



# International Child Development Programme

Head-office in Norway:  
ICDP, Anne Maries vei 14b  
Oslo, Norway  
Tel. +47 21 39 34 16  
[ICDP@ICDP.NO](mailto:ICDP@ICDP.NO)

UK office:  
ICDP, PO Box 262, 0373  
Watford, Herts. WD18 7GS, UK  
Tel. +44 1923 230 121  
[lailah@icdp.info](mailto:lailah@icdp.info)

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[www.icdp.info](http://www.icdp.info)

## Report 2006

The ICDP approach to training is based on the idea that the best way to help children is by helping the children's caregivers. It is now well known that unless children have at least one caring adult to love them and teach them life skills, social behaviour and morals, their mental and emotional development will be impaired. Recent research suggests that normal physical development of the brain depends on proper interaction between a caring adult and the growing child. In normal circumstances such learning happens naturally. However when families are uprooted through social changes, migration, catastrophes, children losing their parents, or having been numbed by severe deprivation and emotional shock, this care often breaks down and has to be reactivated through skilled help. If children do not receive sufficient love and attention while they are young, the problem can perpetuate itself because they can themselves become inadequate parents. Therefore ICDP's focus is on trying to break this cycle.

**Programme** - ICDP has developed a simple and culturally adaptable programme, based on recent research in child development that sensitises and enriches the relationship between caregivers and their children. Local child rearing practices are identified and reactivated in order to stimulate development that is truly authentic and long lasting. The main aim of ICDP training is to build competence and confidence in the members of a community or an existing child caring system and to transfer the project to the local resource persons.

**Implementation** - The ICDP program was originally developed for parents/caregivers of very young children. Over the years it has proved to be relevant for caregivers of older children too. The program can be used in the area of prevention and rehabilitation in different contexts; to train staff in centres and institutions for children, to improve relational abilities of teachers in preschools and schools, or as a parenting programme working through networks, such as primary health care or social services. The ICDP programme can help develop standards for human care in emergency situations, when young children are placed in camps or institutions due to war, migration, catastrophes, abandonment or abuse.

**Training** - Workshops are given on 3 different levels, followed by practical application of ICDP in 2 'self-training projects'. At the first level of training participants implement the programme directly with families. The second level of training qualifies participants to train others. The final level of training authorizes participants to supervise the future developments of ICDP in their communities.

*ICDP began developing its training program in 1985 but an organisation was not founded until 1992 when it was registered as a private foundation, in Oslo, Norway, with the objective of working for the development of children and young people.*

*The ethos of ICDP is to provide for human care by activating empathy and education of both caregivers and their children.*

*The work of ICDP is based on the principles that are laid down in the UN Convention on the Rights of the Child. ICDP may participate directly or indirectly in activities run by other humanitarian organisation having corresponding objectives.*

## MOZAMBIQUE



The competence building project in the field of psychosocial care for AIDS affected and abused children has been operating mainly with funds received from NORAD, Regional Psychosocial Support Initiative (REPSSI) and a Swiss Foundation. The training in the ICDP program is facilitated in units that include practical seminars, field follow up, institutional mentoring and evaluation. Two hundred facilitators/promoters and 532 caregivers were trained in 2006, potentially reaching 11,993 children. ICDP Mozambique extended its program beyond Maputo and Nampula to new provinces, Gaza, Manica and Sofala. The Mozambican team consists of 3 men and 3 women supported by the International team: K. Hundeide, P. Mendes, I. Mendes and S. Momade.

The ICDP work in Maputo was centred in the extremely poor District 4, with a high prevalence of HIV, and with Reencontro as the main cooperating partner. Also in Maputo, the intervention in the orphanage "1st of May" continued to develop during 2006 and relevant changes in caregivers' relations to children were registered.

ICDP Moz also cooperated with the Ministry for Social Action in a project which offered training to staff in state institutions and with the Ministry of Education in a project that implemented ICDP with teachers. Two projects were developed with the aim of improving the educational conditions of vulnerable children. In Marracuene, a small town 40 km north of Maputo, 70 teachers from 2 primary schools received training. The project had considerable impact sensitizing teachers about children's rights and enhancing their daily interactions with pupils. The second project is in process of implementation in the Educational Centre of the national organization called "Kanimambo" and it involves training of teachers, vocational trainers, educational instructors, activists and parents.

