



ICDP NEWSLETTER

December 2025





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Good news from Poland



Photo above is of the first group of facilitators trained in Poland. From left to right: Agnieszka Ratajczak, Radosław Nowak, Anna Baranowska, Oksana Honcharova, and Monika Piotrkowska-Dziamaska (online). Poland has also gained two new trainers, which makes us extremely happy: Izabela Wójtowicz and Lidia Wasik.



On the photo above, Lidia is on the left, Izabela below and their trainer Nicoletta Armstrong is on the right

UPDATE BY ICDP TRAINER, LIDIA WASIK

3rd December, 2025.

In 2025, the Gdańsk Centre for Health Promotion and Addiction Prevention conducted a total of eight ICDP courses—four in the first half of the year and four in the second half, including two as part of the facilitator training course.

We received very positive feedback from the participants. During the meetings, they shared reflections such as increased mindfulness and consistency after the course, greater emotional availability, and observing positive changes in their relationship with their child. They also noticed that children began to perceive their caregivers more as

an authority. From the evaluation survey we also learned that every participant would recommend the ICDP programme to other caregivers and parents.

As the Gdańsk Centre for Health Promotion and Addiction Prevention, we promoted the ICDP programme during the Gdańsk Mental Health Days by organizing a workshop for parents about the programme, as well as at a conference held at the Ateneum Academy on 27 November 2025, where the audience consisted of psychology students. We are in contact with the management of the Gdańsk daycare, and in 2026 we plan to organize courses for daycare staff.

In 2026, we also plan to hold six conferences for primary school teachers and parents, where we will present and talk about the ICDP approach.

We are very pleased that the ICDP message is slowly reaching the residents of the city of Gdańsk and that we can be part of this process. During one of the ICDP course meetings dedicated to reflecting on the changes that had taken place in the participants after the course, one participant said that the meeting felt to her like stepping out onto a balcony—that ICDP helps in understanding the building of a relationship with a child as building a house, and she experienced that meeting as stepping onto a balcony: taking a breath of fresh air and gaining a new perspective. In this way, our Polish house has also gained a balcony.



Highlights from Thailand



In the year 2025, three major highlights in the experience of ICDP Thailand. Starting in February, we celebrated the certification of eight new Trainers of Facilitators. Over the past few years, during the early stages of ICDP in Thailand, we relied heavily on trainers from Nepal and Europe. Our introduction to ICDP and our continued growth would not have been possible without their indispensable support and care. We have deeply appreciated all our trainers, and they will always be welcome back.

Nonetheless, taking steps toward independence has been of great value to us. Completing the translation of materials into Thai and having mother-tongue facilitators and Trainers of Facilitators has greatly strengthened our team.

Also in February, we began a partnership with Maha Chulalongkorn University, Chiang Mai campus. This proposal aims to introduce ICDP principles and training to future educators and social workers. In particular, there has been a shared focus on helping Buddhist monks-in-training become familiar with ICDP so they can better serve in roles that often involve supporting low-income families, children at risk, and being a pillar of wisdom in the lives of vulnerable families. We completed a trial session in one classroom, where we were given two hours to present and interact with more than 40 students—half of whom were monks. We are grateful for this opportunity and look forward to continued collaboration.



Finally, in November, we were invited to host a training at a local government school. Our time together was especially meaningful. Despite challenges such as limited time and space, noisy surroundings, and participants speaking multiple languages (Thai, Burmese, and various hill-tribe dialects), we were able to build genuine connections. The room was overflowing with more than 120 parents and teachers. We received enthusiastic feedback from caregivers eager to learn more and improve their relationships with their children. Additionally, this engagement provided us with valuable insight into how we can better support the public school system. With ongoing conversations and partnerships, we are planning broader outreach initiatives in local provincial schools.



Stories from Bangladesh



Taken from [the ICDP Bangladesh report](#) by Rumi Zengcham, project coordinator.

ICDP has been expanding in Bangladesh with new groups of facilitators who are supervised by new trainee trainers. The ICDP programme was rolled out to a total of 27 caregiver groups who completed the course, and another 26 groups are currently attending ICDP. Facilitator training was initiated in three locations, Dhaka, Dinajpur, and Chattogram, with a total of 54 participants from partner organizations.

Two facilitator gatherings were held, attended by 127 participants. They 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 of the power of human connection that lies at the heart of ICDP.

Testimony of caregivers:

My Journey After ICDP Caregiver Training

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.



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.

ICDP Bangladesh has a webpage with new address: <https://icdpbangladesh.org/>

Experiences in Botswana



“Experiences of ICDP” are taken from [the report by the ICDP team from the Ark and Mark organization](#):

One parent shared how ICDP helped her become present and available to her children and partner. She had a challenging childhood after losing both her parents at a young age. The loss contributed to her making destructive lifestyle choices to survive. She had two children at a young age, however, she gave them away to be cared for by her elder siblings as she did not have the capacity due to her lifestyle. Currently with a young child, ICDP helped her to appreciate the importance of being a positive caregiver and to build a positive, interactive and enabling relationship with her children. ICDP was a needed intervention adding to the counselling she was already receiving from the local social welfare office. She has since made positive changes in her life and she is working on her relationship with her family, even ensuring bringing her other two children back home. In her words, “ICDP saved me from losing my life, and it saved my relationship. I am a better person because of it.”



One teacher acknowledged the impact ICDP has had in positively changing her character, as witnessed by the positive change in her students' behaviour and academic performance. The teacher explained how she openly shared her dislike and hatred towards students taking her subject. The teacher enrolled for ICDP lessons, and she decided to extend her new experience and knowledge beyond the home, to the classroom. She attested that her positive behaviour towards her students was reciprocated by the students, and there was such significant improvement in their grades in the particular subject, where students moved from grade D to A. The teacher became the envy of other teachers as students

were always happy and enthusiastic to attending her lessons. The other teachers eagerly wait to join in the next cycle of ICDP implementation.

One female parent shared how ICDP helped her to address the main issue that affected her family the most: favouritism to the last-born son, an only child between the couple, although there are other maternal siblings. This caused conflict between the married

couple, such that the lady started to lose hope in the possibility of keeping their marriage. However, after enrolling in ICDP, she shared the ICDP content with her husband, who also acknowledged the notable positive change as experienced in the home, although the last-born son was finding the new change unfavourable as the new way of interacting was an unfamiliar experience for him. This female parent was hoping and wishing ICDP developed a course tailored particularly for children so that she could enrol her son. She was very appreciative of how ICDP saved her marriage and family.



New facilitators in Luuka, Uganda



Chiku Ali facilitating trainees during a break-out session

In October 2025, an exciting new ICDP Facilitator training was launched in Luuka District, Eastern Uganda. This was implemented as part of the Luuka Community Strengthening Project, funded by Mission Alliance in Norway and implemented by the African Evangelistic Enterprise (AEE) Uganda.

The ICDP training was a result of a coordinated effort between Stephen Malimba of AEE (Project Coordinator), Nicoletta Armstrong of ICDP International, and

experienced Trainer Patrick O'Loughlin. Twenty (20) trainees, based in the project area of Luuka District and two (2) from a Strømme Foundation supported CBS Pewosa project from Butambala (Central Uganda) were enrolled. Trainers Chiku Ali (Tanzanian) and Patrick (Irish) travelled from Norway for the initial training. "We were very impressed by the excited, eager response we observed from the very start" says Patrick.

The training took eight days instead of the usual six, spread over two weeks with a weekend break in the middle. "We are very pleased we had the extra training days as everything was translated from English to the local language, Lusoga. We were better able to ensure a thorough understanding of the basic concepts and make sure ideas were shared mutually" adds Patrick. A particular strength is that one trainer, Chiku is from East Africa and could test whether participants were learning actively and challenging ICDP ideas. "You have heard all these ideas and concepts, seen our presentations, but what do you actually think?" Chiku Ali often asked.



Trainees having energizing moment of song and dance

The training involved a lot of roleplay, discussion, song and dance. "Fascinating to see how the Basoga people embody and practice learning through song and dance. One of the many ideas and experiences we take home from Uganda to Norway!" said Patrick. It is always uncertain how the ICDP approach and concepts will be received in a new cultural setting. There were certainly some disagreements in its early days but the group confirmed that it is on an 'ICDP Journey'. Already in the first days of training there were many wonderful moments of sharing and learning and it was after the weekend break halfway through that those clear signs of change emerged.

