Training

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The ICDP Foundation offers workshops at caregiver, facilitator and trainer level. These are followed by practical application of ICDP in 'self-training projects'. ICDP facilitators are entitled to implement the programme to train parents/caregivers, whereas trainers are qualified to train new groups of facilitators. ICDP issues diplomas and agreements are signed with trained individuals and partner organizations.

## Evaluation

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ICDP policy is to encourage its partner organizations to monitor and evaluate ICDP. Many studies can be found on the [ICDP webpage](#)



## COMMENT FROM THE CHAIR

In 2024, we have seen extensive developments in different parts of the world. Our worldwide network continues to spread positive messages to caregivers and parents, bringing joy and development to children and adolescents. In many countries we hear of the ICDP effects on families, bringing hope and harmony inside the family and into the nearby community.

This past year has produced moments that have made us feel deeply moved listening to stories told by some of our colleagues who have been working alone for many years and whose interviews we read with admiration and gratefulness. There are still so many untold stories in ICDP and we hope to hear from more individuals and organizations in future.

I had the pleasure to initiate together with Heidi, Doji and Gerd Eli, the platform *ICDP Sharing Community* which was facilitated by ICDP Norway, opening doors to closer communication with African and Asian projects, but also including some other countries as we went along. It was well received and we are eager to continue in 2025 with more countries and more of your stories, as well as topics for discussion and exploration.

This annual report, I hope will give those who read it a sense of the wide scope and variety of ICDP initiatives in culturally diverse contexts. As ever, I wish to thank all our network members worldwide for making ICDP a reality, for working hard to keep the ICDP flame alive, bringing light to the lives of so many children, families and caregivers as well as their communities.

Despite the war induced extremely stressful conditions, ICDP Ukraine has continued to work by finding a new focus in alleviating the sufferings of adults as well as children inside and outside the occupied areas.

I saw ICDP reach remote indigenous populations Ngäbe in Panama through efforts by Antonio Mendoza and our trainer in Peru, Honorata Herrera regularly visited women in a Lima prison to bring them empathy and hope through ICDP meetings.

With excitement I observed ICDP starting to flourish in Germany and Georgia, and watched new initiatives appearing in Poland, Bhutan, Azerbaijan and Indonesia. There was also important expansion of existing ICDP projects, both large, such as in Nepal, Colombia, Philippines, Norway, Denmark, El Salvador, Mozambique... and smaller ones in size, but not quality.

The Nordic countries continued their close and productive collaboration spurring on meaningful exchanges and initiatives. And we appreciated the collaboration with Normisjon supporting developments in several countries.

Thanks to Save the Children there was a fruitful exchange of experiences at a meeting they hosted in Helsinki, with the participation of representatives from several countries (Zambia, Somalia, Nepal, Philippines, Bangladesh, India), including myself. The theme of the meeting was a topic we frequently address in our work, namely, how to provide reinforcement and sustainability to ICDP after our initial training. In the Philippines and Nepal, a reinforcement was provided to parents with a video sent to them after each session, here is the link to such videos made for Nepal: <https://www.youtube.com/playlist?list=PL1hLdqAKvXjBdVf587oWAJR3yf05yexzL>

Some of your important efforts in evaluating ICDP project impact took place not only in relation to projects working with parents and children's caregivers, but also those working with carers of older people. The work of Line Constance Holmsen on three scientific articles about ICDP in the care of older people (two already published and one under preparation) is a significant contribution to our work in this area. These papers show promising results and are available to read on our webpage: <https://icdp.info/downloads/evaluation-studies-of-icdp-worldwide/>

Through the dedication and efforts by Carolina Montoya, Lucy Mejia and Guillermo Navas, the entire ICDP set of materials, originally published by UNICEF Colombia, have now been adapted, ready to be applied in context of ICDP in the care of older people - I look forward to their pilot project in 2025 which will test these materials.

There is always a lot more that we could achieve as the needs in the world are ever increasing, so I hope that the inspiring work from our partner organizations will create enthusiasm and energy for us all to carry on with equal commitment and dedication as have those whose reports we are now reading.

- Nicoletta Armstrong

# ICDP in Africa

**Mozambique, Tanzania, Ghana, Ethiopia, Malawi, Burkina Faso, Botswana, Zambia, Somalia, South Africa, Ivory Coast, Tunisia, Senegal**

## OVERVIEW:

### MOZAMBIQUE

ICDP has been working in Mozambique since 2002. The 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. An experienced ICDP team of trainers is mobilized according to request to train in different parts of the country. ICDP work has proved to be effective and has a wide outreach impact. ICDP Mozambique is a technical partner and member of the Psychosocial Group coordinated by the Government and belongs also to the Intersectoral Group for OVC, which plays an important role in influencing children's policies. There has been a particularly close cooperation with the local ministry, UNICEF and IOM. ICDP Mozambique had also been giving technical assistance to social workers involved in The Child Grant (0-2 years) programme, which is an unconditional cash transfer programme targeting children living in poor or vulnerable households with the objective of reducing poverty, improving child wellbeing, and promoting access to social services. Report about activities in 2023, by country representative, Santana Momade:

In 2023, after one year of operation, the Technical Assistance Programme for the Elimination of Child Marriage is expanding to the province of Sofala, covering two districts, and in 2024 we expanded to Cabo Delgado covering one more district. This news is important as using the ICDP programme we focus on combating both violence against children and early unions, which disrupt the comprehensive development of children, their pursuit of dreams and academic aspirations, and consequently, hinder the country's overall progress.

The programme is already present in 12 districts spanning the provinces of Nampula, Zambézia, Sofala and now Cabo Delgado. This expansion serves as a significant benchmark of our performance. In addition, it is a notable achievement that over the past year, we have exceeded the goal of 37 cases per district, with 500 cases being treated in each district.

Early unions represent a cultural challenge that affects many families. Often, young individuals are pressured to marry early in search of improved living conditions. Our programme aims to break this cycle with the involvement of government institutions, community leaders, traditional and religious leaders. We work not only on prevention but also on treating existing cases, referring them to the justice system and reintegrating young women into their families and communities while providing crucial psychological care and support.

This expansion marks a significant stride in our mission to eliminate early unions and ensure a brighter future for the young women of Mozambique. We extend our gratitude for the continued support from our partners, as together, we are making a difference in the lives of young individuals and communities across the country.





ICDP Mozambique has been cooperating with Unicef for many years now. On the 8th of March 2025 a short video was put on Youtube by Unicef, as a way of celebrating International Women's Day. It is called Child Marriage Story: Esperanca: <https://youtu.be/8a6h2JSmw80?si=cwDmdFLI0ktFYJFX>. Thanks to the intervention of Unicef and ICDP, Esperanca was rescued from her child marriage and was able to return home and to school.

International Women's Day gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women. Spurred by the universal female suffrage movement, International Women's Day originated from labour movements in Europe and North America during the early 20th century.

## TANZANIA

In Tanzania the first initiatives with the ICDP programme took place in 2004 and since then many groups of parents have received training. The local partner from the start has been KIWAKKUKI, a women's organisation working with matters related to HIV/AIDS. During 2018-2019, KIWAKKUKI developed a project with the aim of enabling children (0-6 years of age) with HIV and AIDS to attend a Care and Treatment Clinic. In connection with this project, the participant children's parents were invited to attend courses in ICDP and their responses were very positive. By 2020, a group of 16 new facilitators were formed and 160 parents were reached with the ICDP programme.

In 2011, the ICDP developments in the Manyara region in Tanzania started at Haydom as a cooperation programme between the Haydom Lutheran Hospital and the Sorlandet Hospital in Kristiansand. Since 2013, their cooperation has continued, and it was later extended to include Taswo (Tanzanian organization of social workers) and Fo (Norwegian organization of social workers).

2024 developments, reported by Patrick O'Loughlin:

Eight facilitators based in four areas of Tanzania, Arusha, Singida, Mbulu and Haydom, completed training as trainers during the year. Gunnar Eide, representing FO (Norwegian association for social workers) is the International Coordinator of this project. FO has supported Taswo (Tanzanian association of social workers) since 2015. About 40 facilitators have been trained since then by two experienced trainers from Moshi, Eglá Matechi and Velynice Fredrick. They in turn were trained by Grete Flakk from Norway.

Ezekiel Assecheck from Taswo was the National Coordinator. Chiku Ali (Tanzania) and Patrick O'Loughlin (Ireland/UK) based in Norway are the International Trainers (ITs) who carried out the Training of Trainers.



On photo above, from left to right: Nivoneia Kikaho, Ezekiel Assecheck, Mariam Athumani, Patrick O'Loughlin, Veronica Amo, Martha Massawe, Chiku Ali, Godwini Hilari, Irene Ringo, Daniel Kasikiwe

The training started with an eight-day seminar in Babati in January 2024. At first a lot of time was devoted to sharing from personal and professional experiences. This paved the way to forming an intimate, supportive group. "I felt like I was saying goodbye to my new family in Tanzania" said Patrick after this first seminar. There was time for Chiku to take the group through many ideas regarding awareness of harmful traditional practices and for Patrick to share a basic understanding of trauma.



Trainee trainers (TTs) had already started recruiting facilitator candidates in November 2023 and this meant training of all facilitators, in four groups each with two TTs, was completed by June 2024. TTs met the ITs for online supervision during the first half of 2024. Ezekiel had an essential role coordinating the TTs and dealing with many local issues.



Photo on left: Erik and Gunnar meeting two new trainers, Nivo and Daniel, in Arusha.

A key success factor was that Gunnar and colleague Erik Solaas met the eight TTs in April for two days of training and after that visited their training of facilitators locally, altogether forty new facilitators which now makes the total number of facilitators in the four areas around eighty.

TTs worked intensively to complete the facilitators' training, including supporting and finally accepting their log-books. No time was then wasted as the TTs completed all required written work. This could not have been achieved so

efficiently without the ability of Chiku to work with the TTs in Kiswahili.

The scene was then set for a return to Babati for the final 3-day seminar 29th September – 1st October. All TTs were able to demonstrate their in-depth knowledge of ICDP and how to support the development of a wide range of skills in their trainee facilitators.

A wonderful dinner and certificate ceremony rounded off the final seminar attended by local Social Work leaders and Heidi Steel from ICDP Norway.

It was a special honour for us that trainer Eglá Matechi from Moshi attended. Patrick and Chiku learned a lot regarding applying ICDP in different cultural settings and can further develop trainings in Norway, Tanzania and other contexts.



New Facilitator training in Bagamayo, Tanzania

ICDP Norway and Strømmestiftelsen (Norway/Tanzania) have arranged a new ICDP-facilitator training that started in October 2024 in Bagamayo, near Dar es Salaam, Tanzania. Twenty participants based in local communities come from various organisations (OCODE, Strømme, Y Global, NCA). Newly qualified trainers Ezekiel Assecheck and Irene Ringo (Tanzania) are working together with Chiku Ali and Patrick O'Loughlin (Norway) using Kiswahili and English.

The first training days were a powerful experience and a lot of fun, including much song and dance. One participant commented that they were very impressed by the trust facilitated in the group.



Role plays were popular and very useful in helping participants to explore feelings and see how to activate parents. Trainee facilitators have started running groups for parents and will soon meet trainers in two groups for supervision.

## GHANA

ICDP Ghana website: <https://icdpghana.org/>. ICDP Ghana has been active since 2012. The work started on the initiative of Joyce Larnyoh, with a series of ICDP workshops for key staff and community workers, initially in the Upper Manya District of the Eastern Region of Ghana and later in other areas too.

ICDP Ghana was soon established and it continues to work with the aim of improving the psychosocial health and wellbeing of vulnerable children by increasing the relational competences of adults in charge of their care.

ICDP Ghana counts on a small team of facilitators, trained and supervised by Joyce.

A special focus has been on training teachers and inserting ICDP in more complex educational projects through cooperation with well-established organizations, such as PLAN Ghana, T-Tel and STAR Ghana. ICDP was elected as a Co-chair member of the Civil Society Platform on the Sustainable Development Goals (CSO Platform on SDGs), and a Convener for the SDG Goal 4.

The ICDP principles are used to sensitize families that are often reached by community projects run in partnership with other organizations, and these initiatives have addressed a wide range of issues. For example, over the past 6years, ICDP Ghana through its Village Savings and Loans Association (VSLA) initiative aime at providing simple savings and loan facilities in communities that does not have easy access to formal financial services. ICDP Ghana in partnership with Ultrasound Consultants International LLC-USA, introduced a new initiative which will improve healthcare access and contribute to improving maternal health. The project is piloted in 5 communities in the Akwapim-South municipality, eastern region of Ghana.

In 2023, through the Village Savings and Loans Scheme, women in the Otwetiri Community received ICDP training. The initiative improved their relationship with their children and it gave the women easy access to small loans to enable them to support their children with their educational and health needs.



At the Early Childhood Centre of Grace Early Childhood School twenty teachers were trained and benefited from the ICDP empathy-based approach to caregiving. Through the collaboration with OCC USA, the school children received gift boxes from OCC USA. This was to support their literacy skills.

In 2024, ICDP Ghana continued to align its projects with the United Nations Sustainable Development Goals (SDGs), particularly SDG 1 (No Poverty), SDG 3 (Good Health and Well-being), and SDG 5 (Gender Equality).

ICDP Ghana strategy prioritizes:

- Expanding programmes that foster educational equity and youth leadership.
- Increasing healthcare accessibility and health education, especially in rural areas.
- Building economic resilience in communities through savings and loans schemes.



“In 2024, ICDP Ghana’s programs focused on holistic community development, emphasizing gender empowerment, maternal health, child welfare, and economic support for families. Each initiative was designed with the unique needs of our communities in mind, and the results have been transformative. As we move forward, our vision is to scale these initiatives nationally, reaching more communities and creating sustainable solutions that empower future generations.

We also invested in team development and capacity-building, ensuring our staff is equipped to meet community needs. Staff participated in training on ICDP empathy-based caregiving, photography for social media engagement, programme management, and cultural competency. “

– Joyce Larnyoh, ICDP Ghana leader.

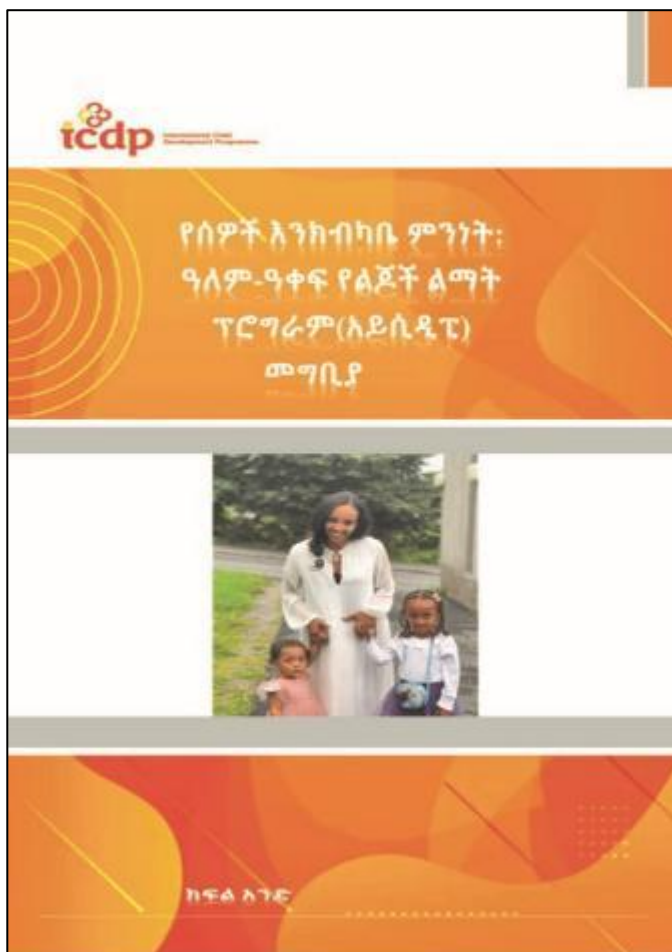
[Read full report.](#)

## ETHIOPIA

Atnaf Berhanu, who is based in Norway, has been training staff from different organizations in Ethiopia on voluntary basis since 2013. Two, three times a year she travels to Ethiopia to run workshops for new groups of facilitators, and engages in giving conferences on ICDP. Hundreds of facilitators have been formed so far. The demand and the requests for ICDP training have been increasing in Ethiopia but the challenges are the internal armed conflicts and lack of sponsorship.

In 2023, Atnaf conducted 3 workshops to create awareness about the ICDP programme, for a total of 180 church leaders. This effort was very successful and the church leaders decided to have groups of facilitators formed in all 3 areas: 1) Shashemene, situated in the West Arsi Zone, Oromia Region, 250 km from Addis Abeba, 2) Woyalta Sodo, in Southwest of Ethiopia and 3) Debreberhan, which is about 120 km northeast of Addis Ababa. As a result a total of 77 new ICDP facilitators received training.

Atnaf's report 2024:



During the year 2024, five groups of facilitators received training, resulting in 129 newly trained ICDP facilitators.

In addition, 25 facilitators from 2023 in Wolayta Sodo and Shasheme, completed their certification.

These efforts were conducted across five locations: Addis Ababa, Adama, and Bishoftu in the western part of Addis Ababa.

The facilitators rolled out the ICDP programme to 300 parents and 800 children.

Some facilitators have not completed their self-training projects and continue to practice ICDP with parents and they will be certified in 2025.

#### ICDP HANDBOOK IN AMHARIC:

In order to support the training efforts, the English manual was translated into Amharic, and 1,000 copies were printed, sponsored by the ICDP.

These training sessions were designed to

equip facilitators with the skills needed to promote positive child development and strengthen parent-child relationships.

#### Trained facilitators:

In Wolayta Sodo and Shashemene, there are now 25 new facilitators.

In Addis Ababa (Western South Region of EFGC), 24 new facilitators are now operating.

In Adama, there are two new groups: Group 1, is linked to the Amanuel Church, and has 30 facilitators and 78 children were reached. Group 2, is in the Ethiopia Muluwongel Church, and consists of 24 facilitators who reached 68 children.

In Bishoftu, 24 facilitators were trained at the Ethiopia Muluwongel Church, reaching 64 children.

#### Trained parent groups:

In total 25 parent groups were established, by recruiting 300 parents to ICDP courses.

Approximately 800 children were impacted by their parents' participation in ICDP. Parents reported significant positive changes in their households, including better communication and stronger relationships with their children.

Parents shared their experience during group meetings:

One mother shared: “This training helped me and my children to have peace in our house.”

Another parent reflected: “I used to discourage my child from singing, telling her, ‘Don’t sing.’ But after this training, I realized how much I was holding her back. Now, I encourage her to sing and express herself freely. I’ve learned the importance of showing warmth and love in conversations, and I’m committed to creating a better relationship with my children.”

In conclusion, the 2024 ICDP facilitator training programme had a transformative impact on facilitators, parents, and children. By empowering facilitators, the ICDP programme has fostered stronger relationships and created more harmonious households, reflecting its effectiveness and long-term potential to improve child development across communities.

## MALAWI

In the period from 2007 to 2013 ICDP training was conducted as part of the project called “Psychosocial Support for orphans and vulnerable Children” in cooperation with the Vestfold Mental Health Care Trust (PiV) and the Norwegian Church Aid.

The first ICDP initiatives gradually developed into systematic training for workers at the Alinafe Community Hospital and the Chisomo Children’s Club. ICDP training for community caregivers has been sustained over the years. The Nutrition Unit at Alinafe has been particularly effective in using ICDP.



ICDP Malawi trainers have also conducted training for caregivers from kindergartens, nurses and clinicians under Lighthouse. Lighthouse learnt about ICDP from one ICDP facilitator who briefed them about the programme, and they saw the importance of inviting trainers to conduct the training. Through ICDP sessions caregivers were guided to see and understand their children, improve the quality of interaction and the relationship with their children. An important focus was also on raising awareness



about the needs of the children in their communities and workplaces. Lighthouse is a registered public trust that exists to contribute to Malawi's national response to HIV as a model providing a continuum of high-quality care while building capacity in the health sector

Paul Mmanjamwada is one of Malawi's trainers who is also the leader of ICDP in Malawi. He was instrumental in achieving the integration of the ICDP programme as a permanent part of the strategic plan by the Malawi Norwegian Church Aid organization.

The work has been ongoing, except in 2021 – a hard year when ICDP team found it difficult to support

## BURKINA FASO

ICDP started a training programme together with Save the Children (SC) in 2017. To improve child protection in Burkina Faso, Save the Children International has undertaken to implement projects that consider the strengthening of parenting skills. The ICDP programme was well accepted by the communities, however, several facilitators became unable to sustain the ICDP work for different and unforeseeable reasons, and for that reason Save the Children decided to make new ICDP training plans in 2019.



A new group, composed of staff from SC and from their partner organizations was trained by the end of 2020 and in addition two of the more experienced facilitators were trained at trainer level. The adapted ICDP materials were tested out in the field and finalized in 2021. Since then, the ICDP work has been ongoing, with positive results. Interestingly, improvement in school results of children whose parents benefited from the ICDP programme was noticed in the Ziséguéré village in the commune of Dargo.

To date, two Save the Children projects implemented the ICDP programme, and as a result, 4 out of 13 regions were reached by the programme. This was achieved by a group of 70 facilitators who were trained in ICDP and who come from 2 local NGOs. In addition, 20 state social workers were trained. Nearly 500 groups of parents (with 12 parents per group) benefited from the programme.

In general, the ICDP programme succeeded in breaking some of the negative existing social barriers through the promotion of dialogue between parents and children, as well as between parents themselves. Discussions started between parents and children on topics considered taboo such as excision, sexuality, menstruation.

The exchanges between parents during the meetings allowed some of them to

change their behaviour towards their children. It was noticed that parents talk to children before

making decisions about them. A close bond was created between the parents who participated in the meetings, so much so that in many areas, women continue to meet and share with each other about ICDP's guidelines for good interaction. They also involve new parents in their meetings.

## BOTSWANA

ICDP's partner is the Ark and Mark Trust (<https://www.arkandmark.org/>), who piloted the ICDP programme in the Thamaga village, during 2017, thanks to the support from RVTS west Norway. Thirty-six facilitators were formed, among them five social workers who later became country coordinators for ICDP. Training was attended by parents, couples, youth, elderly people, pastors and traditional leadership and most participants found ICDP profoundly helpful. There was a gradual increase in the number of male participants.

The ICDP project was rolled out with organizational precision and monitoring over the following years. The initial group of facilitators and those facilitators who were subsequently formed, all meet with the coordinating team to receive updates and guidance on monthly basis.

In 2021, a new group of 50 facilitators was formed, including 40 people from Ramotswa and 10 from Thamaga. The practical work of the trainees in Thamaga had the support of the village leadership and the Social Welfare office. Ark and Mark Trust mobilized 26 facilitators who managed to implement ICDP with 110 caregivers and 364 children.

In Gaborone, the Ark and Mark Trust initiated the implementation of ICDP at one of Botswana Defence Force (BDF) camps. These camps are a community within the greater community of Gaborone and face unique difficulties because members of the force often leave their families for long periods of time – as result of which, the army families face significant challenges. The ICDP programme was introduced as a possible solution. The participants were happy with the ICDP course and there were improvements in their homes regarding their family interaction.

