



# International Child Development Programme sti

## ANNUAL REPORT 2025





## Introduction

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ICDP began developing in the 1980s, with the intention to help disadvantaged children by applying psychological knowledge and scientific research in a practical intervention programme. Psychology professors, Karsten Hundeide and Henning Rye, from the University of Oslo, and in cooperation with a small international team, gradually developed the ICDP programme and registered the ICDP Foundation in 1992. Hundeide's vision drove the team forward during 19 years of his chairmanship.

## Ethos

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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.

## Approach to training

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The ICDP approach is based on the idea that the best way to help children is by helping the children's caregivers. Research shows 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.

## The ICDP Programme

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ICDP is a flexible and culturally adaptable programme, based on research in child development that sensitises and enriches the relationship between caregivers and their children. The programme was originally developed for parents/caregivers of young children. However, ICDP's broad principles proved to be relevant for caregivers of older children and adolescents. More recently, it was successfully applied in the care of the elderly.

## Implementation

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The aim is to build relational competence and confidence in the members of a community or an existing child caring system and to transfer the project to local resource persons. Local child rearing practices are identified in order to stimulate truly authentic and long-lasting development.

## Training

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The ICDP Foundation offers workshops at caregiver, facilitator and trainer level. These are followed by practical application of ICDP in 'self-training projects'. ICDP facilitators are entitled to implement the programme to train parents/caregivers, whereas trainers are qualified to train new groups of facilitators. ICDP issues diplomas and agreements are signed with trained individuals and partner organizations.

## Evaluation

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ICDP policy is to encourage its partner organizations to monitor and evaluate ICDP. Many studies can be found on the [ICDP webpage](#)



## COMMENT FROM THE CHAIR

As global needs continue to grow in the face of ongoing unrest, we are reminded of the importance of our shared efforts to help create a safer and more nurturing environment for all. In 2025, as in the previous year, we have observed continued development of ICDP initiatives across many parts of the world. Inevitably, there have also been some changes of staff and other unforeseen circumstances that have reduced, stopped or suspended the work of some of the ICDP initiatives.

It is with joy that I note how the reports from diverse contexts highlight the positive impact of ICDP—bringing hope, strengthening relationships, and fostering empathy and harmony within families and their surrounding communities. Here are two examples:

*“We resented our father because he was so brutal, we gave him the nickname, Boyka, a famous and ruthless kickboxing movie character. He did not tolerate any mistakes from us as his children, and he would shout or beat you for any small mistake you made. One time I asked my mother whether he was really our father, or he had just adopted us. We never thought our father would change because even though he was getting old, his temper was not going away. However, one evening he called us to say he had been attending parenting classes. He made us express our feelings about his terrifying way of parenting, and he has been a great father ever since. My father is now gentle, loving and caring. We love to call him Daddy, and we can embrace him without any fear. He listened to me when I told him that I needed to change schools, and this made me come out second in my class”. – Quote from ICDP work by Save the Children Zambia*

*ICDP Mozambique has been cooperating with Unicef for many years now. On the 8th of March 2025 a short video was put on Youtube by Unicef, as a way of celebrating International Women’s Day. It is called Child Marriage Story: Esperanca: <https://youtu.be/8a6h2JSmw80?si=cwDmdFLl0ktFYJFX> Thanks to the intervention of Unicef and ICDP, Esperanca was rescued from her child marriage and was able to return home and to school*

We have witnessed the invaluable contributions of our many partner organizations, several of which have systematically expanded ICDP across multiple countries over time, particularly Save the Children, Normisjon, and Unicef. These efforts build on strong, established collaborations with local organizations and networks of care. In several countries, efforts have been undertaken to secure full government commitment to supporting the expansion and sustainability of ICDP. In 2025, some of our colleagues have continued with their efforts working alone but not giving up despite lack of financial support. For example, in Colombia, after a pilot project, a comprehensive handbook for caregivers of older people was developed by two dedicated volunteers.

This annual report aims to give readers a sense of the breadth and diversity of ICDP initiatives across culturally varied contexts, while also offering space to reflect on the essence of ICDP in its many forms and its contribution to those who need it most.

Over the past year, important progress has also been made in the evaluation of ICDP. We recognize and deeply value the considerable efforts devoted to conducting and organizing research that demonstrates the impact of ICDP on children and their caregivers. In particular, studies carried out by Save the Children in Nepal and the Philippines have yielded remarkable findings, including evidence of the programme’s positive economic impact. In Norway, a third research paper examining ICDP in the context of caregivers of older adults was published, while in Sweden, the results of a study exploring perceived changes among preschool teachers and children following ICDP implementation were also published in a peer-reviewed journal. These, along with other evaluation studies, have been made available online through our website: <https://icdp.info/downloads/evaluation-studies-of-icdp-worldwide/>

And importantly, following assessments of studies conducted in Norway and internationally, the programme has been awarded a score of 4 out of 5 on the Norwegian government’s scale, which measures the extent to which programmes are evidence-based.

The International Sharing Community platform, together with several regional online and in-person meetings, has actively promoted global exchange and created valuable opportunities for dialogue and shared learning. Many stories have been shared—stories that inspire admiration and gratitude. We have been deeply moved by the experiences of colleagues who have worked tirelessly over many years, as well as by those who have recently joined with fresh energy and commitment.

Our global network continues to spread positive messages, fostering joy and supporting the healthy development of children and their families. I hope that the inspiring work of our partner organizations will generate renewed energy and commitment as it did last year, encouraging us all to continue this important work with the same dedication reflected in the stories shared in this report. I extend my heartfelt thanks to all members of our ICDP network. It is your dedication that keeps the ICDP spirit alive—bringing light to the lives of children, families, caregivers, and their communities.— Nicoletta Armstrong

# ICDP in Africa

Mozambique, Tanzania, Ghana, Ethiopia, Malawi,  
Botswana, Zambia, Somalia, South Africa, Ivory Coast,  
Tunisia, Senegal, Uganda

## OVERVIEW:

## MOZAMBIQUE

ICDP has been working in Mozambique since 2002. The domain of work and expertise is competence building in the field of psychosocial and emotional care of disadvantaged children, through upgrading the quality of care of their caregivers, parents, and networks of care. An experienced ICDP team of trainers is mobilized according to request to train in different parts of the country. ICDP work has proved to be effective and has a wide outreach impact. ICDP Mozambique is a technical partner and member of the Psychosocial Group coordinated by the Government and belongs also to the Intersectoral Group for OVC, which plays an important role in influencing children's policies. There has been a particularly close cooperation with the local ministry, UNICEF and IOM. ICDP Mozambique had also been giving technical assistance to social workers involved in The Child Grant (0-2 years) programme, which is an unconditional cash transfer programme targeting children living in poor or vulnerable households with the objective of reducing poverty, improving child wellbeing, and promoting access to social services.

Update 2025, by ICDP representative Santana Momade:

### ***Strengthening MHPSS, Protection Systems and Community Resilience Across Mozambique***

#### **1. Introduction**

In 2025, ICDP Mozambique continued to expand its contribution to child protection, psychosocial well-being across 4 Provinces and 23 districts of the country. The programme focused on strengthening the competencies of civil society organisations, community structures, and government staff working with children and families in vulnerable situations — including internally displaced persons (IDPs), host communities, children exposed to violence, neglect, exploitation, and premature unions.

ICDP maintained strong collaboration with the Ministry of Gender, Children and Social Action (MGCAS), UNICEF and other partners.

Across all interventions, ICDP promoted children's rights, gender equality, and the protection of women and girls, ensuring that psychosocial support and caregiving practices remain central to community resilience and recovery.

#### **2. Project: Care Component of the Child Grant Programme (Cabo Delgado)**

##### **Context**

Cabo Delgado continues to face severe humanitarian and protection challenges due to ongoing insecurity, displacement, and limited access to services. Within this fragile environment, ICDP's work plays a critical role in safeguarding vulnerable children and supporting caregivers under stress.

##### **Key Contributions**

ICDP strengthened the Care Component of the Child Grant programme through a combined **competence-building and case management approach**, ensuring that children exposed to violence, neglect, exploitation, or early pregnancy are identified, assessed, and linked to appropriate services.

ICDP provided:

- Technical assistance to government delegations
- Support to SDSMAS/RAMAS in case registration and follow-up
- Strengthening of multisectoral coordination mechanisms

### **Achievements**

Despite insecurity, districts exceeded enrolment targets for the Care component of Child Grant:

- **1,154 cases** referred for case management and parents received psychosocial care and support
- Regular training for SDSMAS, INAS technicians and volunteers
- ICDP program and Case Management training delivered across districts

### **Coordination**

The programme facilitated:

- Joint meetings with health units
- Coordination with the Prosecutor's Office
- Engagement with District Education Services
- A provincial roundtable chaired by the Provincial Director of Gender, Children and Social Action, gathering 44 participants from government, INAS, SDSMAS, UNICEF and ICDP

### **Challenges**

- Lack of equipment and financial constraints
- Insurgent attacks and displacement
- Difficulty locating families
- Barriers to birth registration and school reintegration

### **Resilience and Adaptation**

Teams demonstrated exceptional commitment by:

- Use of motorcycles
- Conducting remote follow-ups
- Drafting care plans from safer districts
- Contributing personal resources to maintain activities

### **Conclusion**

Despite operating in one of the most fragile environments in Mozambique, ICDP strengthened:

- Local capacity
- Multisectoral coordination
- Identification and follow-up of vulnerable children
- Community engagement and ICDP parenting sensitization
- Protection pathways for adolescent caregivers



*Capacity-building Training for Government Staff*

### **3. Project: Technical Assistance Programme for the Elimination of Child Marriage**

Implementation advanced across Zambézia, Nampula, Sofala and Cabo Delgado, each with distinct social and protection dynamics. Post-electoral demonstrations and ongoing insecurity affected community engagement, but adaptive planning ensured continuity.

#### **Core Achievements**

- Identification, support and follow-up of cases of child marriage and violence against children
- Expansion of preventive systems through ICDP's Positive Parenting and Caregiving Programme
- Capacity-building for DPGCAS, SPAS, SDSMAS, CCPCs and caregivers
- Strengthened District Reference Group (GRD) coordination
- On-the-job coaching for RAMAS technicians
- Community sensitisation on SEA, child marriage and violence
- Advanced training in Case Management, MHPSS and PSEA for DPGCAS and UNICEF staff
- Resilience-building interventions including PFA, individual and group counselling, and self-help groups

#### **Reach**

- 4.300 children and girls rescued from child Marriage and violence and supported
- 95 CCPCs strengthened

- 80 government technicians trained
- 900 caregivers trained in ICDP parenting programme across 10 districts



*Support group session for survivors of child marriage*

#### **4. Project: Psychosocial Support for Internally Displaced People and Victims of Armed Conflict**

ICDP, together with its partners, is developing an integrated psychosocial support and mental health programme for internally displaced people currently living in Nampula province, particularly in Nacala district and host communities. It is evident that this crisis increases vulnerability to physical and sexual violence, abuse and neglect, trafficking, exploitation, child labour, and early unions.

Furthermore, the already limited protection services available at community level are facing significant challenges and experiencing growing pressure on their scarce resources, heightening the risks to mental health and spiritual well-being for both host and displaced populations.

ICDP expanded community and school-based MHPSS services, ensuring that children and their families affected by conflict-related displacement receive emotional support and safe spaces to receive adequate care,

#### **Strengthening Community and School-Based MHPSS**

ICDP delivered targeted MHPSS training to:

- 30 community volunteers
- 19 teachers and schools director
- 9 district technicians
- 400 caregivers were sensitized in ICDP parenting programme. Caregivers learned new approaches, challenged harmful practices, and shared cultural strategies of care. Sessions also addressed GBV risks, child rights and early reporting of suspected sexual violence. The sessions aim to strengthen caregivers' capacity to support their children's mental health and psychosocial well being, whether or not the children have experienced trauma. Parents learn new caregiving approaches, challenge harmful traditional practices, and share culturally rooted strategies of care and healing. For many women, the group also provides a rare safe space for open discussion about family challenges and emotional stress. Caregivers are introduced to

signs of trauma, anxiety and psychological distress, and receive guidance on when and how to seek support through community structures, project psychologists or district mental health services. Relaxation techniques are practiced to help caregivers manage stress and support children during moments of panic or emotional overwhelm. Participants report improvements in family communication, reduced use of harsh discipline, and greater confidence in recognizing when a child needs help. The sessions also address gender based violence risks, child rights, and the importance of early reporting of suspected sexual violence or exploitation.



*Community sensitization sessions on positive parenting training*

## **5. Overall Conclusion**

ICDP Mozambique strengthened the foundations of community-based MHPSS, positive parenting, and child protection systems across multiple provinces. Through capacity-building, coordination, and culturally grounded approaches, the programme contributed to safer, more nurturing environments for children, girls and families affected by conflicts, displacement, poverty and chronic vulnerability.

The resilience of staff, technicians, caregivers, community leaders and volunteers remains central to this progress. Continued investment, stronger integration of services and improved security conditions will be essential to sustain and expand these achievements in the years ahead.

## **TANZANIA**

In Tanzania the first initiatives with the ICDP programme took place in 2004 and since then many groups of parents have received training. The local partner from the start has been KIWAKKUKI, a women's organisation working with matters related to HIV/AIDS. During 2018-2019, KIWAKKUKI developed a project with the aim of enabling children (0-6 years of age) with HIV and AIDS to attend a Care and Treatment Clinic. In connection with this project, the participant children's parents were invited to attend courses in ICDP and their responses were very positive.

In 2011, the ICDP developments in the Manyara region in Tanzania started at Haydom as a cooperation programme between the Haydom Lutheran Hospital and the Sorlandet Hospital in Kristiansand. Their cooperation has continued, and it was later extended to include Taswo (Tanzanian organization of social workers) and Fo (Norwegian association of social workers). Since 2015, Gunnar Eide, representing FO, has been the International Coordinator of this project. About 40 facilitators have been trained since then by two experienced trainers from Moshi, Egla Matechi and VERNICE Fredrick. During 2024, eight facilitators based in four areas of Tanzania, Arusha, Singida, Mbulu and Haydom, were trained by Patrick O'Loughlin and Chiku to become trainers. Ali Ezekiel Assecheck from Taswo is the national coordinator.



**2025:** An important and historic event took place in Arusha in September 2025. More than 50 facilitators and 11 trainers from 4 different parts of northern Tanzania were gathered for the biggest ICDP seminar ever held in Tanzania, together with 5 guests from Norway. The event looked at early developments of ICDP and Grete Flakk told the story of ICDP Tanzania since its beginnings in Moshi in 2004. She invited Lui Mfangavo, Egla Matechi and Velynice Monyo to talk about their experiences as facilitators and trainers, as they have been active from the very early days and still are today.

During 2025, Velynice Monyo continued to train teachers and students in two local schools.

Separately, a total of 18 individuals qualified as facilitators and their training was sponsored by the Strømme Foundation, Norway. The facilitators wrote the article below in November 2025:

### **A voice from us, new facilitators from Eastern part of Tanzania**

Interaction with parents, caregivers worked very well for us. Their stories, their ownership of change in parenting skills and testimonies were indeed a wake-up call for us all. Among many changes impacted by ICDP knowledge, we were all taken aback by how great the effect of insulting name-calling is on children. We never thought that negative name-calling was affecting a child's self-esteem and that it could disrupt the natural development of a child in many areas. This was an eye opener for us. We, together with caregivers, had to stop and rewrite our cultural application modes from negative consequences they imposed. As one facilitator member put it:

*"I wish everybody would participate in this training. We should all ask ourselves how our children perceive us caregivers!"*

We altogether expressed the need of promoting "ICDP families" in our communities. Though, in the beginning of the training we were a bit sceptical, at the end of the training we agreed that the ICDP intervention was easily embraced with very good results. We all reached an understanding that ICDP was not for younger generations and their children, but for all generations. In fact, we realised that it is mostly parents and grandparent's stories that put ICDP on the agenda. ICDP fits in with everybody. Some of us have no children of our own but we have become "watch dogs" for our sisters and other members of our families, not to mention our neighbours and their children. It is just magic the way we spontaneously apply it in our everyday interactions.