One trainee, Yazid, tried out some of the themes from the Emotional and Meaning Dialogues with his young child at home. His joy at his child's positive response was obvious. His wife also commented saying he did not usually have time to play with his child but this had changed!

Another trainee, Moreen also reported “My sister was so surprised that I was giving my son more time and listening to him instead of chasing him away as usual”. The trainers could build on these first experiences and encourage others to try positive things and observe the effects.

“In addition to the moving stories and great fun singing and dancing, I come away with some general observations. Religion is a very important, central part of people’s lives and we trainers must be able to incorporate respect and understanding of this. Secondly, perhaps surprisingly, it seemed that the younger parents/trainee facilitators were more resistant to ICDP’s messages of change. Thirdly, that it is more important to use plenty of time to share ideas about basic concepts than cover in full all aspects of the training programme. We look forward to on-going discussions during our online supervision of running parent groups and at our final seminar” – Patrick.

The new facilitators are now set to begin their first caregiver meetings on 15th November 2025. This will mark the beginning of a transformative journey for Ugandan families—rooted in empathy, respect, and the belief that every child deserves to be valued as a person.



The whole group holding their copies of the ‘ICDP House’



ICDP in Ethiopia



In 2025, ICDP reached five areas in the eastern, western, and southern parts of Ethiopia. The facilitators were enthusiastic and highly motivated. After completing one round of parent groups, many facilitators continued with a second and even a third round.

The reports we are receiving from facilitators are remarkable. Some parents who had never expressed love to their children began saying “I love you” after attending the training. Their children even asked what had caused this change.

One mother shared that when her children learned she was attending the parent group, they said, “This is the right biblical teaching. Please tell the pastor so that all parents can receive this training.”

Another mother told her daughter that she loved her. The daughter replied, “If my father ever said he loves me, I think I would faint from joy,” because she had never heard him say those words. Another girl asked her mother, “Can’t you tell the pastor that all fathers should take this course?”

ICDP Ethiopia 2025: Certification of facilitators

Number of facilitators trained and certified in three locations: 61

Number of trained parents: 251

Children reached: 600



In addition, three facilitator trainings took place in Bishoftu, Dire Dawa, and Awasa. These new facilitators are now in the process of recruiting parent groups to start their sessions.

Number of new facilitators: 56

Their own children to be reached: 160



Update from Colombia



SOGAMOSO:

For twenty years now the “ICDP flame has been kept alive” in the Municipality of Sogamoso, in the Department of Boyacá. It is used to promote mental health, protection of children and integral development of minors.

ICDP started to develop in Sogamoso in 2005, in context of working on the prevention of violence against children and articulating actions on different fronts ranging from planning, execution and evaluation of activities that promote the protection of children. These activities are developed as part of public policies, included in the municipal development plan and the territorial health plan.

The ICDP programme (called “I am a person”), is included in efforts to promote mental health in environments such as the family and the school community. The work is currently carried out by facilitators who use ICDP material (financed with their own resources and with support from the ICDP Colombia Foundation).

Mayor Mauricio Barón Granados and the Municipal Health Secretary Lucy Esperanza Rodríguez Pérez, are actively promoting ICDP. They have championed the work with children and adolescents in the municipality, with the understanding that the best way to help children is by providing tools to parents and caregivers who are directly

related to parenting – the key being good communication, empathy and expression of feelings and emotions in safe environments.



CORRALES:

During 2025, Corrales, in the Department of Boyacá, became a model municipality because it has been implementing actions for the protection of children and adolescents. Despite limited resources they managed to enhance protection of the rights of children and to promote good treatment by applying the ICDP programme “I am a person”. The ICDP programme is included in the Municipal Development Plan, the Municipal Public Policy for early childhood, childhood and adolescence; Territorial Health Plan – Mental Health Dimension; Good Treatment Programme.

Institutions involved: Municipal Administration; Municipal Council of Social Policy; Secretariat of Public Works, Development and Planning; General and Legal Secretariat; Secretariat of Culture; Family Commissioner; Local Health Directorate; State Social Enterprise Corrales Health Post; Juan José Samaniego Educational Institution, Children’s Homes of the Colombian Institute of Family Welfare.

This work is carried out through training aimed at family and community groups in which children, adolescent, caregivers and families in various areas of life are involved. To prevent neglect or any form of abuse, good treatment is promoted using the fundamental elements of ICDP, to promote harmonious coexistence and dialogue, through group meetings.

The main aim is to raise awareness and guide those responsible for children under 8 years of age in their care, enriching their relationship of empathy and promoting emotionally sensitive and expressive communication with them. Adults are made aware of the importance of recognizing and respecting the individuality of children. Positive, empathetic, and caring interaction is promoted, including communication, meaningful dialogue, and mutual support. By improving family dynamics and strengthening emotional bonds, the programme indirectly seeks to reduce the levels of intra-family and social violence.

Participants become multipliers of the methodology, sharing the learnings in their communities and families, and expanding the reach of the ICDP programme.



VÉLEZ

Vélez, in the Department of Santander has been using ICDP in their projects for early childhood, childhood and adolescence and their families. Their focus is on the prevention of psychosocial risk and the promotion of mental health.

The link to different recorded video testimonies in Spanish:

[https://drive.google.com/drive/folders/1I5IRCntlWn7d4vj37l3DaORkPrk1Bkwe?usp=drive link](https://drive.google.com/drive/folders/1I5IRCntlWn7d4vj37l3DaORkPrk1Bkwe?usp=drive_link)



A historic meeting in Arusha, formation of Tanzania network



Report by Gunnar Eide

Two events took place in Tanzania in different parts of the country in September 2025. One was a training in Dar es Salam and the other an historic event in Arusha. More than 50 facilitators and 11 trainers from 4 different parts of northern Tanzania were gathered for the biggest ICDP seminar ever held in Tanzania, together with 5 guests from Norway.

At the seminar, Grete Flakk from Norway, told the participants the story of ICDP Tanzania since its beginnings in Moshi in 2004. She invited Lui Mfangavo, Eglá Matechi and Velynice Monyo to talk about their experiences as facilitators and trainers, who have been active from the very early days and still are today. Gunnar Eide from Fo Norway (Norwegian association of social workers) continued the story describing how ICDP was brought to Haydom in 2013, with Martha Massawe as coordinator, and how later on, from 2015, the programme's outreach was expended to other towns and villages in the Manyara region, through cooperation with TASWO (Tanzanian association of social workers) and with Ezekiel Assecheck as coordinator. First groups of facilitators were trained in Arusha in 2017, and then in Singida in 2019. The link to Moshi has been there all the time with Eglá and Velynice as trainers of all new facilitators. And then finally, in 2024, eight of the facilitators were trained as trainers by Patrick O'Loughlin and Chiku Ali.

Several of the participants expressed their joy at getting to know the story of ICDP in Tanzania, as well as their pride of belonging to a larger community.

In addition to this the seminar focused on various topics related to both theory and practice: Daniel Kasikiwe from Arusha talked about early childhood and parenting care and compared ICDP with other public programmes in Tanzania, followed by Grete who talked about the characteristics of ICDP and asked if ICDP fits in all cultural contexts. This led to a conversation about Tanzanian traditions with both positive and negative aspects. Godwin Hilary from Singida talked about their experiences of the fight against FGM (female genital mutilation) in their region and how important it is to include this in the ICDP groups. Eglá Matechi initiated a talk about challenges in working with sensitization and how to become better at implementing this in practice.

An important topic was how ICDP has influenced the participants' own lives. Herson from Haydom told a touching story about his personal growth after attending ICDP. In his tribe it is the women's job to raise daughters and men's job to raise sons. His problem was that he had no sons but 8 daughters. He decided that this had to change, he informed his tribe and challenged them as well. And today he has a close and good relationship with his daughters'. "Sometimes they come to me instead of my wife when there is something they want to share or ask about," he proudly finished.



To bring it all together an ICDP Tanzania Network was established on 22nd of September 2025. The interim group will be looking at how best to bring ICDP forward in Tanzania. Based on this, Heidi Westborg Steel from ICDP Norway asked the facilitators at the workshop to dream about how ICDP might look like in their regions in the future.

Finally, it is important to say something about the atmosphere during the seminar. In good Tanzanian spirit there was a lot of singing and dancing. This is a good example of tradition with very positive outcomes!