During 2006 ICDP Moz established working agreements with two major regional networks: REPSSI, as key operational partner, and HACI (Hope for African Children Initiative). ICDP assumed the responsibility of providing knowledge and practical training in the psychosocial field to organizations belonging to these two networks. This led to a widening of the outreach programme and of the number of organizations whose staff was trained.

ICDP staff participated in a number of events that brought together institutions working in the area of child protection and development of the civil society. One of these events was organized by the Norwegian Embassy discussed decentralization of finance and the Rattso report, which analyses the work of the Norwegian NGOs and NORAD's general development strategy.

## TANZANIA

The ICDP project that started in 2005, in cooperation with the Kiwakkuki women's organisation, continued to develop. It focuses on the caregivers of children who suffered trauma and loss related to HIV/AIDS. In October follow up training was given to 21 facilitators and a week long workshop was held for 13 candidate trainers. The workshop participants are now doing practical work with caregivers. The project is seeking further funding.

## DENMARK

The ICDP network is affiliated to the Northern Jutland Centre for further education. However, ICDP Denmark is planning to set up a new foundation for the development of ICDP. There is about 10 competency development groups established all over the country whose work is sponsored by the municipalities. Their aim is to develop relational abilities in teachers. During 2006 around 150 persons were trained. In some of the communities such as the Randers, Jammerbugt and Mariagerfjord a decision was made for all future pedagogues to receive training based on ICDP. The team in Denmark will be organizing the next Nordic ICDP conference to be held in Saeby, in 2007. The subject of the conference will be "ICDP and Special Needs". ICDP contact for Denmark is Peter Westmark.

## SWEDEN

ICDP training has now spread all over the country and the programme is implemented through preschools, schools, social services, and healthcare. During 2006, 60 new ICDP facilitators were accredited. There are 506 facilitators and 70 trainers in total, although not all trainers are active. Among the accredited facilitators there are psychologists, social workers, pedagogues and nurses. The Social-Educational Institute has continued to offer ICDP as a course. ICDP Sweden has produced two books, "Information for parents" and "Information in the preschool" and these are given out free at ICDP seminars. A regional network meeting took place on the 13<sup>th</sup> February 2006. ICDP key contact for Sweden is Annelie Waldau Bergman.

## SWEDEN – RUSSIA COOPERATION

Throughout 2006, the Archangelsk "*Competence development*" project in northwest Russia continued to develop successfully and its work in institutions was presented at a seminar in September. The project ends in February 2007.

## NORWAY

**ICDP chairman, Professor Karsten Hundeide:** "2006 was a year when fundamental changes in the ICDP foundation took place. At the AGM it was decided to separate ICDP International from ICDP Norway. The new ICDP Norway organization was legally established with Ingeborg Egebjerg as chairperson, and Marianne Fjetland, Tove Jeppson, Hilde Tornes, Mona Hannestad, Marianne Eriksen and Henning Rye as board members. On the international board thanks was given to long standing members who stepped down: Henning Rye, Markus Hoff Berge, Helen Rønnaug Andresen, Wilbert Verheyen, Pedro and Maria Teresa Mendes. Over the years the ICDP programme demonstrated international relevance and adaptability to different target groups, so the board concluded that there was no need for developing new programmes and the name of the Foundation was changed from "International Child Development **Programmes**" to "International Child Development **Programme**". In Norway during 2006, in addition to the large scale implementation of ICDP as a preventive project for children, the program was also used with special target groups such as children with special needs, parents and children under protection, parents in prisons, and mothers with ethnic minority status. The ICDP booklet with the 8 guidelines for good interaction was published in 6 new languages: Sami, Persian, Russian, Kurdish, Albanian and Vietnamese. ICDP Norway will be cooperating with the Ministry for Children and Family Affairs, replacing ICDP International in this task. The Ministry employed two ICDP trainers, Grete Flakk and Mona Hannestad, to coordinate the ICDP nationwide project from their central office and is also sponsoring an ICDP evaluation project which will assess the future impact of ICDP in the country. Professor Lorraine Sherr, from the University of London, is in charge of this evaluation, assisted by a team from the Ministry and from ICDP. ICDP is in process of applying for tax exempt status which is important for future fund raising. Fund raising is at present our greatest challenge both internationally and nationally and it requires assistance from professional people. The ICDP board recruited new part time office staff, secretary Trine Gerlyng and treasurer, Ylva Snekkvik."