One of us recalled that the community members had given her a nick name "ICDP mother". She said, "whenever they saw her approaching, they found time to sit down with her and start asking

questions that are to do with a positive and healthy child upbringing". This is an achievement, not only for us but for the rest of all those who have been touched by ICDP.

We shared stories from parents who now call themselves legitimately "ICDP parents". One parent confessed to us after she had attended a few meetings she finally allowed her son to study music, a field we as parents always thought of as vulgar and not a serious profession- "fani ya kihuni" in Swahili language.

Another parent used to cane her child just because the child spit saliva on the palm of her hand and brushed the saliva on her dress. ICDP changed her. In short, we agreed that ICDP is an agent of change, we just need to send a message that helps caregivers to recognise that "a child is a person". In Swahili language this is now a slogan; "MTOTO NI MTU"

Children with health challenges such as physical disabilities, dyslexia, mental health issues are now receiving the ICDP approach. We received testimonies assuring us that some vulnerable groups are now no longer suffering violence, and are protected from being bullied – instead they are included in activities as far as their capacities allow.

We, as facilitators, are certainly helping others regarding healthy upbringing. When we acknowledge and applaud parents who have realized that corporal punishment is not a solution, this is an undeniably a result of ICDP.

Tanzania is a country with many ethnic groups. There are more than 130 languages spoken in Tanzania – all with different cultural practices. We, the facilitators in the Coast Region also come from different cultures under the same nation, Tanzania. Our ICDP gathering enriched our knowledge by sharing unique stories among us. This diverse cultural meeting gave us a wider perspective in collecting and comparing parents' experiences from out there in the communities. Together with caregivers with different perspectives and practices in child's upbringing, we have nevertheless been able to build a common ground for all, simply by sharing those experiences.

ICDP is not only a good platform but a "safe space". It is solution-oriented, allowing you to let your children feel free to choose their professions, their dreams. ICDP nurtures peer living. Before ICDP, we deprived children of their role in forming their own future lives. However, with ICDP, we are now embracing a platform that will help their development. Meeting with parents was an added value both for them and their children, as well as for us with our families. Violence has become a stranger because "love wins all".

Let us sum up our news by narrating a short story from Mossi Pembe:  
Mossi Pembe, a 46-year-old mother of three and grandmother of one from Bagamoyo community, once described herself as a very strict and feared parent.

*"I used to be extremely harsh, and the entire community knew me for my tough nature," she recalls. Her relationship with her children was strained, and communication within the family was almost non-existent.*

Mossi admits that in her earlier parenting approach, she treated her children more like objects than individuals with feelings and needs. This deeply affected them and contributed to their misbehaviour, as they grew up in an environment dominated by fear rather than understanding. In her household, discipline was often enforced through punishment. *"Whenever something went wrong, my first instinct was to beat them, not to ask questions,"* Mossi says. This pattern created fear and silence among the children. One painful example she remembers is when her grandson lost his school bag and exercise books. Out of fear of being beaten, he kept it a secret and went to school for a whole week without writing anything. When Mossi eventually found out, she reacted with anger and punished him severely without even asking for the reason. Incidents like this built a wall between her and the children, making them fearful and withdrawn.

Everything began to change when Mossi was introduced to ICDP. The training focused on positive parenting and how to raise children in a more loving and understanding environment. It became a turning point in her life.

*"Through the knowledge I received, I have changed significantly. It has really helped me in raising my children and my grandchild,"* Mossi shares. The ICDP training opened her eyes to a new way of parenting one based on empathy, dialogue, and mutual respect, rather than fear and punishment.

*“These days, I no longer rush to punish my children when something goes wrong. I take time to talk to them and understand the root cause of their behaviour, I listen to them more, and we have open conversations. I now use calm words to solve problems instead of shouting or beating.”*

Her 11-year-old grandson, Shafii Haruna Juma (on photo below), has also noticed the transformation.



*“I used to be afraid of my grandmother. She was always harsh and difficult to talk to,” he says. “But recently, she has changed. I haven’t been beaten in a long time. One day, my shoes were stolen at school, and I called her. To my surprise, she came to the school shortly after and helped me. I was so happy. I didn’t expect that at all. I thought she would beat me without even asking what had happened.”*

Mossi’s transformation has not gone unnoticed. Her children now enjoy a closer and more loving relationship with their mother.

*“I’ve also started to praise them when they do something good,” she says with a smile. “This is a big change for me. I never used to acknowledge their efforts before, but now I recognize and celebrate their achievements.”*

She is deeply grateful for the knowledge she gained through ICDP and encourages other parents to embrace this positive approach to parenting. This shift has brought peace, trust, and joy back into her home.

- Warm regards from, ICDP facilitators. Pwani Region of Tanzania

## GHANA

ICDP Ghana website: <https://icdpghana.org/>. ICDP has been active since 2012. The work started on the initiative of Joyce Larnyoh, with a series of ICDP workshops for key staff and community workers, initially in the Upper Manya District of the Eastern Region of Ghana and later in other areas too.

ICDP Ghana as an NGO was soon established and it still continues to work with the aim of improving the psychosocial health and wellbeing of vulnerable children by increasing the relational competences of adults in charge of their care.

ICDP Ghana counts on a small team of facilitators, trained and supervised by Joyce.

A special focus has been on training teachers and inserting ICDP in more complex educational projects through cooperation with well-established organizations, such as PLAN Ghana, T-Tel and STAR Ghana. ICDP was elected as a Co-chair member of the Civil Society Platform on the Sustainable Development Goals (CSO Platform on SDGs), and a Convener for the SDG Goal 4.

The ICDP principles are used to sensitize families that are often reached by community projects run in partnership with other organizations, and these initiatives have addressed a wide range of issues. For example, over the past 6 years, ICDP Ghana through its Village Savings and Loans Association (VSLA) initiative aims at providing simple savings and loan facilities in communities that does not have easy access to formal financial services. ICDP Ghana in partnership with Ultrasound Consultants International LLC-USA, introduced a new initiative which will improve healthcare access and contribute to improving maternal health. The project is piloted in 5 communities in the Akwapim-South municipality, eastern region of Ghana.

In 2023, through the Village Savings and Loans Scheme, women in the Otwetiri Community received ICDP training. The initiative improved their relationship with their children and it gave the women easy access to small loans to enable them to support their children with their educational and health needs. At the Early Childhood Centre of Grace Early Childhood School twenty teachers were trained and benefited from the ICDP empathy-based approach to caregiving. Through the collaboration with OCC USA, the school children received gift boxes from OCC USA. This was to support their literacy skills.

In 2024, ICDP Ghana continued to align its projects with the United Nations Sustainable Development Goals (SDGs), particularly SDG 1 (No Poverty), SDG 3 (Good Health and Well-being), and SDG 5 (Gender Equality).

ICDP Ghana strategy prioritizes:

- Expanding programmes that foster educational equity and youth leadership.
- Increasing healthcare accessibility and health education, especially in rural areas.
- Building economic resilience in communities through savings and loans schemes.

### **From 2025 report by Joyce Larnyoh:**

Key initiatives such as SafeStart, D.A.R.E, O3, Think Equal Social and Emotional Learning, and the SeedScience Project reflect ICDP Ghana's holistic approach to human development. These interventions combined direct service delivery with capacity building, systems strengthening, and national-level engagement, reaching thousands of direct and indirect beneficiaries across multiple regions.

Across all interventions, ICDP Ghana prioritised systems strengthening, community ownership, and national readiness, ensuring that programmes are not only impactful at the community level but also positioned for scalable and sustainable implementation. The ICDP guidelines, principles and approach were shared with those who took part in the above mentioned projects, aiming to strengthen their relational skills and sensitivity.

**Highlights in 2025**, include SafeStart, a maternal and early childhood health initiative focused on early detection of pregnancy-related risks, improved access to quality maternal services, and strengthened caregiver-child wellbeing in underserved communities. The project delivers portable ultrasound diagnosis and maternal health education directly within rural and peri-urban communities in the Eastern Region, reducing barriers to care caused by distance and cost.



Another initiative involved working with D.A.R.E (Digital Access and Rural Empowerment), supported by Mastercard Foundation, UNESCO and GI-KASE and focused on learning, reflection, and programme strengthening, working closely with communities and partners to assess impact, identify gaps, and inform the next phase of implementation. ICDP Ghana partnered with UNESCO to support participatory learning and adaptive programme design.

ICDP Ghana participated in the work of the O3 Project which promotes adolescent rights, health education, and responsible caregiving, with a strong focus on adolescent girls, caregivers, and community influencers. Through school-based learning and community outreach, O3 project strengthens awareness of rights related to education, health, and wellbeing, while reinforcing supportive family and community awareness. In 2025, implementation was guided by collaboration with district/municipal education authorities, teachers and key community members, ensuring relevance and cultural appropriateness.

During the year, ICDP Ghana made significant progress in establishing the foundational systems and national readiness for the rollout of Social and Emotional Learning (SEL) in Ghana through its partnership with Think Equal. The initiative focuses on nurturing empathy, emotional regulation, inclusion, and positive social behaviour from early childhood.

ICDP Ghana's role centred on co-creation, stakeholder alignment, and national capacity building, ensuring SEL implementation is contextually relevant and system-aligned. The programme discussions and training engagements were further enriched by ICDP's empathy-based approach with the 8 guidelines integrated into facilitation and dialogue to reinforce nurturing interactions and positive learning environments.



*Engagement with Ministry of Education & Ghana Education Service*

In early 2025, ICDP Ghana partnered with SeedScience, an international consortium supporting science education innovation, to introduce the SeedScience Online Training Course for science teachers in Ghana. The project is implemented in collaboration with the University of Rome Tor Vergata, Italy, bringing international academic expertise into the design and delivery of the training programme. The course equips educators with modern, inquiry-based science teaching methodologies that emphasise experimentation, critical thinking, and the effective use of locally available materials to make science concepts more engaging and practical in classroom settings.

To support effective rollout and long-term sustainability, ICDP Ghana worked closely with Municipal Education Directorates, strengthening cooperation around implementation, monitoring, and the integration of inquiry-based science education practices within public schools. As part of this approach, ICDP Ghana facilitated teacher participation, mentorship, and collaboration, including a preparatory engagement at the Weija-Gbawe Education Directorate, where education leadership was engaged to introduce and localise the SeedScience programme.

By the conclusion of the programme on May 2, 2025, ICDP Ghana emerged as the winner of the 5th Edition of the SeedScience Online Course, a recognition that reflects the strength of its implementation approach, high levels of teacher engagement, and sustained commitment to improving science education outcomes in Ghana.

## ETHIOPIA

Atnaf Berhanu, who is based in Norway, has been training staff from different organizations in Ethiopia on voluntary basis since 2013. Two, three times a year she travels to Ethiopia to run workshops for new groups of facilitators, and engages in giving conferences on ICDP. Hundreds of facilitators have been formed so far.

In 2023, Atnaf conducted 3 workshops to create awareness about the ICDP programme, for a total of 180 church leaders. This effort was very successful and the church leaders decided to have groups of facilitators formed in all 3 areas: 1) Shashemene, situated in the West Arsi Zone, Oromia Region, 250 km from Addis Abeba, 2) Woyalta Sodo, in Southwest of Ethiopia and 3) Debreberhan, which is about 120 km northeast of Addis Ababa. As a result a total of 77 new ICDP facilitators received training.

During the year 2024, five groups of facilitators received training, resulting in 129 newly trained ICDP facilitators. In addition, 25 facilitators from 2023 in Wolayta Sodo and Shasheme, completed their certification. These efforts were conducted across five locations: Addis Ababa, Adama, and Bishoftu in the western part of Addis Ababa. The facilitators rolled out the ICDP programme to 300 parents and 800 children. In order to support the training efforts, the English manual was translated into Amharic, and 1,000 copies were printed, sponsored by the ICDP. The ICDP facilitator training programme had a transformative impact on facilitators, parents, and children. By empowering facilitators, the ICDP programme has fostered stronger relationships and created more harmonious households, reflecting its effectiveness and long-term potential to improve child development across communities.

In 2025, ICDP reached five areas in the eastern, western, and southern parts of Ethiopia. The facilitators were enthusiastic and highly motivated. After completing one round of parent groups, many facilitators continued with a second and even a third round.

*The reports we are receiving from facilitators are remarkable. Some parents who had never expressed love to their children began saying “I love you” after attending the training. Their children even asked what had caused this change.*

*One mother shared that when her children learned she was attending the parent group, they said, “This is the right biblical teaching. Please tell the pastor so that all parents can receive this training.”*

*Another mother told her daughter that she loved her. The daughter replied, “If my father ever said he loves me, I think I would faint from joy,” because she had never heard him say those words.*



*ICDP Ethiopia 2025: Certification of facilitators*

*Another girl asked her mother, “Can’t you tell the pastor that all fathers should take this course?”*

Number of facilitators trained and certified in three locations: 61

Number of trained parents: 251

Children reached: 600

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In addition, three facilitator level trainings took place in Bishoftu, Dire Dawa, and Awasa. These new facilitators are now in the process of recruiting parent groups to start their sessions.

Number of new facilitators: 56

Planned number of children to be reached: 160

## **MALAWI**

In the period from 2007 to 2013 ICDP training was conducted as part of the project called “Psychosocial Support for orphans and vulnerable Children” in cooperation with the Vestfold Mental Health Care Trust (PiV) and the Norwegian Church Aid.

The first ICDP initiatives gradually developed into systematic training for workers at the Alinafe Community Hospital and the Chisomo Children’s Club. ICDP training for community caregivers has

been sustained over the years. The Nutrition Unit at Alinafe has been particularly effective in using ICDP.

ICDP Malawi trainers have also conducted training for caregivers from kindergartens, nurses and clinicians under Lighthouse. Lighthouse learnt about ICDP from one ICDP facilitator who briefed them about the programme, and they saw the importance of inviting trainers to conduct the training. Through ICDP sessions caregivers were guided to see and understand their children, improve the quality of interaction and the relationship with their children. An important focus was also on raising awareness about the needs of the children in their communities and workplaces. Lighthouse is a registered public trust that exists to contribute to Malawi's national response to HIV as a model providing a continuum of high-quality care while building capacity in the health sector

Paul Mmanjamwada is one of Malawi's trainers who is also the leader of ICDP in Malawi. He was instrumental in achieving the integration of the ICDP programme as a permanent part of the strategic plan by the Malawi Norwegian Church Aid organization. The work has been ongoing, except in 2021 – a hard year when ICDP team found it difficult to support new developments.



**In 2025**, the NCA- DCA Malawi integrated ICDP in its strategic focus for 2025- 2029. Preliminary work has been done in Mangochi district with funding from FORUT, where health care practitioners working with children have been mobilized in preparation for ICDP training.

The health workers are from 13 health centres: (Koche Health Centre, Mponda Health Centre, Nkope Health Centre, Nankhwali Health Centre, Monkey Bay Health Centre, Cape Maclear Health Centre, Kukalanga Health Centre, As Salaam Clinic, Namwera Health Centre, Chiponde Health Centre, Chiumba Nname Health Centre, and Sister Martha Health Centre).

These are Health Surveillance Assistants (HSAs) and Clinical Officers who work directly with children and young people. In their day-to-day work, they provide health information and services, particularly on reproductive health and gender-based violence and deliver essential services including family planning, cervical cancer screening, STI diagnosis and treatment, and ART services.