From fear to friendship: How ICDP transformed the parenting journey



ICDP Coast – Pwani Region, Tanzania

A total of 18 individuals qualified as facilitators in the autumn of 2025. Their training was sponsored by the Strømme Foundation, Norway.

A voice from us, new facilitators from Eastern part of Tanzania, November 2025:

Interaction with parents / caregivers worked very well for us. Their stories, their ownership of change in parenting skills and testimonies were indeed a wake-up call for us all. Among many changes impacted by ICDP knowledge, we were all taken aback by how great the effect of insulting name-calling is on children. We never thought that negative name-calling was affecting a child's self-esteem and that it could disrupt the natural development of a child in many areas. This was an eye opener for us. We, together with caregivers, had to stop and rewrite our cultural application modes from negative consequences they imposed. As one facilitator member put it:

"I wish everybody would participate in this training. We should all ask ourselves how our children perceive us caregivers"!

We altogether expressed the need of promoting "ICDP families" in our communities. Though, in the beginning of the training we were a bit sceptical, at the end of the training we agreed that the ICDP intervention was easily embraced with very good results. We all reached an understanding that ICDP was not for younger generations and their children, but for all generations. In fact, we realised that it is mostly parents and grandparent's stories that put ICDP on the agenda. ICDP fits in with everybody. Some of us have no children of our own but we have become "watch dogs" for our sisters and other members of our families, not to mention our neighbours and their children. It is just magic the way we spontaneously apply it in our everyday interactions.

One of us recalled that the community members had given her a nick name "ICDP mother". She said, *"whenever they saw her approaching, they found time to sit down with her and start asking questions that are to do with a positive and healthy child upbringing"*. This is an achievement, not only for us but for the rest of all those who have been touched by ICDP.

We shared stories from parents who now call themselves legitimately "ICDP parents". One parent confessed to us after she had attended a few meetings she finally allowed her son to study music, a field we as parents always thought of as vulgar and not a serious profession- *"jani ya kibuni"* in Swahili language. Another parent used to cane her child just because the child spit saliva on the palm of her hand and brushed the saliva on her dress. ICDP changed her. In short, we agreed that ICDP is an agent of change, we just need to send a message that helps caregivers to recognise that *"a child is a person"*. In Swahili language this is now a slogan; *"MTOTO NI MTU"*

Children with health challenges such as physical disabilities, dyslexia, mental health issues are now receiving the ICDP approach. We received testimonies assuring us that some vulnerable groups are now no longer suffering violence, and are protected from being bullied – instead they are included in activities as far as their capacities allow.

We, as facilitators, are certainly helping others regarding healthy upbringing. When we acknowledge and applaud parents who have realized that corporal punishment is not a solution, this is an undeniably a result of ICDP.

Tanzania is a country with many ethnic groups. There are more than 130 languages spoken in Tanzania – all with different cultural practices. We, the facilitators in the Coast Region also come from different cultures under the same nation, Tanzania. Our ICDP gathering enriched our knowledge by sharing unique stories among us. This diverse cultural meeting gave us a wider perspective in collecting and comparing parents' experiences from out there in the communities. Together with caregivers with different perspectives and practices in child's upbringing, we have nevertheless been able to build a common ground for all, simply by sharing those experiences.

ICDP is not only a good platform but a “safe space”. It is solution-oriented, allowing you to let your children feel free to choose their professions, their dreams. ICDP nurtures peer living. Before ICDP, we deprived children of their role in forming their own future lives. However, with ICDP, we are now embracing a platform that will help their development. Meeting with parents was an added value both for them and their children, as well as for us with our families. Violence has become a stranger because “love wins all”.

Let us sum up our news by narrating a short story from Mossi Pembe (on photo above):

Mossi Pembe, a 46-year-old mother of three and grandmother of one from Bagamoyo community, once described herself as a very strict and feared parent.

“I used to be extremely harsh, and the entire community knew me for my tough nature,” she recalls. Her relationship with her children was strained, and communication within the family was almost non-existent.

Mossi admits that in her earlier parenting approach, she treated her children more like objects than individuals with feelings and needs. This deeply affected them and contributed to their misbehaviour, as they grew up in an environment dominated by fear rather than understanding. In her household, discipline was often enforced through punishment. *“Whenever something went wrong, my first instinct was to beat them, not to ask questions,”* Mossi says. This pattern created fear and silence among the children.

One painful example she remembers is when her grandson lost his school bag and exercise books. Out of fear of being beaten, he kept it a secret and went to school for a whole week without writing anything. When Mossi eventually found out, she reacted with anger and punished him severely without even asking for the reason. Incidents like this built a wall between her and the children, making them fearful and withdrawn.

Everything began to change when Mossi was introduced to ICDP. The training focused on positive parenting and how to raise children in a more loving and understanding environment. It became a turning point in her life.

“Through the knowledge I received, I have changed significantly. It has really helped me in raising my children and my grandchild,” Mossi shares.

The ICDP training opened her eyes to a new way of parenting one based on empathy, dialogue, and mutual respect, rather than fear and punishment.

“These days, I no longer rush to punish my children when something goes wrong. I take time to talk to them and understand the root cause of their behaviour,” she explains. “I listen to them more, and we have open conversations. I now use calm words to solve problems instead of shouting or beating.”

Her 11-year-old grandson, Shafii Haruna Juma (on photo below), has also noticed the transformation.



“I used to be afraid of my grandmother. She was always harsh and difficult to talk to,” he says. “But recently, she has changed. I haven’t been beaten in a long time. One day, my shoes were stolen at school, and I called her. To my surprise, she came to the school shortly after and helped me. I was so happy. I didn’t expect that at all. I thought she would beat me without even asking what had happened.”

Mossi’s transformation has not gone unnoticed. Her children now enjoy a closer and more loving relationship with their mother.

“I’ve also started to praise them when they do something good,” she says with a smile. “This is a big change for me. I never used to acknowledge their efforts before, but now I recognize and celebrate their achievements.”

She is deeply grateful for the knowledge she gained through ICDP and encourages other parents to embrace this positive approach to parenting. This shift has brought peace, trust, and joy back into her home.

Warm regards from,

ICDP facilitators

Pwani Region of Tanzania

News from Tashkent, Uzbekistan



November 2025

What Happened so far This Year, update by Magdalena Brannstrom

TRAINING:

In January, we had a new ICDP course training new facilitators.

In April, the new facilitators started running their own ICDP courses for caregivers. Two groups of caregivers attended the ICDP course in two different “Happy Start” preschools. And two groups of preschool caregivers who became facilitators, went on to implement the ICDP programme with parents. This was a great group of facilitators, who enjoyed the training process and we also had fun together. The results are very good, as I was able to observe facilitators and see that they are doing excellent work in delivering the ICDP programme to parents and preschool staff.

In June, we conducted a ceremony to give out certificates to new ICDP Facilitators. Six people received their ICDP Facilitator Diploma.

TELEGRAM CHANNELS: We have started two new ICDP Telegram channels for those who want to have more information about the programme. Parents, teachers or anyone who has gone through the programme will receive updates on these channels.

MATERIALS: We have finalized the material translated into Uzbek. We now have available in Uzbek language, both the booklet “I Am a Person”, and the “ICDP Guide for Facilitators”.



In September we started an ICDP programme for teachers in the government school called “School 29”, where the training is being held on Saturdays. Three facilitators are conducting this ICDP course: Ragnar Moskvild, Tabea Wick and Magdalena

Brannstrom are conducting the ICDP course for some of the school teachers. To date, we have had about 60 teachers participating in the training. Not everyone attends at the same time, about 25 to 30 teachers participate in sessions. The training is going very well and the teachers have been very interested and engaged. And we will end the course in **December**.

