

PANAMA

Update by Antonio Mendosa, September 2025.



ICDP continues to be applied in the poorest rural communities of Panamá. The ICDP approach to rural communities in the Renacimiento District, Chiriqui Province, has been integrated and adapted to the diverse realities of the population, comprised of peasant agricultural families, Indigenous Ngäbe families, and primary and secondary school teachers.

Our project with the Ngabe ethnic group has been reaching out to many families. We are focused on creating optimal development in children and adolescents. And for this purpose, we hold regular workshops and training sessions with parents, children, adolescents and school educators.

Throughout these workshops we have been developing the ICDP principles and promoting good treatment in families and their community.

We are noticing significant results of our work, and achieving them is requiring a joint effort from the entire population involved – we see improvements in communication, application of empathy and the population has been developing a new set of parenting skills.

The results have included greater parental involvement with their children, improved attachment, and recognition of children's rights by both parents and teachers.

Suicide rates among adolescents and young people have decreased due to ongoing monitoring through training workshops and camps.