These providers have been selected because they are trusted both within and beyond health facilities and regularly conduct outreach services in communities. They have extensive experience engaging children and young people on a range of health issues and are often the primary source of health information in their communities. The first training will take place in June 2026.

## BOTSWANA

ICDP's partner is the Ark and Mark Trust (<https://www.arkandmark.org/>), who piloted the ICDP programme in the Thamaga village, during 2017, thanks to the support from RVTS west Norway.

Thirty-six facilitators were formed, among them five social workers who later became country coordinators for ICDP. Training was attended by parents, couples, youth, elderly people, pastors and traditional leadership and most participants found ICDP profoundly helpful. There was a gradual increase in the number of male participants.

The ICDP project was rolled out with organizational precision and monitoring over the following years. The initial group of facilitators and those facilitators who were subsequently formed, all meet with the coordinating team to receive updates and guidance on monthly basis.

In 2021, a new group of 50 facilitators was formed, including 40 people from Ramotswa and 10 from Thamaga. The practical work of the trainees in Thamaga had the support of the village leadership and the Social Welfare office. Ark and Mark Trust mobilized 26 facilitators who managed to implement ICDP with 110 caregivers and 364 children.

In Gaborone, the Ark and Mark Trust initiated the implementation of ICDP at one of Botswana Defence Force (BDF) camps. These camps are a community within the greater community of Gaborone and face unique difficulties because members of the force often leave their families for long periods of time – as result of which, the army families face significant challenges. The ICDP programme was introduced as a possible solution. The participants were happy with the ICDP course and there were improvements in their homes regarding their family interaction.

In 2022, the Ark and Mark Trust received funding from the Department of Social Protection (DSP) to reach out to more localities in Botswana, as parenting continued to be a challenge across the country. New facilitators were trained in Ramotswa, Gabane and Molepolole villages through funding from DSP. There were 50 new ICDP facilitators (40 female and 10 male) and 470 parents and 2012 children were reached with the ICDP programme. In 2023, the programme was implemented in Thamaga, Molepolole, Ramotswa, Gabane, and for the first time, Lobatse. Lobatse notably became the first town to self-sponsor its participation in the ICDP. By the end of 2023, a group of ICDP trainers completed their training and received their diplomas.



In 2024, the work of trainers and facilitators continued. ICDP has made a profound impact on positive parenting in Botswana in engaging over 2500 individuals and indirectly benefiting an estimated 10,000 more through its ripple effect on families and communities. By promoting empathy, communication, and understanding, the ICDP has empowered parents with essential skills to create nurturing environments, thereby enhancing the well-being and development of children. This programme's success underscores the importance of investing in parental support as a cornerstone for fostering healthy, resilient, and thriving communities. The sustained progress achieved through the ICDP's initiatives

promises a brighter future for generations to come in Botswana.

**2025:** Although 5 local areas have been implementing the programme, only Lobatse was active in 2025 as other local areas were not sustained due to funding challenges.

Through the 21 facilitators, 134 parents and 331 children were directly reached and benefited from the program.

ICDP continues to make significant positive impact in families. We continue to appreciate the positive results around parenting in families and the positive interaction with children. The local council organized a 3-day long **refresher training for the facilitators** as they had last implemented in 2023.

The training was conducted by Ark and Mark Trust in January 2025 and the implementation ran from February through May 2025. The training was mainly focused on revising different aspects related to practical implementation ICDP in meetings for parents. This included giving participants practice with writing logbooks to give them confidence for their own group logs. This prepared them to run effective and efficient groups. Participants appreciated the refresher training as it reminded them of the themes and the importance of positively contributing to children's mental health through the training of their parents.

"Experiences of ICDP" are taken from the report 2025 by the ICDP team from the Ark and Mark organization:

*One parent shared how ICDP helped her become present and available to her children and partner. She had a challenging childhood after losing both her parents at a young age. The loss contributed to her making destructive lifestyle choices to survive. She had two children at a young age, however, she gave them away to be cared for by her elder siblings as she did not have the capacity due to her lifestyle. Currently with a young child, ICDP helped her to appreciate the importance of being a positive caregiver and to build a positive, interactive and enabling relationship with her children. ICDP was a needed intervention adding to the counselling she was already receiving from the local social welfare office. She has since made positive changes in her life and she is working on her relationship with her family, even ensuring bringing her other two children back home. In her words, "ICDP saved me from losing my life, and it saved my relationship. I am a better person because of it."*



*One teacher acknowledged the impact ICDP has had in positively changing her character, as witnessed by the positive change in her students' behaviour and academic performance. The teacher explained how she openly shared her dislike and hatred towards students taking her subject. The teacher enrolled for ICDP lessons, and she decided to extend her new experience and knowledge beyond the home, to the classroom. She attested that her positive behaviour towards her students was reciprocated by the students, and there was such significant improvement in their grades in the particular subject, where students moved from grade D to A. The teacher became the envy of other teachers as students were always happy and enthusiastic to attending her lessons. The other teachers eagerly wait to join in the next cycle of ICDP implementation.*

*One female parent shared how ICDP helped her to address the main issue that affected her family the most: favouritism to the last-born son, an only child between the couple, although there are other maternal siblings. This caused conflict between the married couple, such that the lady started to lose hope in the possibility of keeping their marriage.*

*However, after enrolling in ICDP, she shared the ICDP content with her husband, who also acknowledged the notable positive change as experienced in the home, although the last-born son was finding the new change unfavourable as the new way of interacting was an unfamiliar experience for him. This female parent was hoping and wishing ICDP developed a course tailored particularly for children so that she could enrol her son. She was very appreciative of how ICDP saved her marriage and family.*

## ZAMBIA

In 2015, ICDP signed a training agreement with the Primary Health Care Education and Training Trust (PHC-ETT) in Lusaka, Zambia. The project helped parents from diverse backgrounds develop positive relationships with their children, and trained teachers with the view of transmitting the ICDP skills to students in schools and higher educational institutions.

In 2019, ICDP established cooperation with Save the Children (SC) Zambia in a different area of the country. Nicoletta Armstrong trained a team of facilitators whose ICDP work has been ongoing ever since.

The ICDP programme's core principles serve as the foundation for promoting sensitivity towards the needs and rights of children among parents and caregivers who benefit from the Child Sensitive Social Protection Project (CSSP) project in Lufwanyama. Members of SC staff and their partner organizations have been implementing the programme as ICDP facilitators in their respective communities.

*They expressed that the ICDP guidelines made a difference to their way of relating at home with children. Many said that they are now more aware and try to spend a lot more time with their children, that they now hold longer conversations and follow their children's interests in the way they failed to do before.*

A post parenting assessment was undertaken for the ICDP parenting programme 2019-21 with the following results reported in the 2022 report:

- *There is a significant overall increase in the parenting/caregivers' interaction with children.*
- *During the focus group discussions results such as some changes in beliefs on corporal punishment were attributed to the parenting programme; this is evident by what some interviewed children explained. The children said they had observed changes in their parents and caregivers' practices and attitudes towards them and their welfare; they said their caregivers showed keen interest.*
- *Generally, the post parenting assessment results show that parents/caregivers benefited from the parenting programme as they became more attentive, patient, caring and responsive to their children's needs.*
- *The results further indicate that the parenting programme had enlightened them on issues relating to gender roles especially when it comes to the traditional tasks which are given specifically to boys and girls.*

### Developments in Kalalushi

A Parenting Handbook, based on ICDP (with additional modules on nutrition, budgeting and gender education) was contextualized to the Zambian context. The handbook was used for scaling up the parenting programme in another district in Zambia, i.e., Kalalushi.

In 2022, the project trained twenty members of the Twashuka Community Welfare Assistant Committee (CWAC) in Kalalushi and Lufwanyama districts as ICDP facilitators.

In the period between 2023 and 2024, in addition to the ICDP programme sessions, the Child Sensitivity Package included sessions about the importance of education, gender, family budgeting, risk of child labour as well as nutrition modules.

The project had rolled out the full Child Sensitivity Package to 59 groups of caregivers, to a total of 1066 caregivers (916 females and 150 males), representing 1056 households across Kalalushi and Lufwanyama.

Two households are visited per month by each animator, using this opportunity to give alternative explanations and demonstrations and to clear up any misunderstandings regarding what they have learnt. At the end of the refresher boost for parenting sessions, coordinators among participating caregivers are chosen to head ICDP parenting clubs across the two districts. One of the tasks for coordinators is to organize future meetings, which take place every month. The ICDP parenting clubs provide a platform for caregivers to meet and share experiences in addition to organizing some activities together. From time to time the clubs could be joined by new parents from the community.

In 2024, two facilitators received training to become ICDP trainers by Nicoletta Armstrong, namely, Adam Nyundo and Laguma Nyau. The trainers trained 8 facilitators (6 males and 2 females) from Nsokoloko CWAC area of Kalalushi District on the Copperbelt Province of Zambia. These were

Community Welfare Assistant Committee members (CWACs) and Social Cash Transfer beneficiaries in Kalulushi District.

**The following is the report about activities in 2025 by ICDP trainer, Adam Nyundo:**

In 2025, to ensure sustainability of the CSSP parenting sessions, the project undertook capacity building of the Ministry of Community Development and Social Service staff at both district and provincial level. This was to enable them to acquire the necessary parenting skills so that they sustain the CSSP work that was undertaken over the years. Save the Children, in partnership with the Jesuit Centre for Theological Reflection (JCTR), with funding from the Ministry of Foreign Affairs (MFA) of Finland, has been implementing Child Sensitive Social Protection since 2017. JCTR handles the Transparency & accountability component while SCI implements the CSSP parenting approach. The partnership has been very cordial.

In 2025, the project trained 22 (6M/16F) new ICDP facilitators, including staff from the Ministry of Community Development and Social Services at provincial level, and from the districts of Lufwanyama and Kalulushi in the Copperbelt province. This is in addition to the 8 (2M/6F) MCDSS staff who were trained in 2021.

The facilitators managed to reach out to 80 cash transfer beneficiary households (HHs), representing 100 caregivers (60F/40M) receiving social cash. The approach aimed to improve understanding among parents and caregivers of the positive qualities of care and the kind of relationships that should and could exist between parents and their children, and also to increase their self-confidence as carers.

The training of 22 facilitators and the subsequent reach out to 100 caregivers made a difference. Over 400 children and adults were positively affected in 2025. It developed caregivers' understanding of their children's point of view and intentions, enabling them to respond adequately.



*Group of ICDP facilitators*

The project intervention significantly improved parenting skills, specifically increasing caregiver-child interactions, non-violent discipline, and decreasing psychological aggression and physical discipline even during family economic distress and drought.

*The Ministry of Community Development and Social Services officers at the district-level described CSSP/ICDP as addressing a 'missing component' in Zambian social protection concerning the mental and relational well-being of beneficiaries and their children (CSSP Endline Evaluation, 2025).*

#### Testimonies:

Edina, 13-year-old, lives with her parents, Moses (68) and Mary (44), alongside her four siblings. Their household is supported by the Social Cash Transfer programme and has also joined the Child Sensitive Social Protection (CSSP) parenting initiative, led by Save the Children. She explained:

*“We resented our father because he was so brutal, we gave him the nickname, Boyka, a famous and ruthless kickboxing movie character. He did not tolerate any mistakes from us as his children, and he would shout or beat you for any small mistake you made. One time I asked my mother whether he was really our father, or he had just adopted us. We never thought our father would change because even though he was getting old, his temper was not going away. However, one evening he called us to say he had been attending Save the Children parenting classes. He made us express our feelings about his terrifying way of parenting, and he has been a great father since. My Father is now gentle, loving and caring. We love to call him Daddy, and we can embrace him without any fear. He listened to me when I told him that I needed to change schools, and this made me come out second in my class”.*

Moses has since adopted a collaborative approach at home. Family decisions, especially those involving the Social Cash Transfer funds, are made together. *“Since I started involving the children when making the family budget, they are more understanding when I tell them that there isn’t enough money to get them all the things they want,” he says. “My children are now better children,” Moses adds warmly, “and I have found that they now listen to me more than they used to before.”*

In addition, the CSSP work in Lufwanyama and Kalulushi district led to following achievements:

**Better Financial Planning among caregivers.** Through the CSSP parenting and family budgeting training sessions, caregivers prioritized essential needs over wants and expressed changes in spending habits due to better financial planning. Caregivers shifted towards planned expenses and reduced impulsive spending. By doing so, they demonstrated resilience during this family economic distress and drought (CSSP Endline Evaluation, 2025).

**Planning for immediate needs and longer- term investments.** Through effective budgeting taught in the family budgeting lessons, families learned to recognize the importance of planning for both immediate needs and longer-term investments in their household. Better budgeting practices allowed caregivers to set aside funds for crucial household items, thereby fostering a greater sense of stability and comfort within their living environments. That indicated how they navigated through family economic distress and drought but still resilient (CSSP Endline Evaluation, 2025).

#### Future project goals:

To fully influence government to adopt the CSSP approaches, particularly the parenting approach. To implement the CSSP project in 3-4 different provinces of Zambia. This will enable the project to have meaningful advocacy and recognition by the government for scaling up the CSSP approach.

The CSSP team acknowledges support and guidance from the senior technical advisor, the ICDP chair and indeed the entire ICDP family.

## SOMALIA

ICDP developments are linked to a project that is funded by the Finnish Ministry of Foreign Affairs, through Save the Children Finland. To ensure that the cash transfers being made to IDP households are child sensitive, complementary actions as part of the overall Child Sensitive Social Protection approach have been built into the project. The key complementary actions are i) enhancing child sensitivity of parents, caregivers, community members through ICDP and ii) improving transparency and accountability in the delivery of basic services relevant to Social Protection interventions for children. The ICDP programme was incorporated in the Child Sensitive Social Protection (CSSP)

project in Hargeisa, and has been implemented on an ongoing basis by Save the Children since 2017, in cooperation with the local partner HAVOYOCO and the Ministry of Labor, Social Affairs and Family (MOLSAF).

The ICDP training was given to staff from Save the Children and their partners, namely, The Horn of Africa Voluntary Youth Committee (HAVYOCO) and the Ministry of Labour and Social Affairs. All facilitators showed commitment in the field and contributed ideas when producing an ICDP module adapted to local culture and context. The topics covered in addition to ICDP's content, include gender sensitization, disability inclusion, family budgeting, child and work, child's education.

The ICDP parenting sessions were expanded to an additional district, Berbera, where they were rolled out to caregivers of 150 households. The post assessment for the ICDP programme showed the following results:

*Caregivers reported that they have learnt "proper parenting methods" since they participated in the ICDP parenting programme. Children across the project intervention area also reported that their caregivers talk to them kindly, spend more time with them and they have a more open relationship. Children are reported to be more involved in the household decisions and making rules together with caregivers, giving them a voice in the household. The qualitative findings were corroborated by quantitative data which indicates that overall, caregivers who received the parenting intervention show an improvement in engaging in activities with their children such as having meals together, praising the child for good behaviour, showing physical affection, etc. to caregivers who received the cash-only intervention.*

In 2024, four staff members of the project based in Hargeisa, Somaliland were selected for training at trainer level. The ICDP trainers were trained, guided and supervised by the ICDP chairperson, Nicoletta Armstrong, throughout the process.

The ICDP trainers established four community-based groups of a total of 16 persons who volunteered to become ICDP facilitators. Three groups were based in the ongoing CSSP project targeted location in Hargeisa.

The work had reached 625 households in two districts of Somaliland, namely working in 3 IDP camps in Hargeisa and in Berbere village.