In 2022, the Ark and Mark Trust received funding from the Department of Social Protection (DSP) to reach out to more localities in Botswana, as parenting continued to be a challenge across the country. New facilitators were trained in Ramotswa, Gabane and Molepolole villages through funding from DSP. There were 50 new ICDP facilitators (40 female and 10 male) and 470 parents and 2012 children were reached with the ICDP programme. In 2023, the programme was implemented in Thamaga, Molepolole, Ramotswa, Gabane, and for the first time, Lobatse. Lobatse notably became the first town to self-sponsor its participation in the ICDP. By the end of 2023, a group of ICDP trainers completed their training and received their diplomas.



In 2024, the work of trainers and facilitators continued. ICDP has made a profound impact on positive parenting in Botswana in engaging over 2500 individuals and indirectly benefiting an estimated 10,000 more through its ripple effect on families and communities. By promoting empathy, communication, and understanding, the ICDP has empowered parents with essential skills to create nurturing environments, thereby enhancing the well-being and development of children. This programme's success underscores the importance of investing in parental support as a cornerstone for fostering healthy, resilient, and thriving communities. The sustained progress achieved through the ICDP's initiatives promises a brighter future for generations to come in Botswana.

Stories:

One participant shared that she has 9 children and all are working. She has a son who is a teacher in a junior school at Molepolole. Since this son started working, he has never done anything for her, and she went for 3 to 4 months without hearing from him. Since she attended the ICDP meetings she gained more confidence and decided to talk to him. After their phone conversation, her son decided to come home, and he brought lots of groceries with him. He felt bad for mistreating his mother and even apologized. She was very happy and thanked ICDP for giving her confidence and for building her family.

One male participant shared that there was no peace at home because his parents were not getting on well together. As the only child he did not know what to do. When he was at home, he preferred locking himself in his room but since he joined ICDP he took it upon himself to try and bring his parents together. Now they are happy and have reconciled. Additionally, the mother wants to meet the ICDP facilitators who helped build her home.

A mother once nicknamed after her fierceness and temper was feared by children in her home and in the neighbourhood. Through ICDP, she realized that her temper stemmed from lack of communication skills. Now her demeanour changed greatly to a point where she is no longer referred to by the same nickname.

## ZAMBIA

In 2015, ICDP signed a training agreement with the Primary Health Care Education and Training Trust (PHC-ETT) in Lusaka, Zambia. The project helped parents from diverse backgrounds develop positive relationships with their children, and trained teachers with the view of transmitting the ICDP skills to students in schools and higher educational institutions.

In 2019, ICDP established cooperation with Save the Children Zambia in a different area of the country. Nicoletta Armstrong trained a team of facilitators whose ICDP work has been ongoing.

The ICDP programme's core principles serve as the foundation for promoting sensitivity towards the needs and rights of children among parents and caregivers in the Child Sensitive Social Protection Project (CSSP) project in Lufwanyama. Members of SC staff and their partner organizations have been implementing the programme as ICDP facilitators in their respective communities.

*They expressed that the ICDP guidelines made a difference to their way of relating at home with children. Many said that they are now more aware and try to spend a lot more time with their children, that they now hold longer conversations and follow their children's interests in the way they failed to do before.*

A special focus has been to increase the uptake of parenting session among identified households through conducting awareness raising activities. These activities resulted in an increase in the number of parents and caregivers who attended the parenting sessions.

A post parenting assessment was undertaken for the ICDP parenting programme 2019-21 with the following results reported in the 2022 report:



- *There is a significant overall increase in the parenting/caregivers' interaction with children.*
- *During the focus group discussions results such as some changes in beliefs on corporal punishment were attributed to the parenting programme; this is evident by what some interviewed children explained. The children said they had observed changes in their parents and caregivers' practices and attitudes towards them and their welfare; they said their caregivers showed keen interest.*
- *Generally, the post parenting assessment results show that parents/caregivers benefited from the parenting programme as they became more attentive, patient, caring and responsive to their children's needs.*
- *The results further indicate that the parenting programme had enlightened them on issues relating to gender roles especially when it comes to the traditional tasks which are given specifically to boys and girls.*

#### Developments in Kalalushi

A Parenting Handbook, based on ICDP (with additional modules on nutrition, budgeting and gender education) was contextualized to the Zambian context. The handbook was used for scaling up the parenting programme in another district in Zambia, i.e., Kalalushi.

In 2022, the project selected some members of the Twashuka Community Welfare Assistant Committee (CWAC) in both Kalulushi and Lufwanyama districts for the purpose of training them as animators. To this effect, 20 CWAC members (8 males, 12 females) were trained to run the ICDP parenting sessions.

In 2023/2024, in addition to the ICDP programme sessions, the Child Sensitivity Package includes sessions about the importance of education, gender, family budgeting, risk of child labour as well as nutrition modules.

The project had rolled out the full Child Sensitivity Package to 59 groups of caregivers, to a total of 1066 caregivers (916 females and 150 males), representing 1056 households across Kalulushi and Lufwanyama.



*The parenting sessions are now yielding results as evidenced by the high quality, positive interactions between caregivers and children as reported during the home task submissions, and their own testimonies.*

Two households are visited per month by each animator, using this opportunity to give alternative explanations and demonstrations and to clear up any misunderstandings regarding what they have learnt. The animator invites the caregiver to share her experiences in a friendly, interested way, avoiding the more general instructive voice.

The CSSP team conducts refresher boost for the parenting. This helps caregivers not to forget the content of the sessions they attended, but also encourages them to learn and practice more with their children. At the end of the refresher boost for parenting sessions, coordinators among participating caregivers are chosen to head ICDP parenting session clubs across the two districts. One of the tasks for coordinators is to organize future meetings, which take place every month. The ICDP parenting session clubs provide a platform for caregivers to meet and share

experiences in addition to organizing some activities together. From time to time the clubs could be joined by new parents from the community.

In 2024, two facilitators received training to become ICDP trainers by Nicoletta Armstrong, namely, Adam Nyundo and Laguma Nyau. The training was over a period of 4 months, through weekly online meetings, from August to end of November. At the start of the training, they identified facilitators to train within the district where they are operating. In total, 8 facilitators (6 males and 2 females) were identified from Nsokoloko CWAC area of Kalulushi District on the Copperbelt Province of Zambia. These were Community Welfare Assistant Committee members (CWACs) and Social Cash Transfer beneficiaries in Kalulushi District. Names of facilitators who were trained in Nsokoloko, Kalulushi: Gladys Yambayamba, Hellen Chisha, Doreen Mwape, Paul Chintankwa, Tteddy Mukube, Mildred Kapapi, Shilla Mukabila and Manjolo Janet. These facilitators implemented the ICDP programme with 32 caregivers/mothers, and this was their own self-training project under the supervision of Adam and Laguma.

Comments by trainers Adam and Laguma:

*-We have close cooperation with the Ministry of Social Affairs, who have a volunteering policy, so many ICDP facilitators are volunteers. Our training to become trainers was very insightful and increased our knowledge on how we can effectively conduct the ICDP training in Zambia. We have also acquired knowledge not only to relate but also to justify the use of guidelines using research-based theories, something we could not do without this training. As for the future, due to the success of the implementation so far, we are preparing a concept note to send to the Ministry for a scale up.*

## SOMALIA

ICDP developments are linked to a project that is funded by the Finnish Ministry of Foreign Affairs, through Save the Children Finland. To ensure that the cash transfers being made to IDP households are child sensitive, complementary actions as part of the overall Child Sensitive Social Protection approach have been built into the project. The key complementary actions are i) enhancing child sensitivity of parents, caregivers, community members through ICDP and ii) improving transparency and accountability in the delivery of basic services relevant to Social Protection interventions for children.

The ICDP programme was incorporated in the Child Sensitive Social Protection (CSSP) project in Hargeisa, and has been implemented on an ongoing basis by Save the Children since 2017, in cooperation with the local partner HAVOYOCO and the Ministry of Labor, Social Affairs and Family (MOLSAF).

The ICDP training was given to staff from Save the Children and their partners, namely, The Horn of Africa Voluntary Youth Committee (HAVYOCO) and the Ministry of Labour and Social Affairs. All facilitators showed commitment in the field and contributed ideas when producing an ICDP module adapted to local culture and context.

The topics covered in addition to ICDP's content, include gender sensitization, disability inclusion, family budgeting, child and work, child's education.

The ICDP parenting sessions were expanded to an additional district, Berbera, where they were rolled out to caregivers of 150 households. The post assessment for the ICDP programme showed the following results:

*Caregivers reported that they have learnt "proper parenting methods" since they participated in the ICDP parenting programme. Children across the project intervention area also reported that their caregivers talk to them kindly, spend more time with them and they have a more open relationship. Children are reported to be more involved in the household decisions and making rules together with caregivers, giving them a voice in the household. The qualitative findings were corroborated by quantitative data which indicates that overall, caregivers who received the parenting intervention show an improvement in engaging in activities with their children such as having meals together, praising the child for good behaviour, showing physical affection, etc. to caregivers who received the cash-only intervention.*

In 2024, four staff members of the project based in Hargeisa, Somaliland were selected for training at trainer level. They were previously trained as ICDP facilitators by the ICDP international team.



The main purpose of the training was to establish the first ICDP trainers in Somaliland, to create competent trainers who can train local facilitators in ICDP programme. The ICDP trainers were trained, guided and supervised by the ICDP chairperson, Nicoletta Armstrong, throughout the process.

The training took place over a four-month period (from August – November 2024) and it consisted of online sessions, followed by practical ICDP work by the team of trainee trainers. There was a significant number of call meetings to discuss progress and address challenges and ways forward. The four ICDP trainers successfully completed the training, having finished their self-training assignments required for certification.

The ICDP trainers established four community-based groups of a total of 16 persons who volunteered to become ICDP facilitators. Three groups were based in the ongoing CSSP project targeted location in Hargeisa and the fourth group was selected from non-project targeted locations in Hargeisa. The selected persons were mostly community champions in the area where the CSSP project was being implemented, and in addition one group was selected from teachers in the city of Hargeisa. The training of new facilitators started with a 5-day workshop. After the workshop facilitators started to implement the ICDP programme by holding sessions with caregivers/parents on a weekly basis. The ICDP trainers developed their respective plans for supporting facilitators through personal visits to watch facilitators in action, as well as by holding group meetings and communicating through WhatsApp. The facilitators were fully committed and completed the training in a timely manner as agreed with the facilitators and the ICDP international team.

Recommendations by new trainers:

- To continue to implement the ICDP programme and include it in future programming of Save the Children and HAVOYOCO.
- To expand the outreach by forming ICDP facilitators in Magalo Cad in Berbera and other location in Somaliland.
- To receive further training to reach the next level to become Trainers of Trainers.
- To try to establish ICDP Somaliland as an ICDP international partner in Africa; the team is eager to take the lead and make this happen in Somaliland.





ICDP Facilitators conducting parenting sessions in Mohamed Moge IDP camp in Hargeisa  
The work has so far reached 625 households in two districts of Somaliland, namely working in 3 IDP camps in Hargeisa and in Berbere village.

“The milestones achieved include the first ever review of Social Protection in the country, the signing of the policy for Social Protection by the President of the country in 2024, and the recognition of Social Protection by the National Development Plan. Preparations for scaling up of the CSSP that includes the ICDP programme, is in planning. A study of the impact of ICDP is in process, involving 400 persons in the experimental and 200 in the control group.” – ICDP trainer, Abdiladif Ismail.

## SOUTH AFRICA

ICDP developments between 2008 and 2013 represent cooperation between Dlananathi, the CINDI Network and ICDP. An ICDP core group was formed and the implementation of the ICDP programme took place through the Caversham Centre, near Pietermaritzburg.

In 2019, ICDP signed an agreement with The Ububele Educational and Psychotherapy Trust, based in Johannesburg -<https://ububele.org/about-us/>.

The aim was to integrate ICDP as one of their activities to strengthen child and family mental health in the township of Alexandra. The trust provides therapeutic services in Alexandra - a densely populated, impoverished community with a myriad of challenges.

The training of facilitators took place in 2020 and 2021, and it was conducted on voluntary basis by Silje Bjørnstad Holter. In 2020, most trainees delivered the ICDP programme to parents living in the township of Alexandra, ranging from people living in shacks (often illegal immigrants) to those living in small brick houses – this work was part of their self-training projects. Parent groups were mainly recruited by word of mouth, usually from people using other services at Ububele.

ICDP facilitator, Nicki Dawson reports:. In total 13 new ICDP certified facilitators were formed and they continued to run parent groups in Alexandra. The trained team discussed how to adapt the ICDP material to the South African context and produced a local booklet for caregivers. The leadership of the Ububele organisation hopes that Ububele may one day become a training site for new ICDP facilitators. In view of this, they are trying to provide as many opportunities as possible for the current facilitators to

practice applying the ICDP programme – and not only by working in pairs but also each facilitator running a caregiver group alone. This is creating solid ground for trainer level work later.

In 2022 and 2023 new groups of parents attended the ICDP course in Alexandra.

There were also ICDP courses run through Ububele's partnership with the Field Band Foundation (FBF). FBF is a South African national non-profit organization that creates opportunities for the development and self-empowerment of young people through participation in music. Modelled initially on the American-style marching band, the FBF's performance style, choreography, rehearsal techniques, and uniforms draw on local traditions and practices resulting in a uniquely South African musical phenomenon. The parents of the young FBF participants attended ICDP courses during 2022. ICDP received very positive reception.

There were 14 ICDP trainings. A total of 150 parents and caregivers participated across these 14 trainings.

Eight of the trainings happened in collaboration with Field Band Foundation.

Two trainings were held with staff from a children's home – an institutional care setting for orphaned abandoned and removed infants.

One training took place at a local Primary health care clinic with primarily clinic staff in attendance – nursing staff, clerical staff etc. who are also parents.

Two trainings were held on site at Ububele with Ububele preschool and therapy service beneficiaries attending; some Ububele staff also attended.

One training was conducted at a church in the informal settlement (Marlboro Transit Camp) with families from surrounding area.

The ICDP facilitators at the Ububele Educational and Psychotherapy Trust continue to train new groups of caregivers and they report:

In 2024, we trained 25 parents in ICDP. Most of our parents live in Alexandra township, a low resourced community confronting a lot of socio-economic challenges including crime, drug abuse, unemployment, poor infrastructure to mention a few. Parents often share with us how these dynamics negatively affect their families, and make parenting more challenging than it would under normal circumstances.

Our ICDP groups consider the local context, using relatable role plays to encourage rich conversations and peer-to-peer learning.



Here is some feedback from participants:

"I did not have a good relationship with my children. I did not know what is the best way to talk to them when I discipline them. Since I have been to Ububele, I am calm, and I talk to my children nicely. I can discipline them positively now. We even host meetings together and talk, something I did not know you can do with a child," Mpho Moretsele, (mother).

“Unlike before, we talk to each other with smiles. We are calm when we communicate. I can see even the improvement at school, the results are much better than before,” Norah Malebye, (mother).



## IVORY COAST

### Save the Children

ICDP developments started in October 2022, with training in the ICDP programme in Bondoukou and Tanda. It represents a new initiative by Save the Children (SC). The Ivory Coast is the seventh country where the ICDP programme is used as a central part of the of Child Sensitive Social Protection (CSSP) programme rolled out by SC. The aim of the training is to form social actors, SC staff and staff of its Rising Sun partner as ICDP facilitators. The forming of facilitators was completed by ICDP trainers Alimata Sidibe and Aubin Sanou, in 2023.

In July 2024, a short article about the success of the ICDP programme was published titled: Ivory Coast – AIP/ A community project strengthens family communication in homes in Taoudi. Here is the link to it: <https://www.aip.ci/89946/cote-divoire-aip-un-projet-communautaire-renforce-la-communication-familiale-dans-les-foyers-a-taoudi/> The English translation of the original text of this article in French, follows below:

Bondoukou, July 31, 2024 (AIP) – The agent of the social centre of Taoudi (101 km from Bondoukou) and focal point of the project initiated by the organization Save the Children”, Brou Edoukou Jean Charles, praised the merits of the International Program of Child Development (ICDP), in strengthening communication between children and their parents in Taoudi. This community initiative aims to improve parenting practices and thus the development and well-being of the child. According to Brou Edoukou Jean Charles, this project has improved family relationships in his locality. “The beneficiaries have learned that they must devote time to their children and interact with them, have moments of intimacy with them,” he said.





The repercussions are visible with a reduction in the number of cases of child abuse, according to these registers and a positive impact on populations. For the director of this social centre, N'Dri Affoué Clémence, this project gave the children the joy of living again. "They are happy and live in perfect harmony with their parents," she greeted, during a contact tour, from Monday July 22 to Saturday July 27, 2024. This vision is part of the programs, "towards an inclusive and violence-free environment for the most vulnerable girls and boys in Bondoukou and "child-sensitive social protection", launched on March 24, 2022. Amounting 1.2 million euros, or 787,148,400 million FCFA for a period of four years, these programs are intended to increase and promote the rights and well-being of children in the region. of Gontougo.

#### ICDP training in December 2024:

A new group of professionals received training in ICDP at a workshop organized by Save the Children and the National Institute for training social workers, in the Ivory Coast. It took place from 10-12 December 2024. The trainer Aubin Sanou was assisted by some of the previously trained facilitators who have been implementing the ICDP programme with parents in the Ivory Coast for some time.

This training represents an important initiative as part of a long-term vision leading to sustainability of ICDP in the country. The national institute hopes to establish a team of ICDP trainers in future, who would be in the position to train new groups of facilitators of the ICDP programme, on an ongoing basis.

Nicoletta Armstrong, from ICDP, gave an inspirational speech in French on the first day of the workshop. Mukesh Lath, from SC Finland, is overseeing the developments together with the local Save the Children and he suggested a brainstorming session on the last day of the ICDP training to examine how the CSSP/ICDP parenting programme could be made an integral part of the Safety Nets Programme that is delivered by the Government.



"The workshop went well. The participants gave their all during the exercises and there was a lot of sharing of experiences. They have now embarked on their first self-training projects which will be completed by the end of January 2025. The second self-training will be finalized by mid-April." – Aubin Sanou. [Read short report by Aubin, in French.](#)

## Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI)

A separate ICDP initiative developed in 2023, when three employees in Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI) embarked on a training process to become ICDP facilitators, with the aim of starting ICDP in the Youpogon district of Abidjan.

The training to become facilitators continued throughout the spring of 2023 during which time the facilitators conducted a caregiver course to eight MELCI employees in Abidjan. The last session was in September when they received their ICDP diplomas alongside the group from Senegal.

During the spring 2024, 12 participants attended an ICDP caregiver level course that was held in MELCI's partner church. The ICDP training resulted to be very popular and therefore we have started the training of a new group of caregivers in the same church. Participants of the first group felt encouraged and gave positive feedback.

A mother of two said: "You have helped us see how we can show our children that we love them".

In November, the first of the three workshops to train more facilitators took place in Abidjan. Joyce Larnyoh from ICDP Ghana conducted the training.

The workshops for future facilitators was attended by some of the employees in MELCI as well as employees from other potential partner organisations. Several of the participants were recruited during our Open Day that took place in September 2024. During this open day the Yopougon town hall representative showed a real interest in using ICDP. Later he invited us to meet the mayor of Yopougon who approved our plans. We are in process of exploring ways of cooperating together to reach this large, troubled and diverse district.



Photo: Caregivers at an ICDP meeting on church premises, in Yopougon, in spring 2024.

## TUNISIA

In 2022, Jostein Haugen and Signe Stensland, on behalf of The Norwegian Development Partners (NODEPA) sought ways to initiate ICDP in Tunisia. After consultation with ICDP, they discussed their vision with Sana Guebsi, the president of "Bright Women Association of Today" (BWAT) who after several meetings and discussion, became acquainted with the ICDP concepts and recognized the need for ICDP knowledge and its practical implementation in Tunisia. It was agreed to embark on close

cooperation between NODEPA and BWAT to establish ICDP in Tunisia. The first step was to appoint a project manager and select a steering professional group.

This was followed by organizing an ICDP introductory workshop, which took place in February that was conducted by international trainers Sissel Ånestad and Hilde Tørnes. It was an opportunity to present the aims and content of the ICDP programme and at the same time to get to know a group of possible future facilitators. Trainee facilitators were selected from diverse backgrounds like kindergartens, schools, centres for autism, orphanages, and associations working directly with families. ICDP was welcomed and the process of training continued during 2023. The trainers conducted the first Facilitator level workshop and kept in regular contact with the participants in Tunisia.

The training continued in **2024** and the second and third training sessions were conducted by international trainers Sissel Aanestad and Helen Christie. All participants conducted parent or caregiver groups and participated in two supervision sessions in their regions. The 21 facilitators carried out their self-training projects by delivering the ICDP programme to 81 caregivers and parents. Their ICDP work is estimated to have affected between 600 and 800 people. The new coordinator for ICDP in Tunisia is Marte Kjelsvik.

“The response from the trained facilitators and beneficiaries was very good. It was reported that there is a great need for this type of training and the tools given to the parents and caregivers in Tunisia. It appears that the training has been more effective for the facilitators that conducted parent groups, rather than those who conducted caregiver groups. Some of the facilitators reported challenges on adjusting the ICDP material to the caregivers in professional settings due to the presentation of the content being more directed to a parent-child relationship. The ability to take theory and adjust it to a different setting like this is not a given. Some were able adjust, but not all. Still even those groups reported an impact in the participants personal life as parents, but that was not the main goal in the professional caregiver groups. Most of the facilitators of parent groups reported stories from parents who experience a better relationship and better communication with their child.

*A father in one of the parenting groups said that it was "impossible" for him (because of the culture) to praise his child and tell the child that he loves him. After a few group meetings, he wanted to try it as he was hearing the other parents share their good experiences, and he found it very positive.*

We are hoping to be able to do a training of trainers in Tunisia to facilitate for local trainers and not being dependent on bringing in people from outside of Tunisia.” – Sissel Anestad.

## SENEGAL

ICDP developments began in 2023, thanks to the efforts by a team from Normisjon who were determined to start ICDP in Senegal. At the same time, in the Ivory Coast, the Norwegian Lutheran Mission (NLM) together with its local partner, the Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI), has also been making efforts to start ICDP.

The two organizations contacted the ICDP foundation and it was agreed to start the training of future ICDP facilitators from both countries. at a workshop in Senegal. During 2023, the training of the first group of facilitators in Senegal was conducted by ICDP trainer, Aubin Sanou.

In 2024, the community of Kédougou was the target for ICDP implementation. ICDP courses were rolled out by newly trained facilitators to groups of women, with the aim of raising their awareness about non-violent education and meaningful, caring communication with their children.



*The women who met during the various meetings expressed satisfaction with the content of the ICDP programme. The implementation of the 8 guidelines brought a change in their behaviour towards their children and the atmosphere in the family improved as a result.*

Given the enthusiasm of the participant women to apply the ICDP programme in their lives, the Normisjion decided to expand the outreach by implementing ICDP with more families. It became clear that in order to achieve this there was a need for more facilitators and for that reason it was agreed to engage Aubin Sanou again.