Here is some feedback from the ICDP course with preschool staff:

From a trainee facilitator doing her first ICDP course: *I think this course had a positive impact on the participants because they were of different ages, cultures, and backgrounds in working with children. Those who have already taken this course gained a new perspective on familiar principles.*

Another trainee facilitator who did her first ICDP course in a kindergarten with her colleagues, gave her feedback after observing her participants' interaction with the children during and after the ICDP course. She observed how her colleagues had changed: *I was able to achieve the goal of my work. When I saw how the participants interacted with the children, that is when I understood that their attitude towards the children had changed. They began communicating with them more, and I could see them starting to touch children reassuringly.*

Comment from another facilitator, who said: *At one of the meetings, we discussed how children need to be shown love and care, and we talked about the meaningful dialogue. Immediately after this meeting, I saw how the participants began to connect with children more, to connect with them on their level. And then, later after the ICDP course has been completed I noticed that many of the participants have begun communicating with their children differently and have begun to achieve mutual agreement with children without using strict or harsh ways, but with love and patience.*

Feedback from parents who attended ICDP caregiver course:

A mother said: *The relationship and understanding between me and the children has improved. It is easier for me to give information. The children are behaving more stably now, with fewer hysterical reactions. The relationship and understanding within the family became better.*

Another mother explained: *I became calmer. I learned how to set time for my children and make it predictable for them; How to spend time intentionally and communicate plans ahead, e.g., telling them what will happen tomorrow.*

Feedback from one of the teachers

After the session about turning negative aspects into positive aspects in a child or a student, one of the facilitators talked about how you need to *dig for gold in each student*. At the next ICDP meeting, one of the teachers shared about her home task and showed a picture of students lining up and presenting something. She explained that one of the boys in the picture was usually not very engaged in class, but in this picture,

the boy was standing with other students, presenting. The teacher sent this picture to the boy's father and told him: *'Look at your son. Look how great he is doing the presentation. How engaged he is in the class.'* This had a positive effect on the father. The next day, the boy who before was not engaged and maybe not listening attentively, was now very engaged in class. She thought probably the father had said something positive to the boy after seeing the picture.



Implementing ICDP in practice in Denmark

Update by Majbritt Bay, October 2025.

In the Institute for Relational Psychology (Institut for Relationspsykologi), we have conducted ICDP courses in both daycare centres and schools with all or a large part of the staff group. There is a great strength in this, as it provides a common language and a common starting point for the relational and resource-oriented work in practice and many good discussions during the course.

This is a story from a teacher at a Danish school who has participated in the ICDP course together with her colleagues. She describes the effect that working relationally based on the interaction themes has had for her.

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

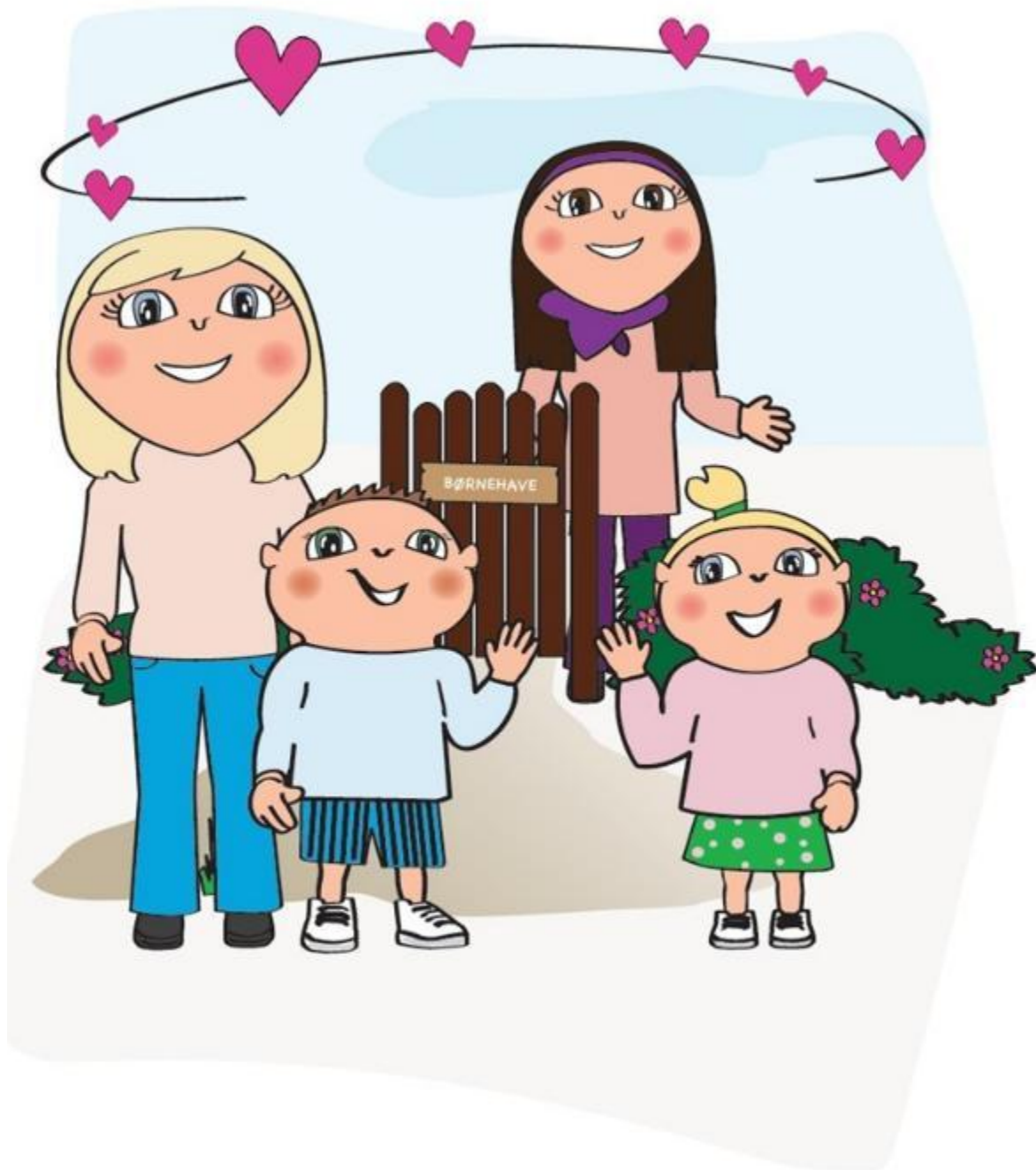
The teacher has also expressed that it has been of great importance to her that she has accompanied her colleagues in the process.

The above is an example of how ICDP has an effect in practice. The processes we have had with staff groups have given rise to a dialogue about how, as an organization or municipality, you can build good structures and management that ensures the continued implementation of the ICDP principles. We therefore see an increased interest in supporting this process in practice.





New materials published in Denmark



Update by Anne Linder, Dansk Center for ICDP (Danish Centre for ICDP)

Empathy at children's level

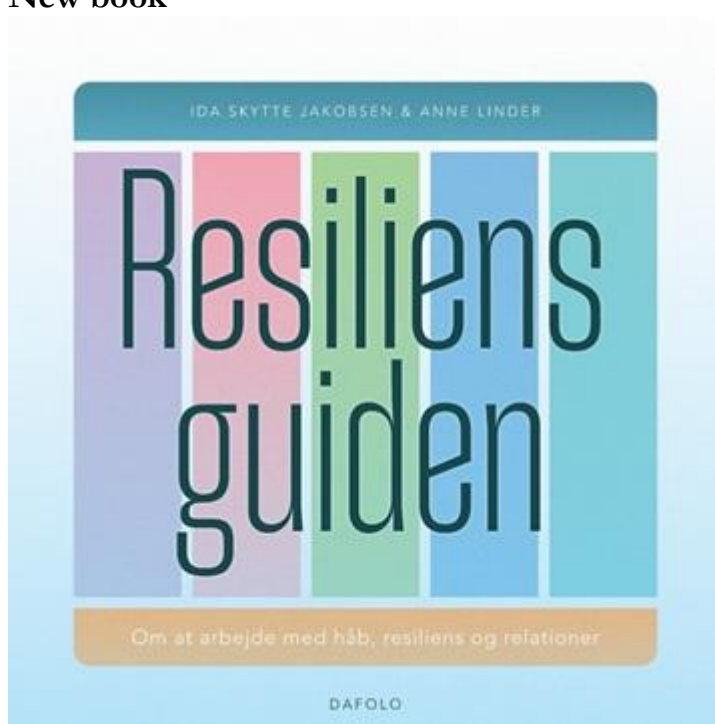
The Dansk Center for ICDP has published new teaching material, to be used when applying ICDP with children in kindergartens.

These new materials provide help for professionals to support the development of children's social skills through teaching, conversations, and guidance.

The “suitcase with materials” can be used as a concrete toolbox for teaching and individual counselling of children who need knowledge about relationships and interaction. The material can be a valuable resource for introducing the eight themes for good interaction (ICDP) at children's level.