*"The milestones achieved include the first ever review of Social Protection in the country, the signing of the policy for Social Protection by the President of the country in 2024, and the recognition of Social Protection by the National Development Plan. Preparations for scaling up of the CSSP that includes the ICDP programme, is in planning. A study of the impact of ICDP is in process, involving 400 persons in the experimental and 200 in the control group." – ICDP trainer, Abdiladif Ismail (Child Sensitive Social Protection Project Coordinator)*

**In 2025**, to ensure sustainability of the CSSP/ICDP parenting sessions, the project undertook capacity building of the Ministry of Labour, Social Affairs and Family social workers and staff at both district and provincial level. This was to enable them to acquire the necessary CSSP parenting skills so that they sustain the CSSP work which was done over the years.

In 2025, the project trained 22 (5 male and 17 Female) staff (facilitators/Social workers) from the Ministry of Labour, Social Affairs and Family (MOLSAF) from three District of Hargeisa, Berbera and Sheikh. The trained facilitators/social workers are already incorporating the CSSP sessions in their various activities at district level.

During the year, over 159 caregivers were trained on CSSP parenting sessions with positive results. The ICDP parenting intervention has significantly improved parenting skills, specifically increasing caregiver-child interactions, non-violent discipline, and enhancing positive relationship between children and parents. Ministry of Labour, Social Affairs and Family has commended the CSSP approach and they recognized parenting as a critical component for social protection work and programs in Somaliland.

The 22 facilitators/social workers from MOLSAF are planning to reach out to 300 Social Cash Transfer beneficiary households (HHs), in Sheikh district. This will make huge difference in their respective locations.

### Case stories:

Qadan Sahardid lives in Sancaani IDP camp with her eight children. Her household is supported through the Social Cash Transfer programme and also participates in the Child Sensitive Social Protection (CSSP) including the ICDP parenting initiative, implemented by Save the Children in partnership with the local organization HAVOYOCO. Comment by Qadan:

*"Before attending the parenting sessions, my relationship with my children was very distant. I did not understand their feelings, and I hardly listened to their opinions or involved them in discussions at home. Most of the time, communication between us was limited, and I did not realize how this affected their confidence and happiness. However, after joining the training provided by HAVOYOCO and Save the Children, I learned the importance of patience, understanding, and positive communication. I now speak to my children with love, listen to their concerns, and support them in their education. Today, our home is more peaceful, and I can clearly see my children becoming happier, more confident, and more open with me every day."*

Istahil Abdillahi lives in Magaalo Cad settlement in Berbera District with her seven children. She is one of the beneficiaries of the Child Grant programme under the Child Sensitive Social Protection (CSSP) Programme in Somaliland. She also participated in the CSSP parenting initiative, implemented by Save the Children in partnership with the local organization HAVOYOCO. Comment by Istahil:

*"I was shouting and beating my children and calling them bad names like lazy, foolish, and stupid, and damaged their morals and emotions. But now, after I attended training, I changed my behaviour and want to encourage my children. I share their conversations every time. Before, when they wanted to tell me something, I didn't allow them to speak. Mostly, they feared me. The training changed my life in a lot of ways, like improving my children's relationships, benefiting from feeding and nutritious foods, learning how to plan my household income, and making priorities on child nutrition and education expenses."*

CSSP work in Hargeisa and Berbera districts led to the following achievements.

- Scaling up ICDP parenting training of the Ministry of Labour, Social Affairs and Family social workers who were from the three districts namely Hargeisa, Berbera and Sheikh.
- Planning for immediate and future needs. Through effective budgeting taught in the family budgeting lessons, families learned to recognize the importance of planning for both immediate needs and longer-term investments in their household.
- Better budgeting practices allowed caregivers to set aside funds for crucial household items, thereby fostering a greater sense of stability and comfort within their living environments.

The CSSP parenting work in Somaliland ensured early engagement and involvement of the Ministry of Labour, Social Affairs & Family and the targeted local municipalities, in particular Hargeisa and Berbera municipalities – this provided for a smooth implementation process. The CSSP team acknowledges support and guidance from the senior technical advisor and the ICDP president.

### Future project goals:

- To continue work and advocacy for the government to adopt the CSSP approaches, particularly the parenting approach, the future social protection programmes in Somaliland. This will enable the project to have meaningful advocacy and recognition by the government for scaling up the CSSP approach in the country and especially government future social protection program
- To scale CSSP parenting into the Sheikh district where the plan is to train 600 mother who have been benefiting Social Transfer program



*ICDP training for MOLSAF social workers*



*ICDP based parenting sessions at Magalo Cad village in Berbera, Somaliland*



*ICDP parenting sessions in Sancani IDP camp in Hargeisa, Somaliland*

## SOUTH AFRICA

ICDP developments between 2008 and 2013 represent cooperation between Dladanathi, the CINDI Network and ICDP. An ICDP core group was formed and the implementation of the ICDP programme took place through the Caversham Centre, near Pietermaritzburg.

In 2019, ICDP signed an agreement with The Ububele Educational and Psychotherapy Trust, based in Johannesburg - <https://ububele.org/about-us/>. The aim was to integrate ICDP as one of their activities to strengthen child and family mental health in the township of Alexandra. The trust provides therapeutic services in Alexandra - a densely populated, impoverished community with a myriad of challenges.

The training of facilitators took place in 2020 and 2021, and it was conducted on voluntary basis by Silje Bjørnstad Holter. In 2020, most trainees delivered the ICDP programme to parents living in the township of Alexandra, ranging from people living in shacks (often illegal immigrants) to those living in small brick houses – this work was part of their self-training projects. Parent groups were mainly recruited by word of mouth, usually from people using other services at Ububele.

ICDP facilitator, Nicki Dawson reports: - In total 13 new ICDP certified facilitators were formed and they continued to run parent groups in Alexandra. The trained team discussed how to adapt the ICDP material to the South African context and produced a local booklet for caregivers. The leadership of the Ububele organisation hopes that Ububele may one day become a training site for new ICDP facilitators. In view of this, they are trying to provide as many opportunities as possible for the current facilitators to practice applying the ICDP programme – and not only by working in pairs but also each facilitator running a caregiver group alone. This is creating solid ground for trainer level work later.

In 2022 and 2023 new groups of parents attended the ICDP course in Alexandra.

There were also ICDP courses run through Ububele's partnership with the Field Band Foundation (FBF). FBF is a South African national non-profit organization that creates opportunities for the development and self-empowerment of young people through participation in music. Modelled initially on the American-style marching band, the FBF's performance style, choreography, rehearsal techniques, and uniforms draw on local traditions and practices resulting in a uniquely South African musical phenomenon. The parents of the young FBF participants attended ICDP courses during 2022. ICDP received very positive reception.

There were 14 ICDP trainings. A total of 150 parents and caregivers participated across these 14 trainings. Eight of the trainings happened in collaboration with Field Band Foundation.

Two trainings were held with staff from a children's home – an institutional care setting for orphaned abandoned and removed infants.

One training took place at a local Primary health care clinic with primarily clinic staff in attendance – nursing staff, clerical staff etc. who are also parents.

Two trainings were held on site at Ububele with Ububele preschool and therapy service beneficiaries attending; some Ububele staff also attended.

One training was conducted at a church in the informal settlement (Marlboro Transit Camp) with families from surrounding area.

The ICDP facilitators at the Ububele Educational and Psychotherapy Trust continue to train new groups of caregivers and they report:

In 2024, we trained 25 parents in ICDP. Most of our parents live in Alexandra township, a low resourced community confronting a lot of socio-economic challenges including crime, drug abuse, unemployment, poor infrastructure to mention a few. Parents often share with us how these dynamics negatively affect their families, and make parenting more challenging than it would under normal circumstances. Our ICDP groups consider the local context, using relatable role plays to encourage rich conversations and peer-to-peer learning.



Here is some feedback from participants:

*"I did not have a good relationship with my children. I did not know what is the best way to talk to them when I discipline them. Since I have been to Ububele, I am calm, and I talk to my children nicely. I can discipline them positively now. We even host meetings together and talk, something I did not know you can do with a child," Mpho Moretsele, (mother).*

*"Unlike before, we talk to each other with smiles. We are calm when we communicate. I can see even the improvement at school, the results are much better than before," Norah Malebye, (mother).*

There were no new trainings in 2025, due to change of staff.

## IVORY COAST

### Save the Children

ICDP developments started in October 2022, with training in the ICDP programme in Bondoukou and Tanda. It represents a new initiative by Save the Children (SC). The Ivory Coast is the seventh country where the ICDP programme is used as a central part of the of Child Sensitive Social Protection (CSSP) programme rolled out by SC. The aim of the training is to form social actors, SC staff and staff of its Rising Sun partner as ICDP facilitators. The forming of facilitators was completed by ICDP trainers Alimata Sidibe and Aubin Sanou, in 2023.

In July 2024, a short article about the success of the ICDP programme was published titled: Ivory Coast – AIP/ A community project strengthens family communication in homes in Taoudi. The link to it: <https://www.aip.ci/89946/cote-divoire-aip-un-projet-communautaire-renforce-la-communication-familiale-dans-les-foyers-a-taoudi/>

A new group of professionals received training in ICDP at a workshop organized by Save the Children and the National Institute for training social workers, in the Ivory Coast. It took place from 10-12 December 2024. The trainer Aubin Sanou was assisted by some of the previously trained facilitators who have been implementing the ICDP programme with parents in the Ivory Coast for some time. This

training represents an important initiative as part of a long-term vision leading to sustainability of ICDP in the country. The national institute hopes to establish a team of ICDP trainers in future, who would be in the position to train new groups of facilitators of the ICDP programme, on an ongoing basis. Nicoletta Armstrong, ICDP chair, gave an inspirational speech in French on the first day of the workshop. Mukesh Lath, from SC Finland, is overseeing the developments together with the local Save the Children and he suggested a brainstorming session on the last day of the ICDP training to examine how the CSSP/ICDP parenting programme could be made an integral part of the Safety Nets Programme that is delivered by the Government.

**In 2025**, the Child-Sensitive Social Protection (CSSP) project, implemented by Save the Children Côte d'Ivoire and funded by the Ministry of Foreign Affairs of Finland, strengthened positive parenting and child-sensitive social protection systems through the ICDP approach and following activities:

- Implementation of the ICDP – Positive Parenting in Communities programme;
- Training and support of 18 ICDP community facilitators;
- Certification of 12 community facilitators, 03 Save the Children staff and 06 social workers
- Facilitation of parent groups on positive communication, reduction of corporal punishment and tutoring;
- Pilot deployment of the Cash Plus Parenting approach;
- Institutional advocacy actions for the integration of the ICDP in the training of social workers;
- Documentation and capitalization of the results (final evaluation, film and booklet).

#### **Beneficiaries**

- 90 parents trained, including 60 women and 30 men (25–60 years old);
- 9,553 direct beneficiaries cumulated at the end of 2025;
- 78,388 indirect beneficiaries, including children, adults and households from vulnerable communities, including people with disabilities.

#### **Results and impact**

- The project contributed to:
- Reduction of corporal punishment and improved parenting practices;
- A strengthening of the parent-child bond based on dialogue and listening;
- Better involvement of parents in school monitoring;
- A more protective family climate, favourable to the emotional and social development of children.

#### **A brief story illustrating the impact**

In Tangamourou, N'Gamin Cynthia, a mother of two, explains that before the project, the stress of poverty negatively influenced her relationship with her children. Through the ICDP sessions, she learned to dialogue rather than shout. Today, she testifies to a more peaceful relationship with her children, better school follow-up and describes herself as *"a different mother, more attentive and aware of her responsibilities"*.

#### **Key Achievements**

- Strong mobilization of community facilitators;
- Institutional recognition of the ICDP as a lever for social protection;
- Commitment of national actors to integrate the Cash Plus Parenting approach into the training of social workers.

#### **Challenges**

- Socio-cultural constraints affecting the participation of certain households;
- Logistical difficulties in rural areas;
- National certification of ICDP trainers not finalized in 2025.

#### **Links and partnerships**

- The CSSP works closely with:
- The Ministry of Employment and Social Protection and Vocational Training
- The Ministry of Women, Family and Children;

- The Regional Directorate of Social Protection and the Directorate of Social Action (DAS);
- The National Institute of Social Training (INSFS);
- The partner NGO Soleil Levant / Education;
- The Ministry of Foreign Affairs of Finland as the main donor.

#### Outlook

- Finalize the national ICDP certification;
- Expand the programme to new areas;
- Institutionalize the ICDP in national policies in the long term;
- Strengthen the sustainability and community ownership of positive parenting.

### Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI)

A separate ICDP initiative developed in the Ivory Coast in 2023, when three employees in Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI) embarked on a training process to become ICDP facilitators, with the aim of starting ICDP in the Youpogon district of Abidjan.

The training to become facilitators continued throughout the spring of 2023 during which time the facilitators conducted a caregiver course to eight MELCI employees in Abidjan. The last session was in September when they received their ICDP diplomas alongside the group from Senegal.

During the spring 2024, 12 participants attended an ICDP caregiver level course that was held in MELCI's partner church. The ICDP training resulted to be very popular and therefore it was followed up by the training of a new group of caregivers in the same church. Participants of the first group felt encouraged and gave positive feedback. A mother of two said: *"You have helped us see how we can show our children that we love them"*.



Photo above: The new group of facilitators formed in 2025, with Joyce Larnyoh, their ICDP trainer, fourth from left to right; Luce Manou, on the left from Joyce, is the project coordinator and future ICDP trainer. On the far right is their contact at the town hall of the city of Yopougon, the largest municipality in West Africa.

**In 2025**, the training workshops to form more facilitators were conducted by Joyce Larnyoh from ICDP Ghana. The training was attended by some of the employees from MELCI as well as employees from other potential partner organisations.

By May 2025, the facilitators had completed their practical assignments and were ready to receive their ICDP diplomas. A group of 16 people linked to the Evangelical Lutheran Mission in Côte d'Ivoire (MELCI) became certified facilitators of the ICDP programme.

The Lutheran Mission is committed to extending the ICDP approach to more organizations.

“The expansion of ICDP will soon be a reality, thanks to the impact of our graduation ceremony for facilitators.

The facilitators come from the Organization of Islamic Confessional Educational Establishments (OEECI), the Ivorian Institute for the Promotion of the Blind (INIPA), the Social Centre, the Centre for the Protection of Early Childhood (CPPE), the Alliance of Religious for Integral Health and the Promotion of the Human Person (ARSIP), the Pastors of the Council of Religious Guides of Yopougon and the MELCI.

The ICDP graduation ceremony took place under the patronage of the 1st Deputy Mayor of the Yopougon municipality where ICDP activities are implemented. The Municipality has contributed significantly to the ICDP activity resulting in many doors now being open to us.”

– Luce Manou, project coordinator.



*Photo above is showing one of the caregivers who attended the ICDP course, who gave an emotional testimony about the impact of the programme on her family.*

# TUNISIA



In 2022, Jostein Haugen and Signe Stensland, on behalf of The Norwegian Development Partners (NODEPA) sought ways to initiate ICDP in Tunisia. After consultation with ICDP, they discussed their vision with Sana Guebsi, the president of “Bright Women Association of Today” (BWAT) who after several meetings and discussion, became acquainted with the ICDP concepts and recognized the need for ICDP knowledge and its practical implementation in Tunisia. It was agreed to embark on close cooperation between NODEPA and BWAT to establish ICDP in Tunisia. The first step was to appoint a project manager and select a steering professional group.

This was followed by organizing an ICDP introductory workshop, which took place in February. It was conducted by trainers Sissel Ånestad and Hilde Tørnes. It was an opportunity to present the aims and content of the ICDP programme and at the same time to get to know a group of possible future facilitators.

Trainee facilitators were selected from diverse backgrounds like kindergartens, schools, centres for autism, orphanages, and associations working directly with families. ICDP was welcomed and the process of training continued during **2023**. The trainers conducted the first Facilitator level workshop and kept in regular contact with the participants in Tunisia.