**ICDP pilot project in the area of child protection** took place in Oslo, led by Janni Eriksen and Ingeborg Egebjerg. Ten social workers from 5 offices were selected to be trained as ICDP facilitators applying the programme with groups of mothers. In the evaluation sessions both the trained social workers and parents found the ICDP programme useful in creating more positive relationships with children and also among adults.

**ICDP project with mothers from different minority groups** was led by Mona Hannestad and it will continue to spread around the country during 2007. A special feature of this work is that the ICDP group meetings with parents are run by persons from the minority groups in their native languages. Each promoter is accompanied by one Norwegian professional who takes a more passive role and assists the meetings without speaking, except to answer questions relating to the Norwegian care and education systems. In 2006 trained were 60 facilitators and 8 trainers.

**ICDP project for parents with special needs children** led by Hilde Tornes, in consultation with Professor Henning Rye, started in 2005 and will end in the spring of 2007. Trained were 14 facilitators represented by professionals from the "PPT" language centre and the "Statped" pedagogy centre, as well as by the personnel from health stations.

**ICDP pilot project for parents in prisons** was led by Grete Flakk and Ingeborg Egebjerg. Facilitator level training was first given to 16 members of prison staff and subsequently, due to the success of the programme, a new group of 17 staff members from 6 prisons received training. Each facilitator ran group meetings with 6-7 parents. In order to make ICDP sustainable long term, 2 persons are currently being trained as ICDP trainers and they will in the future run ICDP yearly courses for prison staff.

**SOUTH AFRICA** An ICDP workshop led by Professor Karsten Hundeide and Irina Mendes took place in Durban from the 24 – 27 October, supported by the Bernard van Leer Foundation. Participants included professionals from organizations working with children at disadvantage, and included some visitors from Zimbabwe and Lesotho. Participants will implement ICDP as part of their practical work with caregivers.

**NORDIC NETWORK MEETING** The third ICDP Nordic Network meeting took place at Gränsö Slott, about 270 km south of Stockholm. It gathered 75 accredited ICDP facilitators and trainers, 25 from each of the 3 countries, Norway, Sweden and Denmark. The two day agenda included several presentations, followed by parallel workshops and then exchanges of practical experiences from the field in small group work. All participated in an evaluation session held in the plenary.

## INDIA

Professor Karl-Peter Hubbertz, from Germany, held 2 ICDP courses, in Athgara and Malda and in West Bengal. Due to very good response during 2006 field workers from six participant organisations implemented the programme in practice with different groups of families and children. Their work was evaluated at a subsequent training seminar.

Two regional ICDP-groups of promoters were established who meet on regular basis: the "north-group" and the "south-group". German organisation "Indienhilfe" is sponsoring each ICDP group with small funds covering the costs of materials and other expenses. The work is planned to continue in 2007.



## COLOMBIA



During 2006 ICDP continued to cooperate closely with UNICEF, its main partner and sponsor since 2001, and its programme continued to spread throughout the provinces of Boyacá and Nariño, with new project developments in the Huila and Chocó provinces, as well as in the towns of Medellín, Bogotá, La Tebaida, Manizales and Urabá.

In Huila the ICDP project committee included the local government, 3 ministries, UNICEF and Ecopetrol. Trained professionals from education, health and social services applied ICDP in the area of prevention reaching 15,000 families. In Boyacá, workshops were held in nine towns attended by 900 facilitators. There were several workshops for professionals from Nariño. In Chocó, a core group was formed who facilitated training of over 200 promoters who are gradually reaching 2000 families and children at high risk.

