

ICDP Portugal in action

With the conclusion of the work performed in Lisbon in May 2007, ICDP Portugal sensitised its first Promoter group.

From this initial group of seven, four revealed a strong will to continue their training in the ICDP Programme.

In order to make this possible, it was urgent to find a place for this team (a Nutritionist, two Psychologist and an Architect) to carry out their fieldwork.

Therefore, after a previous meeting with the Director of the Educational Centre “Roda Viva”, we were invited to start a sensitisation programme with the children’s parents.

This educational centre in Alfragide (near Lisbon), is a non profitable social support institution, which receives children aged four months to fifteen years (in a 117 children total).

Due to the social and economic background of this region, due to the relational difficulties between parents and children (identified by the Project Director) and considering the good results obtained in previous parental education actions (performed by ICDP trainer



Penélope Villar), it was decided to move on with a project for parents sensitisation.

This action was based on ICDP principles and held as a goal not only the Parents sensitisation, but also to provide the fieldwork for training the first ICDP Portugal Facilitators team.

This action took place between March and June 2008 and 15 families were involved by this initiative.

Results were very positive, since both parents and Facilitators were able to develop specific competences. We assisted a process of behaviour change in Parents and also an improvement in our team competences. This successful



intervention assured the project continuity, which will see its range widened in the next months

In conclusion, we can say this initiative consolidated this young team and we are looking forward to new projects.