The training continued in **2024** and the second and third training sessions were conducted by trainers Sissel Ånestad and Helen Christie. All participants conducted parent or caregiver groups and participated in two supervision sessions in their regions. The 21 participant facilitators delivered the ICDP programme to 81 caregivers and parents. Their ICDP work is estimated to have affected between 600 and 800 people. The new coordinator for ICDP in Tunisia is Marte Kjelsvik.

The response from the trained facilitators and beneficiaries was very good. It was reported that there is a great need for this type of training and the tools given to the parents and caregivers in Tunisia. It appears that the training has been more effective for the facilitators that conducted parent groups, rather than those who conducted caregiver groups. Some of the facilitators reported challenges on adjusting the ICDP material to the caregivers in professional settings due to the presentation of the content being more directed to a parent-child relationship. Most of the facilitators of parent groups reported stories from parents who experience a better relationship and better communication with their child.

*A father in one of the parenting groups said that it was "impossible" for him (because of the culture) to praise his child and tell the child that he loves him. After a few group meetings, he wanted to try it as he was hearing the other parents share their good experiences, and he found it very positive.*

“We are hoping to be able to start the process of training some facilitators to become trainers in Tunisia so that the project stops being dependent on bringing in people from outside of Tunisia to form new facilitators.” – Sissel Ånestad.

**In 2025**, the work of ICDP in Tunisia encountered difficulties due to external factors, outside the project team. It is hoped to resolve the unexpected problems encountered, so that the activities can be resumed in 2026.

## SENEGAL

ICDP developments began in 2023, thanks to the efforts by a team from Normisjon. At the same time, in the Ivory Coast, the Norwegian Lutheran Mission (NLM) together with its local partner, the Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI), has also been making efforts to start ICDP.

The two organizations contacted the ICDP foundation and it was agreed to start the training of future ICDP facilitators from both countries. During 2023, the training of the first group of facilitators in Senegal was conducted by ICDP trainer, Aubin Sanou, from Burkina Faso.

In 2024, the community of Kédougou was the target for ICDP implementation. ICDP courses were rolled out by newly trained facilitators to several groups of women, with the aim of raising their awareness about non-violent education and meaningful, caring communication with their children.

*The women who met during the various meetings expressed satisfaction with the content of the ICDP programme. The implementation of the 8 guidelines brought a change in their behaviour towards their children and the atmosphere in the family improved as a result.*



*ICDP facilitators in Senegal*



**2025:** Given the enthusiasm of the participant women to apply the ICDP programme in their lives, the Normisjon decided to expand the outreach by implementing ICDP with more families. It became clear that in order to achieve this there was a need for more facilitators and for that reason it was agreed to engage Aubin Sanou again.

It was decided that the main task would be to evaluate the work of the facilitators and to strengthen their ICDP skills. It was also agreed that Aubin would involve facilitators in the training of a new group of facilitators, so that they can start gaining the experience

at trainer level.

Consequently, ICDP trainer Aubin Sanou (on photo above during a field visit), travelled to Senegal in April 2025 and carried out the following activities:

- Monitoring and evaluation of the current ICDP facilitators
- Refresher course for ICDP facilitators
- Training of new ICDP facilitators
- Exchanges on awareness-raising/sensitization process and monitoring tools

These activities took place from 6th to the 27th of April, in the community of Kédougou.

Read Aubin's report that provides an overview of the training. Read the original report in French.

## UGANDA

In October 2025, an exciting new ICDP facilitator level training was launched in Luuka District, Eastern Uganda. This was implemented as part of the Luuka Community Strengthening Project, funded by Mission Alliance in Norway and implemented by the African Evangelistic Enterprise (AEE) Uganda.

The ICDP training was a result of a coordinated effort between Stephen Malimba of AEE (Project Coordinator), Nicoletta Armstrong of ICDP International, and experienced Trainer Patrick O'Loughlin.

Twenty trainees, based in the project area of Luuka District and two from Strømme Foundation, who supported CBS Pewosa project from Butambala (Central Uganda) were enrolled. Trainers Chiku Ali (Tanzanian) and Patrick (Irish) travelled from Norway for the initial training.

Comment by Patrick:

- We were very impressed by the excited, eager response we observed from the very start. The training took eight days instead of the usual six, spread over two weeks with a weekend break in the middle. We are very pleased we had the extra training days as everything was translated from English to the local language, Lusoga.

We were better able to ensure a thorough understanding of the basic concepts and make sure ideas were shared mutually. A particular strength is that one trainer, Chiku is from East Africa and could test whether participants were learning actively and challenging ICDP ideas. "You have heard all these ideas and concepts, seen our presentations, but what do you actually think?" Chiku Ali often asked.

The training involved a lot of roleplay, discussion, song and dance. It was fascinating to see how the Basoga people embody and practice learning through song and dance. One of the many ideas and experiences we take home from Uganda to Norway.

It is always uncertain how the ICDP approach and concepts will be received in a new cultural setting. There were certainly some disagreements in its early days but the group confirmed that it is on an 'ICDP Journey'. Already in the first days of training there were many wonderful moments of sharing and learning and it was after the weekend break halfway through that those clear signs of change emerged.

*One trainee, Yazid, tried out some of the themes from the Emotional and Meaning Dialogues with his young child at home. His joy at his child's positive response was obvious. His wife also commented saying he did not usually have time to play with his child but this had changed!*

*Another trainee, Moreen also reported "My sister was so surprised that I was giving my son more time and listening to him instead of chasing him away as usual".*

The trainers could build on these first experiences and encourage others to try positive things and observe the effects.



*Chiku Ali facilitating trainees during a break-out session*



*Trainees having energizing moment of song and dance*

In addition to the moving stories and great fun singing and dancing, I come away with some general observations. Religion is a very important, central part of people's lives and we trainers must be able to incorporate respect and understanding of this.

Secondly, perhaps surprisingly, it seemed that the younger parents/trainee facilitators were more resistant to ICDP's messages of change.

Thirdly, that it is more important to use plenty of time to share ideas about basic concepts than cover in full all aspects of the training programme. We look forward to on-going discussions during our online supervision of running parent groups and at our final seminar.



*The whole group holding their copies of the 'ICDP House'*

The new facilitators were set to begin their first caregiver meetings on 15th November 2025. This will mark the beginning of a transformative journey for Ugandan families—rooted in empathy, respect, and the belief that every child deserves to be valued as a person.



## ICDP in the Americas

**Colombia, Peru, Paraguay, Brazil, El Salvador, Guatemala, Panama, Mexico, Nicaragua, Ecuador, Bolivia, USA**

### OVERVIEW:

### COLOMBIA

ICDP development in Colombia began in 1993 and continues to this day. The programme has maintained a continuous presence in the departments of Boyacá, Quindío, and Antioquia for nearly three decades. In 2000, ICDP Colombia was formally registered and began a partnership with UNICEF that lasted until 2010. During this period, large-scale ICDP initiatives were implemented across some of the country's most vulnerable departments, reaching more than half a million children. At the same time, ICDP established a strong presence in Antioquia through the work of trainers affiliated with the Fundación Universitaria Luis Amigó (FUNLAM). Since 2010, ICDP Colombia has continued to expand its impact through the implementation of dozens of projects across the country.

2024: In Quindío, an ICDP project focused on working with adolescent girls was presented to German sponsors in collaboration with the Guerrand-Hermès Foundation for Peace.

In Santander, ICDP training was conducted in the municipality of Cimitarra for Afro-Colombian, Raizal, and Palenquero communities (NARP population). Participants also engaged in discussions on management and governance, as well as government policies and public initiatives aimed at promoting positive caregiving practices and preventing violence against children.

In Boyacá, ICDP trainer Luis Fernando supported the work of 90 psychologists whom he had previously trained as ICDP facilitators. Their activities are linked to the Mental Health Secretariats of Boyacá and Santander. In the municipality of Ventaquemada, new facilitator groups trained in 2023 implemented ICDP programmes with families through social services, kindergartens, and health centres.

In Antioquia, a project entitled *Women with a Soul* was implemented over a six-month period in the village of Santa Teresa, within the municipality of Rionegro in eastern Antioquia. The project aimed to strengthen women's socio-emotional capacities as a foundation for improving family relationships and fostering rural entrepreneurship. Through her entrepreneurial initiative *Alma Botánica*, and with the support of ICDP Colombia, Mercedes Carvajal continued to promote training and personal development processes among local women. The project benefited women aged 25 to 60, many of whom were illiterate or had limited formal education and were economically dependent on men. Three ICDP volunteers accompanied the community throughout the process, under the supervision of ICDP trainer Abel Salazar.

During 2024, ICDP trainers Carolina Montoya and Lucy Mejía, based in Medellín, Antioquia, started to work on redesigning the entire ICDP package of materials for use with caregivers of older adults. They planned to adapt both the text and illustrations while preserving the core content and methodology of the original materials developed by Nicoletta Armstrong and published by UNICEF as the *ICDP Mochila*.

### ICDP ACTIVITIES IN 2025:

During the year, in the municipality of Envigado, Antioquia, two ICDP trainers, Carolina Montoya Montoya and Lucy Osorio Mejía, from the ICDP Colombia team, developed a pilot project which was both a training and a research project for *caregivers of older people*.



The project strengthened the caring skills of caregivers, professionals, family members, and others who support this population. Caregivers of older adults are facing increasingly greater challenges in their daily work in both family and institutional settings. The purpose was to foster positive, humane and transformative interactions between carers and older people.

The team coordinated the ICDP work with the Social Welfare Secretariat of the Mayor's Office of Envigado.

In total, 130 caregivers of older people were trained in the principles of ICDP.

The ICDP adapted materials were tested in this pilot project, leading to the validation, enrichment and adjustment of the booklet called: "Guide for a good interaction that dignifies the Older Person".

This new booklet contributes to the care of vulnerable older adults who need loving adults to teach them essential skill. It is now in its final stages of publication for later distribution and sharing with other regions and countries interested in implementing similar initiatives. It is an opportunity to promote collaboration with ICDP teams in different countries around the world that share the same goal: recognizing the value of aging with dignity, respect, and tenderness. Comments by the participants:

*I think these are fundamental issues to address today; there are so many older people.*

*I really value personal growth I experienced here. We reflect and become aware of our role as caregivers.*

*The knowledge acquired allows me to communicate better with the older people I work with.*

*I learned to empathise with older people.*

### **DEVELOPMENTS IN SOGAMOSO:**

For the past twenty years, the ICDP approach has been actively sustained and promoted in the Municipality of Sogamoso, Department of Boyacá. It has played an important role in advancing mental health, child protection, and the holistic development of children and adolescents. ICDP was originally introduced as part of efforts to prevent violence against children, and over the years a wide range of coordinated initiatives have been implemented across planning, implementation, and evaluation processes to strengthen child protection and well-being. These initiatives have been integrated into local public policies and incorporated into both the Municipal Development Plan and the Territorial Health Plan, ensuring their long-term sustainability and impact.

The ICDP programme, locally known as “*I Am a Person*,” has become a cornerstone of mental health promotion within families and school communities. Today, the programme continues to be delivered by dedicated facilitators who use ICDP materials, financed partly through their own resources and partly through the support of the ICDP Colombia Foundation.

Mayor Mauricio Barón Granados and Municipal Health Secretary Lucy Esperanza Rodríguez Pérez have been strong advocates of ICDP and its work with children and adolescents. Their commitment is grounded in the understanding that the most effective way to support children is to equip parents and caregivers with practical tools for positive parenting. Central to this approach are effective communication, empathy, and the healthy expression of feelings and emotions within safe and nurturing environments.



## DEVELOPMENTS IN CORRALES:



During 2025, the municipality of Corrales became a model municipality for its commitment to protecting children and adolescents. Despite limited resources, the municipality successfully strengthened the protection of children's rights and promoted positive caregiving practices through the implementation of the ICDP programme "*I Am a Person*." The ICDP programme has been integrated into key municipal policies and planning instruments, including the Municipal Development Plan, the Municipal Public Policy for Early Childhood, Childhood and Adolescence, the Territorial Health Plan (Mental Health Dimension), and the Good Treatment Programme. The initiative is implemented through a broad interinstitutional partnership involving the Municipal Administration, the Municipal Council of Social Policy, the Secretariat of Public Works, Development and Planning, the General and Legal Secretariat, the Secretariat of Culture, the Family Commissioner's Office, the Local Health Directorate, the State Social Enterprise Corrales Health Post, the Juan José Samaniego Educational Institution, and the Children's Homes of the Colombian Institute of Family Welfare.

The programme delivers training to families and community groups, engaging children, adolescents, caregivers, and families in various areas of daily life. Through group sessions, participants learn and apply the fundamental principles of ICDP to promote positive treatment, harmonious coexistence, and constructive dialogue. These activities help prevent neglect and all forms of violence and abuse against children.

The primary objective is to raise awareness among parents, caregivers, and others responsible for children under the age of eight, while strengthening their caregiving skills. The programme enriches relationships through empathy, emotionally responsive communication, and greater respect for each child's individuality. It promotes positive, caring, and supportive interactions based on meaningful communication, mutual understanding, and emotional connection. By improving family relationships and strengthening emotional bonds, the programme also contributes to reducing levels of domestic and community violence. Participants are encouraged to become multipliers of the methodology, sharing their knowledge and experiences within their families and communities and thereby extending the reach and impact of the ICDP programme.

## VÉLEZ



Vélez, in the Department of Santander has been using ICDP in their projects for early childhood, childhood and adolescence and their families. Their focus is on the prevention of psychosocial risk and the promotion of mental health. The link to different recorded video testimonies in Spanish: [https://drive.google.com/drive/folders/1I5IRCntIWn7d4vj37I3DaORkPrk1Bkwe?usp=drive\\_link](https://drive.google.com/drive/folders/1I5IRCntIWn7d4vj37I3DaORkPrk1Bkwe?usp=drive_link)

## 20TH ANNIVERSARY OF ICDP IN BOYACÁ

### Letter to ICDP from a trainer

Dear ICDP,

I would like to share with you several important developments that have been taking place in our department regarding the programme.

Within the Boyacá Health Secretariat, there has been a shift in the implementation of mental health programmes and strategies. These changes also affect the ICDP programme, *"I Am a Person Too."* Going forward, the Secretariat will implement the ICDP programme through teams of psychologists who have already been trained in the methodology. This approach will help ensure the long-term sustainability of the programme throughout our department.

At the same time, we remain committed to celebrating the 20th anniversary of ICDP in Boyacá. As part of this milestone, I have been highlighting our community and health education strategy, which is based on good treatment, emotional connection, empathy, strengthening family environments, and supporting public policies for early childhood and adolescence.

ICDP continues to thrive here twenty years after Nicoletta Armstrong first introduced us to the programme. Nicoletta, thank you for your support and trust throughout these two decades of growth—not only for our department, but also for me personally. My understanding of parenting and its profound importance in people's lives has changed dramatically as a result of this journey. I hope to continue

counting on your support in my new responsibilities and initiatives, which will undoubtedly remain closely connected to ICDP.

I am also pleased about the work carried out during recent months in 2025 in Paipa, Pisba, Floresta, and Corrales. This has been a multi-level effort involving decision-makers, formal and informal community leaders, families, and adolescents.

Finally, I will be writing to the Governor of Boyacá to express my gratitude for his support of ICDP and its development over the past twenty years.

Thank you again,

Luis Fernando Lopez, ICDP trainer and coordinator of ICDP in Boyacá

## PERU

ICDP began its development work in Peru in 2009, and in 2010 ICDP Peru was officially registered in Lima. This was followed by a number of small-scale initiatives, including the training of families, nurses, and community workers from the NGO KALLPA. These trained facilitators subsequently implemented the ICDP programme with families living in the disadvantaged community of Sangarará, near Cusco.