1. How do we use our emotions – so that our hearts become warmer?
2. How do we play and learn together – so that our brains become smart?
3. How do we help make decisions – so that we create good communities?

New book



Resilience researcher Ida Skytte Jakobsen, PhD and psychologist Anne Linder have together published the book “The Resilience Guide” at the publishing house Dafolo. The book is based on the basic idea that good relationships – created through the ICDP create the necessary hope and resilience in vulnerable children and families.

The book is aimed at professionals – teachers, educators, social workers and psychologists in both general and special education contexts – and it gives concrete instructions on how to work together to strengthen hope, relations and resilience of children and young people when life becomes a challenge.



First facilitators trained in Germany



Update by Rita Crecelius: The first group of ICDP facilitators received their certificates on Sunday, 24th of August, 2025. They came from different organizations involved in the care of children and adults, and all participants carried out their field work with great enthusiasm and commitment. During the last workshop, every single facilitator's presentation revealed a precious journey of empowerment and sensitization through the ICDP process. The facilitators felt touched by the many golden moments they had experienced while applying the eight ICDP guidelines for good interaction within a caregiving context, whether with children or with adults. One facilitator implemented the ICDP programme with a group of eight parents (seven mothers and one father). He wrote the following summary:

All participating parents did primarily reflect on their own attitudes and self-perception. (...) Parents described truly noticeable shifts in the quality of their relationship with their children. Several reported touching feedback from the children, who noticed changes in their parents' behavior toward them that made them feel more at ease and emotionally supported. (...) A sense of trust emerged among the participants and in their relationship with me as the facilitator. One participant described how, in the moment of interaction (with her child), she sensed the presence of the entire group in her mind, helping her mastering the situation. (...) The atmosphere of the parent meetings was warm and familiar, and they became a routine for every participant who gladly integrated them into their daily routines even though it seemed so busy. It felt like a breath of fresh air from the busy day, shared in a circle of trust.

— J. Blume, Berlin.

The implementation of ICDP in Germany is being led by psychologist Rita Crecelius. She is supported by the Lower Saxony Institute for Early Childhood Education and Development (nifbe) and AEWB, the Agency for Adult and Continuing Education in Lower Saxony. The next facilitator level training will start in February 2026.

Snapshot from Finland



Photo: The September sun shines on ICDP facilitators as they explore Empathy in action.

Petra Zilliacus, October 2025:

As the autumn envelops us in dark evenings, ICDP Finland has many shining memories to look back on from this year.

We would especially like to highlight the international training, where twenty-seven youth workers and teachers from seventeen different European countries participated in a three-day ICDP course in Pargas. The event was organized by Pargas City Youth Department in a successful collaboration with ICDP Finland and the EU SALTO Erasmus+ programme.

At the end of September, 21 ICDP facilitators met in Helsinki to dive into the subject of Empathy in action. We learned about the different meanings and nuances of words empathy, sympathy, compassion, and empathetic identification. To the delight of the participants, we also got to practice empathy in workshops and role play.

Our third highlight of the year is currently in the making. We are grateful to our extended ICDP-family in Sweden, who have produced an ICDP-booklet for expectant parents and given us permission to translate it into Finnish. This will soon be ready and we are eagerly awaiting to be able to launch the booklet for this important target group.



National scale implementation in El Salvador



During 2025, the National Council for Early Childhood, Children, and Adolescents (CONAPINA), continued to implement the ICDP programme “También Soy Persona” (“I am a person too”) in all three modalities of the programme:

- 1) ICDP for early childhood/for parents of young children,
- 2) ICDP in the modality adapted for parents of adolescents, and
- 3) ICDP for adolescents, who receive training from their peers trained as ICDP facilitators.

The implementation of the three modalities is taking place at national level.

Within the framework of the National Play Strategy, CONAPINA incorporated an additional session as part of the roll out of “Tambien Soy Persona” – it is a session on the importance of play at each stage of life. The play session has been added to each of the three modalities of the programme mentioned above.

During 2025, for the first time in El Salvador, the ICDP programme “Tambien Soy Persona” was also used with mothers deprived of liberty, and with families of children who are under the care of the National Protection Board.

CONAPINA’s observation of the effect of the programme convinced them of its positive impact on families, children, and adolescents.



A Norwegian NGO called “Progreso Foundation” initiated the ICDP developments in Bhutan. This was possible thanks to their contacts in the country, who were seeking for programmes that could enhance the understanding of child development and provide psychosocial support for children in Bhutan.

Later, an agreement was signed between the Department of Public Health and Allied Health Sciences, the Faculty of Nursing and Public Health (FNPH) and ICDP Norway, at the beginning of 2024. It was decided that an ICDP pilot project should be implemented as a first step in evaluating whether the ICDP programme could be relevant to the country. The pilot was funded by Progreso Foundation and HimalPartners in Norway.

The first ICDP workshop was held in Paro, from 26 -28, November, 2024. There were 23 participants connected to the Faculty of Nursing and Public Health (FNPH), National Medical Services (NMS), and Early Childhood Care and Development (ECCD).

The primary objective was to start the process of ICDP training that would lead to the certification of participants as ICDP facilitators. International trainers, Ingeborg Egebjerg and May Aanundsen conducted the training. The workshop served as a platform for participants to explore key aspects of child development within the local context, and through a series of interactive activities, presentations, and group discussions, the training aimed to enhance the competencies of child care providers and promote more meaningful and empathetic engagement with children.



The second ICDP facilitator level training took place in Wangdue Phodrang, from 18-20, March, 2025. Due to unavoidable circumstances, two participants from the ECCD group were unable to attend. Consequently, 21 participants enrolled in the training and eventually completed the training. Following the second ICDP training, nine groups were formed, each conducting eight professional caregiver training sessions.

The certification workshop took place in June 2025. The training was very successful as can be seen from the [comments by trained caregivers and facilitators](#).

One participant shared that while she was doing household chores, if her daughter came to share her feeling or talk to her, she would often feel irritated because she was focused on her work. However, after attending just two sessions, she realized how important it is to listen to her daughter and felt genuinely sorry for not being more attentive to her feelings.

One remarkable story that stood out was when a parent shared that her sons showed her their test scores this time. She hugged them and praised their efforts, which surprised and relieved the children. Without her prompting, they returned from their room to hug her and said, "Next time, you'll see even better results, Mom." This change in her approach was significant; in the past, she would always find ways to encourage them to do better, regardless of their scores. This sudden shift in her response elicited a strong reaction from her children, leaving her emotional as she realized that a simple gesture of love, like a hug, could lead to such a profound change and greater bonding between them.

The Faculty of Nursing and Public Health (FNPH) is in process of establishing partnership with ICDP and they will be responsible for ICDP developments in Bhutan.

Twenty years of ICDP in Boyacá



Letter to ICDP from a trainer

Dear ICDP,

I would like to tell you about several things that have been happening in our department regarding the program.

In our department, there has been a shift in the implementation of mental health programmes and strategies within the Boyacá Health Secretariat. These changes also affect the ICDP programme “I Am a Person Too”. This means that from now on, the Secretariat will be implementing the ICDP programme with groups of psychologists who have previously been trained in it. This strategy will continue to sustain the programme in our department long term.

On another note, I would like to share with you that we continue with the commitment of celebrating the **20th anniversary of ICDP in Boyacá**. In this context, I am showcasing the community and health education strategy based on good treatment, emotional connection, empathy, improving the family environment, and strengthening public policy for early childhood and adolescence.

ICDP is still going strong here twenty years after Nicoletta Armstrong introduced us to ICDP: Thank you Nicoletta for your support and trust over these twenty years of growth, not only as a department, but in my case, as a person and a human being... my initial vision of parenting and its importance in human lives has changed radically. I hope to continue counting on your support in my new activities, which will undoubtedly continue to be linked to ICDP.

[Here I also share with you some images](#) of the work we have done in recent months in 2025, in Paipa, Pisba, Floresta and Corrales. This work has been multi-level: decision makers, formal and informal leaders in the communities, families and adolescents.

I will write to the Governor of Boyacá thanking him for his support over these twenty years.

Thank you again,

Luis Fernando Lopez, ICDP trainer and coordinator of ICDP in Boyacá



Update on national scale up in the Philippines



Since the start of the national scale up in 2022, the certified ICDP facilitators have been creating the multiplier effect on ICDP, which is now called MaPangBata, targeting families involved in the 4Ps government project.

