

## ECEC ICDP Nepal Annual Report-2025

**Name of the organisation:** ECEC Innovation in Education

**Contact Person:** Sunila Maharjan and Anupama Mukhia

### **Main activities:**

International Child Development Program (ICDP) has outgrown in its networking with other nations sharing the common vision of strengthening the relationship between the parents and the children since its inception in Nepal in the year 2014. Since then there is no looking back but growing stronger every year with its services reaching both the public and private sectors. The year 2025 was significant for ECEC ICDP Nepal to stand out on its own independently for its sustainability with the HimalPartner supporting the ICDP project for a decade coming to an end. The ECEC ICDP Nepal lived up to the expectations in 2025 entrusted by the HimalPartner with the regular ICDP activities carried on smoothly.

### **ICDP Facilitator training**

Following the regular trend of expanding, ECEC ICDP Nepal conducted eight ICDP Facilitator training where 150 (male 33, female 117) people were certified as ICDP Facilitators. The total number of caregivers reached this year is 1,130. ECEC ICDP Nepal leaped a step higher in collaborating with the Lalitpur Metropolitan City (LMC) office to conduct the ICDP orientation in several wards consequently conducting the ICDP caregivers' meetings in ECD centers and women's committee.



ECEC ICDP Nepal provided a two day ICDP facilitators refresher training on May 5 & 6, 2025, Rukum East. The training focused on revisiting ICDP principles, sensitization principles, reflecting upon the personal and professional life post ICDP training as a facilitator. ECEC ICDP Nepal and UMN-N-PAF ICDP facilitators together made an action plan to conduct caregivers' meetings in their respective wards.



### ICDP Implementation for parents of children with disability

In January 2025, the ECEC ICDP Nepal brought together the specialists for analyzing and understanding the ICDP in respect to its impact on the caregivers of Children with Disability (Cwd). The gathering combined the short presentations by Pitambar Neupane, the ICDP senior trainer, Nepal and Ingun Møgedal Brustugun, the clinical neuropsychologist on adaptation of ICDP for the caregivers of children with disability. It is followed by a short discussion on challenges faced by organizations while implementing ICDP and the strategies to adapt it. There were guests from the Norwegian Embassy, UMN, Autism Care Nepal Society, CP Centre, HDCS/ABBS, JAF/SDSS, National College, and Nepal Association of Blind. The aim of this meeting was to share ideas, networking, learning and together envisioning the prospect to take ICDP further for the coming years with special attention to the caregivers of children with disability.



### ICDP Facilitators Network Meeting

On November 19, ECEC ICDP Nepal organized the ICDP Facilitators Network Meeting bringing 104 facilitators and 12 trainers together along with 22 distinguished guests from home and abroad under the same roof with the theme "Building a strong ICDP community". The highlight of the network meeting were the keynote speech on Positive parenting for all children (Inclusion) by Shameed Katila Shrestha. Session on Sensitive Care by Nikish Thapa Neupane, and Integrating ICDP in Education by Pitambar Neupane also showed the significance of ICDP for all. The sense of building a strong ICDP community was rightly justified when Sarita Maharjan, the Head of Social Welfare Branch, LMC, shared about the growing ICDP caregivers through ECD centers and women's committee. The

sharing on ICDP Bhutan by Sangay Namgyal highlighted the growing ICDP community in Bhutan. Furthermore, Heidi Westberg Steel, Director, ICDP Norway, generated hope for the parents of CwD through her sharing on ICDP and disability.



ICDP in Numbers	
Year	Total Achievements
2014 -2025	5 Master ICDP Trainers 33 ICDP Trainers 1,356 ICDP Facilitators 11,453 ICDP Caregivers

**Impact on beneficiaries:**

As a mother of teenage children, I often feel sorry that I didn't get the chance to learn about ICDP when they were younger. I now realise I was parenting with love, but without truly understanding their emotional needs. These sessions have helped me see my children as individuals, listen to them more, and connect with their feelings. Even though they're older, I've started sharing with them what I learned after each session-and slowly, they've become warmer and more open with me. Surprisingly, the changes didn't stop there. The same empathy and communication skills have also improved my relationship with my husband. We talk more openly now and understand each other better. ICDP has helped me reconnect with my family. – Ms. Bina Dahal

Through ICDP sessions, I learned about five love languages and realized that every child feels loved in different ways. I discovered that my child responds most to quality time and words of affirmation, something I had not noticed before. This understanding helped me to connect more deeply with my child. I also learned the importance of setting healthy boundaries with love and respect, instead of shouting or using harsh words. I have started changing my approach, listening more staying calm, and being emotionally present. Slowly, I saw change in my child's behavior too. He has become more open, less reactive, and even started expressing his feelings better. Most importantly, this journey has helped me grow as a parent. I try to be more patience, understanding and aware of my own reaction. ICDP didn't just change how I see my child but it helped me see myself differently too. – Ms. Anu Thapa.