Between 2017 and 2019, the multidisciplinary Wawa Illari research project was implemented in Pachacamac, a low-income area near Lima, with funding from Grand Challenges Canada. The project combined the ICDP programme with nutrition and health education, while also supporting families to grow vegetables in community and household gardens. Pachacamac is a highly disadvantaged community located in an arid region with limited infrastructure. The lack of reliable access to water created significant challenges for many participating families. Despite these difficulties, the ICDP component was successfully implemented.

As a research initiative, the Wawa Illari project included a comprehensive evaluation, which was completed in 2019. The findings were subsequently published in academic journals in 2020, demonstrating a positive impact on children's cognitive development.

In 2022, ICDP trainer Honorata Herrera began adapting the ICDP programme for use with incarcerated parents. As part of this adaptation, she developed activities centred on artistic expression and creative engagement. In 2023, she launched the programme with a group of women at Santa Mónica Women's Prison in the Chorrillos district of Lima. The programme was very well received, and prison authorities invited her to continue supporting the mothers.

In 2024, Honorata resumed her ICDP work at the prison. The ICDP sessions were held every Tuesday from 2:30 p.m. to 4:30 p.m. and were attended by 24 incarcerated mothers.



During 2025, Honorata Herrera (on photo) continued to use the ICDP programme to support and give hope to incarcerated mothers, at the same time enhancing their confidence, and competence to care for their children.

This was achieved by creating a warm empathic environment in which she delivered a series of workshops over four months. Twenty mothers attended the course, but only nine managed to attend regularly.

The first challenge was the irregular attendance of participants at the sessions. On several occasions, the mothers shared the difficulties that affect their mood and influence their attendance: receiving long sentences, lacking family support, not having enough money to meet their children's needs, and not receiving financial or emotional support from their partners or husbands, who are also incarcerated.

Another difficulty has been the suspension of the ICDP workshop due to activities organized by the prison administration. Honorata only learned of the suspension once she arrived to the prison and requested entry. She spoke with the director of the daycare centre, requesting to be informed via email - however, it was not successful.

Despite difficulties, participant mothers benefitted emotionally. They greatly valued the space and atmosphere of trust that developed in the ICDP meetings. They felt able to share their life stories and daily struggles without being judged or attacked, and were aware of feeling a loving gaze and attention during the meetings – this being especially important considering the high level of violence among the women in the prison. All mothers want to continue meeting. For them, the workshop time is: *"a magical place," "our therapy," "we share laughter and tears", "we are in a space of trust in which we are valued for being ourselves", "we are not defined here for being deprived of our freedom but feel as equals"*.

A mother's story: *At fourteen, I had my first daughter. My mother kicked me out. I sought help from my daughter's father who was nineteen years old, and we started living together. But tension would rise when he arrived home from work. The beatings became more and more frequent: black eyes, bruises on my arms. I tried to cope but one day seeing my five-year-old daughter tell her father not to hit me was the last straw. I decided to run away with her one morning. I told myself, "It's now or never." My cousin helped me find a job. I did everything I could but eventually I got into trouble and ended up here in prison. Now, I have realized what really matters is my daughter and I want to return to my village and get my daughter back. I want to give her love and good care; I want to turn our everyday activities into the "golden moments" we talked about in ICDP.*

## PARAGUAY



ICDP has maintained a continuous presence in Paraguay since 2001 through the work of educator Elisabeth Gavilan and her foundation, Vida Plena. In 2002, Vida Plena joined both the Paraguayan children's rights network and the civil society network for early childhood development, with the aim of influencing public policy in support of children's holistic development. Over the years, Elisabeth has conducted numerous ICDP workshops and training courses.

Since 2008, Vida Plena operated a Support Centre for Children located near the Central Market of Asunción in the Abastos district. The centre provided educational support and assistance to children working in the market. Alongside its four staff members, the ICDP team relied on volunteers and occasional interns, both Paraguayan and international, most often from Germany.

Approximately every two months, Elisabeth facilitated three-hour training workshops for the team. These sessions focused on strengthening the practice of the ICDP Eight Guidelines for Good Interaction, with particular emphasis on empathy and emotional attunement in daily work with children and adolescents aged 3 to 18. The centre regularly welcomed around 60 children per day and supported a total of 100 children during 2024. Over the years, many former participants have remained connected to the centre; some, now parents themselves, send their own children or recommend the centre to relatives.

Reflecting on the impact of the programme, Elisabeth writes:

*"Since the opening of the centre in 2008, our educational work based on ICDP has enabled us to witness positive changes in many children. Some arrived displaying aggressive behaviour, while others were withdrawn and isolated. Regular attendance, especially from an early age, often led to significant personal growth and development. Some children attended throughout their entire school years, while others returned during adolescence after a period away.*

*They come back because they value the atmosphere of respect and kindness created through the educators' patient daily work. Children from different schools and grades meet here, play together, and build friendships. They tell us, 'Here we are listened to' and 'Here we are respected.'*

*With very few exceptions, the children and adolescents who attend complete primary school. This is one of the main aspirations of parents and a key reason they entrust their sons and daughters to us. An estimated one-third continue to secondary education and graduate with a high school diploma. Among these graduates, some pursue university studies, while others seek employment and begin building their professional paths. This is not easy, as opportunities for young people in Paraguay are limited. Many seek opportunities abroad, particularly in Argentina, Spain, and the United States.*

*Those young people who achieve professional fulfilment and economic independence become important pillars of support for their families. We know that more than a dozen of our former students have reached this level of achievement."*

In 2024, Elisabeth continued to support the team through training workshops designed to strengthen and deepen the practice of the Eight Guidelines, especially empathy and emotional attunement in direct work with children. The educators also succeeded in bringing together a group of mothers and one father to participate in an ICDP parenting course. Seventeen caregivers completed the programme, and in December they celebrated together with an end-of-course excursion.

One particularly meaningful outcome came from the 12-year-old daughter of a participating mother, who told Elisabeth: *"Now my mother does not hit me."*

In June 2024, Elisabeth and her husband sold their family home in the city and moved to the countryside, approximately 50 kilometres from the capital. As a result, Elisabeth was only able to attend two sessions of the ICDP caregiver course organised by Myrian, Carmela, and their colleagues. Nevertheless, she observed that the team facilitated the programme effectively, incorporating activities that strengthened participants' skills, confidence, and self-esteem.

In recent years, Elisabeth has closely accompanied and observed each member of the team, paying particular attention to their relationships and collaboration. The pedagogical team has grown stronger and developed more conscious and constructive communication practices. This positive process contributed to a nurturing environment for children and families. Elisabeth regards this as one of the most significant outcomes of applying ICDP principles in practice and a testament to ICDP's value as a powerful instrument for peace-building.

At the beginning of 2025, Vida Plena made the difficult decision to close the Support Centre. Several factors contributed to this decision, including new regulations affecting non-profit organisations, the loss of a regular source of funding, the couple's relocation to the countryside, and their advancing age.

As Elisabeth explains:

*"As a married couple, now aged 81 and 75, we feel we have earned the right to reduce stress and contribute to our community in different ways."*

During 2025, the former staff members of the Support Centre secured new employment opportunities while continuing to serve their communities. Their years of ICDP practice provided them with deep insight into children's needs, as well as enhanced sensitivity, empathy, and relational skills that will undoubtedly continue to influence their work in their new professional roles.

## BRAZIL

In Brazil there have been three separate developments of ICDP; the first was from 2001 - 2010 when a series of seminars, meetings and conferences took place in Santo Angelo and Aguas de San Pedro, followed by several projects for teachers, adolescents and families in impoverished communities.

The second development was in the period 2010 - 2015, in cooperation with Save the Children Brazil when ICDP facilitators operated in 34 municipalities of the Pernambuco and Bahia states. It was sponsored by Save the Children UK and the project evaluation was very positive.

The third development has been ongoing since 2015, with ICDP trainers from ACARI applying the ICDP programme in projects for families in and around the town of Petrolina and with sponsorships from different organizations. ACARI stands for *Civil Association for Coordination of Citizenship*; it is an organization located in Petrolina, in the Sertão of Pernambuco. Its mission is to promote the exercise of citizenship and the defense of human rights, especially those of children and adolescents from a political, cultural, social and environmental perspective, aiming for an equitable and democratic society.



ICDP trainer at ACARI, Simone Souza, reports about ICDP developments:

ACARI has been working to combat physical and psychological violence through the Bem Me Quer Project, which started in 2020. The project is supported by Kindernothilfe and runs until 2026. The project serves families in situations of social vulnerability in the city of Juazeiro in Bahia and in Petrolina, Pernambuco. It helps families to experience a positive interaction and relationship with children and adolescents, creating a better environment with more dialogue, affection and understanding.

At all the ICDP meetings, we delivered “Positive Interaction Kits” to families, which serve as tools for families to use the 8 guidelines in their daily routines: cooking, planting, reading and playing together. The positive interaction kits include the following:

“Sweet family moment” – (around Easter, the kit given to families contains the material for making a chocolate cake with the participation of the whole family);

“Taking care of Me with affection!” (hygiene and personal care materials: shampoo, soap, moisturizer, deodorant, comb, sanitary pad, toothpaste and toothbrush);

“Celebrating São João with love!” (products for June recipes: corn cake dough, eggs, milk, margarine, hominy dough, coconut milk, cinnamon);

“Getting to know myself as a Family” (Feelings Game Card with dice and chocolate popcorn and soda material);

“I take care of myself and I take care of those I love!” (Foot bath: herbs, marble, rubber ball and basin with material for coffee and biscuits);

“Educating by example”. (\*Frame with Traffic Light of Emotions” - cold dessert material: condensed milk, cream, biscuit, strawberry juice)

“Christmas with love and flavor” (Various products for Christmas dinner, such as: olives, cream, raisins, pasta, tomato sauce, flour, smoked sausage, oil, corn and peas and rice)

Families are invited to participate in meetings in person and through WhatsApp groups. The strategy used to deliver the Interactive Kits proved to be an efficient exercise tool for adults to interact with

children in families at home. During the 5 years the project addressed the 3 ICDP dialogues in detail. We focused especially on the Mediation Dialogue of the ICDP programme. Families were encouraged to mediate children's interactions with the world around them, expanding their cognitive, behavioral and emotional repertoires.

**In 2025, 292 families** participated in the project. Families actively participated in the activities, using the content addressed to reflect on their daily practices and relationships with children and adolescents. During the meetings, the following aspects were observed:

- Exchange of experiences and reports of positive interactions within the family environment;
- Self-assessment exercises regarding behavioural changes;
- Practical application of the strategies learned in family life;
- Changes in the way families communicate with children;
- Greater appreciation for listening to and understanding children's feelings;
- Reduction in the normalization of violent practices;
- Greater understanding of the family's protective role.

Regarding indirect outreach, it was observed that other groups also benefited from the project's activities.

According to baseline data, which indicated an average of five people per family, it is estimated that the Bem Me Quer Project indirectly reached **approximately 970 people**.

## EL SALVADOR

The development of ICDP started in 2006 upon invitation by Marina Morales from UNICEF El Salvador.



After several years of successful implementation of the ICDP programme, (known as "Tambien Soy Persona", "I too am a person") by the Instituto Salvadoreño para el Desarrollo Integral de la Niñez y la Adolescencia - ISNA, (Salvadoran Institute for the Comprehensive Development of Children and Adolescents) and its 50 local partners, ISNA institutionalized ICDP as a nation-wide programme for parents and caregivers.

In 2014, UNICEF sponsored the making of a video which illustrated some of the impact of ICDP on participant families: <https://www.youtube.com/watch?v=jDCefC-VjmU>.

ICDP contact persons in UNICEF El Salvador have been for many years Marta Navarro, Education Specialist, and Liliana Reyes, Education Officer who closely cooperated with Nicoletta Armstrong on developing materials and content of training.

Three versions of ICDP materials were designed and published: the original version of ICDP programme for parents; the adapted version of the ICDP programme for parents of adolescents and the adapted version of the programme for adolescents (in this version adolescents act as facilitators of the programme to other adolescents).

Each year, the core group of local trainers took ICDP to new areas and applied the programme in new contexts. Over the years hundreds of facilitators were trained who applied ICDP with tens of thousands of families and caregivers all over the country.

In 2023, ISNA was replaced by the Consejo Nacional de la Primera Infancia, Niñez y Adolescencia – CONAPINA (National Council for Early Childhood, Children and Adolescence), and they decided to continue to work on the expansion of ICDP in the country.

In 2023 and 2024, in addition to the ICDP version for families of small children, the version of the ICDP programme for families with adolescents was also implemented with the support of CONAPINA and in coordination with EDUCO. It benefited directly 2,804 mothers, fathers, or caregivers (women: 2,415 and men: 389), and indirectly benefited 5,958 children and adolescents (girls: 3,032 and boys: 2,926).

The design and adaptation of the materials for the peer-to-peer version of the “I am a person” was finalized with CONAPINA and 500 sets of ICDP materials (backpacks) were produced, with the plan to benefit at least 1,500 adolescents. CONAPINA has started the piloting the peer-to-peer delivery of the ICDP programme at the end of 2023 and in 2024 the first results were systematically observed.

In 2024, UNICEF concluded the behavioural change study. The analysis of the data from the pre and post questionnaires administered to participants of the ICDP project for families with adolescents was conducted in coordination with Fundación EDUCO and CONAPINA. The study showed the following results, as explained by Liliana Reyes:

1. Caregivers found the workshops valuable and relevant to their role as mothers, fathers, and caregivers.
2. Participants highlighted positive changes in their relationship with adolescents after participating in the programme, such as more open communication and a reduction in family conflicts.
3. Some common obstacles to applying what was learned in the workshop were identified, such as forgetting to use the new skills in stressful situations.
4. Participants expressed interest in receiving additional support after the programme, either through regular follow-ups, support groups or additional resources.

Conclusion in general terms is that this methodology on parenting practices is useful and relevant for mothers, fathers or caregivers.

**During 2025**, CONAPINA had been continuing the implementation of the ICDP “También Soy Persona”(TSP) programme in its three version nationwide.

A total of 104 families were trained in the TSP programme for parents or caregivers of young children. Trainer at CONAPINA have also trained 77 families of adolescents.

And as for the peer-led TSP programme, CONAPINA has had success with both girls and boys, and from January to date, CONAPINA has trained 109 adolescents.

## GUATEMALA

From 2007 to 2016, at the invitation of UNICEF, ICDP developed training initiatives in cooperation with Plan Guatemala. An initial group of 74 participants was trained by Nicoletta Armstrong together with two trainers from Colombia. Julio Martinez, was one of the participants who subsequently coordinated the implementation of ICDP on behalf of Plan Guatemala for nine years. Through this partnership, the ICDP programme reached approximately 200 communities across the country.

Another important partner during this period was SOS Children's Villages Guatemala, which incorporated ICDP into its child protection programme.

Since 2016, Julio has continued to promote ICDP through academia, providing ICDP training to students at Universidad de San Carlos as part of a neuroscience course. In 2021, his students began facilitating ICDP courses for mothers and fathers. To support this work, they adapted the caregiver booklet and also used Facebook as a platform for outreach and engagement.

Since 2021, Julio has collaborated with Compassion International Guatemala, an organization that works through partnerships with local churches in 25 countries worldwide. He has trained their staff by delivering ICDP courses at their Centros de Desarrollo Integral (Integral Development Centres).

Reflecting on his work, Julio states:

“Throughout 2025, I continued working with the ICDP programme, with a particular focus on training new ICDP facilitators. Over the years, I have trained numerous groups of facilitators who, in turn, work directly with parents in their communities. More than 600 families have benefited from this work. We have actively involved both mothers and fathers in the ICDP courses. Compassion International provides support to expectant mothers and children from birth to 18 years of age, and we have found that the ICDP programme is highly relevant to the needs of this target group. In 2025, I also began applying the ICDP programme as part of the work of the organization Movimiento Ciudad.