It was decided that the main task would be to evaluate the work of the facilitators and to strengthen their ICDP skills. It was also agreed that Aubin would involve facilitators in the training of a new group of facilitators, so that they can start gaining the experience at trainer level. This work was planned for April 2025.



ICDP facilitators in Senegal

# ICDP in the Americas

Colombia, Peru, Paraguay, Brazil, El Salvador, Guatemala, Panama, Mexico, Nicaragua, Ecuador, Bolivia, USA

## OVERVIEW:

## COLOMBIA

ICDP developments started in 1993 and are still ongoing. The work with the programme in the departments of Boyacá, Quindío and Antioquia has been ongoing almost 30 years. ICDP Colombia was registered to start cooperation with UNICEF which lasted from 2000-2010, when large scale ICDP projects were developed that reached half a million children in most vulnerable departments of the country. In parallel ICDP also had a strong presence in Antioquia through the work of trainers at the university of FUNLAM. Dozens of projects were developed by ICDP Colombia since 2010.

Activities in 2024:

In **Quindío**, an ICDP project for working with adolescent girls was presented to German sponsors in cooperation with the Guerrand Hermes Foundation for Peace.



In **Santander**, ICDP training took place in the municipality of Cimitarra, for Afro-Colombians, Raizals and Palenqueiros (NARP population). Luis Fernando Lopez Cardozo conducted the training. The participants were also involved in exploring management and governance issues, as well as government and public policies aimed at promoting good treatment and working on the prevention of violence against children.



In **Boyacá**, ICDP trainer Luis Fernando supported the work of 90 psychologists, that he previously trained as ICDP facilitators. Their work is linked to the mental health secretariat in Boyacá and Santander.

In the municipality of **Venta Quemada**, new groups of facilitators who were formed in 2023, implemented ICDP with families through social services, kindergartens and health centres.

In **Antioquia**, a project called “Women with a Soul” was rollout step by step over a period of six months, in the village of Santa Teresa, in the municipalities of Rionegro, in the eastern part of Antioquia. The objective was to strengthen socio-emotional capacities in the women as the basis for the strengthening of family relationships and the development of rural entrepreneurship processes in the area. In the village of Santa Teresa there are more than 500 families, 80% of whom belong to strata 1, 2 and 3, with low economic income and unsatisfied basic needs. Among its main problems are: a macho culture, problems of alcoholism, in some cases domestic violence, school dropouts, conflicts between families, unemployment, the growing consumption of psychoactive substances in young people and adults.



The village has many opportunities for growth such as the Community Action Board that works for the development of its inhabitants, the rural school that is financed by the Secretary of Education and a group of women that for 4 years has been advancing in processes of empowerment and personal growth, some of them have managed to consolidate processes of entrepreneurship and financial autonomy (this with the support of social entities such as ICDP Colombia and Fundación Club Campestre). This project “Women with Soul” sought to strengthen and give continuity to the effort and commitment of some women in the village who have managed to develop socio-emotional skills and leadership, strengthen their family relationships and to consolidate enterprises.

Mercedes Carvajal, through the Alma Botánica entrepreneurship and with the support of ICDP Colombia impacted other women in the area, giving continuity to the training and personal growth processes.

The beneficiaries of the project are women between 25 and 60 years of age. The women are illiterate or with low schooling, and they are economically dependent on men. They are dedicated to domestic work including upbringing of children and grandchildren. All have available land to produce home gardens and crops for self-consumption and entrepreneurship. In this project, the community contributed the soil, its ancestral knowledge and the experiences of clean production with organic fertilizers, such as bocashi, for the care of nature and protection of the natural reserve in which they live. The ICDP Colombia Foundation has joined this project by contributing its knowledge to improve family relationships through the implementation of the ICDP programme. Three ICDP volunteers who accompany this community. Abel Salazar, ICDP trainer, is overseeing the work.





**Letter to ICDP from a mother who participated in the ICDP training:**



The ICDP programme showed us that although nobody teaches us how to be parents, there are in fact many tools that could guide us in our role as parents – and in my own life I experienced the ICDP guidance and found its tools very useful. ICDP made me see my own child in a different way. I started to value him and give him importance he deserves. I realized that his opinions are equally important as mine... that quality time is more valuable than a quality toy.... that limits are necessary but are to be set with love and explanation... that observing and listening works better than commanding ... that the most practical way for children to obtain their goals is for parents to become their number one fans. I understood that my role and my priority is to accompany, love and guide, to be a mediator between my son and the world around him.

ICDP has brought out the best version of myself, and this has improved the relation with my son, with my family and with myself; and with a group of wonderful women who participated in this programme. We managed to appreciate each other and listen to our life stories and build knowledge together. In each meeting we shared with sincerity and felt love and respect for each other.

The meetings were also attended by several older women who endured much in their lives; whose lives were full of unfulfilled dreams. Yet they possessed of a wonderful quality, a special strength... It was so rewarding to see how ICDP made them want to learn, and how they started to understand about the digital world which was previously beyond their understanding – just like children, they too needed support and guidance about the world.

One could observe how these older women started to value and take better care of themselves. They started to feel deserving of good things, realizing that it is never too late. Their enthusiasm was present in all the meetings and they never missed to attend a meeting; their positivity was visibly affecting other participants who became more enthusiastic themselves.

The ICDP programme has brought us together as a community and it has made us stronger. It has taught us not only how to relate to our children but also how to relate to other in our environment, particularly with women. Hopefully this programme will continue to grow and reach more people because it has given us back confidence, hope and a healthier way of relating to each other. Thank you ICDP!

## ICDP materials in Spanish for the implementation of the programme with caregivers of older people



During 2024, two ICDP trainers, Carolina Montoya and Lucy Mejia (on photo below), who are based in Medellin, Antioquia, Colombia, worked hard on adapting the ICDP programme materials so that they can be used in context of ICDP sensitization involving caregivers of older people.



For this purpose, they re-designed the entire ICDP pack of materials, adapting the text and pictures, but without essentially altering the original materials that were prepared by Nicoletta Armstrong and published by UNICEF as the *ICDP Mochila*.

Carolina and Lucy stuck very closely to the original contents and their adaptation is thus as comprehensive as the original materials, covering every level and aspect of training.

They will test it out in a pilot project in 2025.



## PERU

ICDP began developing in 2009 and in 2010 ICDP Peru was registered in Lima. Small scale projects followed, that included training families, nurses and community workers from the NGO KALLPA who implemented ICDP with families living in the poor area called Sangarará, near Cusco.

From 2017-2019, the Wawa Illari multi-disciplinary research project was developed in an area near Lima, called Pachacamac, with sponsorship from Grand Challenges Canada. The project combined ICDP with nutritional and health messages, as well as teaching families to grow vegetables in community gardens and at home. Pachacamac is a very poor community in an arid area, with little infrastructure and the difficulties that the families face due to lack of water affected some of the participants. Despite that, the ICDP work was carried out in a good way. The project was a research study and the evaluation report was finalized in 2019 and articles were published in journals in 2020, showing a positive impact on children's cognitive development.

In 2022, Honorata Herrera, ICDP trainer adapted the ICDP programme for working with incarcerated parents, using artistic expression in addition to ICDP. In 2023, she started this work with a group of women in a prison in Lima.



In April 2024, ICDP trainer, Honorata Herrera, resumed her ICDP work at the Santa Mónica Women's Prison, located in the Chorrillos district, in the city of Lima. The ICDP meetings are held on Tuesdays from two thirty to four thirty in the afternoon. Participants include twenty-four incarcerated mothers. Honorata explains:

-The ICDP meeting is a safe place for participants to express themselves and for me to listen. It requires patience and perseverance to run each ICDP session, recognizing that the process is very slow with these mothers...but it is also an opportunity for growth for all of us. Introducing the ICDP guidelines, in their order and structure, allowed me to organize the topics and leave the mothers free to share their experiences and family stories that arose spontaneously.

Together we managed to create a place of trust, where each mother felt valued and was seen as an equal. I am continually encouraging them to connect with the brightest part of their being. Mothers felt that the ICDP meeting is "a magical place," "it is our therapy," "we share laughter and

tears".

However, the mothers' attendance at meetings fluctuated for various reasons: due to appointments related to their confinement in prison, such as having to meet with a psychologist, social worker or lawyer. Some fail to attend due to emotional reasons, like when receiving a sentence beyond what was expected, or going through their own criminal process. Except for one mother, who is always there, happy to attend.

After I introduced the first of the 8 ICDP guidelines (which is: How do you show love to your child?) mothers started to share their experiences. Then I proposed that they also show love and affection to each other. Lucia responded immediately, very adamantly, "I don't love myself." Her reaction made me reflect and I decided to ask the mothers to direct the ICDP guidelines towards themselves, to first experience the meaning of each guideline through their personal experiences.

At the beginning of the session on Empathy, one of the nine participant mothers recalled that upon entering the prison her cellmates welcomed her by saying "Welcome to hell" and she described how



this made her feel. On the same day, a participant mother called Wendy joined us very late, towards the end of the meeting. To my surprise the nine mothers shouted out in unison, pointing at the register in front of me: – Don't sign the attendance sheet for Wendy!

Surprise, discomfort, and annoyance appeared on Wendy's face. After a few minutes of asking for their attention, I asked the group to reflect about what thought or idea went through their mind which led them to act that way. They all remained silent for a few seconds, until one of the participants responded that it was just a joke. Immediately they all confirmed that it was a joke. I asked Wendy how she felt and she said, "Attacked at first, but then I thought it was a joke." Afterwards, we shared about the meaning of empathy, attunement and affection.

In our fifth session, we were supposed to work on the ICDP guideline four, which is about the meaning of praise and appreciation of efforts. At the beginning of the session, we stood in a circle greeting each other, when I saw one of the mothers whispering in the ear of her companion Mara. Mara was crying silently. I asked Mara what had happened to her. Mara told the group that she had had an altercation with another mother in her ward. This mother had insulted and verbally assaulted Mara, accusing her of stealing her baby's bottle. She concluded her story by saying: Honorata, most of the people are here for theft. I am not a thief. I am here for Illicit drug trafficking. At that moment, a very upset inmate entered the workshop space, saying that her roommate threw her new shoes in the rubbish bin. Mara told me that this was in revenge, because this inmate had betrayed her roommate... With all this happening, there was no time left to work on the guideline four. To date, Mara has not returned to the ICDP meetings, but whenever she sees me, she greets me affectionately. Last Thursday she gave me a blessed rosary and a small red heart-shaped keychain.

During the session on guideline 8b, (which is to plan actions step by step), I asked mothers to share a personal story with respect to making plans step by step, and here are two of their stories:

Story one: Before entering prison, all I thought about was how to dress up in beautiful clothes, but nowadays, I do not care for such things anymore. My biggest concern now is to be released, to become free so that I can return to my five children, all waiting for me. My mother takes care of them now. When I am released, I plan to sell food. I have done it before and they tell me that I cook well. I also prepare a delicious chili.

Story two: When I was fourteen, I had my first daughter Sofia. My mother kicked me out of the house. I looked for my daughter's father. He was nineteen years old and we started living together. Sofia was my doll. I was very happy with her. I learned to be a mother. But when her father came home from work, the tension would build up, he was violent towards me. The beatings became more and more frequent; black eyes, blows to my arms. Seeing my five-year-old daughter tell her father not to hit me was too much for me, so I decided to run away. But now I just want to get my daughter back and return to my village. So, this is what I plan to do.

## PARAGUAY

ICDP has had a continuous presence in Paraguay since 2001, through the work of educator Elisabeth Gavilan and her Vida Plena Foundation. In 2002, Vida Plena joined the Paraguayan children's rights network and the civil society network for early childhood development with the objective of influencing public policy for the benefit of children's integral development. Over the years, Elisabeth conducted many workshops and courses in ICDP.

Since 2008, Vida Plena has been running a Day Care Centre for Children, situated near the Asunción Central Market in the Abastos area of the capital Asunción. They offer help to children working in the market and provide them with educational support.

In addition to their four members of staff, the ICDP team counts on volunteers and occasionally interns, either Paraguayan or from abroad, usually from Germany.



Approximately every two months Elisabeth carries out training courses, by running workshops for her team, each lasting 3 hours. The aim is to deepen the practice of the ICDP eight guidelines for good interaction and above all, to deepen the ability to apply empathy and emotional attunement in their daily work with children, aged between 3 and 18 years old. The centre usually has about 60 boys and girls who daily attend the centre's activities; in 2024 it attended 100 children. Among the former students, some are already mothers or fathers and they send their children to the centre, or recommend their relatives to send their nieces and nephews.



“Since the beginning in 2008 because of our educational work based on ICDP, we can see positive changes in some of the children who, upon entering the Centre, have engaged in aggressive behaviour or, on the contrary, have been closed in on themselves. Constant attendance generates these changes, especially if the child enters from an early age. Some have attended throughout their years of schooling, some have returned in their high school years after a one- or two-year hiatus. They return because they value the atmosphere of respect and kindness, the result of the daily patient work of the educators. The children who attend come from different schools and grades and can “play more and find more friends” than in formal institutions. They say that “here we are listened to”, “we are respected”. With very few exceptions, the children and adolescents who attend finish their primary school. This is what parents are most looking forward to and the reason for sending their sons and daughters to us. A few – an estimated third – continue studying in secondary schools and graduate with a high school diploma. Among the high school graduates, some are pursuing university degrees, others are looking for work and want to find their particular professional path. It is not easy as opportunities for young beginners in Paraguay are limited. Neighbouring Argentina is a destination for young Paraguayan immigrants, Spain and the United States are other host countries. The young persons who find their dream profession and independence are a very important pillar for their family. We know that over a dozen of our alumni have reached that level.

In 2024 I manage to carry out a training workshop with the team, to strengthen and deepen the practice of the eight guides and above all, of empathy and emotional attunement in their daily work of direct care



to children. The educators were able to summon some mothers and a father for an ICDP course for parents. A total of 17 people attended and in December they went on a trip to a spa, to celebrate the end of the course. The 12 years old daughter of one of attending mothers, told me that now her mother does not hit her. In June we sold our family house in the city and a month later we moved to the countryside, 50 km from the capital. This meant that I attended only twice the meetings of the ICDP course for caregivers that Myrian and Carmela organized, together with the other two colleagues. I saw that they did a good job: they included activities capable of enhancing the skills and self-esteem of mothers.



In recent years I have accompanied and observed carefully the work of each member of the team, especially evaluating how they get along with each other. The pedagogical team grew and knows how to communicate more consciously, and this process continued in 2024, benefiting the environment of care for children. This is an outstanding result of the practice of the wonderful peace instrument that we have with ICDP.

At the end of 2024 we had to close the Support Center for several reasons, new rules for non-profit organizations, losing a regular contribution, our move to the countryside and our advanced age. We as a married couple already feel that at our age (81 and 75 years old) we have the right to reduce stress and contribute to the community in other ways”, - Elisabeth Gavilan,

## BRAZIL

In Brazil there have been three separate developments of ICDP; the first was from 2001 - 2010 when a series of seminars, meetings and conferences took place in Santo Angelo and Aguas de San Pedro, followed by several projects for teachers, adolescents and families in impoverished communities.

The second development was in the period 2010 - 2015, in cooperation with Save the Children Brazil when ICDP facilitators operated in 34 municipalities of the Pernambuco and Bahia states. It was sponsored by Save the Children UK and the project evaluation was very positive.

The third development is ongoing since 2015, with ICDP trainers from ACARI applying the ICDP programme in projects for families in and around the town of Petrolina and with sponsorships from different organizations. ACARI stands for *Civil Association for Coordination of Citizenship*; it is an

organization located in Petrolina, in the Sertão of Pernambuco. Its mission is to promote the exercise of citizenship and the defense of human rights, especially those of children and adolescents from a political, cultural, social and environmental perspective, aiming for an equitable and democratic society.



ICDP trainer at ACARI, Ilze Braga, reports about ICDP developments:

ACARI has been working to combat physical and psychological violence through the Bem Me Quer Project: living in families with affection, dialogue and understanding. The project is supported by Kindernothilfe (a German institution) and will run until 2026.

Using the ICDP methodology, we were able to talk to families in a simpler and more accessible way about the importance of preventing violence by promoting good treatment

The project serves families in situations of social vulnerability in the city of Juazeiro in Bahia and in Petrolina, Pernambuco. It helps families to experience a positive interaction and relationship with children and adolescents, creating a better environment with more dialogue, affection and understanding.

To this end, monthly family workshops are conducted and “positive interaction kits” are delivered to encourage family participation in meetings. Families are invited to participate in meetings through WhatsApp groups and many exchanges of ideas and experiences also take place in this virtual space.

The positive interaction kits include the following:

“Sweet family moment” – (taking advantage of the proximity of Easter, the kit contained the material for making a chocolate cake with the participation of the whole family);

“Taking care of Me with affection!” (hygiene and personal care materials: shampoo, soap, moisturizer, deodorant, comb, sanitary pad, toothpaste and toothbrush);

“Celebrating São João with love!” (products for June recipes: corn cake dough, eggs, milk, margarine, hominy dough, coconut milk, cinnamon);

“Getting to know myself as a Family” (Feelings Game Card with dice and chocolate popcorn and soda material);

“I take care of myself and I take care of those I love!” (Foot bath: herbs, marble, rubber ball and basin with material for coffee and biscuits);

“Educating by example”. (\*Frame with Traffic Light of Emotions” - MDF and cold dessert material: condensed milk, cream, biscuit, strawberry juice)

“Christmas with love and flavor” (Various products for Christmas dinner, such as: olives, cream, raisins, pasta, tomato sauce, flour, smoked sausage, oil, corn and peas and rice)



The strategy used to deliver the Interactive Kits proved to be an efficient exercise tool for adults to interact with children in families at home. The kit, in addition to providing the use of important food, hygiene, well-being and educational materials, which most families do not normally have access to, also establishes the opportunity for healthy coexistence in carrying out a collective task with all members of the family.

During the 5 years of the Project, we will address the 3 ICDP types of dialogue in detail. In 2024, we focused especially on the Mediation Dialogue of the ICDP programme. Families were encouraged to mediate children's interactions with the world around them, expanding their cognitive, behavioral and emotional repertoires. At all the ICDP Meetings, we delivered "Positive Interaction Kits" to families, such as ingredients to make a cake, seeds and garden tools, books, games, etc. They serve as tools for families to use the 8 guidelines in their routine: cooking, planting, reading and playing together.

In 2024, 48 meetings were held throughout the year, serving **330 families** living in the municipalities of Petrolina Pernambuco and Juazeiro Bahia in the northeast region of Brazil. We monitor progress in families through reports, photos and videos from WhatsApp groups.

The challenges faced by these families are due to the situation of extreme social vulnerability. With the ICDP we strengthen the reflection on breaking the cycle of violence and the importance of good coexistence even in the face of difficulties experienced in daily life.

**FUTURE PLANS:** ICDP members of ACARI, namely, Simone Souza, Ilze Braga and Ailma Barros meet virtually with Pollyanna Magalhães (ICDP Brasil) and Guillermo Navas (ICDP Internacional) to explore future prospects for ICDP in Brazil. The aim is to prepare a Concept Note and seek partnerships to extend the ICDP programme implementation in Brazil.

## EL SALVADOR

The development of ICDP started in 2006 upon invitation by Marina Morales from UNICEF El Salvador.



After several years of successful implementation of the ICDP programme, (known as "Tambien Soy Persona", "I too am a person") by the Instituto Salvadoreño para el Desarrollo Integral de la Niñez y la Adolescencia - ISNA, (Salvadoran Institute for the Comprehensive Development of Children and Adolescents) and its 50 local partners, ISNA institutionalized ICDP as a nation-wide programme for parents and caregivers.

In 2014, UNICEF sponsored the making of a video which illustrated some of the impact of ICDP on participant families: <https://www.youtube.com/watch?v=jDCefC-VjmU>.

ICDP contact persons in UNICEF El Salvador were for many years Marta Navarro, Education Specialist, and Liliana Reyes, Education Officer who closely cooperated with Nicoletta Armstrong on developing materials and content of training.



Three versions of ICDP materials were designed and published: the original version of ICDP programme for parents; the adapted version of the ICDP programme for parents of adolescents and the adapted version of the programme for adolescents (in this version adolescents act as facilitators of the programme to other adolescents).

Each year, the core group of local trainers took ICDP to new areas and applied the programme in new contexts. Over the years hundreds of facilitators were trained who applied ICDP with tens of thousands of families and caregivers all over the country.

In 2023, ISNA was replaced by the Consejo Nacional de la Primera Infancia, Niñez y Adolescencia – CONAPINA (National Council for Early Childhood, Children and Adolescence), and they decided to continue to work on the expansion of ICDP in the country.



In 2023 and 2024, in addition to the ICDP version for families of small children, the version of the ICDP programme for families with adolescents was also implemented with the support of CONAPINA and in coordination with EDUCO. It benefited directly 2,804 mothers, fathers, or caregivers (women: 2,415 and men: 389), and indirectly benefited 5,958 children and adolescents (girls: 3,032 and boys: 2,926).

The design and adaptation of the materials for the peer-to-peer version of the “I am a person” was finalized with CONAPINA and 500 sets of ICDP materials (backpacks) were produced, with the plan to benefit at least 1,500 adolescents. CONAPINA has started the piloting the peer-to-peer delivery of the ICDP programme at the end of 2023 and in 2024 the first results were systematically observed.

In 2024, UNICEF concluded the behavioural change study. The analysis of the data from the pre and post questionnaires administered to participants of the ICDP project for families with adolescents was conducted in coordination with Fundación EDUCO and CONAPINA. The study showed the following results, as explained by Liliana Reyes:

1. Caregivers found the workshops valuable and relevant to their role as mothers, fathers, and caregivers.
  2. Participants highlighted positive changes in their relationship with adolescents after participating in the programme, such as more open communication and a reduction in family conflicts.
  3. Some common obstacles to applying what was learned in the workshop were identified, such as forgetting to use the new skills in stressful situations.
  4. Participants expressed interest in receiving additional support after the programme, either through regular follow-ups, support groups or additional resources.
- Conclusion in general terms is that this methodology on parenting practices is useful and relevant for mothers, fathers or caregivers.

## GUATEMALA

From 2007 to 2016, upon invitation by UNICEF, ICDP was developing trainings in cooperation with Plan Guatemala. A group of 74 people were initially trained and among them was Julio Martinez, who coordinated the roll out of ICDP on behalf of Plan Guatemala for 9 years. The ICDP programme reached 200 communities in the country.

Another strong partner during the same period, was SOS Children's Villages Guatemala who used ICDP as part of their child protection programme.

Since 2016 and ongoing, Julio has been giving ICDP training to students at the university (Universidad de San Carlos) as part of a course in neuroscience.

In 2021, Julio's students started to run courses for mothers and fathers and for this purpose they adapted the booklet for caregivers and used Facebook as well.



In the period 2021- 2024, Julio has been cooperating with Compassion International Guatemala. This is an organization that works through partnerships with local churches worldwide, in 25 countries (<https://www.compassion.com/>).

