

**INPRHU**  
**REPORT ON THE DEVELOPMENT OF THE ACTIVITIES**  
**IMPLEMENTING THE ICDP METHODOLOGY**  
**OCOTAL – NICARAGUA**

# INPRHU- ICDP- NICARAGUA



**Ocotal, Nueva Segovia 2025**

## **I-INTRODUCTION**

In the year 2025, the Institute of Human Promotion (INPRHU), in the department of Nueva Segovia, municipality of Ocotal, reaffirms its commitment to the strengthening of families and the integral development of children. Through the implementation of the ICDP (International Child Development Program) methodology, we continue to work with target groups, promoting positive parenting practices and relationships based on respect and empathy.

This training process, focused on the application of the 8 guides for good interaction with children and the three fundamental dialogues, has made it possible to generate spaces for reflection and learning, contributing to improving family relationships and the well-being of children in the communities served.

## II- ACTIVITIES CARRIED OUT IN 2025

### 2.1. ICDP in the Radio Program Mundo de Colores.

As a result of the dissemination of the Positive Interaction methodology through radio programs, it was possible to sensitize families in Nueva Segovia and surrounding municipalities about the importance of strengthening relationships with children from an affective and respectful approach.

Likewise, knowledge and appropriation of the 8 guides for good interaction was promoted, facilitating their application in daily life. This contributed to generating greater awareness in mothers, fathers and caregivers about their role in the integral development of childhood, evidencing a greater interest in improving parenting practices and family communication.

### 2.2. ICDP with Community Referents

The implementation of the ICDP methodology with 25 community referents allowed the strengthening of local capacities for the promotion of positive interactions in the family environment.

During the training process, it was evidenced:

- **Coverage:** 25 trained community referents.
- **Acquisition of knowledge:** 100% of the participants recognize the importance of applying the 8 guides for a good interaction.
- **Change of attitudes:** transformations in the perception of childhood are identified, recognizing children as subjects with emotions, thoughts and needs from birth.
- **Practical application:** at least 80% of the participants report improvements in communication with their children.

Likewise, community leaders express a greater commitment to replicating learning in their communities, contributing to the strengthening of family relationships based on respect, empathy and assertive communication.

## 2.3. ICDP with Families

The implementation of the ICDP methodology was adapted to the psychosocial conditions of 30 people from families who make up the family nucleus, identifying as the main risk factor the limited attention and accompaniment by parents or guardians.



During the development of the sessions, the three fundamental dialogues were addressed: Emotional Dialogue, Regulation Dialogue and Understanding Dialogue, achieving the following results:

- **Care coverage:** 30 members of families and family environments served.
- **Identified family status:** approximately 70% of adolescents live with extended relatives (grandmothers, aunts, or others),

due to parental migration.

- **Identification of affective needs:** 100% of the participants showed deficiencies in affective communication and emotional accompaniment.
- **Improvement in socio-emotional skills:** 80% of adolescents showed progress in emotional regulation and expression of feelings.
- **Reduction of negative behaviors:** 75% reported a decrease in behaviors associated with feelings of loneliness, isolation or misunderstanding.

- **the application of the ICDP methodology** has favored the development of resilience and positive changes in the behavior of the participants.

The implementation of the ICDP methodology represents a comprehensive strategy for strengthening families, promoting sustainable changes in the way they relate to children and adolescents. Its application will contribute significantly to the emotional, social and family development of the people served by the institution.

## **2.5. Strengthening staff with the ICDP Methodology**

Within the framework of institutional capacity building, the staff of the Institute for Human Promotion (INPRHU) have participated in international exchange web meetings of the ICDP (International Child Development Programme), with the purpose of learning about experiences, results and good practices in the implementation of the "I am also a person" methodology.

This participation allowed the identification of key success factors associated with the application of the ICDP approach in various contexts, such as the strengthening of the affective bond, assertive communication and the promotion of protective environments for children and adolescents.

As a result, INPRHU's technical staff has incorporated new knowledge and methodological strategies that contribute to improving the quality of interventions in the municipality of Ocotal, department of Nueva Segovia. Likewise, these learning spaces have facilitated the continuous updating of the team, favoring the adaptation of the methodology to local realities and strengthening the processes of accompaniment to the families served.

- **Intervention with Families:** We recognize the importance of strengthening competencies in positive family interactions as the basis for the integral development of children and adolescents. In this sense, the implementation of the ICDP (International Child Development Programme) methodology is proposed, focused on the promotion of affective, empathetic and respectful relationships between caregivers and children and adolescents, since the ICDP methodology is an effective tool to improve the quality of family interactions and promote the emotional well-being of children.
- **Update ourselves in the ICDP Methodology with Adolescents:** Permanently implement the ICDP methodology in our organization, now updating and documenting ourselves in the ICDP methodology for Adolescents, in order to strengthen the competencies as educators and thus promote protective, affective and safe environments for children and adolescents.
- **Accompaniment of the elderly:** visits will be made to the San Antonio Nursing Home to provide accompaniment and support to the staff with the ICDP Methodology for older adults.

## IV. CONCLUSIONS

The ICDP methodology is a comprehensive strategy for strengthening emotional and family well-being. Its implementation contributes to the development of more empathetic, aware and protective communities.

ICDP promotes sustainable changes in parenting practices and in the quality of family relationships, being a tool applicable in community, educational and family contexts, which facilitates sustainable and long-term intervention processes in the people we reach.

**Executive Director of INPRHU - Aura Estela Mendoza**

**INPRHU Coordination - Patricia Libertad Almendárez**