The impact of ICDP on parents was significant and visible. My vision is to scale up the work with the ICDP programme, and I hope that Compassion International will become interested in large scale implementation.”

## PANAMA

During 2017 and 2018, an ICDP training project was carried out for teachers and staff of the local organization *Movimiento Nueva Generación* in the El Chorrillo district of Panama City. Teachers, psychologists, and community workers were trained as ICDP facilitators and subsequently implemented the programme with preschool children, as well as with older children and adolescents. Several facilitators also worked directly with parents. The training was led by Nicoletta Armstrong and Carmen Lucia Andrade.

In 2019–2020, ICDP training was initiated at the Parish of San Andrés in the Bugaba District of Chiriquí Province. Participants included teachers, mothers, fathers, parish workers, and community leaders. Supported by parish and community funding, the project represented a collaborative effort between ICDP and the local church. The programme was implemented with parents and their children in the community, laying the foundation for ongoing ICDP activities in Chiriquí Province that continue to this day.

From 2021 to 2025, ICDP trainer Antonio Mendoza continued expanding the programme in the Renacimiento District, located in the westernmost part of Chiriquí Province along the border with Costa Rica. This area is among the most economically disadvantaged regions of Panama. Working alongside a team of facilitators, he introduced the ICDP programme to families and children across 30 Indigenous communities. The initiative has reached more than 800 families with children up to eight years of age, including members of the Ngäbe and other communities living in Santa Clara and San Antonio. In 2024, the initiative expanded its activities to include school teachers and young people. To support this expansion, new ICDP booklets and handbooks were printed and distributed, providing additional resources for facilitators and participants.



In addition to ICDP activities, the initiative is implemented in cooperation with several partner organizations and includes components focused on awareness-raising, education, nutrition, and health. Particular emphasis is placed on early childhood stimulation and strengthening communication between parents and children, while also providing guidance on nutrition and healthy child development. Most participants are mothers who attend the sessions together with their children.

The sessions are conducted in the Río Sereno district, where four facilitators work with families on church premises and deliver full-day workshops from 8:00 a.m. to 4:00 p.m. Each family participates in six full days of training.

Local authorities have approved the construction of a training centre that will support the implementation of ICDP and other community-based programmes. Located on the Panama–Costa Rica border, the centre is expected to serve children and families from both countries.

### **Update 2025 – Antonio Mendoza**

ICDP continues to be implemented in some of the most disadvantaged rural communities in Panama. In the Renacimiento District of Chiriquí Province, the approach has been adapted to reflect the diverse realities of the local population, including farming families, Indigenous Ngäbe communities, and primary and secondary school teachers. The programme among the Ngäbe population continues to expand, reaching an increasing number of families.

The programme focuses on supporting the optimal development of children and adolescents through regular workshops and training sessions for parents, children, adolescents, and educators. These activities aim to strengthen ICDP principles and foster positive, respectful relationships within families and communities.

The team has observed significant progress resulting from this collective effort. Improvements have been noted in communication, empathy, and parenting practices. Parents are becoming more actively involved in their children's lives, caregiver–child attachment has strengthened, and both parents and teachers demonstrate greater recognition of children's rights.

Adolescent and youth suicide rates have decreased, attributed in part to ongoing monitoring through training workshops and camps.

[See more photos](#)

## **MEXICO**

ICDP was launched with a presentation by Nicoletta Armstrong, at the "First Pan-American Congress on Education for Peace" in 2009, at the University of the Americas, UDLA, Puebla, Mexico. The following year, la Casa de la Niñez Poblana, a government institution for abandoned children incorporated ICDP as one of their methodologies and all of its 72 members of staff received training in the ICDP programme. Jose Luis Flores Jimenez was part of a team of seven psychologists that ran ICDP courses at Casa de la Niñez Poblana. Since that time, he has continued to actively promote ICDP with different institutions in the municipality of Puebla.

He has trained teachers in several schools and ran courses for parents in person and through virtual platforms online. He worked in this way in 24 public schools and has also demonstrated that it is possible to offer direct support to children through virtual contact.

In 2023 Jose Luis trained in the ICDP programme a group of 33 volunteers who work with children at risk. He held both workshops in person and conducted online training. He continued to support their work after the initial training period had finished. In addition, he had an opportunity to run ICDP course and sensitize 16 teachers from a secondary school. These teachers are now applying the ICDP programme in their school. During the spring months in 2024, Jose Luis established cooperation with the David Livingstone Institute, where he trained 260 parents, by applying the process of ICDP sensitization. In June, he was asked to work with the personnel of the Navisa company, where the ICDP principles served to inspire staff to reflect about the importance of caregiving and ways of interacting with children to fulfil their potential and their emotional needs, rather than just providing for their material needs. During the autumn months, Jose Luis ran a course for 21 families, focusing on the importance of family life and its role in developing confidence and self-worth in children, and about the

importance of responding positively to children's psychosocial needs, and thus creating conditions for peace.



During 2025, Jose Luis continued to apply ICDP with children and parents, as part of his daily practice as psychologist and family therapist.

## NICARAGUA

In the town of Ocotal, Nicaragua, ICDP activities began in 2016 through the initiative of Swedish ICDP trainer Monica Andersson, who had established links with the local NGO, the Institute for Human Promotion (INPRHU). Initial training was provided to a local team at INPRHU, and following several successful projects within the community, the organization sought to further strengthen relationships between adolescents and their families.

Recognizing the positive impact of the programme, INPRHU's leadership decided to train all staff members in the ICDP methodology. Monica and Nicoletta Armstrong started the training. Trained staff subsequently implemented the programme with teachers, prosecutors, parents, adolescents, women residing in protection centres, and other community groups. Since then, INPRHU has continued to integrate ICDP into its work. ICDP training has also been extended to teachers in the capital city, Managua.

**In 2025**, the Institute for Human Promotion (INPRHU), based in the municipality of Ocotal, department of Nueva Segovia, reaffirmed its commitment to strengthening families and promoting the holistic development of children. Through the continued implementation of the ICDP methodology, the organization worked with various target groups, promoting positive parenting practices and relationships grounded in respect, empathy, and mutual understanding.

This training process, centred on the eight guidelines for positive interaction with children and the three core dialogues of ICDP, created valuable opportunities for reflection and learning. As a result, it

contributed to improving family relationships and enhancing the well-being of children within the communities served.

## **Activities Carried Out in 2025**

### **ICDP through the Radio Programme *Mundo de Colores***

Through the dissemination of the ICDP positive interaction methodology via the radio programme *Mundo de Colores*, families in Nueva Segovia and neighbouring municipalities were sensitized to the importance of nurturing relationships with children through an affectionate, respectful, and supportive approach.

The broadcasts also promoted awareness and understanding of the eight guidelines for positive interaction, encouraging their practical application in everyday family life. This initiative contributed to increased awareness among mothers, fathers, and caregivers of their essential role in children's holistic development. It also generated greater interest in improving parenting practices and strengthening family communication.

### **ICDP with Community Leaders**

The implementation of the ICDP methodology with 25 community leaders strengthened local capacities for promoting positive interactions within families and communities.

Key results from the training process included:

- **Coverage:** 25 community leaders successfully completed the training.
- **Knowledge acquisition:** 100% of participants recognized the importance of applying the eight guidelines for positive interaction.
- **Attitudinal change:** Participants demonstrated a shift in their perception of childhood, increasingly recognizing children as individuals with emotions, thoughts, and needs from birth.
- **Practical application:** At least 80% of participants reported improvements in communication and relationships with their children.

Community leaders also expressed a stronger commitment to sharing and replicating their learning within their communities, thereby contributing to the promotion of family relationships based on respect, empathy, and constructive communication.

### **ICDP with Families**

The ICDP methodology was adapted and implemented with 30 family members, taking into account their psychosocial circumstances and specific needs. During the assessment process, limited parental attention and insufficient accompaniment by parents or guardians were identified as the principal risk factors affecting children's well-being and development.

Through participation in the programme, families were provided with opportunities to reflect on their parenting practices and strengthen their capacity to offer children a more supportive, responsive, and nurturing environment.

During the implementation of the sessions, the three core ICDP dialogues - Emotional Dialogue, Meaning Dialogue and Regulative Dialogue - were addressed, achieving the following results:

- Care coverage: 30 family members and caregivers participated in the intervention process.
- Family situation identified: Approximately 70% of adolescents live with extended family members (grandmothers, aunts, or other relatives) due to parental migration.
- Identification of emotional needs: All participants (100%) demonstrated challenges related to affective communication and emotional support within the family environment.
- Improvement in socio-emotional skills: 80% of adolescents showed progress in emotional regulation and in expressing their feelings appropriately.
- Reduction of negative behaviours: 75% reported a decrease in behaviours associated with loneliness, social isolation, and feelings of being misunderstood.

- Strengthening resilience: The application of the ICDP methodology contributed to the development of resilience and promoted positive behavioural changes among participants.



The implementation of the ICDP methodology has proven to be a comprehensive strategy for strengthening family relationships and promoting sustainable changes in the ways caregivers interact with children and adolescents. Its application contributes significantly to the emotional, social, and family development of the individuals served by the institution.

### **Strengthening Staff Capacity through the ICDP Methodology**

As part of the institution's capacity-building efforts, staff members of the Institute for Human Promotion (INPRHU) participated in ICDP exchange webinars. These learning spaces provided opportunities to explore experiences, results, and best practices related to the implementation of the ICDP "I Am Also a Person" methodology. Participation in these exchanges enabled staff to identify key success factors associated with the ICDP approach across diverse contexts, including the strengthening of emotional bonds, the promotion of assertive communication, and the creation of protective environments for children and adolescents. As a result, INPRHU's technical team has acquired new knowledge and methodological tools that enhance the quality of interventions carried out in the municipality of Ocotlán, Department of Nueva Segovia. Furthermore, these professional development opportunities have supported the continuous updating of staff competencies, facilitating the adaptation of the methodology to local realities and strengthening family accompaniment processes.

### **PROPOSAL FOR 2026**

#### Intervention with families

Recognizing the importance of strengthening positive family interactions as a foundation for the holistic development of children and adolescents, we propose the continued implementation of the ICDP methodology. This approach focuses on fostering affectionate, empathetic, and respectful relationships between caregivers and children, thereby improving the quality of family interactions and promoting the emotional well-being of children and adolescents.

#### Updating and Expanding ICDP Methodology for Adolescents

The organization will continue implementing the ICDP methodology while expanding its knowledge and documentation of the ICDP approach specifically designed for adolescents. This process will strengthen the competencies of educators and caregivers, enabling them to promote protective, nurturing, and safe environments for young people.

#### Accompaniment of Older Adults

Regular visits will be conducted to the San Antonio Nursing Home to provide companionship and support, while also sharing and applying relevant elements of the ICDP methodology adapted for older adults.

#### CONCLUSIONS

The ICDP methodology is a comprehensive and effective approach to strengthening emotional well-being and family relationships. Its implementation contributes to the development of more empathetic, conscious, and protective communities. ICDP promotes sustainable improvements in parenting practices and enhances the quality of family relationships. As a versatile methodology applicable in community, educational, and family settings, it facilitates long-term intervention processes and generates lasting positive impacts on the individuals and families served by the institution.

Executive Director of INPRHU - Aura Estela Mendoza  
INPRHU Coordination - Patricia Libertad Almendárez

## ECUADOR

An ICDP initiative has been developing from 2023 - 2025 through Normisjón's contacts in Ecuador.

Normisjón have a longstanding friendship with a church in Ecuador and with Actas International Choir concept "Soul Children" that brings together many children and young people.

Kathy Celi, a facilitator from Norway, volunteered to introduce ICDP in Ecuador. She introduced the "Soul Children" choir leaders to ICDP and subsequently parents from their network were invited to ICDP sessions.



Parents attended two group sessions in person, and Kathy also conducted online meetings, over a period of three days.

The participants of the two group sessions conducted in person consisted of members of the church "Noah's Ark", and included 10 parents (5 couples) and 7 mothers.

Whereas, the digital teaching was attended by several Soul Children guardians and a group of 7 women.

These workshops were aimed at giving a "taste" of the ICDP programme, and Normisjon hopes to find further openings that would allow the implementation of the ICDP programme through its networks in Ecuador.

"In 2025, I held a very short, introductory ICDP course. Since I could not be in Ecuador long enough to organize a course to certify people, I decided to offer it as a short four-hours parenting course. The course I held in 2025 took place at a church that works with Soul Children and had invited the parents of the children who are part of the choir to participate. There were around 40 participants. Most of them were mothers, but there were 6 fathers as well." – Kathy Celi.

Note: Kathy contacted ICDP wondering whether it might be possible to shorten the process leading to the certification of facilitators, which now takes around 10 weeks - in case this is agreed, she might be able to embark on forming facilitators in Ecuador.

## BOLIVIA



In 2015, ICDP and ICEL (Christian Evangelist Lutheran Church) signed an agreement for cooperation, which was followed by an ICDP project that was rolled out in four municipalities of the country: in Cochabamba, Santa Cruz, Chuquisaca and Potosí. The objective of the project was to help reduce the problems of disintegration of the family, of neglect of vulnerable members and of abuse as a way of disciplining children and adolescents.

ICDP was very well received by participant parents and groups of facilitators started to operate in different municipalities, each year increasing their coverage. It was possible to reach with the ICDP programme around 2000 caregivers from the community and the church.

Key areas for programme implementation included municipalities of Santa Cruz, Cochabamba, Potosí, Tinguipaya, Acacio and Sucre. The ICDP training of parents took place both in person and using virtual platforms.

Two years after the training of facilitators who operated in different areas of the country was accomplished, the ICDP Red Bolivia organization was established to coordinate the work. The work in applying ICDP with families in poor communities is still ongoing, on

voluntary basis.

The ICDP work in 2023 continued under the umbrella of ICEL, through its Project "Family Strengthening for a Life without Violence". Seven facilitators executed the programme as part of the church's outreach programme in the community, by applying ICDP with teachers, families, and young people.

**2024 – 2025:** Following consultations with Rocio Cesares, ICDP Coordinator in Cochabamba, and Olivia Sulca, ICDP Coordinator in Potosí, the Board of the ICDP Foundation decided to strengthen the programme in Bolivia by funding refresher training for both existing and newly qualified trainers and facilitators. Iaina Ramirez was engaged to deliver the refresher courses and provide ongoing support to the technical team of facilitators. The initiative focused on strengthening the capacities of a core team of 11 trainers and facilitators. As team members were based in different parts of the country, Iaina conducted a series of online workshops complemented by individual follow-up sessions with each participant.

The content of the training was tailored to the needs identified by the trainers during a preliminary consultation. While all components of the ICDP programme were reviewed, particular emphasis was placed on the Comprehension Dialogue and Regulative Dialogue, exploring practical ways of applying these approaches with families and supporting facilitators in their implementation. Virtual follow-up meetings were also held to review how trainers and facilitators were applying the programme in their respective regions.

As a result of the training, the core team gained greater confidence, motivation, and practical skills to support families, mothers, fathers, caregivers, and other beneficiaries. Their enhanced capacity enables them to better understand and respond to children's needs by promoting values and attitudes of love, respect, empathy, and positive guidance.

The team was also introduced to ICDP materials developed for working with parents of adolescents. This component generated particular interest among trainers working with young people, including Carolina Escobar from Cochabamba and Ayda Saida from Potosí.

#### **SUCRE:**

Work was carried out with families and children through direct intervention from the facilitator's office, who is a psychologist. At the beginning of the year, activities were also conducted with parents and teachers at the Samuel Cárdenas Educational Institution.

#### **COCHABAMBA:**

In schools, between 60 and 70 young people have been reached through interventions. Around 15 adolescents participate per session. Topics have been addressed based on the training received and according to the needs identified by the school principal. This year, there is an ongoing effort to train a new group of volunteers as multipliers.