Julio trained their staff and ran ICDP courses in their Centros de Desarrollo Integral (centres for integral development). Over 500 hundred families benefited from his work.

“We have been working with the Compassion Foundation (CF) involving both mothers and fathers in the ICDP courses. CF offers care to expectant mothers and children from birth to 18 years of age. We found that the ICDP programme fits in very well with their target group. I trained 14 facilitators and they in turn work directly with parents.

The impact of ICDP on parents was significant and visible. My vision is to scale up the work with the ICDP programme, and I hope that Compassion International will become interested in large scale implementation. “ – Julio Martinez.

## PANAMA

During 2017 and 2018, an ICDP training project was conducted for teachers and staff of the local organization called "Movimiento Nueva Generacion", situated in the El Chorrillo district in the Panama city. Teachers, psychologists and community workers were trained as ICDP facilitators and then they applied ICDP with preschool children, as well as older children and adolescents. Some of the facilitators also worked with parents. Trainers were Nicoletta Armstrong and Carmen Lucia Andrade.

In 2019-2020, ICDP training was requested by the parish of San Andres, in the district Bugaba of the Chiriqui province. The participants included teachers, mothers, fathers, parish workers and community leaders.



The training project received support from the parish and community funds, and it represents cooperation between the ICDP and the local church. ICDP was implemented with community parents and their children.



In the period from 2021 and ongoing in 2024, ICDP trainer Antonio Mendoza continued to apply ICDP in the most western part of the Chiriquí province, in the district of Renacimiento, bordering with Costa Rica, in the poorest region of Panama. Here Antonio and a group of facilitators implement the content of the ICDP programme with families and children in the indigenous communities, covering 30 communities.



In addition to ICDP, this work represents cooperation with several organizations and the scope of the intervention includes consciousness raising, education, nutrition, and health components. They have so far reached out to over 800 families with young children, up to 8 years of age, belonging to the Ngäbe and other communities, who live in Santa Clara and San Antonio.

The emphasis is on providing guidance in early stimulation and teaching about ways to establish good communication between parents and children, as well

giving nutritional advice. The participants are mainly mothers who attend sessions together with their children. The sessions are held in the district of Rio Sereno. Four facilitators meet the families on church premises and work during entire days, from 8 am till 4 pm. Each family attends 6 full days of training.

The local authorities approved the building of a training centre, which is under construction, to facilitate the implementation of different programmes, including ICDP. The centre will serve children from both Panama and Costa Rica, as it is situated on the border of these two countries.

In addition, in 2024 they started working with school teachers and young people. For this purpose, they printed a new set of booklets and handbooks of the ICDP programme which was provided by ICDP.



## MEXICO

ICDP was launched with a presentation by Nicoletta Armstrong, at the "First Pan-American Congress on Education for Peace" in 2009, at the University of the Americas, UDLA, Puebla, Mexico. The following year, la Casa de la Niñez Poblana, a government institution for abandoned children incorporated ICDP as one of their methodologies and all of its 72 members of staff received training in the ICDP programme.



Jose Luis Flores Jimenez was part of a team of seven psychologists that ran ICDP courses at Casa de la Niñez Poblana. Since that time, he has continued to use ICDP in his own professional capacity as family psychologist. Jose Luis actively promotes ICDP at professional conferences in the municipality of Puebla.

He has trained teachers in several schools and ran courses for parents in person and through virtual platforms online. He worked in this way in 24 public schools and has also demonstrated that it is possible to offer direct support to children through virtual contact.

In 2023 Jose Luis trained in the ICDP programme a group of 33 volunteers who work with children at risk. He held both workshops in person and conducted online training. He continued to support their work after the initial training period had finished. In addition, he had an opportunity to run ICDP course and sensitize 16 teachers from a secondary school. These teachers are now applying the ICDP programme in their school.

During the spring months in **2024**, Jose Luis established cooperation with the David Livingstone Institute, where he trained 260 parents, by applying the process of ICDP sensitization.

In June, he was asked to work with the personnel of the Navisa company, where the ICDP principles served to inspire staff to reflect about the importance of caregiving and ways of interacting with children to fulfil their potential and their emotional needs, rather than just providing for their material needs.

During the autumn months, Jose Luis ran a course for 21 families, focusing on the importance of family life and its role in developing confidence and self-worth in children, and about the importance of

responding positively to children's psychosocial needs, and thus creating conditions for peace. He also used ICDP in his work as children and family therapist.



## NICARAGUA

In the town of Ocotal in Nicaragua, the ICDP activities began to develop in 2016, on the initiative of the Swedish ICDP trainer, Monica Andersson, who had links with a local NGO, the Institute for Human Promotion (INPRHU). Training was provided to a local team at INPRHU and after several successful training projects within the local community, and in the search to improve the quality of relationship between adolescents and their families, the INPRHU leadership decided to train all its staff, who went on to implement the programme with teachers, prosecutors, parents, adolescents, women at protection centre and other community members. INPRHU has continued to work with the ICDP programme ever since. ICDP training has also been given to teachers in the capital Managua.

Developments in 2023:

**ICDP with families:** A total of 78 families participated in ICDP group sessions in the Pedro Joaquín Chamorro school.

**Radio programme:** The contents of the ICDP programme are broadcast by the INPRHU Radio programme called "Our Voices for Change". The radio programme is reaching the entire department of Nueva Segovia and promoting better relations between adults and children, especially in the rural areas. It inspires listeners to put into practice good quality interaction and thus enhance their parenting skills.

**Teacher Training at Facilitator Level:** A total of 10 teacher training meetings were facilitated, distributed in two groups of 30 participants. Each group received 5 training sessions in person over approximately three hours. It was possible to achieve the objectives of the ICDP training by sensitizing a total of 52 teachers, 47 women and 5 men.

**New training of social actors:** A new group of future facilitators was trained by Monica Anderson together with ICDP facilitators linked to INPRHU. Training was given to new members of staff, as well as social actors from outside, including community workers, preschool teachers, and municipal councillors. The overall aim is to spread ICDP more widely.

2024 report by Executive Director of INPRHU, Aura Estela Mendoza; Execution Team of the Casa Entre Nosotras Project: Norma Marina Palacios, Darling Mercedes Flores and Patricia Libertad Almendárez  
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.

#### ACTIVITIES CARRIED OUT DURING 2024

##### **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.

##### **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.

##### **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.



### **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.

### **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.

#### **PROPOSAL FOR 2025**

We have assessed the need to implement the ICDP Methodology with other families and mainly with pregnant women from different neighbourhoods 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.

## ECUADOR

An ICDP initiative has been developing from 2023 through Normisjón's contacts in Ecuador. They have a longstanding friendship with a church in Ecuador and with Actas International Choir concept "Soul Children" that brings together many children and young people.



Soul children choir leaders received an introduction to ICDP and subsequently parents from their network were invited to ICDP sessions. Kathy Celi, is a facilitator from Norway, who volunteered this work.



Parents attended two group sessions in person, and Kathy also conducted online meetings, over a period of three days. The participants of the two group sessions conducted in person consisted of members of the church "Noah's Ark", and included 10 parents (5 couples) and 7 mothers. Whereas, the digital teaching was attended by several Soul Children guardians and a group of 7 women. These workshops were aimed at giving a "taste" of the ICDP programme, and Normisjón hopes to find further openings that would allow the implementation of the ICDP programme through its networks in Ecuador.



## BOLIVIA



In 2015, ICDP and ICEL (Christian Evangelist Lutheran Church) signed an agreement for cooperation, which was followed by an ICDP project that was rolled out in four municipalities of the country: in Cochabamba, Santa Cruz, Chuquisaca and Potosí. The objective of the project was to help reduce the problems of disintegration of the family, of neglect of vulnerable members and of abuse as a way of disciplining children and adolescents.

ICDP was very well received by participant parents and groups of facilitators started to operate in different municipalities, each year increasing their coverage. It was possible to reach with the ICDP programme around 2000 caregivers from the community and the church.

Key areas for programme implementation included municipalities of Santa Cruz, Cochabamba, Potosí, Tinguipaya, Acacio and Sucre. The ICDP training of parents took place both in person and using virtual platforms.

Two years after the training of facilitators who operated in different areas of the country was accomplished, the ICDP Red Bolivia organization was established to coordinate the work. The work in applying ICDP with families in poor communities is still ongoing, on voluntary basis.

The ICDP work in 2023 continued under the umbrella of ICEL, through its Project "Family Strengthening for a Life without Violence". Seven facilitators executed the programme as part of the church's outreach programme in the community, by applying ICDP with teachers, families, and young people.

Some of the key coordinators and facilitators from Red Bolivia were unable to prioritize ICDP due to their other paid jobs, but a plan was made for reinforcement in 2024.

**2024:** After consultation with Rocio Cesares (who is coordinating ICDP progress in Cochabamba) and Olivia Sulca (who is maintaining ICDP in Potosí), the board of the ICDP international foundation decided



to help strengthen the work in Bolivia by providing funds for refresher courses for existing and new facilitators.

A project was developed with the objective of strengthening the existing ICDP Bolivia Network. It was carried out over a period of six months, starting in May, and it provided training, reinforcement and monitoring to the technical team of facilitators. The trainer was Ilaina Ramírez.

The focus was on strengthening the capacity of the team of 11 trainers and facilitators. They were provided with the opportunity to revise and develop further their own skills in delivering ICDP both in their work with families, children, teachers, as well as young people. There was a general review program of all components. The topics that were covered in each session were developed based on the needs expressed by the trainers in the pre-meeting.

Special focus was placed on the Comprehension and Regulative dialogues, exploring how to put them into practice with families and how to guide their facilitators. Post-training virtual meetings were also held to review the implementation of the programme by trainers and facilitators in their respective provinces. As a result of this training, the core team gained confidence, motivation and new skills to apply in their work aimed at strengthening the capacities of families, mothers, fathers, caregivers, and other beneficiaries, to understand and satisfy the needs of children, by reactivating values and attitudes of love, respect and positive guidance.

## USA

In 2011, ICDP USA started operating under the Changing Children's Worlds Foundation (CCWF), whose founder is Kimberly Svevo-Cianci. Kimberly was trained by Nicoletta Armstrong in England, and subsequently decided to devote all her time to spreading the ICDP programme in Chicago and other parts of Illinois.

CCWF applied the ICDP programme to serve children/youth and parents/caregivers, to implement and strengthen empathy-based behaviors, communications, and interactions into their daily lives. It partnered with educators, administrators, mental health professionals and community leaders to train them as community-based ICDP facilitators of learning and support. The ICDP's psycho-social curriculum was used to strengthen protective adult-child relationships. Over the years hundreds of professionals received the training.

The implementation of the programme was evaluated on several occasions, consistently showing positive results.

In 2023, the Changing Children's Worlds Foundation adopted a new state-wide strategy to expand and build sustainability for the "ICDP: Best Start for Families-A Health Equity Approach" in Illinois. It started to cooperate with the Lutheran Child and Family Services of Illinois (LCFS) who agreed to launch the Best Start for Families to support more families involved with the child welfare system. LCFS is non-profit dedicated to nurturing and strengthening children and families in need. After 150 years, LCFS has grown into one of the largest community-based child welfare agencies in Illinois. LCFS has regional sites in the Chicagoland area, Belleville, Decatur, Joliet, Kankakee, Mt. Vernon, Oak Brook, Oakbrook Terrace, Quincy and Springfield. [www.LCFS.org](http://www.LCFS.org)

Best Start for Families starts with the training of professional resource persons within institutions and communities who serve families. Its comprehensive parent learning group curriculum equips parents with a deep understanding of what they and their children need to thrive, as well as effective parenting techniques, communication strategies, and problem-solving skills, which strengthen and bring joy to family relationships. The programme offers a range of services for caregivers, youth and children, including individual coaching, weekly group sessions, and workshops. By providing parents with the tools they need to foster healthy relationships and create supportive home environments, LCFS strives to strengthen families and promote positive long-term outcomes for children.

Developments in 2024, reported by Kimberly:

Our newly named "Best Start for Families (BSFF) Department is excited and highly motivated to have joined the social services agency Lutheran Child and Families Services-of Illinois one year ago (officially, in November 2023). We were eager to join this state-wide agency in order to share our Best Start (ICDP) Parenting / Parent Coaching Programs, our All About YOUth Programs and also our Professional and Community-Education Programs with LCFS client families and professional staff around the state. In our first year with LCFS we may have quadrupled the number of parents we are serving from the previous year.



The benefits of our programs to parents are transformative - increasing caregivers' confidence, capacity, skills and knowledge - as well as their motivation to create protective relationships with their children, to help them thrive. We are thrilled to find LCFS colleagues in every region who have stepped up to partner with us to deliver Best Start parenting programs to their client parents - birth, and more recently, foster parents too.

The benefits of our LCFS staff training (of child welfare specialists and supervisors, as well as new clinicians) have been recognized and supported as providing new empathy and understanding of our clients. We appreciate the strong support and encouragement of all staff state-wide to partner with BSFF to strengthen outcomes for client parents and children.

#### I. STATISTICS: Total Birth Parent Referrals to BSFF July 2023-Oct 1, 2024.

Note: our programs for the Child Welfare families - parents are 14 weeks long and youth programs are 12-14 weeks long:

- LCFS Child Welfare Total                      247.                      Direct DCFS Contract Total:                      58
  - Grand Total 305, not including parents in partner programs.
- Completed Parent Groups:                      92                      Direct DCFS Groups.                      31
- Completed Parent Coaching:                      12                      Direct DCFS Coaching.                      9
- Of 247 finished or in groups currently 180                      Direct DCFS (with continuing) 92

Recently, BSFF has expanded our work with Birth Parents to begin serving Foster Parents, and this work is showing strong results in supporting Foster Parents to succeed in improving their care of foster children, but also in qualifying for their re-certification.

We also launched our first Best Start All About YOUth Programs in our new Department of Child and Family Services (DCFS) Community-based Child Abuse Prevention (CBCAP) grant July/Oct. 2024-Sept 2025.

Finally, we will be working with Northwestern University in 2025 to prepare a new evaluation research initiative. We will look forward to learning from and collaborating with ICDP colleagues internationally.

Numbers trained

## II. PARTNER Grants

New grants:

- DCFS Community-based CAP (CBCAP): 1 July 2024-30 Sept 2025. This is a unique Prevention Project funded from final COVID monies, with an important emphasis on serving community-based families - parents and youth, who may be struggling but are not yet DCFS-involved. The goal is to provide parenting supports early, so these caregivers can succeed in strengthening their parenting so their children are never involved in the Child Welfare System. We will serve most of the universal population parents with this special grant.
- Dunham Foundation. This is a first-time initiative by the Foundation to support D131 School District. We were invited in to the project late and the district is piloting our afterschool Youth Leadership Project.

III. The LCFS BSFF OFFICE was moved in December 2024 to a larger space that we believe will serve as a model "Best Start Family Center" for LCFS.



# ICDP in Asia

**Japan, China, India, Bhutan, Nepal, Philippines,  
Bangladesh, Uzbekistan, Afghanistan, Thailand,  
Azerbaijan, South Korea, Bhutan, Indonesia**

## OVERVIEW:

## JAPAN

In 2011, Hitoshi Maeshima, a doctor by profession, and Setsuko Kobayashi, a psychotherapist, embarked on ICDP training. They received training by Nicoletta Armstrong in England and had opportunity to visit and participate in a workshop in Denmark. They completed the process to become ICDP certified trainers by the second half of 2012.

Since 2012, they have been conducting parent groups in Tokyo and other areas of the country. In the aftermath of the earthquake and tsunami that caused a humanitarian crisis, Hitoshi and Setsuko went to hold ICDP meetings for families in Tomecho, Tome-City, Miyagi prefecture, in the Tohoku region on the Honshu island.

From 2019 onwards, they started to apply ICDP with groups of caregivers of older people. The participants of their workshops said that they benefited from the programme and as a result have a warmer and more efficient relationship with the older people in their care. Setsuko has not been able to continue with ICDP work in 2020, however, Hitoshi never stopped taking every opportunity to run ICDP courses to sensitize health professionals, as well as families.

In 2021, he introduced the ICDP programme in the Higashi Mikata Hoikuen nursery school. The nursery is located in the Hamamatsu (浜松市, Hamamatsu-shi) city in western Shizuoka Prefecture.

In 2022, Hitoshi introduced ICDP at his clinic, and he explained: “Our team was learning how best to deal with children during vaccination. I thought it was important for all involved to become acquainted with the essence of the ICDP programme, to deepen their understanding about interactions between adults and children, and for that purpose I conducted ICDP sessions. During the ICDP sessions, we discussed what it means to see children as human beings, and how to treat them in line with the ICDP’s 8 guidelines for good interaction. I asked the staff members how they felt about different situations and they tried to interpret these from the standpoint of a child. All participants were encouraged to share some of their happy childhood memories in relation to their own parents. We also examined what would be the most appropriate way of dealing with a child who refuses to be vaccinated when faced with the injection.”

In 2023, Hitoshi held a course in ICDP in a health centre in Tokyo, attended by a group of parents. This was to be his last ICDP engagement as sadly he suddenly got ill and after a short illness he passed away. However, the staff at clinics, preschool and older people home, that he had trained continues to apply the key aspects of the ICDP programme.

## CHINA

In the period between 2015 and 2019, the ICDP programme was a major part of a project called "Breaking the circle of leaving children – to reduce the numbers of children that are left by their parents and to improve the quality of life for children". This project represented a cooperation between ICDP, the Women's Federation Zhaotong, the Xishuangbanna Legal Aid Centre and the Shincon Kunming Rep Office. It was supported by the Norwegian government development funds, with matching funds from the Women's Federation.

The ICDP training of a local team of facilitators and trainers was completed over two years. Over time this team became well established and experienced, which resulted in deciding to form the ICDP China organization. There has been steady progress and expansion in the Yunnan, Sichuan and Guizhou provinces and other areas.



ICDP China leader, Jean Qin shared an update in November 2023:

There are 2000 facilitators in Yunnan province, and they work in 5 project sites; each site has minimum of two trainers, some have up to 4 trainers.

There are 20 trainers in total.

The ICDP system of trainers supporting facilitators works very well in China, as trainers help motivate and maintain the work of facilitators in each project area and on the other hand, trainers themselves are provided support by ICDP China by travelling to meetings held in Kunming which are organized by ICDP China for that purpose. In addition, there are also direct meetings between ICDP China and facilitators, which are mainly online. But it is also aimed for facilitators to meet together in person, as a way of encouraging sharing and mutual support. The exchanges that take place at these meetings are very important to maintain enthusiasm and motivation at all levels.

Outside Yunnan, ICDP China trainers have formed facilitators in two other areas, in the west and north. ICDP facilitators who work in these areas find it harder to meet as they tend to live far from each other and far from ICDP China. However, they receive online support from ICDP China online and occasionally through visits in person.

ICDP with minority groups: In 2023, ICDP implementation was very successful with minority groups living in different parts of the Yunnan province. There are 10 minority groups and each group has its own dialect. Therefore, ICDP was adapted to meet these language needs. The facilitators met many family situations where parents leave their homes to find work, which is often only available far away from their villages and as a consequence, it is left to the grandmothers to bring up the children. For that reason, many grandmothers received ICDP training over the years. Facilitators found

grandmothers receptive to the first dialogue, but they were a bit at a loss with the second dialogue – they felt that their own lack of education made it hard to mediate meaning.

Due to China government decision, ICDP China has not been active in 2024, it is hoped that there will be ways to re-start the work with a different framework that is approved by authorities.

## INDIA

From 2004 -2016, an ICDP training project was developed in West Bengal through the work of Professor Karl-Peter Hubbertz, and with funds from the Indienhilfe organization. ICDP facilitators included social workers, teachers, health workers, medical doctors and other professionals working in child development-centres, children's homes, schools, health education or with self-help-groups of mothers.

In 2016, ICDP established cooperation with Save the Children (SC) India. ICDP was adopted by SC as part of their Child Sensitive Social Protection (CSSP) project in the Dungarpur district, in Rajasthan. In 2017, Nicoletta Armstrong, trained 12 members of SC staff in Dungarpur, as ICDP facilitators and some of them went on to become ICDP trainers in 2019. The ICDP project has since then been taking place in poor villages near Dungarpur and it is based around developing improved caregiving skills in families that receive government cash support through the Cash (Palanhar) Plus programme.



In 2021, a meeting was organized with the Social Justice and Empowerment (SJE) department, as well as with key officials from all the concerned departments such as SJE, Education, Women and Child Development (WCD), Integrated Child Protection System (ICPS), Child Rights and Rural Development. The aim was to advocate for scaling up Palanhar Plus programme.

SATHIN (the frontline workers of WCD department) who were also present, shared their experience of receiving the ICDP training by Save the Children. This led to regular training of SATHIN workers which is ongoing.

In 2022, SATHIN workers of the WCD department of 26 Panchayats (Jothri-13, Kherwara-13) were trained and they conducted parenting sessions with 166 caregivers of the Palanhar scheme, in 27 Panchayats of the project area. The 166 caregivers have 246 children (134 boys and 112 girls) in the age group of 10-15 years.

**An evaluation study** consisting of pre and post intervention assessment was carried out for treatment and control groups in 2022, over a period of 13 months, to observe the impact of the parenting and life skills sessions on the caregivers and children. The study revealed that the children's social-emotional



*learning (SEL) skills (measured on empathy, relationships, stress management, perseverance, and self-concept domains) improved for the treatment group.*

*Caregivers' interactions with their children also became more empathic and encouraging, with a decrease in maltreatment practices and increase in positive engagement in the treatment group. Children in the control group did not show the same improvement in SEL skills.*

*The average caregiver engagement score reported by the children shows a significant increase from 1.71 to 3.04 in a scale of 1 to 5 points, which is a clear predictor of change in the behaviour of caregivers towards their children. In the study, the various forms of maltreatment were grouped in four sub-domains: non-violent discipline, psychological aggression, physical violence, and neglect. It was observed that psychological aggression (shouting, threatening, giving insulting remarks) which was used by caregivers to control their child's behaviour was reduced during the post-intervention assessment. The average psychological aggression reported by children in the pre-intervention assessment (baseline) to post-intervention assessment (endline) shows a clear decrease, which went down from 1.75 to 0.6. The physical violence measures (such as hitting, spanking, slapping) used by the caregivers also showed significant decrease, which declined from 1.21 to 0.15.*

### **Summary of the Palanhar Plus Programme activities:**

Ten new SATHINS (government frontline workers from the Women Empowerment Department) were trained in the ICDP parenting programme.

These ten new SATHINS conducted ICDP sessions with 59 Palanhar caregivers in the Dungarpur District of Rajasthan, India. Save the Children (SC) staff provided facilitation support to ensure the quality of delivery of these sessions. The SATHINS have continued to work in 2024, however, no new groups received training to become ICDP facilitators. The project in Dungarpur is unable to receive any funding from its sponsor Save the Children Finland, as the government has not renewed SC India's FCRA registration.

