

Update from Nepal, November 2024

ICDP Nepal, under ECEC innovation in education, embarked on its journey in 2014.

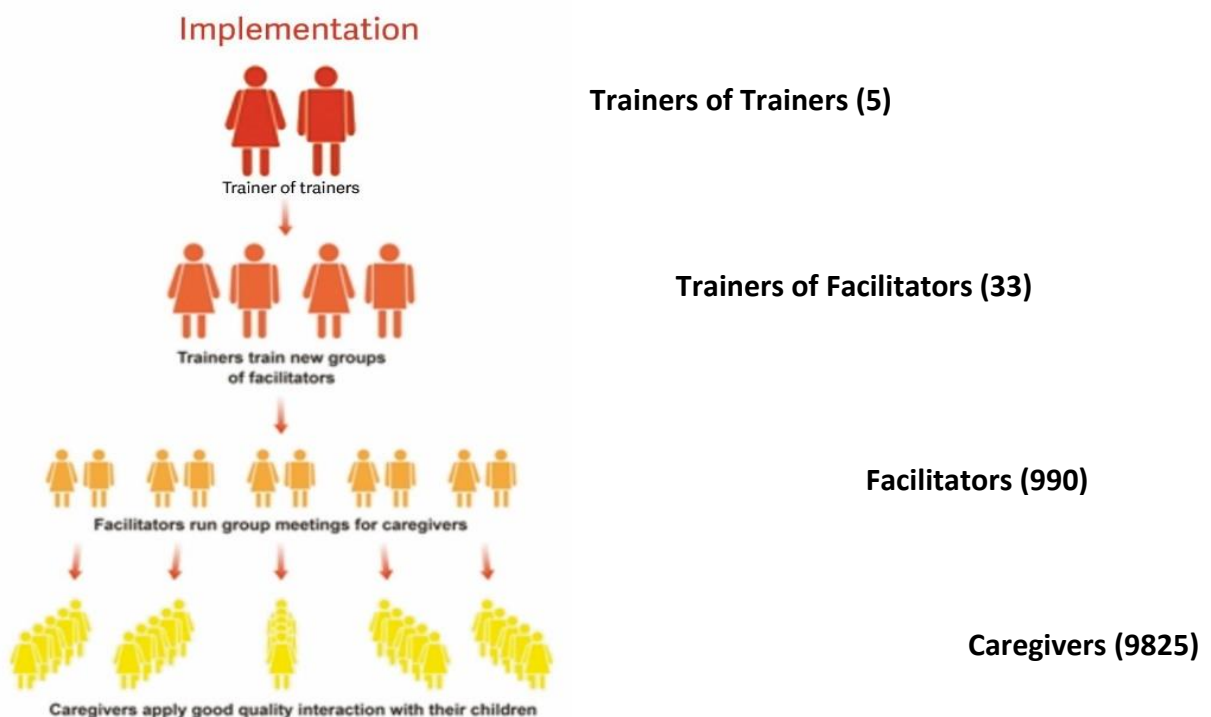
Since then, the organization has conducted numerous ICDP facilitator level trainings and, starting in 2020, ICDP training of trainers (ToT) programmes.

This year alone, 10 facilitator level trainings were held, resulting in the development of 235 new ICDP facilitators who reached 1,465 caregivers.

Some of the organizations that participated in the training include CarNet Nepal, CP center, Koshish, Bethany Vision Nepal, Nepal Sports Fellowship, New Life Kathmandu, Samanta, Koinonia, Good Friends Nepal among others.

We were also able to organize a first ever ICDP Facilitators' Network meeting in the Eastern region of Nepal. A total of 88 facilitators attended this event.

ICDP in data till November 2024:



1. ICDP Facilitator Training:



Facilitators developing invitation flyers for caregiver's meeting



Facilitators presenting report on caregiver's meeting

2. ICDP Caregiver's Meeting



3. ICDP Facilitator Network Meeting



Testimonies

Caregiver, Samjhana Nepali: "I have a six-year-old son, and we live in a joint family. Despite my long hours at work, I am still expected to contribute to household chores before attending the ICDP caregivers' meetings. However, I do not dwell on the workload. Even amidst my busy schedule, I have always been mindful of caring for my child. Nevertheless, I have often felt like I am falling short in some way or another.

Attending the ICDP caregivers' meetings has taught me the importance of patience with my child. Previously, I would pressure him to eat and complete his assignments



on time due to my own obligations. However, I came to realize that rushing him only caused him unnecessary stress and could hinder his overall development. Collaborating with both my child and my husband, we established a balanced schedule that includes designated study and play times. This has created an environment where my child feels understood and loved by his parents.

Implementing a timetable has helped my child complete his assignments punctually, allowing us to enjoy quality family time together. Additionally, I'm actively working on improving my relationship with my in-laws by mentalizing, acknowledging and respecting their individuality and unique love languages."

Facilitator, K.B.Saud,(on the left on photo below, receiving his ICDP diploma):



As a child, I was raised by a strict father who neither asked my opinions nor advised me with any compassion. I was spanked for small mistakes too. Therefore, I assumed that this was how a child is raised.

I treated my children in a similar way until I joined ICDP. I never put an effort to get to know my children and their feelings. The first workshop itself was an eye opening to me and I regret for the way I treated my children. ICDP took me back to my childhood stage and made me realize that the parenting style that I adopted was not positive. The workshop changed me and my way of parenting. It is difficult to change the habit now but I know I will be a better father in course of time as I go on applying the ICDP principles.