

ICDP CORE REQUIREMENTS

Aim(s)

To enable children, particularly vulnerable ones, to achieve their full developmental potential through their relationships with caregivers

Objectives

To enable the caregivers to achieve those relationships with the children in their care

Methods

To pass on the ability to relate through developing relationships between ICDP facilitators and caregivers
To give practical help in identifying ways in which relationships operate in the nurture of children in any cultural milieu
To motivate caregivers to observe, evaluate, reflect on, explore, share, construct and practice meaningful interactions and provide empathic guidance to their children in everyday life, in situations such as feeding, bathing, playing, meal time, going for a walk, doing homework etc.
To prepare for sustainability and self-perpetuation of the methods so that ICDP can gradually withdraw

Tools and Materials

The main tool is a snowballing system of training through workshops, meetings, trainers, facilitators, small groups of carers, with a plentiful supply of printed material, film, photos, posters and handbooks.
The use of role-play, group exercises and home observational tasks
The implementation of feed-back, monitoring and self-evaluation sessions

Currency

All charities by definition have a currency in kind – shelter, money, food, clothing, schooling, medical help etc.
In ICDP the currency is empathic communication, from the initiators of ICDP, from those who operate it, and from those in charge of the care for children.

Programme's message:

8 GUIDELINES FOR GOOD INTERACTION

Emotional expressive dialogue:

1. How do you express love to your child?
2. How do you follow and respond to your child's initiatives?
3. How do you establish close communication with and without words?
4. How do you show appreciation and praise your child's efforts and achievements?

Comprehension (providing meaning) dialogue:

5. How do you help your child to focus on things around?
6. How do you share meaning and explain about things? How do you do it with enthusiasm?
7. How do you enrich and expand your child's understanding and experiences about the world?

Regulative dialogue:

- 8a. How do you help your child learn rules, limits and values?
- 8b. How do you help your child to plan and carry out activities and projects, step by step towards a goal?

How to convey the message:

7 PRINCIPLES OF SENSITIZING

1. Establishing a contract of trust with caregivers.
2. Promote a positive definition of the child – "seeing the child as a person":
 - a. Pointing out to caregivers the positive qualities in their child.
 - b. Re-labelling positively what appear to be negative features of their child.
 - c. Reactivating past good memories in caregiver-child relationship.
 - d. Using exercises to discover positive features in their children.
3. Activating caregivers in relation to the guidelines for good interaction:
 - a. Asking caregivers assess personal interactions with their child based on the 8 guidelines of good interaction (drawing an interactive profile)
 - b. Exemplification: asking caregivers to produce examples of their interactions with their children (from typical daily interactive situations)
 - c. Giving caregivers observational tasks in relation to their children
 - d. Testing out new ways of communicating and interacting with their children
4. Confirming caregivers' competence by pointing out that which is already positive in their existing interaction with the child.
5. Using an inquiring approach to guide caregivers' discussions about what is good interaction.
6. Encouraging sharing and attentive listening among caregivers in group meetings, so as to learn from each others' experiences.
7. Using two styles of communication in relation to caregivers.
 - a. A personalised style of explanation, using personal examples.
 - b. An empathic interpretative style, i.e. describing how the child experiences the situation; comparing the experience of the child with similar adult situations