## **BUTHAN**



In the beautiful country of Bhutan the NGO "Progreso Foundation" from Norway initiated the ICDP program in Bhutan in partnership with their contacts in the country. They realized that the country was in need of programmes to support the understanding of child development and psychosocial support for children. An agreement between the Department of Public Health and Allied Health Sciences, the Faculty of Nursing and Public Health (FNPH) and ICDP Norway, funded by Progreso Foundation and

HimalPartners in Norway was signed at the beginning of 2024. It was decided that a pilot would be the first step in evaluating whether the programme could be implemented further on a larger scale in Bhutan. The training was conducted by international ICDP trainers May Britt Aanundsen and Ingeborg Egebjerg. This has resulted in ICDP facilitator training for 23 professionals from different districts. They come from the Health Services, Hospitals, Child Education and the University - a knowledgeable and very active group who have been both fun and a great privilege to work with.

The group is now in the phase of running parent groups, and from the log books we see that they are creative and really have captured the main purpose of ICDP; to sensitize, make room for reflections and observe interactions with children at home. They report that ICDP has been an eyeopener and can become a game changer in their approach to children. The last workshop will take place at the beginning of June 2025. The process from there and onwards will be addressed after the evaluation of the training, but we are receiving a lot of positive feedback of the impact of the programme already.

The attached pictures show the group in different activities, a lot of roleplay, reflections and group work – and the picture of the group from the start of the ICDP journey in Bhutan.



## NEPAL

ICDP activities started in 2014 when ICDP, Early Childhood Education Centre (ECEC) and HimalPartner (HP) established cooperation on piloting ICDP in Nepal. After the initial training was completed, the ICDP programme was integrated as a permanent component of the work at ECEC in Kathmandu and the ICDP Nepal organization was formed.

ICDP Nepal has a well-established format for training and its outreach is wide with hundreds of facilitators and caregivers receiving training each year. Website: <https://www.ecec.org.np/>

In 2024, ICDP Nepal continued to operate under ECEC innovation in education. In total, 10 facilitator level trainings were held, resulting in the development of 235 new ICDP facilitators who reached 1,465 caregivers.

Some of the organizations that participated in the training include CarNet Nepal, CP centre, Koshish, Bethany Vision Nepal, Nepal Sports Fellowship, New Life Kathmandu, Samanta, Koinonia, Good Friends Nepal among others.

A first ever ICDP Facilitators' Network meeting was organized in the Eastern region of Nepal. A total of 88 facilitators attended this event.

ICDP in data in 2024: 5 Trainers of Trainers; 33 Trainers of facilitators; 990 Facilitators; 9825 caregivers

### ICDP Facilitator Training:



Facilitators developing invitation flyers for caregiver's meeting



Facilitators reporting on their practical work with caregivers



### ICDP caregivers' meeting:



### ICDP Facilitators' Network Meeting:



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### SAVE THE CHILDRENE NEPAL

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.

## PHILIPPINES

The ICDP developments started in 2017. To ensure better child development outcomes, the ICDP programme was incorporated as a complementary intervention to Save the Children's current Child Sensitive Social Protection (CSSP) programme.

The ICDP training was conducted by Nicoletta Armstrong in Ormoc, for a group of professionals linked to the work of Save the Children (SC), who completed their training and adapted the ICDP programme to fit in with the needs of the local population. Eventually an adapted handbook was finalized and printed, after being tested in a research pilot project that was conducted in the region during 2018 and 2019.

The results of the pilot project were positive, which helped obtain government support which continued in 2020 and 2021.

SC works in partnership with the regional government through their cash transfer programme called Pantawid Pamilyang Pilipino Programme (4Ps). It covers 20% of the population, aiming to reduce intergenerational transfer of poverty by keeping children healthy and in school through its conditionalities like school attendance, pre- and post-natal care for mothers, regular check-ups for children and attendance to the monthly Family Development Session (FDS) for parents.

### **The outreach in 2022:**

228 (F-187; M – 41) individuals in Region 8 were trained as ICDP facilitators. A total of 44,255 children and adults were reached directly and indirectly across the region. 11,502 parents/caregivers (F – 9,276; M – 2,226) completed the parenting programme; 1,494 men/father caregivers were covered by the parenting programme. 101 family support groups (FSG) formed during the previous project have been conducting monthly parenting refresher sessions. 32 new FSGs formed by City/Municipal Links (C/M/L) of Leyte have also been meeting regularly.

The ICDP programme implementation, as the flagship intervention of the CSSP, expanded to Samar. The new project called "Advancing Child Sensitive Social Protection in the Philippines" is an expanded version of the previous CSSP project in Leyte province.

**National scale up:** The key milestone achieved in 2022 was the adoption of ICDP by the Department of Social Welfare and Development (DSWD). On 1st of December 2022, a Memorandum of Agreement (MOA) was forged between Save the Children Philippines (SCP) and DSWD for the national scale up of the project. The ICDP parenting programme will be implemented in 17 regions of the country and the training budget is included in the National Programme Management Office (NPMO) budgeting for 2023 – 2024.

**The year 2023** has been a great year, when we started the national scale up of the ICDP parenting programme, which is the flagship intervention of the Child Sensitive Social Protection (CSSP) project for the Pantawid Programme households of Region 8. The roadmap for the national scale up was formulated during the operational planning and field visit conducted at the end of January, 2023. The national programme management Office (NPMO) team visited the CSSP project area where they attended a parenting session conducted by 4Ps parent leaders who were trained as ICDP facilitators. Decisions were made regarding the ICDP national scale up modalities, budget, training schedules per cluster of regions, and specific 4Ps staff to be invited.

### **Developments in 2024:**

A virtual certification ceremony was conducted on September 25, 2024, with the participation of the chair of ICDP, Nicoletta Armstrong. After the certification of the 213 new facilitators, the ICDP national scale up began in November 2024.

This marked the start of the implementation of the ICDP parenting module, MaPangBata (Magulang Para sa Pag-unlad ng Bata) as a one-month long foundational course with the families partaking in the 4Ps programme. This work is under the Seven Year Transformative Learning Path (7YTLP) of the Kilos Unlad (KU) framework.



It is expected that the roll out by the 213 facilitators will set in place the stage for the Pantawid Program to train an estimated 800,000 new parents. These are households with pregnant mothers and mothers with 7 to 12 years old children.

[Note: The activity last July 16-19, 2024 in Ormoc City, the ICDP Orientation for 14 (all female) Regional Program Coordinators (RPCs) of DSWD, and their subsequent meeting with Pantawid's National Program Manager and Deputy Manager for Administration, SP are expected to contribute strategically in the scale up objective of the project. The activity aimed to gather the strong buy-in of RPCs to the ICDP scale up because they have the authority to cascade the full implementation of the ICDP as on boarding foundational course for the parents on the ground. During the activity, an agreement was forged with the RPCs that makes ICDP part of the administrative operational plan per region.]

One of the key achievements of the ICDP parenting intervention is the training of 213 supervisors and key staff of the 4Ps government, as ICDP facilitators.

As part of the certification process the new facilitators had submitted their written answers to the 12 standard ICDP questions, and around 80% of their responses showed a deep grasp of the ICDP principles. They also submitted video clips of themselves conducting the roll out of the parenting session to groups of individuals (consisting mostly of city/municipal links and parent leaders). These videos showed how they put into practice the ICDP seven principles of sensitization in relation to the parents they were training.

### Progress report based on the results framework

<u>Output</u>	<u>Indicators</u>	<u>Target</u>	<u>Progress against target</u>
The SCP developed approaches <sup>1</sup> for the 'Kilos Unlad' (KU) Framework are effectively implemented throughout Region VIII	# of trained facilitators who meet the minimum quality benchmark in delivering parenting program	As reported	<p>Achieved: 278 278 (F-234; M-44) individuals were trained as ICDP Parenting facilitators.</p> <ul style="list-style-type: none"> <li>213 out of 278, were DSWD 4Ps Staff namely: Social Welfare Officer IIIs (SWO III), Family Development Session (FDS) Focals, Youth Development Session (YDS) Focals and Regional Case Managers (RCM);</li> <li>65 are 4Ps parent leaders, Barangay Health Workers (BHW), Barangay Nutrition Scholars pastors, SK Officers, barangay kagawad and LGU Health Officers.</li> </ul> <p>Number of facilitators who meet the minimum quality benchmark in delivering parenting program cannot be determined yet at this reporting period since performance monitoring and assessment by ICDP Trainers are still ongoing.</p> <p>Total cumulative count of trained facilitators from 2022 until this reporting period is 1,068 (F - 888; M-180)</p>

<sup>1</sup> SCP developed approaches adopted by DSWD – FO 8 for the KU Framework:

ICDP parenting program, Clustering approach of 15 maximum participants in the parenting session, formation of family support groups after graduation from the parenting program and savings scheme

	<p># of parents covered by the SCP parenting programme under KU framework</p> <p># of fathers covered by the SCP parenting programme under KU framework</p>	As reported by 4Ps	<p>Achieved: 2,237</p> <p>A total of 2,237 (F – 1,938; M – 299) parents/caregivers across the region have completed the SCP Parenting Program under the KU framework from January – June 30, 2024. Total cumulative number of parents who have completed the parenting program from 2022 until this reporting period is 14,744 (F - 12,375; M – 2,367)</p>
	# of Family Support Groups that meet on a regular basis	As reported by 4Ps	<p>Achieved: 299</p> <p>299 men/fathers were among the 2,237 parents/carers covered by SCP parenting program under the KU framework. Total cumulative number of fathers/male caregivers covered by SCP parenting program from 2022 until this reporting period is 2,369.</p> <p>Achieved: 11</p>
	# of Family Support groups that practice individual/group-based savings	As reported	<p>11 Family Support Groups (FSG) were newly organized in Samar as of this reporting period. Added to the 143 existing FSGs in Leyte and Samar, this brings to 154 the total FSGs that meet regularly and have been doing monthly refresher sessions on parenting and updating of their savings.</p>
	# of 4Ps children/ youth who participated in the life skills (YRP) program and improved their well-being and resilience score	<p>136 FSG's in Samar and Leyte</p> <p>120 children in Samar</p>	<p>Achieved: 154</p> <p>154 Family Support Groups in Samar and Leyte have been practicing regular savings and parenting refresher sessions. Total FSG savings from January to June amounted to Php. 80,884.00. Purpose of their savings is for the education of their children, livelihood capital and for emergency situations.</p> <p>A total of P1,918,853.50 has been collected as savings from the FSG members from 2022 until this reporting period.</p> <p>Achieved: 99</p> <p>A total of 99 4Ps children and youth (G – 55; B – 44) from Jiabong, Paranas and Calbiga municipalities have been participating the ongoing YRP sessions. These 99 4Ps children and youth are among 179 children and youth trained on YRP. Improvement of their well-being and resilience scores cannot be measured yet at this reporting period as the YRP workshops are still ongoing.</p> <p>A cumulative total of 303 children and youth (F-165; M-138) from Samar and Leyte have been trained on YRP and 11 (7 in Leyte; 4 in Samar) barangay resilient youth teams (BRYT) were organized from the start of the project until this reporting period.</p>

**How has the project addressed identified gender inequalities and promoted gender equality? What were the main achievement and challenges in relation to addressing gender inequalities? When applicable, also respond to: How were GBV risks identified and mitigated?**

As reported in 2023 and still on-going as of this reporting period, the national scale up of the ICDP (International Child Development Program) by the Department of Social Welfare and Development (DSWD) for the 4Ps, has been pivotal factor in addressing gender inequalities.

Aside from the content and process of the ICDP which are evocative of personal experiences on the realities of gender inequalities, other approaches like integration of gender session into the ICDP module, giving special ICDP parenting course to fathers/men caregivers and the clustering approach are also empowering.

To cite a few affirmative action inculcated in ICDP to address gender inequality: (1) distributing printed home task to each participant (mother or father) to be shared with their partner for practice; (2) practice the eight guidelines at home with the husband and girl or boy child; (3) home visitation to support the parents in their practice to apply the ICDP principles (saying I love you to boy and girl child, for a husband to practice do the household chore that he hasn't done yet, etc)

In addition to the above mentioned, the National 4Ps Manager announced during the courtesy meeting with the Board of Trustees (BOT) of Save the Children Philippines last June 4, 2024, that a special ICDP course for men caregivers is included as part of the pre-requisite foundational course for all the 4Ps beneficiaries under the 7 Year Transformative Learning Path (7YTLP) curriculum. This is to ensure that more fathers/male carers, who are usually absent during regular trainings sessions, are reached by program's interventions on gender equality.



ICDP Chair Nicoletta Armstrong, during her inspirational message to the newly certified ICDP Facilitators

#### ICDP Facilitator level Training of 4Ps Staff



Sharing of insights and reflections on the previous day's discussions.





Role play on Comprehension Dialogue

#### Regional Program Coordinators (RPC) Meeting and ICDP Orientation



Ormoc City Councillor and CSWDO (City Social Welfare and Development Office) Staff with the RPCs during the sharing on how they implemented ICDP in their city.



RPCs witnessed the parenting session in the community.



Parent leader facilitating the session on Empathy during the RPCs' field visit in the community.

## BANGLADESH

ICDP has found fertile ground in Bangladesh, where a small team of enthusiastic professionals has been developing ICDP projects since the beginning of 2019. The ICDP Bangladesh team was formed by Gerd Eli Haaland, a doctor who first engaged with ICDP in 2018, by receiving training from Nicoletta Armstrong.

The ICDP programme was applied in different contexts: with students at the North South University in Dhaka; with staff at the girls' hostel run by Basha Enterprizes in Bhaluka, two hours away from Dhaka; with day care staff at Basha Enterprizes; and with staff of the Children Uplift Programme (CUP). The effects of their training were good, they managed to raise awareness and create better attitudes towards children, according to the ICDP participants' comments.

In 2021, three groups of facilitators were formed who reached 209 caregivers and 425 children.

An ICDP Core Team was formed that consists of 5 members, each member is from a different partner organization. ICDP materials were translated into Bengali.

In 2022, 44 new facilitators were trained in Dhaka and Dinajpur. There were 3 regional and 2 annual facilitator gatherings. As a result, facilitators became motivated to run new caregiver groups. In total 293 caregivers received ICDP training and 799 children were touched by this training.

In 2023, HCDP team built capacity by training trainers. There is a total of 12 assistant trainers and 3 trainers. Among these assistant trainers 4 received their diplomas in December, 2023. There were 4 batches of facilitator level training in two different locations. A total of 18 facilitators received their certificate and further 23 facilitators completed their training by the end of the year. The facilitators run caregiver groups in their own organizations. During this year, 28 caregiver groups completed the course, and 38 groups are still running in different parts of Bangladesh. ICDP training is bringing positive changes in family relationships.

Facilitators ran ICDP courses and 229 caregivers and 321 children were touched by ICDP training. The children testified about the positive changes in their own caregivers.

**Facilitator Gathering:** It was a reunion during which facilitators shared their enthusiasm for doing ICDP work. It was an opportunity to share new materials. There were two kinds of facilitators' gatherings; regional and annual. Facilitators were given a small gift as a token of appreciation. One facilitator said:

*“I was so excited the night before facilitators gathering that I was unable to sleep. For me it was the same excitement that I felt at school whenever we went for a picnic from with my school friends. Coming together with other facilitators is like reuniting with family members.”*

#### **Developments in 2024:**

[Click here to see Bobby's power point presentation about the work of ICDP in Bangladesh.](#)

ICDP in Bangladesh have developed their webpage: <https://icdpbangladesh.com>

Healthy Childhood Development Programme (HCDP), is a project that uses the ICDP programme to create safe and caring environments for children in Bangladesh. By providing caregiver, facilitator and trainer level ICDP training to partner organizations, the aim is to strengthen communities and institutions to better care for their children. It is sponsored by Normisjon and it has been coordinated by Bobby Sajeda until November 2024, when Angela Lovely took over that role. Bobby continues her involvement in the ICDP work as trainer of trainers. [Read here Angela's report.](#)

Bobby Sajeda and Gerd Eli Haaland, with supervision from Nicoletta Armstrong, had been involved in training new trainers over a couple of years, and as a result, now ICDP in Bangladesh counts with a good team of trainers, some with years of experience.

In 2024, the team has been involved in developing a large-scale project, in which UNICEF is providing resources, as well as personnel to be trained in the ICDP programme. In addition, UNICEF produced and published a locally adapted pack of ICDP materials that will ease the implementation of the programme, envisaged to be applied by hundreds of future facilitators.

The ICDP activities were inaugurated with a ceremony in Dhaka, which was attended by the Norwegian ambassador. The inauguration program took place in three different divisions: in Mymensingh, Rajshahi and Dhaka. Subsequently, the ICDP trainers started to roll out the first phase of the project by conducting workshops for future facilitators with three different groups.

One hundred and six participants attended the workshops and they were selected from a project linked to the Ministry of Women and Children Affairs (MoWCA).

<b>Goals/Targets</b>	<b>Achievements</b>
<b>TOT-‘Training of Trainers’ for ICDP</b>	12 national trainers, staff of various organizations / NGOs, graduated from “Training of Trainers” training on ICDP. These trained trainers will provide ICDP training on their own or in another organization in conjunction with HCDP
<b>ICDP Facilitator’s Training</b>	256 facilitators were certified in ICDP facilitator training by NB organising three (03) workshops for the staff of various organizations / NGOs. These trained facilitators will provide ICDP training to the caregivers or caregivers in the target population in their respective organizations.
<b>Raise awareness through ICDP Caregiver Certification</b>	Awareness has been raised among 1563 Caregivers by running ICDP caregivers’ sessions by the facilitators to increase knowledge on positive parenting and ensure the healthy development of children



<b>Workshop on Facilitator Training (TOF)</b>	19 workshops have been held across all of Bangladesh.
<b>Partnership with UNICEF</b>	UNICEF and NB provided Facilitator Training (TOF) for the staff of Ministry of Women and Children Affairs (MoWCA). Out of 103 Facilitators, 89 certified got in October 2024. 16 Participants dropped out due to the personal and organisational internal responsibilities and challenges.
<b>Children touched by ICDP</b>	5013 children is indirectly reached through caregivers.
<b>Availability of ICDP caregiver and facilitator training</b>	Through UNICEF and other partner organizations, ICDP-training of caregivers and facilitators spread among 40 out of the 64 districts, and eight (08) divisions across Bangladesh.

Photos below were taken at the training of facilitators in 2024, in the Unicef sponsored country wide project.





Conducting a caregiver group in Faridpur



Conducting a caregiver group in Narayanganj



## UZBEKISTAN

ICDP developments started in 2020 when ICDP established an agreement for training and cooperation with the Happy Start preschool in Tashkent. By March 2021, two preschool professionals Magdalena Brannstrom and Valentina Ten, became ICDP certified facilitators in Tashkent. During the year, they trained parents and teachers working at Happy Start in the ICDP programme at caregiver level through regular weekly meetings over several months. ICDP was well received at Happy Start and the feedback from teachers, as well as parents, was positive.

In the second phase during 2022, new groups of facilitators were trained both at Happy Start preschool in Tashkent and in the newly established learning centre in the town of Sirdaya. More parents participated in ICDP training, which was conducted by preschool teachers who had become ICDP facilitators. Magdalena Brannstrom and Valentina Ten gained a lot of experience working as trainee trainers and forming new facilitators. They completed the practical aspects of their training by the end of the year, showing to be very competent and committed.

The ICDP training in Tashkent has been gradually expanding in 2023. About 73 caregivers received the full course in the ICDP programme; 30 of them work in preschools and the others are parents (70 women and 3 men).

**During 2024**, ICDP Uzbekistan has been continued developing through Happy Start preschool in Tashkent, through the work of ICDP trainer, Magdalena Brännström and a local team she had trained.

The main activities involved rolling out ICDP courses for caregivers. About 18 caregivers were fully trained and 11 of them are working in preschools, whereas 7 are parents. All are women, between 20 – 40 years of age. All together there are 12 facilitators operating in Uzbekistan.

In total 28 people were involved in the work on ICDP in Uzbekistan as participants of different courses, either at facilitator or caregiver level.

During spring, Magdalena worked online from Norway and then returned to Uzbekistan in September. She trained one facilitator online, and this facilitator works as a manager in Happy Start preschool, in Tashkent.





Magdalena reports:

“We held our first facilitator gathering in December 2024, with 9 participants. It encouraged facilitators to share their experiences and to find ways of continuing the work to reach more people with the programme. Facilitators shared both success stories and challenges. It was a great meeting, a very encouraging gathering.

It was wonderful to hear from one facilitator about how they have started to run an ICDP club for parents. In the club, parents continue to meet and talk about issues related to their children and their relationship with them, sharing about their own interactions. This facilitator mentioned a story of a mother, who said that before ICDP she had very high expectations of her daughter to do many things that she was supposed to do. But through the ICDP course, she changed her attitude towards her daughter and is now being far less demanding, letting her daughter just be a child.

One teacher who attended the ICDP course said that it has become easier to work with children by understanding their desires and requirements. The lessons have become more productive. The teacher said: – Having my own child, it helped me to understand and practice ICDP. And as a result, it has become easier for me to work with children.

In 2024, we have set up a new website for ICDP Uzbekistan:

ICDP Uzbekistan <https://www.icdp-uzbekistan.com>

An Instagram profile: @icdpuzbekistan (<https://www.instagram.com/icdpuzbekistan>).

A Telegram channel for facilitators which will encourage collaboration, share course schedules, and allow facilitators to strengthen each other's sessions.



Our future project goals:

We are planning to translate the “ICDP Guide for Facilitators” into the Uzbek language and plan to translate the “ICDP Booklet for Caregivers of adolescents”.

We have plans to train new facilitators in Tashkent, the main capital but also throughout Uzbekistan in different parts of the country. We are going to train new facilitators in preschools and schools, both private and governmental.

We have plans hosting an ICDP Day, where participants of the caregiver course can connect, learn, and celebrate the program's values. This would help foster a sense of community and strengthen the program's impact.

We will set up Telegram channels for parents and teachers who have completed the caregiver course. These channels would provide updates, encourage sharing, and help keep ICDP principles active in participants' lives.

## AFGHANISTAN

The International Assistance Mission (IAM) is a non-profit Christian development non-governmental organization working in Afghanistan since 1966. The ICDP programme was introduced to IAM in 2019, by Nicoletta Armstrong who conducted workshops in England over the course of that year and trained a small team of health professionals as ICDP facilitators. The newly trained facilitators started to run ICDP courses with members of their health teams.

After a one-year break caused by the pandemic, the training was resumed since June 2021.

It is organized and conducted by Fattah Najm for participants comprised of mental health professionals working at IAM, in the town of Herat.

The ICDP programme had a strong impact on its participants. Success story: <https://www.icdp.info/a-story-from-icdp-afghanistan/>

In 2023, Afghanistan was ranked 170th out of 170 nations in the world for security, justice, and women's inclusion.<sup>[1]</sup> Food insecurity is still one of the biggest challenges in Afghanistan. Save the Children reported in December 2023 that one out of every three children will suffer from hunger in 2024.

With so many obstacles to overcome, there was much opportunity for IAM employees to advance through capacity building programmes. The management team attended the ICDP training. A team of the IAM counsellors and trainers also participated in a workshop with focused on child development. We had opportunity to conduct ICDP training for community volunteer, community leaders, parents and teachers.