In Bogotá, 104 families that had recently abandoned the guerrilla movement received ICDP psychosocial intervention over a period of 8 months; 7 persons were selected and trained as ICDP promoters. This was a pilot project in cooperation with the Defence Ministry and Bogotá municipality, sponsored by the International Organization for Migrants (OIM). The project showed significant impact by creating motivation, hope and new space for empathic behaviour inside the families. In Medellín, workshops for professionals from the government programme "Buen Comienzo" and the CINDE foundation were followed by projects with 350 vulnerable families in marginalized areas of the city. The university Luis Amigo included ICDP in their project of assistance for 150 displaced families in Medellín, meeting regularly throughout the year. In La Tebaida intervention involved preschool teachers and 70 mothers living in poverty, some trained as promoters. ICDP Colombia team: Nicoletta Armstrong, Carmen Lucia Andrade, Claudia Marcela Rojas, Ayda Brigitte Ramirez, Dora Lilia Aristizabal, Blanca Cecilia Garcia and Ricardo Jiménez.

## PARAGUAY

The ICDP team led by Elisabeth Gavilan developed a new project for low income families in Villeta, and in Eusebio Ayala, where latent violence marks the general atmosphere. ICDP successfully generated an affectionate parenting style in the participants who also forged friendships among each other and became motivated to develop micro enterprises together to and set up day centres for their children. In another project 28 students applied the ICDP methodology directly with groups of young children and families. In total 225 children and 79 families were reached.

## GUATEMALA

Upon an invitation by UNICEF, ICDP held several introductory workshops to 11 local institutions and networks. Plans were made for future cooperation, starting with a workshop for 90 persons in February 2007.

## BRAZIL

In 2006 the ICDP trainer Afonso Luft started negotiations for new project developments piloting the ICDP methodology in the area of prevention, with the municipalities of Florianopolis, Biguaçu, São José and Palhoça. He also prepared an updated version of the ICDP Manual.

## ARGENTINA

There were field visits to 6 preschools in Cura Brochero and San Lorenzo where ICDP is being implemented. Regular support meetings were held with promoters working with families in La Paz. In Córdoba teachers and mothers linked to the NGO "La Minga" received training. The main focus was on creating positive strategies for setting limits to children and adolescent behaviour. A new CD with traditional songs was added to the ICDP pack of materials.

## EL SALVADOR

An ICDP project was developed in cooperation with the Ministry of Education, Ministry of Health and Social Services (ISNA) and was sponsored by UNICEF. Workshops for 90 facilitators and 300 promoters, including teachers, volunteers, health nurses, social workers and community leaders, were followed by practical implementation of the programme in 7 provinces, reaching 600 vulnerable families and children. In the evaluation sessions the majority of the facilitators said that ICDP meant starting to work on oneself and on the relationships inside own families. This was, according to them, both a gift and a learning process that enabled them to reach out and inspire others to apply ICDP in practice, particularly emphasising the need for empathy and loving guidance. Some of the teachers felt the importance of introducing ICDP to all their colleagues in schools and did so in their spare time. ICDP helped teachers to relate better not only with children but also with their colleagues. The majority of those trained felt the importance of spreading the positive messages of the programme further into their community in the future.

**MOST PROJECTS RECEIVE FUNDS DIRECTLY,  
WHICH ARE NOT INCLUDED IN THE REPORT BELOW**

# FINANCIAL REPORT

|  | Income         | Expenditure    | Transfers to 2007 |
|--|----------------|----------------|-------------------|
|  | USD            | USD            | USD               |
| General activities                         | 34.606         | 30.450         | 4.156             |
| UK office and South America desk           | 20.378         | 19.393         | 985               |
| Mozambique                                 | 156.250        | 185.909        | -29.659           |
| Latin America general                      | 3.064          | 0              | 3.064             |
| Ethnic minorities, children in social care | 44.229         | 18.259         | 25.970            |
| ICDP adapted to social care                | 49.438         | 30.029         | 19.410            |
| Children with chronic illnesses            | 90.781         | 25.654         | 65.127            |
| ICDP adapted to teenagers                  | 90.917         | 0              | 90.917            |
| Creation of DVD                            | 22.034         | 352            | 21.682            |
| Pre-project - Children in asylum           | 15.313         | 5.846          | 9.466             |
| Pre-project - Evaluation of ICDP           | 0              | 1.191          | -1.191            |
| School project                             | 32.540         | 0              | 32.540            |
| <b>Total</b>                               | <b>559.549</b> | <b>317.082</b> | <b>242.466</b>    |