To date there are 6070 facilitators who implemented the ICDP programme with 46 327 parents.

To provide for sustainability and continuity of the ICDP/MaPangBata implementation it was agreed to establish an “in house” of ICDP trainers. With this aim in mind, 36 staff members of 4Ps (F-28; M-8) were trained as ICDP trainers starting with a workshop in February 17-21, 2025. As part of their practice and in compliance to the ICDP certification process and requirements, they have started the MaPangBata multiplier effect through their “on the job training” activity.

The 36 candidate ICDP trainers have been training social case managers and other staff on MaPangBata in their respective regions. This approach will continue until all 4Ps staff are trained as facilitators. In effect, they will create layers of multiplier effect until all the **three million** 4Ps families are reached.

[Read the full update from ICDP Philippines.](#)

On the 5th of December 2025, an official ceremony was held to celebrate the certification of ICDP trainers. During this event, participants heard of touching stories about the impact of ICDP/MaPang/Bata on parents. Inspirational speeches were given by several government representative, and also by ICDP trainers Disa Sjoblom, Zeny Gread and Jade Paitan, as well as ICDP chair, Nicoletta Armstrong.



Activities in Panama



Update by Antonio Mendosa:

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. [See more photos](#)



Progress in the Ivory Coast: Article in Agence Ivoirienne de Press

The Ivory Coast has new certified community facilitators.



The ICDP training of a new group of facilitators was announced in the Agence Ivoirienne de Press (AIP) – [read the article about this training in French](#)

Below is the article translation in English:



Tanda, August 15, 2025 (AIP) – Six social workers and ten community guides from the Gontougo region received their certificates on Tuesday, August 12, 2025, in Tanda, as part of the International Child Development Programme (ICDP), implemented in the department as part of the “Child Sensitive Social Protection” (CSSP) project.

The CSSP project, funded by the Finnish Ministry of Foreign Affairs, is led by Save the Children International, in partnership with the Ivorian NGO Soleil Levant/Éducation.

It aims to strengthen positive parenting and access to basic social services for vulnerable families.

The ICDP allows households to express themselves, develop their self-confidence, strengthen family ties, and create a climate of trust with children. Several certified facilitators are now considered local references in positive parenting.

During the ceremony, testimonials highlighted the national and international value of the certificates. “We’ve done the groundwork. Now the hardest part begins: being good facilitators and inspiring other regions,” said Fieni Yao Étienne, a guide in Guiendé.

The director of the Tabagne social centre, Bogueu Gnohite, praised the support of the regional director of social protection, Kpla Geores, and the assistance of Save the Children, emphasizing the importance of sustaining the ICDP approach.

For her part, the project coordinator, Boa Syrine, expressed the hope that certified facilitator trainers will emerge in Africa in the coming years to disseminate the approach on a larger scale.

Save the Children’s Advocacy and Behavior Change Technical Advisor Danladi Moussa and the Regional Director of Social Protection praised the motivation of the stakeholders and the positive impact of the CSSP project in the beneficiary communities.

Recommendations for sustainability include expanding the ICDP to other communities, increasing the involvement of community leaders, integrating activities into social centres, creating child protection committees, and organizing community days focused on parenting.

Project coordinator Boa Syrine and her colleague Attoko Ernest were also certified. The ICDP, implemented with the support of administrative, religious, and traditional authorities, aims to be gradually institutionalized at the local and national levels to sustainably strengthen child protection and well-being.

Link to a testimonial from a mother who received ICDP training: <https://www.facebook.com/share/v/1BNyVWfoac/>



Online presentation of ICDP to a wide audience in Germany



On the way to an emotionally healthy daycare centre: The double power of positive interaction with the ICDP training programme *an Online-Talk by Rita Crecelius, ICDP Germany*

It was a pleasure for me to present the ICDP programme to a large audience of 530 participants, on the 4th of June, 2025. The participants included specialists, managers, and specialist advisors from the daycare world, as well as representatives from universities and adult education. They came from all over Germany, and also from Austria and Switzerland.

My presentation was part of a series of lectures put together by NIFBE (Lower Saxony Institute for Early Childhood Education and Development). The reason for this was a survey conducted by NIFBE, in which 1,500 daycare centre managers were questioned about the current stress situation in Lower Saxony daycare centres. The results showed that two-thirds of the managers rate their teams as “highly to very highly stressed.” A significant increase in challenging behaviour among children is cited as the main cause. But daycare professionals also must cope with other stress factors: staff shortages, increasingly difficult cooperation with parents and inadequate spatial conditions.

In my presentation, I was able to draw attention to the fact that high levels of stress among caregivers cause them to become stuck in “autopilot.” Permanently elevated cortisol levels are detrimental to health. On the other hand, children lack their main (psychological) source of nourishment, namely an emotionally available companion. The result is a gradual attachment deficit. And this, in turn, often leads to behaviour on the part of the children that the caregivers experience as challenging. For professionals, this sets off a vicious circle that leads directly to what the German empathy researcher Tania Singer calls “empathic stress”: They know what the child needs, but are unable to provide it.

My task was to demonstrate that ICDP was created precisely for such stalemate situations, because the training helps us in a very concrete way in everyday life to raise awareness of the dual power of Positive Interaction. By strengthening our attitude through self-awareness and self-regulation, we can use the eight guidelines to safeguard both the foundation of the relationship for the children and the health of the professionals, even under difficult circumstances. As a health psychologist, I was able to demonstrate that positive, co-regulatory interaction is equally important for children and professionals.

The WHO has once stated: “ICDP is food for a healthy brain.” In my presentation, I was able to emphasize that ICDP is food for TWO healthy brains! During my remarks, a positive dialogue developed among the participants in the Zoom chat about the content presented – many now want to learn more about ICDP and contacted me via email. The presentation was recorded and is now available on YouTube at this link: <https://youtu.be/9mAN24VYvmo>

It can be viewed in any language using YouTube’s subtitle function.

ICDP inside war conditions in Ukraine



ICDP Ukraine has managed to adapt to the difficult war conditions, and ICDP activities are going on in several cities by newly trained facilitators, as well as by some of those previously trained. See more details in the [presentation from June 2025](#).

Update by Sergey Krasin and Anya Trukhan

ICDP is continuing to be active in Ukraine. This year, training was carried out in several cities, such as: Kramatorsk, Druzhkivka, Kryvyi Rih, Kharkiv.



Two facilitators, a married couple, Nikolai and Galina Khomchenko, conduct parent groups in the territory close to the front line, as part of a humanitarian project. The participants were not only parents, but also grandparents. The programme dialogues were discussed at the meetings. Nikolai notes that this group format is very useful, as it provides an opportunity to expand discussions and exchange experiences. It is especially useful for those families in which not only parents, but also the older generation are involved in raising children.

Galina conducts ICDP courses for parents at the Children's Centre for Mental Health. The participants are the parents of children who attend the centre. The facilitator notes that her groups were attended only by women, as there are very few young men left in the city now. Before starting with the ICDP programme and its dialogues, there are meetings in which a process of psycho-emotional stabilization takes place.

Active work was also carried out by new facilitators who were trained under war conditions. Natasha Vinichenko and Amelia Khomchenko began their work in the Donetsk region. The new facilitators held their groups in one of the city schools, and the participants were parents of first-grade children. A Parents' Club was created linked to the school. Familiarization with the programme took place throughout the year.



ICDP facilitator Olesya Romancha from Krivoy Rog conducts parent groups as part of the “Conscious Parenting” project. The project was created for young parents and young people who are planning to become parents. Olesya receives a lot of positive feedback from the participants of the meetings:

“It was important for me to talk about different situations. Theory is one thing but practice is completely different. Although my son is almost an adult, I found many useful recommendations for myself for further reflection.”

“It’s never too late to learn! I thought that I knew everything about children and their behaviour, but when I took the course, I learned a lot of new things. I thought most deeply assessing my actions in relation to the principles of the programme.”

Facilitator Liliya Dolgikh was trained by a married couple from Kharkov: regional trainer Victoria Lepekha and facilitator Alexander Lepekha. Liliya recalls that immediately after the training she began to practice the principles of the programme at the Church School. Several parent groups were organized at the same time, one of which was held regularly once a week. Three more groups were organized at different times. This was done so that women – parishioners could attend meetings at a time convenient for them. The group participants speak very positively about the meetings and attend them willingly, saying that *“they come for knowledge that leads to good changes.”* Over two years, more than 160 parents attended parent meetings with Liliya Dolgikh.