Parents who received ICDP Trainings considered this training necessary for all families. They appreciated the knowledge of trainers and asked IAM, if possible, convey the messages to all parents in the community. In addition, they promised to share the topics with other families.

The teachers, who were trained in ICDP topics, said the training enhances their capacity to work together and teach children without violence, this will create a secure and happy learning environment for both teachers and students. They also requested IAM to conduct more trainings for teachers as they believe the training helped increase level of flexibility among the teachers and students. They added that there are still many untrained teachers who are not treating the students correctly. They emphasized the role of IAM in term of including untrained teachers in these trainings.

Community leaders who received the training sessions suggested some other topics to include them in this training, such as teaching kids how to eat healthy food. In addition, some of the participants asked the trainers to create a telegram channel and invite all the participants to the channel where they can discuss more their questions and remaining topics.

Parents now highly support their child's emotional, social, and cognitive development which leads to self-esteem, and overall well-being.

While receiving the positive parenting training, the parents promised to prevent other parents from issues such as aggression, defiance, or disobedience towards their children.



One of the key-focuses of the mental health programme is to improve the level of community support for mental health issues. We have seen positive signs of community support in child issues, family relationship and behaviour with children. Some examples are:

Children issues were discussed in monthly Shura meetings. This shows children is a priority for the Shura members.

Religious leaders spoke about mental health and the role of communities to support parents to take care of children in more appropriate ways.

Shura members conducted public awareness for 1,240 community members and discussed about the children.

8 schools allocated time for discussion on child development topics in their schools and 69 teachers who got the ICDP training spoke about the programme for student and their parents.

### **Training:**

79 parents (38 men and 41 women) trained

81 Community Leaders and Mullahs (35 men and 41 women)



69 Teachers/principals (45 men and 24 women)

1,240 Families received mental health awareness.

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[1] <https://www.rescue.org/article/afghanistan-entire-population-pushed-poverty#:~:text=Poverty%20is%20impacting%20more%20than,rationing%20and%20other%20coping%20strategies.>

## THAILAND

In July 2023, ICDP foundation signed a partnership agreement with the Nexus organization in Thailand.

Through the application of the ICDP programme in the country, Nexus “aims to offer much needed resources to parents and caregivers at all levels of society, as well as among minority and marginalized ethnic groups living in Thailand.”

Through ICDP it is hoped to alleviate some of the hardships met by families. In Thailand, domestic violence is on the rise. One survey showed that 75 percent of women in Thailand have experienced domestic violence more than once (Thai PBS, 2023). Many children are placed in children’s homes, even though they have living parents. This is because parents, for various reasons, are unable to care for their own children – this could be due to poverty, alcohol addictions, lack of resources, mental health issues, or when parents remarry children become unwanted by the new spouse.

In February, 2023, the first group of 13 facilitators received their ICDP certificates and by the end of the year there were 35 facilitators in total. Most of the facilitators continued to run ICDP courses for parents during the year, reaching 240 caregivers (50 men and 190 women) and 1000 children. An ICDP committee was established, and efforts were made to start network with other local organizations. Throughout the year, a great deal of work was also carried out on preparing local ICDP materials.

**2024:** “ICDP has proven to be very suitable for the Thai context. Everyone who has attended the programme has had a better experience in childcare, and felt more comfortable and happier. At the same time, ICDP work has expanded to include the Faculty of Education of a few famous universities, as well as staff from various network foundations. In 2024, we formed 25 new Facilitators , 3 of whom are working with Thai population in Norway.” – Savinee Sarakrai, Manager ICDP Thailand manager. [Read her report.](#)

Comment from a pastor: “When learning this ICDP course, I started to change myself first as a father of my children at home; I started to see children as individuals and became more empathetic. I am spending more time with my children. The feelings from my own childhood have been revived. I have seen the origin of certain behaviors and have a more positive view of myself now. I talked about this with the church team.”

Comment from a teacher: “This course helps teachers to become more confident in caring for children. They start to cope better in different situations, and as a result the school atmosphere is becoming happy. The children told their parents that they wanted to come to school because the teachers understand and love them. This course has helped me a lot.”

Jeed Prakaikaew Phochan and Sara Sarawaree Lie both live in Norway, but their native country is Thailand which they visit a couple of times a year. Sara is leader in the Youth Buddhist Federation, Jeed is Children’s Pastor in the Church of Norway. Jeed and Sara have been undergoing training both in Norway and in Thailand to become ICDP certified trainers, by the end of January 2025. They travelled

to Thailand to attend workshops organized by ICDP Thailand, whereas their practical projects were taking place in Norway among Thais. They are conducting the training in Thai and are keen to take the ICDP programme to others. As part of their training they are forming new persons to become ICDP facilitators, who in turn started rolling out the ICDP programme to Thai parents. This process took place at the Wat Thai Buddhist Temple in Norway.



KF

*Bangkok school sharing ICDP with parents of students.*



*Facilitator training in Thai language, in the country of Norway, hosted a local Buddhist temple*

“For the first time a Buddhist monk, Mr. Phra, became an ICDP Facilitator. The temple fulfills an important social function, acting as a safe place for fellowship among Thais. When Thai migrants experience challenges in their family lives, they approach the temple, but the temple has few tools to help with when it comes to family life and parent-child-relations. This is where ICDP comes in. Furthermore, the Buddhist temple feels that ICDP fits in their worldview and there is keen interest to spread ICDP more widely to reach the Thai diaspora in Europe. The abbot at Wat Thai Norway is the President of the Union of Thai Sanghas (Buddhist temples) in Europe and Jeed and Sara were

invited to introduce ICDP to Thais living in different parts of Europe. ICDP will sign an agreement with Jeed and Sara once they have completed their training and we will keep in touch and observe future developments with great interest.” – Nicoletta Armstrong, ICDP chair.

## AZERBAIJAN

In 2023, Mirjam Artmark Aanensen and Eli Bolkesjø from Normisjon have started to work on the development of a new initiative aimed at taking the ICDP programme to Azerbaijan, in cooperation with Normisjon Azerbaijan and its partners.



In 2024, ICDP training of future facilitators was started in Baku, and it was sponsored by Normisjon. A team from Normisjon had been working on bringing ICDP to the country over several months before the training began.

The second phase of training took place in December, followed by trainees' first pilot projects planned to take place from January to April 2025. The certification workshop is planned for early April 2025.

The training of this new group of facilitators was conducted by Magdalena Brännström. There are ten participants, including two psychologists, one doctor, one occupational therapist, and six teachers.

An important aspect of the ICDP process involves working on the adaptation of the programme and its delivery to the Azerbaijani context. This was tentatively started by local trainee facilitators while they were delivering the programme to local parents/caregivers for the first time.



During the period of these first pilot projects, groups of parents were invited to join ICDP courses ran by trainee facilitators and conducted in Azerbaijani. Two groups that delivered it in Russian and English respectively.

“The booklet for parents/caregivers called “I am a person” as well as the handbook “ICDP Guide for Facilitators”, were both translated into Azerbaijani.

The training was done in English; however, my slides were translated into Azerbaijani language, which was helpful. After the workshop, I gave my power point presentations to the group, to facilitate their work with caregivers. There are two sets of slides, one set is for the implementation of the ICDP course through 7 meetings with parents/caregivers, each lasting two hours. The other set is tailored for the implementation of the course through 5 meetings with caregivers, each meeting lasting up to 3 hours.

These trainee facilitators represent an excellent group to work with. They participated very actively and engaged in shared reflections from their own lives and with many examples from their local culture. I have been working with the ICDP programme in Uzbekistan for several years now, and I found that there are similarities between the two cultures when it comes to raising children. I have greatly enjoyed training this group.

Before the second workshop they sent me their videos (of their own interactions with a child), and I provided them with feedback. They shared their videos within the group. It was wonderful to see many different videos, showing interactions with younger children, schoolchildren, 12 year-olds and also 17 and 18 year-olds.

In general, the group connected and shared stories all through the training, and everyone related to each other well. It was a really nice experience for me to see how committed these trainee facilitators are. The future seems very promising for ICDP in Azerbaijan.” – ICDP trainer, Magdalena Brännström.

The contact person for ICDP in Azerbaijan is Deborah Williams, from Normisjon.

## SOUTH KOREA



In May 2024, Valentina Tan, ICDP trainer from Tashkent, who is now living in Seoul, in South Korea, started a small-scale ICDP initiative.

In partnership with the local office of the Social Welfare Community Centre, she was able to launch an ICDP group as a part of the project for immigrants. Since the war in Ukraine, the number of Russian-speaking migrants in Korea has grown. In view of this the local authorities want to help them to adjust to their new lives.

The project involved 15 caregivers who attended ICDP sessions at the Social Welfare Community Centre. The centre allowed Valentina to use their premises free of charge and in addition, they covered all administrative expenses, including the costs of the coffee breaks.

The ICDP programme has been appreciated by this group that showed interest and participated in lively discussions.

## INDONESIA

ICDP has started to plan cooperation with Jesmon Barutu from the YNLM (Yayasan Nurani Luhur Masyarakat) organization in Medan, north Sumatra. The trainer for Indonesia will be Bobby Sajeda, supported by Nicoletta Armstrong.



Photo on left, from YNLM's project called CREATION (Increasing Welfare in The Community)

### Concept note for the work of ICDP in Medan:

Project Title: Establishing the International Child Development Programme (ICDP) in Indonesia: Building Capacities for Child Psychosocial Well-being

With its diverse cultural landscape and significant population of children, faces challenges in ensuring the psychosocial development of its young citizens. Factors such as socio-economic disparities, limited access to educational resources, and inadequate caregiver training contribute to developmental gaps among children. Introducing the ICDP in Indonesia offers an opportunity to address these challenges by empowering caregivers and creating supportive environments for children.

#### Problem Statement:

In Indonesia, many children are at risk of compromised psychosocial well-being due to limited caregiver capacities, socio-economic vulnerabilities, and a lack of awareness about effective child development practices. These challenges hinder children's emotional and social growth, impacting their overall development

and future opportunities.

Project Objective: To enhance the psychosocial well-being and development of children in Indonesia by implementing the ICDP's evidence-based intervention programme.

Specific objectives include:

1. Building the capacity of caregivers to provide nurturing and developmentally appropriate care.
2. Strengthening community-level support systems for child development.
3. Promoting awareness and integration of psychosocial care practices in child development initiatives.

#### Key Activities:

##### 1. Training and Capacity Building:

- Conduct workshops and training sessions for caregivers, educators, and community leaders on ICDP principles and methods.
- Develop culturally relevant resource materials and tools to support caregiver training.

##### 2. Community Engagement and Awareness Campaigns:

- Organize community forums and events to raise awareness about child development and psychosocial care.
- Collaborate with local media to disseminate messages promoting positive caregiving practices.

##### 3. Monitoring and Evaluation:

- Establish baseline data to assess the current state of caregiver practices and child psychosocial well-being.
- Regularly monitor project activities and evaluate their impact on caregivers and children.
- Share lessons learned and best practices for scaling up the initiative.

#### Expected Outcomes:

1. Improved knowledge and skills among caregivers in providing psychosocial and educational support.
2. Enhanced emotional and social well-being of children in target communities.
3. Increased community involvement and sustainability of child development initiatives.

#### Target Group:

- Primary: Caregivers (parents, guardians, and educators) of children aged 0-12 years.
- Secondary: Community leaders, child welfare organizations, and local stakeholders.

**Geographic Scope:** The project will focus on selected communities in Indonesia, prioritizing areas with high levels of vulnerability and unmet child development needs. Pilot locations will be identified based on socio-economic and demographic factors.

#### Implementation Partners:

- Local non-governmental organizations (NGOs) working in child welfare and education.
- Community-based organizations and religious institutions.
- Government agencies involved in child protection, health, and education.

**Sustainability:** The project will adopt a train-the-trainer approach to ensure long-term impact and community ownership. Partnerships with local stakeholders will facilitate the integration of ICDP principles into existing child development programmes. Continuous capacity building and resource development will support the programme's sustainability.

**Budget Estimate:** A detailed budget will be developed based on the specific needs of the target communities and the scale of implementation.

**Conclusion:** Introducing the ICDP in Indonesia presents a transformative opportunity to improve the psychosocial well-being and development of children. By equipping caregivers with effective tools and fostering community collaboration, the programme will contribute to building a brighter future for Indonesia's children. ICDP's proven model and international expertise, combined with local partnerships, will ensure the initiative's success and sustainability.



# ICDP in Europe

England, Portugal, Norway, Sweden, Denmark, Finland,  
Ukraine, Estonia, Russia, Moldova, Germany, Switzerland,  
Romania, Poland

## OVERVIEW:

### ENGLAND

Nicoletta Armstrong, as one of the founders of ICDP, has been operating from her office in London since the beginning. Over more than thirty years she has been training international teams and maintaining links with project leaders all over the world, as well as organizing and conducting ICDP workshops in England for local and international groups of professionals. This work is ongoing.

ICDP has presence at the University of Bath, where each year, new psychology students are introduced to ICDP upon the initiative by Rita Chawla-Duggan. Nicoletta has given workshops and presentations at the university organized conference and workshops for international students.

### PORTUGAL



Developments started in 1982 when the Alfragide school was officially opened - and has been in action ever since. It represents the oldest and longest lasting ICDP initiative, although the actual ICDP programme was not formulated till later, the school served as experimental ground for all fundamental concepts of the ICDP programme. The school was the brain child of Iksan and Irina Mendes (both later became founder members of ICDP foundation), who wanted to better the lives of refugee families and their children. Their friend Karsten Hundeide became interested and obtained a 5-year grant from NORAD (the Norwegian agency for development cooperation) to start a pre-school. The school's mission was and still is 'to contribute to the social integration of vulnerable populations, refugees, risk groups and people with disabilities, and working from a community perspective'.

Twenty years ago, the school was renamed Roda Viva (literally Wheel that is Alive, or 'always on the go'), and today its nursery and preschool serves the Timor neighbourhood in the Lisbon suburb of Amadora. Daniela Dinis has been running the school as its director since year 2000. To the pre-school, the nursery was added in 2007

The school is working with social services, and has close ties with the surrounding community. Parents pay according to the income capacity of their family circumstances. From 2010 onwards, Roda Viva began offering various social assistance opportunities for the families with a multidisciplinary team: they were able to give free counselling, legal advice, help with immigration issues, as well as the language, and be available to accompany children and families to the doctor when special care or treatment was necessary.



The Roda Viva project staff consists of 18 adults, with 3 pre-school educators, 6 education assistants, a social worker, a psychologist, a speech therapist, two psychomotor therapists, a teacher for after-school classes, a teacher for the youth movement, and freelancers who come to teach capoeira, music and dance.

The extra professional therapies (psychologist, speech therapist, psychomotor therapists) and special activities, are offered for free, all part of the special care given, especially for those of the children who have special needs. It is part of the 'home in the community' aspect of the social work which Roda Viva/ASS embodies, helping the parents and the children.

The school is well known with its psycho-social expertise for working with disadvantaged children and refugee families. The ICDP's principles are embedded in the approach and curriculum content. Parents, teachers, and assistants continue to benefit from the ongoing sensitization sessions.

"In 2024 we were invited to run a new nursery. This development was not something we had planned, but we were invited to do it. We trained in ICDP a new group of caregivers, a team of 7 workers, who attended to the children throughout the year. The nursery was attended by 33 infants. However, the school was private and their leadership closed doors in December due to financial problems." – Daniela Dinis, Roda Viva director.

## NORWAY

Between 1991-1992, professor Karsten Hundeide, founder and chair of ICDP for 19 years (1992-2011), led an ICDP research project linked to health stations in Bergen, which showed positive results on parents. This opened doors to many subsequent ICDP initiatives in different areas, including preschools, schools, child protection, health, prisons, asylum seekers and minority groups.

In 1996, ICDP started to be involved in different training programs funded by the Ministry for Children, Youth and Families Affairs and eventually in 2005, ICDP was incorporated as permanent and nationwide programme run by the Ministry – which is still ongoing. ICDP Norway was formed in 2006. A number of trainers, linked to ICDP Norway, cooperate with ICDP Foundation on projects outside Norway.

ICDP had presence for years at the University of Oslo, through the Special Needs department, where one of the ICDP founders, professor Henning Rye introduced ICDP into the curriculum of master studies, in 2010.

Since 2019, Heidi Westborg, has been chair of ICDP Norway – her update for 2024:

**In 2024** in Norway, 24 facilitator trainings were conducted certifying 300 facilitators, and 12 trainers were trained. ICDP Norway received approval for two projects; one national and one international. These are vital for the organisation's finances, but also serve as strategic pilots.

## National Project: Haugerud Community Initiative

Supported by Sparebankstiftelsen DnB, this project explores the role of civil society and faith communities in implementing ICDP, in collaboration with Alna district authorities. Trosterud School is also considering piloting ICDP in schools with separate finances.

## International Project: ICDP Sharing Community & Implementation Support

ICDP Norway received funding from Kavli Foundation for this project with two components:

*ICDP Sharing Community* – A global exchange platform via webinars, developed in collaboration with ICDP International.

*Implementation support* - to three countries: ICDP Nepal, now independent after 10 years of Norwegian funding; ICDP Tanzania, where facilitator training has been conducted with funding by Strømme Foundation - and will potentially include Uganda and Ethiopia. The goal is to support sustainable national ICDP structures.

## Key activities in 2024

- ✚ Launched the Haugerud Community Project.
- ✚ Initiated collaboration with Trosterud School that might include ICDP.
- ✚ Started the ICDP Sharing Community initiative, including implementation support to Nepal and Tanzania.
- ✚ Conducted facilitator training in Tunisia, Bhutan, and Tanzania.
- ✚ Began developing ICDP Norway's 2025-2030 strategy. Focus is on social impact.
- ✚ ICDP Norway has specific responsibility for two ICDP versions:
  - *ICDP for Parents of Children with Disabilities* – Revised and piloted in three municipalities; funding applications in progress.
  - *ICDP in Elderly Care* – Two research articles published (Line Constanse Holmsen, PhD) – partly supported by ICDP Norway and ICDP International to ensure open access.
- ✚ Collaboration with Diakonova Vocational College and hopes of piloting in Tromsø.
- ✚ Participated in public hearings. Collaborated with the governmental Bufetat (SKM) to launch new certification criteria - and finalize ICDP for parents of adolescents. We also worked together when the government decided to reduce the number of meetings to refugee families. This has been basically reverted.
- ✚ Hosted webinars, seminars, digital forums, and newsletters.
- ✚ Increased volunteer engagement in working groups and specific tasks.

ICDP Norway continues to work towards financial sustainability through public training contracts, facilitator training programmes, donations, and project funding applications.

## The good village at Haugerud, Oslo

### A story of collaboration, ICDP and hope for the future

In Haugerud, a neighbourhood in the east of Oslo, - rich in language, culture and lived experiences – a new movement is emerging. It is not about romanticizing challenges, but about meeting them with presence, community and collaboration. At the heart of it is ICDP Norway's project Safe Parents supported by Sparebankstiftelsen in the Haugerud community – a dedicated effort to strengthen the role of parents as a foundation of children's security and wellbeing.



Haugerud experienced unrest, and in the autumn of 2022, concerns about local youth put the community to the test. In response, the police initiated Trosterud/Haugerud Collaboration forum, bringing together local actors to restore trust and connection. The result was a more peaceful year 2023.

But by the autumn of 2024, new tensions had emerged between youth groups – some gaining media attention, others handled quietly within the community with care and dialogue. Haugerud is vibrant and diverse, but faces real challenges: cultural tensions, overcrowded housing, and the need for engaged adults across home, school and community spaces.

Though still in its first year, the ICDP project has become a unifying force. In collaboration with Haugerud Sports Association, Islamic Cultural Centre (ICC), Haugerud Church, the local Volunteer Centre, Trosterud School and Alna District Council, a strong foundation is being built for parent involvement and trust-based cooperation.

Police is an important partner, in addition to the school that has served as a central arena for recruitment, dialogue and reflection, and are seeking funding to develop a full scale ICDP project with the teachers at their school – also offering ICDP groups to parents.



Through new facilitator level training, ICDP based parent meetings, themed gatherings and dialogue groups, the project is reaching widely. The ethos and the three ICDP dialogues – emotional, meaning creating and regulative, give parents tools and language to connect deeply with their children, their peers and their community.

From this, the good village (Norwegian: dengodelandsbyen) is growing – a living expression of local solidarity. In Haugerud, security is gradually built from the ground upwards – one facilitator, one relationship, one village at a time.

## SWEDEN

ICDP Sweden (<https://www.icdp.se/>) was registered in 2000, with Annelie Waldau as its leader. ICDP was initially implemented within the health services for families with young children, child protection services, preschools, schools and some works were carried out within institutions for psychiatric services for children and youth with severe psychosocial problems. ICDP Sweden is a member of The Swedish Network for 'The Convention of the Rights of the Child'.

Over the years, the programme found very wide application with professionals from all key networks for children, with regular network meetings and refresher workshops for many hundreds of facilitators that are trained each year.

Veronica Kindbom is the chair of ICDP Sweden.

During 2023, ICDP Sweden was in a developing phase. It was a year of producing new material, writing texts and taking pictures for a new homepage which was completed and became functional in June after some really hard work. Two booklets were produced: one for prospective parents, and the other is an updated the booklet for those who work in preschool with children 1-6 years of age.

A couple of trainers and the entire Swedish board attended the Nordic ICDP Conference that was held in Norway in September 2023. The ICDP Sweden yearly meeting for trainers took place in November on the theme of "Evidence". In 2023 around 500 participants were educated at Level 1 and around 110 new facilitators graduated on Level 2. A group of 13 new trainers received training, and they completed their education in 2024.

In 2024, the ICDP programme for parents from other countries called Parents in a New Country, which was developed several years ago by the Jönköping Municipality, in collaboration with ICDP Sweden, continued to be implemented.



The picture above is from the central training for Guide for Parents in a New Country, which was held in Stockholm in September 2024.

Around 100 facilitators were formed throughout the year.

The Parents in a New Country was created based on the idea that all parents need to reflect on how to support their children to live within two cultures.

In addition, a research study on ICDP for Parents in a New Country is underway at Dalarna University. This research has now been expanded to include more municipalities.

Among other things, ICDP is now being incorporated into SFI (Swedish for Immigrants) teaching.

## DENMARK

The first ICDP developments took place in 1999 and after several years, ICDP became the professional framework used to encourage teachers to broaden their outlook and replace the individual perspective of the child with a relational perspective. Through sensitive reflection and peer feedback participants of the ICDP projects analyse the power and energy embedded in relationships. The evaluations have shown that the participants experienced ICDP as meaningful “technical support for the invisible, but real pedagogical work which increased the level of professionalism, as well as the joy of working. The ICDP approach was applied in many Danish kindergartens and schools across the country. In Denmark ICDP has given exclusive right to 3 organizations only to offer certified courses in ICDP:

1. UCN act2learn (University College North) - <https://www.ucn.dk/>
2. Dansk Center for ICDP - <http://danskcenterfor-icdp.dk/>
3. Institut for Relations Psykologi – (<https://relationspsykologi.dk/>) - [www.ICDP.dk](http://www.ICDP.dk)

Altogether, the 3 institutes train around 900 professionals each year, including teachers, social-workers, pedagogues, educators, managers, a wide range of psychologists and therapists, as well as families. ICDP was approved by the Danish state as a method of working with professional relational competence. As a result, it is now easier to obtain government funding.