**Karsten Hundeide**  
Chair of ICDP



**Santana Momade**  
ICDP board member



**Nicoletta Armstrong**  
ICDP board member



**Ylva Snekkvik**  
Treasurer



**Trine Gerlyng**  
Secretary



**Ingeborg Egebjerg**  
Chair ICDP Norway



**Mona Hannestad**  
Norway board member



**Henning Rye**  
Norway board member

## Overview of ICDP in 15 countries

| Country            | Target groups  | Trained since starting   | Length in country | Project holder                                   | ICDP local branch  | Funding sources  |
|--------------------|--|--|-------------------|--|--|--|
| <b>MOZAMBIQUE</b>  | AIDS affected orphans and abused children  | 200 facilitators/promoters, 532 caregivers potentially reaching 11,993 children          | 3 years           | ICDP   | ICDP Mozambique  | NORAD as main donor  |
| <b>INDIA</b>       | Families and children living in difficult conditions   | 1 trainer, 12 promoters, 200 families  | 1 year and a half | Local organisations                              | no   | German organization "Indienhilfe"  |
| <b>ISRAEL</b>      | groups of parents, pre school and school children and pre school and school staff              | 1 trainer, 2 facilitators running courses for teachers and parents                       | 2 years           | Local trainer                                    | no   | Mofet centre Haifa   |
| <b>NORWAY</b>      | Social workers, nurses, school and preschool teachers  | 110 trainers, 677 facilitators   | 9 years           | ICDP, Local networks                             | ICDP International Foundation registered in 1992<br>ICDP Norway since 2006 | Ministry of Children and Family Affairs, FLOCHEM                                       |
| <b>DNMARK</b>      | Schools, health stations, special needs children   | 200 trainers./facilitators, 10 competence groups spread around the country               | 6 years           | ICDP, Local organisations                        | ICDP Denmark, registered in 2002   | Ministry, local authorities  |
| <b>SWEDEN</b>      | Schools, preschools and health stations  | 70 trainers, 506 facilitators  | 7 years           | ICDP, schools, health services                   | ICDP Sweden, registered in 2001  | Local authorities, EU  |
| <b>RUSSIA</b>      | Children's institutions, families, special needs children                                      | Staff and parents in several institutions for children, including special needs children | 6 years           | Local organisations                              | no   | Universities in Norway and Russia, Save the Children                                   |
| <b>COLOMBIA</b>    | Urban and rural communities, displaced families, vulnerable families and children at high risk | 7 national trainers, 16,250 facilitators/promoters, 121 000 families, 350 000 children   | 11 years          | ICDP-UNICEF<br>University of Antioquia<br>FUNLAM | Fundacion ICDP Colombia, registered in May 2003                            | UNICEF, FPAA, Ecopetrol, Voluntary, SDIA, Local NGOs, FONG, FUNLAM, Univ. of Antioquia |
| <b>ARGENTINA</b>   | Urban & rural poor families  | 1 trainer, 100 promoters, 250 families   | 6 years           | Entrelazos (NGO)<br>ICDP                         | no   | Voluntary, SDBritain   |
| <b>EL SALVADOR</b> | Caregivers and vulnerable families and children  | 30 Facilitators, 60 promoters, 600 families  | 1 year            | Local ministries and ICDP                        | no   | UNICEF and local ministries for education, health and social services                  |
| <b>PARAGUAY</b>    | Children's institution, sexually abused teenage mothers, poor community                        | 4 facilitators, 30 promoters, 120 caregivers, 300 children                               | 4 years           | Vida Plena Foundation                            | no   | Voluntary, SD Germany  |
| <b>TANZANIA</b>    | Children and families affected by HIV/AIDS pandemic  | 21 facilitators and 13 trainers  | 2 years           | Kiwakkuki women's organisation                   | no   | University of Bergen   |

In addition, an ICDP training course took place in Durban, **SOUTH AFRICA**; plans were made for a new project with municipalities in Florianopolis, **BRAZIL**; and in **GUATEMALA** a country wide training programme was established in collaboration with UNICEF and the local networks working for the benefit of poor families and children, with the first workshop to be held in February 2007.

### Main income is from:

**NORAD, Norwegian Ministry of Children & Family Affairs, seminars in Norway, UNICEF, enterprise donation and interest on bank deposits**