Graduation of facilitators in Yopougon, Ivory Coast



On photo above: The new group of facilitators with Joyce Larnyoh, their ICDP trainer. Luce Manou, coordinator and future ICDP trainer is in the centre. On the far right is their contact at the town hall of the city of Yopougon, the largest municipality in West Africa.

A group of 16 people linked to the Evangelical Lutheran Mission in Côte d'Ivoire (MELCI) has completed their training and became certified facilitators of the ICDP programme, in May 2025.

The Lutheran Mission is committed to extending the ICDP approach to more organizations.

“The expansion of ICDP will soon be a reality, thanks to the impact of our graduation ceremony for facilitators. The facilitators come from the Organization of Islamic Confessional Educational Establishments (OEECI), the Ivorian Institute for the Promotion of the Blind (INIPA), the Social Centre, the Centre for the Protection of

Early Childhood (CPPE), the Alliance of Religious for Integral Health and the Promotion of the Human Person (ARSIP), the Pastors of the Council of Religious Guides of Yopougon and the MELCI. The ICDP graduation ceremony took place under the patronage of the 1st Deputy Mayor of the Yopougon municipality where ICDP activities are implemented. The Municipality has contributed significantly to the ICDP activity resulting in many doors now being open to us.” – Luce Manou.



Photo above is showing one of the caregivers who attended the ICDP course, who gave an emotional testimony about the impact of the programme on her family.

International course in Finland

From 19 to 21st of May 2025, Saija Westerlund-Cook and Petra Zilliacus conducted an ICDP course in Finland. The course was held in English, using ICDP international standard materials.

Twenty-seven youth workers and teachers from seventeen different countries participated in this three-day ICDP course in Pargas. The event was organized by Pargas City Youth Department in collaboration with the EU SALTO Erasmus+ programme.



“Such a heartwarming, inspiring and adventurous experience, with lots of emotional and comprehensive dialogues around different cultural practices! Proud trainers Saija and Petra (who have previously only taught ICDP in Swedish and Finnish) are thankful for getting to know such magnificent people – and for getting a crash course in ICDP concepts in English.”

– comment by Petra.



ICDP assignment in Senegal

Since March 2023, the Norwegian Protestant Mission (MPN) has been working on raising awareness about non-violent education through the application of the ICDP programme in the community of Kédougou.

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



Given the enthusiasm of participant women to implement the ICDP programme, MPN saw fit to extend the ICDP outreach to other localities. This meant that a new group of facilitators needed to be formed who could provide training to new groups of mothers in different localities.

To achieve this objective, they engaged the ICDP trainer, Aubin Sanou, who provided training services covering the following activities:

- Monitoring and evaluation of the current ICDP facilitators
- Refresher course for ICDP facilitators
- Training of new ICDP facilitators
- Exchanges on awareness-raising/sensitization process and monitoring tools

These activities took place from 6th to the 27th of April, 2025 in the community of Kédougou.

[Read Aubin's report](#) that provides an overview of the training. Read the original [report in French](#).



Training in Baku, Azerbaijan



The first phase of the ICDP training of future facilitators started in Baku in October 2024, 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 from January to April. The certification workshop was held in early April 2025.

The training of this new group of facilitators was conducted by Magdalena Brännström. Initially there were ten participants, including two psychologists, one doctor, one occupational therapist, and six teachers. At the end, nine became certified as ICDP facilitators at the April workshop.

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. Most trainee facilitators ran ICDP courses in Azerbaijani, but there were two groups that delivered it in Russian and English respectively.

“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 well the facilitators had done their self-training pilot projects with parents/caregivers. This became evident at the final workshop. At the end of the training, we also talked about the importance of child protection and that ICDP has zero tolerance when it comes to abuse, so that the ICDP Child Protection Policy will be signed by all facilitators. 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.



Expansion and evaluation of ICDP in Nepal

Update by ICDP trainer, Gopal Nepali:

Save the Children introduced ICDP parenting education as an additional component to the cash transfer programme, which has yielded positive results. Significant improvements have been observed in caregiving practices among parents and caregivers. The programme has strengthened parent-child bonding and contributed to better child nutrition, aligning with the primary goal of the child grant.

Save the Children is currently implementing the Child-Sensitive Social Protection (CSSP) project in four districts of Nepal. Local governments are matching funds to collaboratively run the parenting programme. In 2025, local governments allocated budgets through their own systems, demonstrating a commitment to ensuring the program's sustainability.

During 2025, the ICDP team at Save the Children Nepal has been using the video specifically made about the 8 guidelines for good interaction and other key topics of the ICDP programme as support material during and after the delivery of the ICDP programme to families. Link to this video:

<https://www.youtube.com/playlist?list=PL1hLdgAKvXjBdVf587oWAJR3yf05yexzL>

The video has proven to be very helpful. Women who had taken part in the sessions made relevant references to the content of the videos, and they said that the video was useful as it reminded them to practice the ICDP guidelines.

Here are the updates Save the Children activities in 2025:

- Save the Children values evidence-based approaches; therefore, in the third phase of the project (2022–2025), a longitudinal study was conducted. Data analysis and report preparation were carried out by professionals from Harvard University who had developed Caregiver Reported Early Development Index (CREDI) along with the caregiver's engagements with child and nutrition. The study revealed significant differences in the caregiving practices of parents and caregivers. <https://resourcecentre.savethechildren.net/document/final-evaluation-of-the-child-grant-plus-parenting-programme-in-nepal-2025>, Moreover, an **economic evaluation** was conducted to present the costing aspects of the parenting programme. This analysis will be helpful for the development organizations and the government, providing them with a clear understanding of the programme's cost structure. <https://resourcecentre.savethechildren.net/document/the-child-grant-plus-parenting-programme-in-nepal-economic-evaluation-and-cost-of-future-scale-up-2025>
- In 2025, another project was launched called “Little Steps, Bright Futures.” This project also incorporates ICDP components and focuses on the child grant plus approach. Preparatory activities are underway, and 20 community-level facilitators are being formed. The local government has already selected individuals for ICDP training. The second and third round of training were completed by the end of November. Additionally, the local government has allocated funds for the facilitators. The project aims to provide parenting education to more than 4,000 parents and caregivers.
- In 2025, a total of 2,509 parents and caregivers (1,330 male and 1,179 female) participated in the parenting sessions and graduated. The local government has been allocating a budget for the programme. In this regard, 64 new parenting facilitators were developed in 2025, and they will continue running parenting sessions even after the project phases out.
- The project has compiled 90 case stories of parents and caregivers, showcasing how they applied ICDP and the changes they observed in their children. Ten case stories were developed by each local government. Currently, local governments have also published these stories on their own digital platforms, such as Facebook and their official websites.



Training facilitators



Parenting session for fathers

USA - Newsletter Nov/Dec 2025

In 2025, ICDP-USA, founded within the Changing Children's Worlds Foundation (CCWF), completed its transition into two parallel entities:



1). ICDP-USA founder and trainer Kimberly Svevo, Ph.D., will continue to advance ICDP-USA with new partners and communities as of October 2025. She will continue to partner and train new "ICDP-Best Start for Families" facilitators to implement and expand community-based ICDP parenting programme support. She will also partner with and train new "Best Start-All About YOUTH" coaches to implement programming for children and youth. Finally, she will partner with community leaders to offer the ICDP-USA based "ACE Interface: Transforming from Trauma to Resilience & Hope" training, offered to over 100 professionals/community leaders statewide in 2025.

Recently Kimberly represented ICDP-USA in the November and December ICDP-International training conversations, attended by many ICDP programme leaders from around the world. The topic focus was on the Regulative dialogue, and the conversation and sharing of experiences were rich, informative and inspiring.



2). Lutheran Child & Family Services (LCFS-Illinois) will continue to implement a state-wide strategy to offer the "ICDP-Best Start for Families" as their commitment to increase the number of families served within the Illinois child welfare system. They will also implement "Best Start-All About YOUTH" programming through schools and with foster youth. In 2024-25, the LCFS Best Start for Families Dept., led by Kimberly Svevo and Rachel Fuentes, trained new professional resource persons state-wide, partly funded by a significant federal grant through the Department of Child and Family Services. The Best Start for Families Dept. offers ICDP through a range of weekly group services for caregivers, youth and children, and also including individual parent coaching for parents with deeper struggles. The Best Start for Families (BSFF)

Department also provides the All About YOUth (AAY) Programme for middle school students through the Aurora School District.