Developments in 2024:

**The work at the Danish Centre for ICDP** shows continued growth and application of the ICDP programme in different settings. From the report by Jens Linder:

The year 2024 has generally been stable, with us consolidating the new management structure and working to future proof ICDP’s importance in the educational landscape in Denmark.

We have spent some of our resources in 2024 changing our teaching location. We have moved to premises closer to Copenhagen - which at first glance seems to have increased the number of participants in our open classes.

We have reached our goals for 2024: We have certified a daycare centre in ICDP; Published a material package for the youngest classes in schools with a focus on teaching children about empathy through the ICDP program; And held an ICDP conference with a large municipality under the title “ICDP and psychological safety” in collaboration with a large Danish publishing house. In 2024, we have been successful on many parameters. Overall, it has been a great satisfaction that the generational change is about to take place. With the current construction and the new broad management, we have future-proofed the work with ICDP in the years to come.





*Trainee Elise Linder is teaching ICDP in our new location*

We have trained 478 persons to ICDP level 1, and 33 persons at level 2, and we trained 3 persons at level 4.

During the year, we have entered partnerships with several actors in the pedagogical sector with the aim of increasing our network and reaching more pedagogical settings.

- ICDP and co-teaching – with Mickie Sonne Sunesen from “Nordic-learning”
- ICDP and resilience – With Ida Skytte Jakobsen from the Danish Centre for Resilience.
- ICDP and sensorimotor skills with Gitte Frost from the company Physiotherapist Gitte Frost
- ICDP and Nest with consultant and leader Karin Lykke
- ICDP and inspections with Sebastian Damkjær Ohlsen from “Be-coming”
- ICDP and psychological safety with Peter Andersen, Dafolo – a big Danish publisher.

We regularly invite potential partners to coffee meetings to keep us moving. Our values are to spread and quality-assure the ICDP programme. We do this best in collaboration with others. All our invitations are met positively – we are well-known and well-liked in the educational community.

This year we have published 5 Newsletters to our approximately 2.000 subscribers. We inform the followers about training courses, new material and various ICDP activities.

ICDP Café: Four times a year we invite all who are interested to a free ICDP Café. The Café is for the professionals that work with children and young people and who want input and dialogue about working with relationships and interaction.

We have fully developed a certification of organizations. The certification consists of a free online test - an assessment by our certification committee - a consultant visits and an agreement is made on an implementation and action plan. It is important to us that the certification process is thorough, yet easy to access and that it is experienced as meaningful in the organization. The feedback we have received is that the test strengthens our own reflection and the visit from the certification consultant ensures that the management sees blind spots in the organization that stand in the way of a successful implementation of ICDP.

Other big news is that we have developed teaching material for the youngest classes in the school. The material is called "Empathy for children" and is a teaching material with many suggestions as to how ICDP and the interaction themes can be introduced in a children's group. The material focuses on

strengthening children's communities and helps to emphasize that the well-being of the children's group is everyone's responsibility. ICDP is introduced as a language to talk about friendship.

The ICDP annual report for the school sector will emphasize that Mølleholmskolen has risen to an impressive 36th place in the Cepos report, where alle 1.400 schools in Denmark are assessed based on their ability to improve the academic level of graduating students relative to their socioeconomic background. The school now has eight active groups and offers courses for parents as well as ongoing work on conflict management through the ICDP program. ICDP group guidance is held eight times a year, supplemented by individual guidance sessions.

Outreach work in the elderly sector to establish ICDP groups for nurses and other care professionals. Presentations for elderly councils and next of kin of dementia patients. Presentations for 200 educators working in the elderly sector. ICDP is included in the basic education at the Social and Health School for social and health assistants. We completed a group of evening shifts at the dementia ward. Beneficial for all participants but challenging due to many with a different ethnic background and Danish as their second language. ICDP is integrated as best as possible in organizational work in home care services.

[Click here to read the full report.](#)

### **Heidi Trude Holm from the University College Northern Jutland (UCN) reports:**

In 2024, we at UCN have been in the process of a "generational change" at UCN. Some of our experienced ICDP teachers have, unfortunately, retired and our new trainers are, fortunately, doing really well teaching ICDP.

Our primary students in our ICDP teaching activities in 2024 has been daycare staff working with children the 0–6-year-old.

We continue to seek access to the school system and the teachers, because the relational focus in teaching and didactics has the potential to increase the well-being in the classroom environment as well as increase the learning potential.

In addition to this, ICDP has been included in meetings and training sessions focusing on implementation of ICDP in institutions and municipalities. We continuous aim is to help staff, leaders, and municipalities to implement ICDP better.

Implementation is difficult, and without clear leadership and municipal support, we still find that implementation of ICDP is challenged. We aim to help and teach our partner institutions and municipalities further, by focusing on knowledge and structures that increase the possibilities for transfer and implementation – based on both Karsten Hundeide's framework for implementation, combined with the newest research in organizational development.

We have two annual meetings with the ICDP trainers who are affiliated to UCN. In 2024, we held both an online and a physical workshop for our ICDP trainers. The days always consist of a mix of experience sharing on ICDP, combined with professional presentations.

### **Majbritt Bay reports from the Institute of Relational Psychology:**

In 2024 we had a year with many care professionals being trained through our ICDP activities. These activities had a great impact on children at the local children's nurseries and in schools, but it also meant a great deal to parents. It also had an impact in the work environment of care professionals.

One of the care professionals at a school describes the impact of ICDP likes this:

"I was a little sceptical about what ICDP would change in my pedagogical practice. Would it just be another "fancy model" that would quietly be shelved with many other initiatives. I was very positively surprised by how effective ICDP has been for me and how quickly I could see results from the changes I made. I quickly experienced gains in my relationships with all the children in my class, through the 8 interaction themes. Small adjustments have a big effect."

In 2025, we will continue to work with local municipalities and organizations to implement ICDP in schools and children's nurseries. At the same time, we will continue to draw attention to the impact of ICDP across society in Denmark, because we would like to work with ICDP in other areas as well, so more care professionals, volunteers and parents can benefit from ICDP.



#### Conference: Optimal Frustration

In September 2024, the Institute of Relational Psychology hosted a conference in collaboration with a local partner municipality. The conference focused on the theme of optimal frustration.

Norwegian psychologist, Zemir Popovac, lectured about the theory behind optimal frustration with many good examples of why it is important for children to experience frustration.

He illustrated how children and young people need to experience resistance and challenges in order to develop the ability to endure emotional frustration, and at the same time learn to adapt to the demands of the external world. If children are not exposed to situations that require them to endure emotional frustration, they lose important learning experiences. This experience can for the children lead to a world that seems uncertain and dangerous because their own emotional life becomes in control of the outer world. Zemir emphasized that all children need security and emotional validation, but under these conditions, the children also need to be challenged to stretch and accommodate external demands.

At the conference, 70 educators, pedagogical counsellors and pedagogical leaders participated, and many of the participants subsequently expressed that they could recognize, it can be demanding to accommodate children's frustration without wanting to change the reality that the children experience. You can tend to try and remove what is difficult or to ignore the children's frustration to avoid the frustration that the children's frustration creates in you.





At the Department of Relational Psychology, we will focus on this theme and unfold it for both relational professionals and parent groups in presentations, supervision and teaching contexts in the coming season, because we experience that many are asking for more knowledge and practical guidance in this area of the ICDP.

## FINLAND

Klara Shauman Alhberg, a psychologist at the Anchor House Family Centre in Pargas, near Åbo, brought ICDP to Finland in 2011. The training of a first group of her colleagues including, psychologists, teachers, pedagogues and family workers was carried out in cooperation with ICDP Sweden, whereas the subsequent developments in Kotka (training staff from the Association of Mother and Child Homes and Shelters, A-Clinic Foundation and the Finnish Blue Ribbon) were initiated in cooperation with Nicoletta Armstrong, chair of ICDP foundation. Due to increasing demands for training, ICDP Finland was registered in 2012 and the work has been ongoing ever since. ICDP has presence in the North and South of Finland, in schools, day cares, through social family work and mother-infant rehabilitation. Website: <https://icdp.fi/sv/hem/>

In 2023 there have been several trainings around the country; 53 persons received the ICDP Basic training and 27 new facilitators have graduated during 2023. There have also been ICDP groups for parents and professional caregivers in a number of settings around the country: in day care, child protection, The Federation of Mother and Child Homes and Shelters (ETKL) and with newly arrived

immigrants. One of the highlights of the work by ICDP in Finland in the year 2023, was the National Child Protection conference, which took place in Turku, in October. At this conference, the ETKL and Ostrobothnia welfare area made a presentation together on the topic of "Psychological Violence and Supportive Interaction/ICDP". The audience was comprised of approximately 100 people, who expressed a lot of interest in ICDP.

Report 2024 by Petra Zilliacus: It was yet another busy year to look back at with trainings, meetings and efforts to make the programme sustainable in Finland. We received a great Midsummer present from the government sponsored ITLA Children's Foundation. ITLA promotes early interventions for children and families in Finland and does systematic reviews to determine the effectiveness and implement ability of different methods and programmes. Their review of ICDP in its Finnish context resulted in 4/5 points, which provides a good base for our future ICDP efforts.



In the picture above, from October 2024, you can see participants in our bi-annual Finnish Trainer Day, where we got to share lots of thoughts, experiences and laughter.

In September we got to meet ICDP colleagues from around the world as ICDP trainers from Save the Children Finland met with us in Helsinki and we learned more about how the programme is promoted in different parts of the world.

### **International workshop in Helsinki:**

A workshop on "strengthening ICDP as part of Child Sensitive Social Protection (CSSP)" took place in Helsinki, Finland, from 12th to 16th of September 2024. It was organized by Save the Children Finland who have been promoting ICDP internationally for several years now.

The workshop was attended by ICDP trainers who have been implementing the ICDP programme as part of the CSSP. Three ICDP trainers came from SC Nepal, two from SC Philippines, one from SC Zambia, one from SC Somalia, two from SC Finland and one ICDP trainer came from Normisjon Bangladesh. Nicoletta Armstrong from ICDP was also present. Disa Sjoblom and Mukesh Lath from SC and Nicoletta Armstrong from ICDP facilitated the workshop.





The overall objective was to provide a forum for sharing between countries to ascertain ways of strengthening the work of ICDP, focusing especially on how to provide quality implementation and maintain the quality of the work after the end of the project intervention. Two days were dedicated to this, and on both days, participants were split into small groups to explore the following two questions, with in-depth discussions afterwards in the big group: 1) How can you enhance the parents to practice 8 guidelines during the period of implementation? 2) How to sustain caregivers' practice after our involvement has finished/mechanisms of sustainability.

On the first day, the morning was dedicated to sharing about the work in respective countries. The second day started with an interesting presentation by Mark Millrine from CUBIC introduced participants to behavioural science as a way of increasing caregivers' engagement on parenting programmes. On the last day a visit took place to the premises of The Federation of Mother and Child Homes and Shelters (ETKL) in Helsinki, to meet Miia Pikulinsky from ETKL and the vice chair of ICDP Finland, Petra Zilliacus. Miia, welcomed everyone and presented a power point which showed a wide range of services, many of which included the ICDP programme. After that, Petra shared about the implementation of ICDP in Pargas. A pleasant and meaningful exchange of ideas took place and the workshop ended with a small ceremony when Nicoletta presented ICDP Trainer level diplomas to two new trainers, Adam Nyundo from Zambia and Abdilladif Ismail, from Somaliland.

## UKRAINE

The first developments took place in the period 1998-2003, when teams of professionals received training in Dnepropetrovsk, Kharkov, Cherkassy, Yalta, and Krivoy Rog. In Dnepropetrovsk and in Kharkov the ICDP principles were used with university students and the programme was inserted as part of the students' existing curriculum.

In 2008, ICDP presented the programme at the international conference called "Little things make big changes", held in Antratsit, organized by the Ukrainian NGO 'Women for the Future' in cooperation with the Norwegian Peace Association. This eventually led to many new ICDP developments and the establishment of a strong team of trainers in 2013.



ICDP Ukraine was formed in 2014, with Anna Krasina as chairperson and fruitful collaboration with UNICEF soon followed. Gradually, many groups of social workers and psychologists received ICDP training in Kharkiv, Kiev, Zaporozhye, Dnipropetrovsk, Odessa, Vinnitsa and other cities. In 2017, due to many facilitators in 7 cities, ICDP Ukraine appointed a Coordinating Council and Regional coordinators in Kiev, Odessa, Vinnitsa, Zaporozhye, Kramatorsk, Severodonetsk and Chernigov. ICDP has been active in Ukraine ever since.

**In 2023** activities in Ukraine have been different from those in peacetime. In many cities, such as Kharkiv, Druzhkovka, Dnipro, among others, explosions are heard constantly, affecting the lives of adults and children and causing enormous stress. Adults and children react differently to acute stress. Hanna Krasina, Marina Sklyar, Serhii Krasin, developed a strategy, a model called STEP. STEP was developed specifically to assist parent groups in cities that are constantly under fire. The STEP model is implemented through the use of ICDP principles. STEP stands for: S – self-help, support, psychological first aid T – talking, clarification of the situation, facts, thoughts, emotions, experience, task E – emotions, experience, analysis and study of emotions, the influence of personal factors P – planning, productive, effective behaviour strategies, expansion of behavioural models, alternative attitudes. This approach helps stabilize the psycho-emotional state of parents and contributes to the development of their resilience.



**In 2024**, ICDP in Ukraine went through a difficult period. Due to the war, many facilitators were forced to change their place of residence. Some facilitators left Ukraine for safer countries. Others moved to other cities or were forced to change jobs and activities. Due to this, connections with many facilitators were lost.

During the year, we were engaged in restoring connections, collecting information about the place of residence of facilitators. By the summer, the register of facilitators was updated and a new coordination council was created that started to operate. Activities have been resumed in cities such as Kharkiv, Odessa, Kyiv, Poltava, Kramatorsk, Druzhkovka, Zaporizhzhia, Kryvyi Rih, Vinnytsia, and Dnipro. Two large training projects have been implemented.

On the volunteer initiative of ICDP Ukraine trainers, a group of facilitators was trained from July to October, including 26 participants from eight cities of Ukraine (Kyiv, Kharkiv, Dnipro, Vinnytsia, Kryvyi Rih, Druzhkovka, Kamyanske, Zaporizhzhia) who completed the full training course and received facilitator level diplomas.

The second project was related to the training of facilitators for the International Charitable Foundation Caritas Ukraine. The training participants were 30 psychologists from Crisis Centres who work with children and specialists from the Save the Children.

The new facilitators held parent groups in their cities. The group leaders noted that with the beginning of the war, there were more problems in families in the country. Frequent experiences of stressful situations make adults emotionally closed and do not use positive emotions when communicating with their children. The principles of ICDP help to establish contact with children, to support them in the process of recovery and stabilization of their psycho-emotional state.



Facilitators who work for Save the Children note that children are unable to attend school regularly because of the war and experience frequent traumatic situations. Many witness their parents die, and experience separation from one or more caregivers, separation from brothers, sisters and other family members. Some children witnessed or participated in shocking events (for example, the release of brothers or sisters, relatives or neighbours from under the rubble after explosions).

Adults are also in an unstable psycho-emotional state. The ICDP seven principles of sensitization help to create trusting relationships within the group and launch work based on the "peer to peer" principles.

Facilitators from Ternopil, Serhiy Bukhvalov and MariaGavrishko, said: "Adults showed interest, recalled stories from their childhood, talked about their relationships with children, and actively shared their experiences regarding methods of communication with children".

Facilitators Igor Dashevsky, Svitlana Klunnik (Poltava), shared that their group included not only parents, but also grandmothers. "Questions helped to activate group work. Participants shared their experiences regarding the fact that children spend a lot of time on gadgets. During the exchange of experiences, adults recalled the games they played in childhood. There were many lively positive emotions".

Natalia Kosenko Ulyana Kotsemira (Drohobych) used practical exercises and videos in their work. Adults shared their feelings about how close adults expressed their love for them in childhood.

Facilitator Marina Nechaeva (Kryvyi Rih) wrote: "The parents were most involved in activities that involved interaction with each other, where they could talk about certain things about their lives. They also enjoyed the creative activity and individual work with them. It was interesting to watch how they shared their childhood memories, how much warmth they had and how others were filled with it. It was a little unexpected that some mothers burst into tears. After the tears, the condition of the participants began to stabilize"

Despite the difficult living conditions during the war, the trainers and facilitators of ICDP Ukraine continue their work and are planning to do it next year.

## ESTONIA

A project called "ICDP parent-facilitator training to improve the social skills of parents in the neighbourhood" formed a group of ICDP Facilitators in the Tapa municipality.

This project built on a longstanding cooperation between Estonian municipalities and the Estonian Association of Central Norway. It was spearheaded by ICDP trainer Grete Hyldmo, the headmistress at Queen Maud Memorial Preschool in Trondheim, Norway.

The ICDP training for 10 preschool staff started in December 2019 and was very successfully accomplished in 2020. There were exchange visits to Norway and online training sessions, as well as workshops in person. In addition to the Estonian group there were also two Russian participants, who all completed their training and applied ICDP in Narva with Russian ethnic groups.

From 2021 onward, three more ICDP groups were trained linked to the kindergarten Pisipõnn in Tapa. Three ICDP facilitators continued their work at the school in Jäneda. The ICDP work is supported by Anne Roos from the Education and Youth Board in Tallin. The implementation of ICDP is ongoing, although 3 facilitators have left for new positions.

2024 - Anne Roos reports:

The ICDP Estonian group meeting took place in Jäneda on June 5, 2024. Participants included ICDP Estonian trainers and our great mentors and partners Grete Hyldmo and Hege Beate Sivertsen from Trondheim, Norway. Piret Purdelo-Tomingas also took part and helped with translation.

At the meeting, Hege shared her experiences working with parents of children with special needs — parents who need a different kind of support and attention. She talked about how to give advice and explain things when a parent has limited understanding.

In Estonia, we use ICDP knowledge in our daily work:

- working in schools as teachers or support specialists,
- organizing training for teachers across the country,
- working in the social field at the local government level.

We certainly want to continue sharing our ICDP knowledge and experiences. We hope for better times to come.

## RUSSIA

ICDP activities in Russia started in Arhangelsk, in April 1997, in cooperation with Save the Children Sweden, as a two-year competence building programme for staff in children homes.

In the period between 2001-2003, a new project was initiated in the municipality of Novodvinsk, located north of Archangelsk city. A team from the Early Intervention Institute (EII) in St. Petersburg received ICDP training and implemented the ICDP programme with families and children till 2009.

In 2014, the EII in St. Petersburg re-established contact with ICDP and a series of workshops were conducted to train new teams in 2014, 2015 and 2016.



In 2012, ICDP established cooperation with Oksana Isaeva, an associate professor, Head of the Department of Organizational Psychology at the Higher School of Economics in Nizhny Novgorod and psychologist Natalia Dunaeva. Over the next couple of years, they received training and visited England to become qualified ICDP trainers – they have been actively training others in ICDP ever since.

In 2023, the ICDP programme was implemented in Russia with several groups. Oksana Isaeva conducted the training in the ICDP “Parent-Child Relationship Optimization Programme”, Guided Dialogue ICDP Russia. The training of professionals took place in the city of Khartsyzsk. Training was given to two groups of specialists, including psychologists and teachers, who became acquainted with the ICDP programme and the basic principles of child-parent relations, during their internship at the Lada Family Centre in Nizhny Novgorod. In addition, the specialists at the Lada Family Centre took it upon themselves to run ICDP courses throughout the year for 8 groups of families. These were families of children with special needs.

In 2024, ICDP continued developing in the city of Nizhny Novgorod City, thanks to the Lada Family Centre and the activities by Oksana Isaeva, PhD in Psychology, HSE University.

During the year, Oksana Isaeva held 2 trainings on the ICDP programme: One training was for 25 social workers working with families and children with disabilities.



Photo: training workshop conducted by Oksana Isaeva



The other training was carried out with 20 students from Nizhny Novgorod Universities.



During the year, the specialists at Lada Centre ran ICDP courses and they held ICDP group meetings for 50 parents of children with disabilities.

Apart from the training workshops, Oksana also conducted a master class at the Conference “The educational potential of a foster family is the basis for its well-being”.



Photo: Participants of the ICDP conference

The conference had a total of one hundred participants. At this conference Oksana explained about ways of applying ICDP in relation to working with foster parents, as well working with specialists who work with such families.

Links to Facebook pages:

[https://vk.com/wall-117351685\\_300](https://vk.com/wall-117351685_300)

[https://vk.com/wall-117351685\\_302](https://vk.com/wall-117351685_302)



## MOLDOVA

The Centre of Early Intervention (CEI) Services Voinicel (<https://voinicel.md/>) was founded in Chisinau, Moldova, with the help of the Norwegian non-governmental organization Ahead-Moldova in 2003.

A need for family-based intervention was soon identified to address the high rate of abandoned children with disabilities in four orphanages, resulting from a lack of services for families with children at risk of developmental disorders, as well as those with identified disabilities.

The ICDP programme was introduced in 2012, through training visits by Nicoletta Armstrong, and the Voinicel Centre has been using the programme on an ongoing basis, since then.

Marina Calak (pediatrician), Ala Bendrerchi (speech therapist) and Mariana Jalba (child neurologist) apply ICDP through their work with parents and children at the Voinicel Centre. Sylvia Briabin (psychologist) was also part of the initial group but she moved in 2018 to Romania. The three trainers also formed participants from different districts as facilitators, using an online format, which was challenging but successful.

Since October 2023, trainers, Marina, Ala and Mariana, have been holding ICDP training at Facilitator level for kindergarten educators who came from many different areas of the country. They conducted training of two groups of ICDP facilitators. The workshops were held in person, at the Voinicel centre.

*“It was great pleasure for us to carry out this training in person, and to apply in person various techniques practiced in ICDP teaching. We trained 50 educators.” – Marina Calak.*

**2024:** During the year, several online support meetings were held with ICDP facilitators, to discuss difficulties in implementing the programme in preschools with both parents and preschool education specialists.



In February 2024, a workshop was held to give ICDP diplomas to two groups of preschool education specialists who had gone through the ICDP training process.

These professionals came from different regions of the country, and most are working with young children and toddlers in crèches.





In October 2024, at the request of the ICDP facilitators, a network meeting was organized at the Voinicel Centre.



During this event, the participants shared their personal experiences as ICDP facilitators.

We have received a lot of positive feedback about the effects of using the ICDP programme. Facilitators expressed how their application of ICDP has changed their professional activities.

