

Healthy Childhood Development Project (HCDP) Report

Report for the period: January to October 2025

Normisjon Bangladesh has been implementing various developmental activities for a long time and one thing it has importantly noticed that there is need to adequately intervene in some subtle issues in the relationship between parents and their children. Many children in Bangladesh grow up with a huge lack of emotional support from their parents /carers. Many parents do not see their children as human beings, they do not think that their child is an individual who has his/her own needs, feelings and inner thoughts. Thus, sadly children are seen as an object and it is thought that one day when they grow up will become a perfect human being.

It is universally acknowledged that a child's mental and emotional growth will be hampered if he or she does not have a caring / loving caregiver who will teach him / her the love and necessary life skills, social behaviour and morality.

Target population of the project: The target population of the project is the families living in the low-income society of Dhaka city, especially the children of all the mothers who have been or are still at risk of human trafficking and the poor and marginal families of the village (mainly Parbatipur, Dinajpur). We also want to reach out to children who are orphaned and growing up in different institutions.

Training of Trainers (TOT): The Trainers' Training was successfully conducted on the 16th and 17th of June, 2025. A total of 16 trainers participated: two Trainers of Trainers, seven Trainers, and seven Assistant Trainers. The two-days long training provided many valuable learning points. Four Assistant Trainers are expected to complete their training this year, and two of them shared their experiences during the session.



Training of Facilitator (TOF)

Facilitator training was initiated in three locations—Dhaka, Dinajpur, and Chattogram (New Area)—with a total of 54 participants from our partner organizations in March and April of this year. Attendance challenges were observed during the second workshop, where several participants were unable to continue due to various reasons, including health issues, academic examinations, and the length of the training period.

Participants who successfully completed the second workshop have now begun conducting caregiver group sessions across multiple communities in different regions of Bangladesh. Their engagement is contributing to the expansion and strengthening of caregiver support at the community level.





The Facilitator Gathering 2025: A Day of Reflection, Connection, and Growth

On the 18th of June 2025 at Dhaka and 30th of October 2025 at Dinajpur from the early hours of 9:00 a.m. until the close of day at 5:00 p.m., a remarkable gathering took place — the Facilitator Gathering 2025. It was a day dedicated entirely to the heart and soul of the ICDP movement — the facilitators.

A total of 157 participants joined this meaningful event, comprising 127 passionate facilitators and 30 esteemed guests. Together, they filled the room with warmth, energy, and shared purpose.

The program was designed as a full-day journey — not of training, but of reflection, storytelling, and re-connection. It was a space for facilitators to pause from their busy schedules and ask themselves important questions: *How are we doing? What are we doing? What have we achieved through ICDP? And where do we go from here?*

Throughout the day, facilitators shared heartfelt stories from the field — stories of transformation, perseverance, and human connection. Some spoke of the joys and triumphs they experienced while guiding caregivers and witnessing positive changes in families and communities. Others courageously opened up about the challenges they faced — moments of doubt, fatigue, and difficulty in reaching certain groups — yet each story was filled with resilience and hope.

The atmosphere was alive with empathy and encouragement. Every smile, every nod, and every shared word reminded participants that they were not alone in their journey. The gathering became more than just a meeting — it was a celebration of dedication, compassion, and the power of human connection that lies at the heart of ICDP.

As the sun set on the day, participants left the hall feeling renewed and inspired — ready to continue their mission of supporting caregivers, nurturing relationships, and spreading the message of empathy and care in every corner of their communities.

The Facilitator Gathering 2025 was not just an event; it was a heartfelt reminder of why they do what they do — to make a difference, one relationship at a time.









Caregiver Group Run: To achieve its goals and objectives, ICDP facilitators are conducting caregiver groups across various regions of Bangladesh. So far, 27 caregiver groups have been completed, and 26 groups are currently ongoing. Additionally, most facilitators are in the process of preparing to conduct caregiver groups soon.



As ICDP continues to expand, establishing a central ICDP unit will be essential to uphold program quality, provide guidance for diverse implementation processes, and ensure that ICDP in Bangladesh effectively reaches its target population. Since 2021, a core team has served as advisors to HCDP. In 2025, this core team will be restructured into the ICDP–Bangladesh Advisory Committee (ICDP-BAC).

In partnership with HCDP, ICDP-BAC will work to build a national network of organizations and individuals trained in ICDP, fostering connection, collaboration, and inspiration. The committee will play a key role in identifying needs and opportunities at the national level. This network will serve as an important platform for organizations to partner and collaborate for the maximum benefit of the target population.

As planned, the ICDP-BAC was formally established on 26 October 2025 with a total of 10 members. Ms. Sajeda Akter Boby (former HCDP Project Coordinator and National Trainer of Trainers) was selected as the Chairperson of the Committee for a two-year term.



[Testimony of caregivers:](#)

My Journey After ICDP Caregiver Training – By Ms. Ruma Akter

I am Ruma Akter, a mother of two sons. My elder son is currently studying in Class Two. Since receiving ICDP caregiver training, my relationship with my children has improved significantly.

My elder son loves creating new things. One day, he made a new toy by following a YouTube channel. I was amazed—how he could manage to make something like that all by himself? I sat beside him and asked, “How did you do this?” He happily explained each step. I listened attentively, and I could see how much it meant to him. He was overjoyed that I showed genuine interest in something he created.

I praised him for his effort and said, "If you keep trying, you can make even more beautiful things." I also added, "Please let me know if you need my help." After hearing this, he hugged me tightly and said, "You didn't yell at me or get mad. Instead, you said you would help me. I'll try my best to do something that makes you proud."

This moment was very emotional for me. It made me realize how much impact positive communication can have on a child's emotional well-being and self-esteem.

I am truly grateful to the trainers who gave me the opportunity to receive ICDP caregiver training. It has helped me become not just a good mother, but also a good friend to my children.

Md. Ilias's Transformation Through ICDP Caregiver Training

Md. Ilias shared the positive changes he experienced after receiving ICDP caregiver training.

Having lost both of his parents in childhood, he was raised by his maternal uncle and aunt. Unfortunately, they often treated him harshly and with little compassion.

Reflecting on his past, Ilias admitted that before the training, he had unknowingly started treating his own children the same way his uncle and aunt had treated him. However, the ICDP training helped him recognize that such behavior was harmful. He learned that rough behavior negatively affects a child's brain development and emotional well-being.

The training inspired him to break the cycle. Now, he spends quality time with his children, listens to them, and treats them with kindness and respect. He says, *"My uncle's bad behavior caused me a lot of pain and damage. That's why I will never, ever mistreat my children."*

Through ICDP, Ilias has become a more conscious and caring parent, committed to giving his children a better and more nurturing upbringing than he had.

Thank You!

Rumi Zengcham

Project Coordinator