Feedback from caregivers continues to reflect their wonderment in the change of the quality of confidence and joy they find in parenting.

Youth are an important focus for ICDP-USA, and we are exploring exciting new opportunities for 2026!

The need to combine the benefits of supporting caregivers, and their children / youth, are just beginning to be understood. We hope this continues with all our ICDP partners!

STATISTICS ICDP-USA Overall July 2012- July 2025:

3,000+	Caregivers Served
10,000+	Children Supported directly and through Caregivers and Facilitators
825	ICDP-USA Best Start Parenting Programme Facilitators trained
75	ICDP-USA Best Start for Youth Programme Coaches trained
250	ACE Interface Training Workshop - professional and community leaders

Final note, the ICDP-USA best practice community model consists of an integrated approach. This occurs when we combine:

- 1a) Train Professionals/Community Leaders as Parenting Programme Facilitators
- 1b) Implement Parenting Programmes for Birth & Foster Parents/Extended Families (and coaching where helpful)
- 1c) Offer Children's Social/Emotional programming in parallel or through parents at home for children 3-15 years.
- 2a) Train Youth Coaches/Mentors of All About YOUth Programmes
- 2b) Implement All About YOUth Programs for Youth (12-21 years)
- 3) Provide ACE Interface Training for broad communities of professionals and community leaders.



Support to incarcerated mothers in Peru

During 2025, the ICDP programme was applied in the Santa Mónica Women's Prison, located in the Chorrillos district, in the city of Lima. The project's goal was for



ICDP trainer, Honorata Herrera (on photo) to use the ICDP programme to support and give hope to incarcerated mothers, at the same time enhancing their confidence, and competence to care for their children.

This was achieved by creating a warm empathic environment in which she delivered a series of workshops over four months. Twenty mothers attended the course, but only nine managed to attend regularly.

The first challenge was the irregular attendance of participants at the sessions. On several occasions, the mothers shared the difficulties that affect their mood and influence their attendance: receiving long sentences, lacking family support, not having enough money to meet their children's needs, and not receiving financial or emotional support from their partners or husbands, who are also incarcerated.

Another difficulty has been the suspension of the ICDP workshop due to activities organized by the prison administration. Honorata only learned of the suspension once she arrived to the prison and requested entry. She spoke with the director of the daycare centre, requesting to be informed via email - however, it was not successful.

Despite difficulties, participant mothers benefitted emotionally. They greatly valued the space and atmosphere of trust that developed in the ICDP meetings. They felt able to share their life stories and daily struggles without being judged or attacked, and were aware of feeling a loving gaze and attention during the meetings – this being especially important considering the high level of violence among the women in the prison. All mothers want to continue meeting. For them, the workshop time is: *"a magical place," "our therapy," "we share laughter and tears", "we are in a space of trust in which we are valued for being ourselves", "we are not defined here for being deprived of our freedom but feel as equals"*.

A mother's story: *At fourteen, I had my first daughter. My mother kicked me out. I sought help from my daughter's father who was nineteen years old, and we started living together. But tension would rise when he arrived home from work. The beatings became more and more frequent: black eyes, bruises on my arms. I tried to cope but one day seeing my five-year-old daughter tell her father not to hit me was the last straw. I decided to run away with her one morning. I told myself, "It's now or never." My cousin helped me find a job. I did everything I could but eventually I got into trouble and ended up here in prison. Now, I have realized what really matters is my daughter and I want to return to my village and get my daughter back. I want to give her love and good care; I want to turn our everyday activities into the "golden moments" we talked about in ICDP.*



ICDP continues in Guatemala

ICDP trainer, Julio Martinez has been using the ICDP programme for a very long time, ever since he was trained in 2008. He explains:

- I am still working with the ICDP programme, focusing especially on forming ICDP facilitators who then run ICDP courses for parents. This training takes place thanks to my involvement with a local project run by Compassion International. On the other hand, I have also started applying the ICDP programme as part of the work of an organization called Movimiento Ciudad.



ICDP Norway provides platform

“Our colleague, Heidi Westborg, from ICDP Norway has been able to obtain the CHECK-IN online platform and offered it for the use of our international network. Throughout the year, we have been organizing on regular basis meetings called Sharing Community Meetings.

To begin with, the aim was to invite participants mostly from Asian and African countries, but the scope was later expanded to all key contacts worldwide. We heard stories from Nepal, Colombia, Bangladesh, Ukraine, Thailand, Ethiopia... and we also spoke about Sensitization and shared experiences regarding the application of the Regulative dialogue.

These online meetings received good reception from our colleagues worldwide. The next meeting is on the 12th of February 2026 when we will hear from ICDP Philippines about their work on national scale implementation. We hope the next meeting will be attended by facilitators in addition to trainers”.

– Nicoletta Armstrong.



Pilot project with older people in Envigado



ICDP principles were implemented in several significant projects for parents carried out in the Antioquia region of Colombia. Recognizing that empathic human care promoted by the ICDP programme is essential for good quality care, the programme was applied once more, but this time it took place in the Envigado homes for the elderly.

During the year, in the municipality of Envigado, Antioquia, two ICDP trainers, Carolina Montoya Montoya and Lucy Osorio Mejía, from the ICDP Colombia team, developed a pilot project which was both a training and a research project for caregivers of older people.



The project strengthened the caring skills of caregivers, professionals, family members, and others who support this population. Caregivers of older adults are facing increasingly greater challenges in their daily work in both family and institutional settings. The purpose was to foster positive, humane and transformative interactions between carers and older people.



The team coordinated the ICDP work with the Social Welfare Secretariat of the Mayor's Office of Envigado.

In total, 130 caregivers of older people were trained in the principles of ICDP.

The ICDP booklet for parents was adapted and the pilot project tested the adapted version, leading to the validation, enrichment and adjustment of the booklet called: "Guide for a good interaction that dignifies the Elderly Person".

With great enthusiasm, Carolina and Lucy prepared this booklet, as a product of this pilot project. The booklet contributes to the care of vulnerable older adults who need loving adults to teach them essential skill.

The booklet is now in its final stages of publication for later distribution and sharing with other regions and countries interested in implementing similar initiatives. It is an opportunity to promote collaboration with ICDP teams in different countries around the world that share the same goal: recognizing the value of aging with dignity, respect, and tenderness.

Comments by the participants:

I think these are fundamental issues to address today; there are so many older people.

I really value personal growth I experienced here. We reflect and become aware of our role as caregivers.

The knowledge acquired allows me to communicate better with the older people I work with.

I learned to empathise with older people.

Progress in Zambia

Update by Adam Nyundo

December 2025

Save the Children Zambia through its Child Sensitive Social Protection project (CSSP) promotes child sensitive social protection using the "cash plus" parenting model to help improve parenting practices and prioritize the rights of children to education, nutrition, and protection. The CSSP "parenting package" comprises of a series of parenting (ICDP eight guidelines of good interactions) and thematic (Importance of education, risk of child labour, nutrition, family budgeting and gender transformation) sessions. The project is leveraging on the Social Cash Transfer programme run by the government of Zambia.

The CSSP parenting sessions are based on the International Child Development Programme (ICDP) principles but contextualized to the local situation. The parenting package aims at improving understanding among parents and caregivers of the positive qualities of care that should and could exist between parents and the child, increased sense of caregiver self-confidence and a better understanding and reaction towards children's point of view and intentions. The programme also aims at ensuring that child-to-child and child-to-caregiver relations are more positive and differentiated.



Photo shows the trainee facilitators

Under this package, trained parenting facilitators have been responsible for conducting parenting sessions for households in Kalulushi and Lufwanyama District. A total of 1066 caregivers, representing 1056 households, under the Social Cash Transfer programme were reached.

To ensure sustainability of the CSSP parenting sessions, in 2025, the project trained 22 (6M/16F) staff from the Ministry of Community Development and Social Services from the province as well as the two Districts of Lufwanyama and Kalulushi in the Copperbelt province. This is in addition to the 8 (2M/6F) MCDSS staff who were trained in 2021. The 22 facilitators trainees are currently working with caregivers as partial fulfilment of the award of the facilitator certificate.



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