## GERMANY

In 2017, psychologist Rita Crecelius began her work on developing ICDP in Germany and in 2018 she successfully ran her first parent group in Hameln. Since then, she had the opportunity to train more and more people. At the same time, one of the main emphases of her work has been on awareness raising about ICDP by giving talks and lectures on the programme. Step by step she succeeded in creating a structure that can forward the cause of ICDP in well managed cooperation and partnership with local organizations. Link to website: <https://ritacrecelius.de/icdp-organisation/>

2024 report by Rita Crecelius:



The year 2024 was dedicated to preparing the first facilitator training in Germany.

In January, I received confirmation that the AEWB (Association of Adult Education Centres in Lower Saxony) would organize the training leading to first ICDP qualification of facilitators in Germany.

With the partners that I cooperate with, namely AEWB and NIFBE (Lower Saxony Institute for Early Childhood Education and Development), I held various events to publicize the training, including conducting a nationwide online workshop in March 2024. I also gave workshops at two major daycare conferences, which NIFBE helped organize.

All these seminars and workshops were centred around the headline "Emotionally Healthy Daycare with ICDP." This slogan originated at an event in 2019 when I presented ICDP to a large daycare provider, and one of the professionals said: "Rita, then ICDP is a tool for emotionally healthy daycare!"

NIFBE found the term "emotionally healthy daycare" very apt in the context of its professionalization initiative on the topic of "Health and Well-being in Daycare Centres." Thus, it became the motto for our joint initiative to inspire people to participate in Germany's first facilitator qualification.

Despite all efforts, the required number of participants was not reached, so the start of the training had to be postponed from August 2024 to February 2025. By April, the trainees were in the phase between Module 2 and Module 3 of the training and were about to begin their practical implementation of ICDP, by conducting sessions with caregivers.

Thanks to my long-standing collaboration with the professional associations, I had the opportunity to present the ICDP programme at the BG congress, held under the motto "Safe and Healthy in Educational Work."

At the conferences in Dresden (June 2024) and Ulm (November 2024), I was able to deliver a keynote speech to a large audience about ICDP's relationship- and resource-oriented approach. I made many new contacts and got to know a large daycare provider in North Rhine-Westphalia that



has its own health management system. In April 2025 I conducted preliminary discussions with the director, Johanna Eilebrecht, about a pilot project for the "Emotionally Healthy Daycare with ICDP".

This provider has around 3,500 employees who together care for over 16,000 children and is one of the largest daycare providers in Germany. In November, we conducted a joint workshop to present the ICDP approach to their management. The response was very positive, and there is a great willingness at management level to use the ICDP approach to strengthen daycare-teams in turbulent times. We held discussions with a professor who would like to provide academic support for the project.

Furthermore, during 2024, I conducted a total of ten ICDP workshops, five study days, and six lectures at various institutions: in daycare centres run by various providers, in a secondary school, in the Department of Integration Assistance of the City of Hanover, and at a provider of disability services.

And in March, I repeated my two-day mini-training on relationship-oriented resilience promotion for employees of the municipal senior and nursing homes, again with very positive feedback.

A highlight of 2024 was my visit to Strobl on the beautiful Wolfgangsee, as a speaker at the Austrian guidance counsellors' survey in October. The ICDP approach was received with great interest, and there is a willingness to work together.

Also in October, in cooperation with NIFBE, I conducted a workshop for daycare centre directors entitled "Leading with Feeling," which again referred to the Emotionally Healthy Daycare with ICDP.

At the end of the year, I contacted the Early Childhood Education Officer at the Lower Saxony Ministry of Education to draw her attention to the ICDP approach. After I was able to answer her question about scientific validation of the programme by referring to numerous international studies, she promised to explore the possibilities of collaboration.

Overall, in 2024 many doors opened for ICDP in Germany, partnerships deepened, and new opportunities for cooperation emerged, so I look forward to future developments with confidence. After all, the joint efforts with my partners have led to me being able to start my first facilitator training at AEWB in 2025. I am excited about our journey together—and happy that more and more people in Germany are coming into contact with the wonderful world of the ICDP.

## SWITZERLAND

An ICDP initiative started in 2023, by Hacer Dogan, ICDP supervisor in Norway and ICDP facilitator Pinar Günaydin, conducted online training with a group of families residing in Switzerland. Hacer explains:

"The idea of course emerged at the request of parents living in Switzerland who were interested in participating in an effective parenting programme. We know ICDP to be a well-established and successful methodology for promoting positive parent-child relationships. So, my colleague Pinar and I decided to do the training, which we did on voluntary basis.

The course was run with 2-hours long online zoom sessions, once a week over 3 months. Education was in Turkish, and we used the Minority version of the ICDP programme. The participants were members of the VOLUNTEER JURISTS association in Switzerland, and 7 parents participated in the course, all with Turkish background. Participation in the training was voluntary. Participants showed great interest in improving their parenting skills.

On the 19<sup>th</sup> of April 2024, we conducted our last ICDP session in person, and gave to participants the ICDP international course attendance certificates.



The feedback from participants was very positive. Some participants expressed interest in becoming ICDP volunteers and exploring ways to develop ICDP in Switzerland. Relevant websites were shared to provide them with more information. We gave participants a box of special Norwegian chocolates and a DNT magazine for the association they belong to and they gave us a pen from their association and a package of Swiss chocolates.

This experience has been incredibly valuable from the very beginning, and we are grateful for the opportunity ICDP international has given us. We are highly motivated to undertake new initiatives and are eager to contribute to future endeavours."



Some of the feedback from the participants:

**Participant 1:** "ICDP gave us a new perspective on our parenting. We realized that being a parent is not as complicated as we thought."

**Participant 2:** "The ICDP house was a very useful metaphor for the parent-child relationship. However, we would have liked the house to be in Turkish as well as the booklet."

**Participant 3:** "For us, taking the initiative of the child and recognizing the child as an individual were taboo topics. However, with the examples provided by my groupmates and course leaders, we were able to implement these concepts at home."

**Participant 4:** "Our motivation for taking the course was to become better parents, and we believe we have definitely achieved this goal."

**Participant 5:** "The digital format of the sessions made it practical for us to stay organized, especially since we live in different cities. However, having the last session face-to-face was much more beneficial. It allowed us to summarize all the topics in general. Thank you to everyone who made this possible."

**Participant 6:** "The discussions and examples were very useful, especially those on accompanying children's emotions and positive boundary setting."

**Participant 7:** "My wife couldn't take the course because she was taking care of our children, but she has noticed a positive difference in me after each session."

## ROMANIA

The first ICDP activities were in 1993. At that time, the ICDP training workshops were held at the university, in the city of Iasi. Participants included Iasi university psychologists and students. Two psychologists went on to become ICDP facilitators and introduced the ICDP programme to several caregiver teams in local orphanages.

After a long gap, ICDP was active again in the period 2014-2016, this time in Bacau, through cooperation with the SOS Children's Villages. The programme was implemented as part of the intervention project aimed at mobilizing community members and public authorities towards actions that will reduce inequalities and violence against children. ICDP project activities targeted specialists working with children and parents. SOS also signed partnerships with schools and day care centers, where the ICDP training was given free of charge.

In 2015, ICDP established cooperation with the Norwegian Church Aid and Fundatia Umanitara Pacea (FUP). FUP is a non-political NGO founded in 2000 by the Franciscan order in Bacau and it was set up to assist poor and marginalized people with a special focus on providing education opportunities for children and young people. FUP has highly qualified employees and volunteers. Assistance is offered to about 1200 poor people (94% are from the Roma ethnic group). FUP has proved over the years capable of both empowering families and challenging the municipality to take responsibility to improve their living conditions of the Roma people, including their access to public education system. Over a period of two years ICDP facilitators and ICDP trainers were formed within the FUP organization. A group of facilitators was also formed in Bucharest.

Father Lucian from FUP explains about the situation: "After the project funding finished FUP facilitators continued applying the ICDP programme in meetings that are held for the parents of the children that attend FUP's educational programme".

In Romania there is also a separate activity, by Silvia Breabin. Silvia was trained in her home country, in Moldova and she was part of the Voinicel early intervention centre for several years, where she applied ICDP with children with special needs. She has been living in Romania for the last four years and has been using the ICDP approach in her daily work as psychologist, while offering individual counselling to families and children. Silvia is keeping in close contact and exchanging experiences with Mariia Bingol, who is implementing ICDP in Turkey.

## POLAND

In August 2024, Nicoletta Armstrong, on behalf of the ICDP foundation, established cooperation with the Gdansk Centre for Health Promotion and Addiction Prevention - "Gdański Ośrodek Promocji Zdrowia i Profilaktyki Uzależnień", GOPZiPU. Marek Jankowski, director of GOPZiPU, said:

"Implementing the ICDP aligns with our mission and allows us to strengthen relationships between parents, professional caregivers and children, thereby addressing the essential needs of children in Gdansk. We aim to integrate this programme into our offerings and we believe that our cooperation with ICDP will bring significant benefits to our community and contribute to the global mission of ICDP. We are eager to work closely with ICDP international. I am pleased to support this initiative to enhance child development and caregiver interaction in our community."

The GOPZiPU Centre is committed to improving public health through various municipal programmes focussed on promoting healthy lifestyles and preventing addictions to psychoactive substances.

Two ICDP facilitators, Lidia Wąsik and Izabela Wójtowicz, conducted a successful ICDP course for seven professionals at the GOPZiPU institute in Gdansk. This course started on the 18<sup>th</sup> of November 2024 and is planned to be completed mid-January 2025. The meetings were held on a weekly basis and lasted two hours each.



This was a pilot project representing the introduction and adaptation of ICDP to Poland. The ICDP materials were translated and adapted by Lidia with some help from professional translators.

Lidia explains:

“There was a lot of work on creating the course content, Iza and I had many meetings and consultations to adapt the exercises and prepare PowerPoint presentations. We also made outlines for each of the meeting and kept a diary. After each meeting, Iza and I discussed what had happened in the group and drew conclusions. The hybrid form – Iza appearing online and I being present in person - turned out well, but it was demanding. We maintained contact with the group outside the course meetings, sending emails with summaries and home tasks and other relevant content that, for example, did not have time to be discussed at the meeting. In the meantime, I was involved in promoting the programme and recruiting new groups in Gdansk.”

The participants' evaluations were very positive – [click here to read](#).

Plans were made for two more groups of professionals to receive ICDP training in 2025 and it was agreed that Nicoletta Armstrong will train Lidia and Izabela to become ICDP qualified trainers.



# ICDP in the Middle East

## Georgia, Lebanon, Turkey

### OVERVIEW:

## GEORGIA

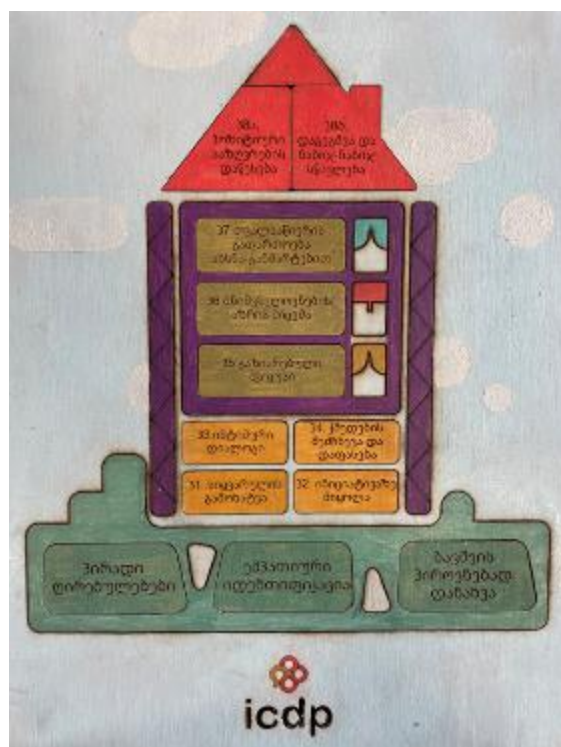
ICDP started to develop thanks to efforts of Nino Margvelashvili, a neuropsychologist, based in Tbilisi. Nino was working with children with special needs, as well as doing assessments and rehabilitation courses concerning different disorders, including epilepsy, specific learning disorder, ADHD and other. On behalf of the Ministry of Education and Science she has been working as a trainer for teachers in different regions of Georgia, covering various aspects of inclusion and specific strategies on how to help students in school.

Nino visited England to receive training from Nicoletta Armstrong and subsequently started to implement ICDP with parents in 2017, at the Institute of Neurology and Neuropsychology, which she continued to do for several years.

In 2019 her ICDP training was particularly successful with fathers, who responded very well to the programme finding it extremely useful.

During 2020-2021, Nino has not been able to continue her work with parents, but during this period she wrote papers reflecting on different aspects of the ICDP programme.

In 2024, first steps were taken towards cooperation with KARAVI (the neurodevelopmental centre for children) that is under the umbrella of EVEX (the largest healthcare provider in Georgia). The Centre became interested to have ICDP facilitators, after some of their therapists attended the ICDP courses conducted by Nino.



During the year, Nino rolled out several ICDP courses for parents and these were completed in November 2024, as explained in the following report by her:

### **Celebrating the Impact of ICDP Training: A Creative Journey to Gratitude and Connection**

The completion of an ICDP (International Child Development Programme) training course for caregivers at the end of November 2024, in the Republic of Georgia culminated in a heartwarming celebration, filled with appreciation and acknowledgment.

For many participants, the training was a deeply transformative experience, and the event marked not only the end of the course but the beginning of meaningful connections and creative expressions that would resonate long after.

One particularly poignant moment came from Guliko (Gulnara) Merebashvili, a mother of three, clinical psychologist, and behaviour analyst. She shared a deeply personal reflection on how the training, led by Nino Margvelashvili, opened her and her family's eyes

to new perspectives on parenting and caregiving. The impact of the ICDP training was so profound that it sparked an extraordinary creative collaboration between Guliko and her husband, Merab Alanya to express gratitude towards the creators of ICDP and its process.

Together, they embarked on a project to create a wooden ICDP House puzzle, a tactile and symbolic representation of the values and principles Guliko had learned through the course. She expressed how, working on each individual piece of the puzzle, she was reminded of the life-changing values that Nino had helped her rediscover in herself.

“Building a colourful ICDP house for the second time was a pleasure for us,” Guliko explained, describing how each piece not only connected physically but emotionally with the values she had learned during the sessions.

The most fascinating part of the creative process for Guliko was the engraving of the principles on the wooden pieces.

“You see how the thoughts and experiences you shared with the group are turning into letters on the wood, letters turn into phrases and phrases into principles. The principles, in overall, are embodying a well-built, colourful house – a symbol of strong, loving and healthy family.” she remarked.

The wooden ICDP House puzzle, now a tangible representation of their journey, is a lasting reminder of the personal and familial transformation that comes with embracing the principles of positive interactions between the two. For Guliko, sharing these emotions and reflections with her husband was as gratifying as the creation itself, marking a moment of deep connection not only with her training but with the person she loves most.

The celebration that closed the ICDP course was beautiful, serene and emotional. Even more than that, it was a tribute to the enduring impact of the values it imparts, turning gratitude and growth into a creative, meaningful act that inspires and benefits all of us.

-Nino Margvelashvili

## LEBANON

In 2016, Michelle MacDonald, an ICDP trainer and school counsellor at the Jusoor education centres in Beirut, started to train teachers in three schools run by Jusoor. Jusoor is an NGO representing a community of Syrian expatriates based in Lebanon working together to support the country and people's continued development.

Over the years, all educational staff at Jusoor schools attended ICDP courses. The ICDP training was also given to staff members at SOS Children's Villages. Michelle also worked with Syrian refugee families in camps in and around Beirut.

The feedback from the teachers was very positive, despite having to face many difficulties. They were grateful for the opportunity that the ICDP training gave them to express themselves in a safe environment. They were able to share their worries, their everyday challenges of constantly having to adapt to changing circumstances, to the deep changes in their way of life since leaving their country, but they also talked about their successes and their resilience. They discussed the impact this had on their values, traditions, on the changing role of women and how it affected parental roles and interaction with their children. The group explored together ways they could make some changes in the classroom and gave each other positive feedback. The teachers were very keen to start delivering the ICDP training to the parents of the children they teach.

In 2023, Michelle reallocated permanently to England, but has been supporting the team at Jusoor through online meetings, ever since.

## TURKEY

Maria Gorshkova Bingol, is a psychologist and pedagogue, who carried out extensive ICDP work in her native Vinnitsa, Ukraine, in the period from 2016 to 2019.

In 2019, Maria went to Turkey, upon the invitation from the Istanbul university to conduct an introductory seminar about the ICDP programme. Soon after that, she moved from Ukraine to live permanently in Antalya, Turkey. Since then, she has been giving ICDP courses to parents and caregivers.

More recently, her special focus has been on working with caregivers, parents and children who have sought refuge in Turkey from the war in Ukraine. In 2023, in addition to giving ICDP courses and supporting refugee families and children, Maria together with Viktoria Sidorenko and Larysa Konarska, gave a workshop on ICDP at the trauma conference in Antalya, 2-5<sup>th</sup> of November 2023.

“Many participants of the conference showed interest after our presentation, and we talked about ICDP with quite a few professionals, including from Italy, Australia, Georgia, Lebanon and Kurdistan. A psychotherapist couple seemed very interest to start using ICDP at their own therapy centre. It was a very good experience and we were excited to present ICDP at this platform.

Participants found it especially touching to hear our presentation about our work in context of war trauma in Ukraine. This was not the first time that I presented the ICDP perspective in such a context, but it is always a painful topic since trauma in Ukraine is an ongoing daily feature of people’s lives. In our workshop we showed ways to work when dealing with this kind of context, when traumatic events are not stopping and consequently people find it extremely difficult to find emotional stability.

We demonstrated how ICDP creates possibilities for parents to receive support and find relief through the application of the emotional and mediational dialogues. This in fact has been my experience after working with children and adults from military families involved in the war in Ukraine.

Karsten Hundeide’s [“Essays on war traumas, adaptations and rehabilitation”](#) has been amazingly helpful in our work in this area.” – Maria Bingol.

The chair of the local organizing committee for the conference was Maria’s husband, Caner Bingol. founder of the Dr Ali Baboglu Jungian Psychodrama and Public Mental Health Institute. One of the aims of this institute is to implement ICDP and train others in the ICDP programme and for that purpose it signed a partnership agreement with the ICDP international foundation.

Maria and Caner Bingol accomplished the task of translating ICDP materials into Turkish and they also prepared ICDP leaflets and other material, expecting to extend the ICDP courses to Turkish speaking caregivers and families.

During 2024, Maria due to a growing family took a break from running course in ICDP, but she kept in close contact with Larysa Konarska, supporting her work on ICDP developments in Vinnitsa.

“ICDP creates possibilities for parents to receive support and find relief through the application of the emotional and mediational dialogues. This in fact has been my experience after working with children and adults both in Ukraine and Turkey. ICDP is simple, accessible at the same time very useful tool for parents and all educators of children. We used it in school, kindergarten, at institutes, with parents and students, Teachers and all educators now need exactly the kind of support ICDP can provide. They need to be reminded in practice of empathy, mutual understanding, love, sincerity...” – Maria Bingol.





## ICDP PARTNER ORGANIZATIONS:

ICDP Norway, ICDP Finland, ICDP Sweden, ICDP Portugal, ICDP Ukraine, ICDP Mozambique, ICDP Ghana, ICDP Colombia, ICDP Peru, ICDP Bolivia, and ICDP Nepal.

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

ICDP USA operates under the Lutheran Child and Families Services-of Illinois

ICDP Paraguay operates under Vida Plena

ICDP El Salvador operates under CONAPINA

ICDP in Nepal operates under ECEC and Save the Children

ICDP in India, Philippines, Nepal, Burkina Faso, Zambia, Somalia and Ivory Coast operates under "Save the Children"

ICDP Bangladesh operates under "Normisjon" and its partners

ICDP Thailand operates under Nexus

ICDP Senegal operates under "Normisjon"

ICDP in the Ivory Coast is starting through efforts of the Norwegian Lutheran Mission (NLM) with local partner Mission Evangelique Luthérienne en Cote d'Ivoire (MELCI)

ICDP Afghanistan operates under "International Assistance Mission" (IAM)

ICDP Brazil under "Acari"

ICDP in Poland operates under "Gdański Ośrodek Promocji Zdrowia i Profilaktyki Uzależnień", GOPZiPU

ICDP in Lebanon operates under JUSOOR

ICDP in Tanzania operates under KIWAKKUKI

ICDP in Uzbekistan is operating under "Happy Start"

ICDP in Azerbaijan operates under Normisjon

ICDP in South Africa is under Ububele Educational and Psychotherapy Trust

ICDP Nicaragua operates under "Instituto de Promoción Humana" (INPRHU)

ICDP in Botswana operates under the Ark and Mark Foundation

ICDP in Bhutan operates under NGO Progreso Foundation

ICDP Turkey operates under Dr Ali Baboglu Jungian Psychodrama and Public Mental Health Institute.

ICDP initiatives by individuals in Germany, England, Ethiopia, Georgia and South Korea

Representatives in Malawi, Brazil, Mexico, Guatemala, Chile, Russia, and Ecuador

In Norway, El Salvador and the Philippines, ICDP is national programme supported by local Ministries.

## **73 COUNTRIES REACHED SINCE WE STARTED:**

Norway, Portugal, England, Sweden, Denmark, Finland, Holland, Ukraine, Russia, Romania, Estonia, Moldova, Macedonia, Bosnia, Italy, Spain, Germany, Switzerland, Colombia, Peru, Nicaragua, Brazil, Paraguay, Mexico, Guatemala, Bolivia, Ecuador, Uruguay, El Salvador, Argentina, Chile, USA, Canada, Angola, Mozambique, Lesotho, South Africa, Ethiopia, Somalia, Botswana, DR Congo, Zambia, Tanzania, Rwanda, Burkina Faso, Malawi, Ghana, Uganda, Kenya, Zimbabwe, Senegal, Ivory Coast, Thailand, India, Indonesia, Nepal, China, Philippines, Sri Lanka, Afghanistan, Kyrgyzstan, Uzbekistan, Bangladesh, South Korea, Japan, Australia, Palestine, Georgia, Israel, Turkey, Poland, Bhutan and Lebanon.

## **54 COUNTRIES WHERE ICDP HAD PRESENCE IN 2024:**

Mozambique, South Africa, Ethiopia, Somalia, Botswana, Zambia, Tanzania, Burkina Faso, Malawi, Ghana, Senegal, Ivory Coast, Tunisia, Colombia, Panama, Nicaragua, Brazil, Paraguay, Mexico, Peru, Guatemala, Bolivia, El Salvador, Ecuador, USA, India, Nepal, Bhutan, China, Philippines, Afghanistan, Uzbekistan, Azerbaijan, Bangladesh, Thailand, South Korea, Japan, Norway, Portugal, England, Sweden, Denmark, Finland, Ukraine, Russia, Estonia, Moldova, Germany, Romania, Switzerland, Poland, Turkey, Georgia, and Lebanon.

## **ICDP PROGRAMME AND ORGANIZATION**

ICDP is both the name of the programme and the organization. ICDP is a private foundation, registered in 1992, with the aim of working for the benefit of children and youth worldwide. It is 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.

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