Due to the current situation in the country—road blockades and protests—activities under some of the other ICDP programmes have not yet started, as travel is not possible and there is a shortage of transportation and food.

## **USA**

In 2011, ICDP USA started operating under the Changing Children's Worlds Foundation (CCWF), whose founder is Kimberly Svevo-Cianci. Kimberly was trained by Nicoletta Armstrong in England, and subsequently decided to devote all her time to spreading the ICDP programme in Chicago and other parts of Illinois.

CCWF applied the ICDP programme to serve children/youth and parents/caregivers, to implement and strengthen empathy-based behaviors, communications, and interactions into their daily lives. It partnered with educators, administrators, mental health professionals and community leaders to train them as community-based ICDP facilitators of learning and support. The ICDP's psycho-social curriculum was used to strengthen protective adult-child relationships. Over the years hundreds of professionals received the training.

The implementation of the programme was evaluated on several occasions, consistently showing positive results.

Since 2023, the Changing Children's Worlds Foundation has been cooperating with the Lutheran Child and Family Services of Illinois (LCFS) who agreed to adopt the Best Start for Families to support more families involved with the child welfare system. Subsequently, the ICDP Foundation

signed an agreement for cooperation with LCFS. LCFS is non-profit dedicated to nurturing and strengthening children and families in need. After 150 years, LCFS has grown into one of the largest community-based child welfare agencies in Illinois.

#### **2025 update by Rachel Fuentes, from the Lutheran Child and Family Services of Illinois (LCFS):**

In 2025, the Lutheran Child and Family Services (LCFS) implemented the ICDP-informed programming across parenting, youth development, and professional training initiatives. Services were delivered through both in-person and virtual formats to increase accessibility for families. Main activities included:

- Successful delivery of 19 structured parenting education groups grounded in ICDP principles
- Successful delivery of over 130 individual parent coaching and family support sessions
- Implementation of 5 All About YOUth (AAY) programs to youth across northern Illinois
- Use of evaluation tools including TOPSE, ICDP Guidelines, SDQ, and JEDI-ER
- Best Start Ace Interface through Resilience & Hope professional development workshops: February 2025, March 2025, June 2025
- Facilitator Workshops: January 2025, April 2025, May 2025
- All About YOUth Coach Workshops: January 2025, April 2025, June 2025
- Collaboration with partners for academic support and youth enrichment

#### **The numbers trained:**

- Caregivers trained (unduplicated): 323
- Youth participants (unduplicated): 97
- Facilitators trained: 42
- Trainers certified: 0
- Beneficiaries: Children and youth ages 6–17, parents and caregivers, families facing economic hardship and system involvement

A total of 420 individuals were directly served. The broader impact extended to family systems and communities.

#### **Perceived impact on beneficiaries**

- Significant improvements in parenting self-efficacy
- Increased use of ICDP communication strategies
- Improved parent-child relationships
- Reduction in child behavioural challenges and increase in prosocial behaviours

- Youth growth in empathy, communication, and leadership
- Improved emotional regulation and decision-making

### **A story**

*When a mother first joined our ICDP - Best Start Families parent group, she was quiet and guarded. Parenting had always been something she did, not something she reflected on. She grew up in a home where discipline was physical and warmth was limited. As a result, she carried a similar approach into her own parenting—strict, reactive, and focused on control rather than connection. Through the ICDP group and one-on-one parent coaching, she was introduced to a different way of understanding children’s behaviour—one centred on emotional attunement and empathy. At first, she struggled to relate, questioning whether warmth alone could be effective. A key shift came when she began reflecting on specific moments with her children in coaching sessions. Instead of reacting automatically, she was encouraged to consider what her child might be feeling. This perspective gradually changed how she responded at home. Over time, she began pausing before reacting, naming emotions, and engaging in more calm, intentional communication. Her children also began seeking her out more for comfort and connection, not just direction. By the end of the program, she described herself as a “learning parent.” While she still set boundaries, her approach became more patient and emotionally aware. The most meaningful change was not just in behavior management, but in the relationship itself—shifting from distance and correction toward connection, warmth, and empathy.*

### **Highlights**

- 420 participants served
- Measurable improvements in parenting and child outcomes
- Integration of ICDP across parenting and youth programs
- Successful trauma-informed ACE workshops
- Strong multi-partner youth program model
- Progress toward ICDP training capacity

### **Difficulties**

- Participant retention challenges
- Transportation and scheduling barriers
- Limited staff capacity

### **Links/partnerships**

- Talented Tenth Social Services Inc. – youth leadership and community service
- Creating Space Educational Services – academic tutoring and support
- Dunham Foundation
- Made Wright – non-profit agency in Springfield, IL

- School District 131: Aurora, Illinois
- Illinois Department of Child & Family Services

### Future goals

- Expand ICDP programming
- Complete ICDP trainer certification
- Revise session format to better reflect participant's needs
- Enhance curriculum materials
- Strengthen engagement and evaluation systems

**2025 report by Kimberly Svevo**, the ICDP trainer and founder of ICDP in USA, with activities developing under the organization called Changing Children's Worlds/ICDP-USA:

Feedback from caregivers continues to reflect their wonderment in the change of the quality of confidence and joy they find in parenting. Youth are an important focus for ICDP-USA, and we are exploring exciting new opportunities for 2026! The need to combine the benefits of supporting caregivers, and their children / youth, are just beginning to be understood. We will work to strengthen this with all our ICDP partners in 2026!

Note: our CCW/ICDP-USA Web Site is in progress!



We share highlights below.

Key areas for "Changing Children's Worlds/ICDP-USA" include Professional/Community Education/Training, as well as Caregiver/Family, Youth and Children's programs:

- A). Caregiver Support with specialized or marginalized populations.
  - A1) Populations speaking languages other than English (examples below);
  - A2) Communities with special needs;
  - A3) New Communities with high needs for support.



## B). ICDP Education and Training

B1) Within the ICDP-International and ICDP-USA communities;

B2) Expanding within Educational Institutions

B3). ICDP-USA based "ACE Interface: Transforming from Trauma to Resilience & Hope"

\* The "ACE Interface" training was offered to over 100 professionals/community leaders statewide in 2025.

\* November and December 2025 ICDP-International training conversations on Regulation

### Examples:

#### **A1- Youth/Adults with Special Needs.**

Name of ICDP Project: **"All About YOU"**

Contact person: Kimberly Svevo, Ph.D.

A pilot program based on ICDP-USA Best Start for Families "All About YOUth" program took place in November/December 2025 with 25 adults with disabilities. The program focused on Social/Emotional skills, recognizing and reaffirming positive communications and pro-social attitudes and behaviours.

**Vision 2026:** As a result of the positive feedback, the full "All About YOU" program will be offered in 2026!

#### **A2- Virtual Russian Language Programs within and beyond the USA.**

**ICDP Five o'Clock:** Mindful Tea / ICDP online for Russian-speaking Families all over the world.

Contact person: Xenia Kozlov

**Main activities in 2025:** In 2025, the project focused on programme development and cultural adaptation for Russian-speaking families. ICDP materials were revised using accessible language, culturally relevant examples, and practical exercises. Additional perspectives from humanistic psychology, emotional literacy, communication theory, and classical ethics were integrated while preserving core ICDP principles. Preparatory work was also completed for future parent groups and outreach. Intended beneficiaries are parents and caregivers from Russian-speaking and migrant communities.

**Highlights:** A strong culturally responsive version of the ICDP approach was developed for future implementation.

**Difficulties:** Limited time and capacity to run groups while balancing other responsibilities.

**Future goals:** Launch new ICDP parent groups, expand outreach, and continue building supportive parent communities based on empathy and respect.

These are expanded from original 4 ICDP-related webinars in 2024 (ACEs, Playing and Trauma, Parental Burnout, Social-Emotional Learning) - in Ukrainian for Anna & Sergey group (specialists-15 people each), as well as building on the 2023 Ukrainian group of support for parents, 11 people, approximately 15 children impacted.

**Vision 2026:** On February, a new group of 7 people with 5 kids will begin ICDP Five O'Clock.

# ICDP in Asia

**Japan, China, India, Bhutan, Nepal, Philippines,  
Bangladesh, Uzbekistan, Afghanistan, Thailand,  
Azerbaijan, South Korea, Sri Lanka, Laos**

## OVERVIEW:

### JAPAN

In 2011, doctor Hitoshi Maeshima and psychotherapist Setsuko Kobayashi began their training in ICDP. They were trained by Nicoletta Armstrong in England and also had the opportunity to visit and participate in a workshop in Denmark. By the second half of 2012, they had completed the requirements to become certified ICDP trainers.

Since 2012, they have facilitated parent groups in Tokyo and other regions of Japan. In the aftermath of the devastating earthquake and tsunami that caused a major humanitarian crisis, Hitoshi and Setsuko also conducted ICDP sessions for families in Tomecho, Tome City, Miyagi Prefecture, in the Tohoku region of Honshu Island.

From 2019 onwards, they expanded their work to include groups of caregivers for older people. Participants reported that the programme helped them develop warmer and more effective relationships with the older people in their care. Although Setsuko was no longer able to continue ICDP work from 2020, Hitoshi continued to take every opportunity to run ICDP courses, sensitising both health professionals and families.

In 2021, he introduced the ICDP programme at the Higashi Mikata Hoikuen nursery school in Hamamatsu City, western Shizuoka Prefecture (浜松市, Hamamatsu-shi).

In 2022, Hitoshi implemented ICDP at his clinic. He explained that the staff were learning how best to interact with children during vaccinations, and that it was important for all involved to understand the essence of the ICDP programme. The sessions focused on deepening understanding of adult–child interactions and applying the ICDP's eight guidelines for good interaction. Staff reflected on how they felt in different situations, practised viewing situations from the child's perspective, and shared positive childhood memories related to their own parents. They also discussed appropriate ways to support a child who resists vaccination.

In 2023, Hitoshi conducted an ICDP course at a health centre in Tokyo with a group of parents. This would be his final ICDP engagement, as he later became seriously ill and, after a short illness, passed away unexpectedly in 2024.

Nevertheless, the staff in clinics, preschools, and care homes that he had trained have continued to apply the key principles of the ICDP programme in their daily work.

## CHINA

In the period between 2015 and 2019, the ICDP programme was a major part of a project called "Breaking the circle of leaving children – to reduce the numbers of children that are left by their parents and to improve the quality of life for children". This project represented a cooperation between ICDP, the Women's Federation Zhaotong, the Xishuangbanna Legal Aid Centre and the Shincon Kunming Rep Office. It was supported by the Norwegian government development funds, with matching funds from the Women's Federation.

The ICDP training of a local team of facilitators and trainers was completed over two years. Over time this team became well established and experienced, which resulted in deciding to form the ICDP China organization. There has been steady progress and expansion in the Yunnan, Sichuan and Guizhou provinces and other areas.



ICDP China leader, Jean Qin shared an update in November 2023:

There are 2000 facilitators in Yunnan province, and they work in 5 project sites; each site has minimum of two trainers, some have up to 4 trainers. There are 20 trainers in total.

The ICDP system of trainers supporting facilitators works very well in China, as trainers help motivate and maintain the work of facilitators in each project area and on the other hand, trainers themselves are provided support by ICDP China by travelling to meetings held in Kunming which are organized by ICDP China for that purpose.

In addition, there are also direct meetings between ICDP China and facilitators, which are mainly online. But it is also aimed for facilitators to meet together in person, as a way of encouraging sharing and mutual support. The exchanges that take place at these meetings are very important to maintain enthusiasm and motivation at all levels.

Outside Yunnan, ICDP China trainers have formed facilitators in two other areas, in the west and north. ICDP facilitators who work in these areas find it harder to meet as they tend to live far from each other and far from ICDP China. However, they receive online support from ICDP China online and occasionally through visits in person.

ICDP with minority groups: In 2023, ICDP implementation was very successful with minority groups living in different parts of the Yunnan province. There are 10 minority groups and each group has its own dialect. Therefore, ICDP was adapted to meet these language needs. The facilitators met many

family situations where parents leave their homes to find work, which is often only available far away from their villages and as a consequence, it is left to the grandmothers to bring up the children. For that reason, many grandmothers received ICDP training over the years. Facilitators found grandmothers receptive to the first dialogue, but they were a bit at a loss with the second dialogue – they felt that their own lack of education made it hard to mediate meaning.

Due to China government decision, ICDP China has not been active in 2024 and 2025, but it is hoped that there will be ways to re-start the work with a different framework that is approved by authorities.

## INDIA

From 2004 -2016, an ICDP training project was developed in West Bengal through the work of Professor Karl-Peter Hubbertz, and with funds from the Indienhilfe organization. ICDP facilitators included social workers, teachers, health workers, medical doctors and other professionals working in child development-centres, children's homes, schools, health education or with self-help-groups of mothers.

In 2016, ICDP established cooperation with Save the Children (SC) India. ICDP was adopted by SC as part of their Child Sensitive Social Protection (CSSP) project in the Dungarpur district, in Rajasthan. In 2017, Nicoletta Armstrong, trained 12 members of SC staff in Dungarpur, as ICDP facilitators and some of them went on to become ICDP trainers in 2019. The ICDP project has since then been taking place in poor villages near Dungarpur and it is based around developing improved caregiving skills in families that receive government cash support through the Cash (Palanhar) Plus programme.



In 2021, a meeting was organized with the Social Justice and Empowerment (SJE) department, as well as with key officials from all the concerned departments such as SJE, Education, Women and Child Development (WCD), Integrated Child Protection System (ICPS), Child Rights and Rural Development. The aim was to advocate for scaling up Palanhar Plus programme.

SATHIN (the frontline workers of WCD department) who were also present, shared their experience of receiving the ICDP training by Save the Children. This led to regular training of SATHIN workers which is ongoing.

In 2022, SATHIN workers of the WCD department of 26 Panchayats (Jothri-13, Kherwara-13) were trained and they conducted parenting sessions with 166 caregivers of the Palanhar scheme, in 27 Panchayats of the project area. The 166 caregivers have 246 children (134 boys and 112 girls) in the age group of 10-15 years.

***An evaluation study*** consisting of pre and post intervention assessment was carried out for treatment and control groups in 2022, over a period of 13 months, to observe the impact of the parenting and life

skills sessions on the caregivers and children. The study revealed that the children's social-emotional learning (SEL) skills (measured on empathy, relationships, stress management, perseverance, and self-concept domains) improved for the treatment group.

Caregivers' interactions with their children also became more empathic and encouraging, with a decrease in maltreatment practices and increase in positive engagement in the treatment group. Children in the control group did not show the same improvement in SEL skills.

The average caregiver engagement score reported by the children shows a significant increase from 1.71 to 3.04 in a scale of 1 to 5 points, which is a clear predictor of change in the behaviour of caregivers towards their children. In the study, the various forms of maltreatment were grouped in four sub-domains: non-violent discipline, psychological aggression, physical violence, and neglect. It was observed that psychological aggression (shouting, threatening, giving insulting remarks) which was used by caregivers to control their child's behaviour was reduced during the post-intervention assessment. The average psychological aggression reported by children in the pre-intervention assessment (baseline) to post-intervention assessment (endline) shows a clear decrease, which went down from 1.75 to 0.6. The physical violence measures (such as hitting, spanking, slapping) used by the caregivers also showed significant decrease, which declined from 1.21 to 0.15.

### **Summary of the Palanhar Plus Programme activities:**

Ten new SATHINS (government frontline workers from the Women Empowerment Department) were trained in the ICDP parenting programme in 2023. These ten new SATHINS conducted ICDP sessions with 59 Palanhar caregivers in the Dungarpur District of Rajasthan, India. Save the Children (SC) staff provided facilitation support to ensure the quality of delivery of these sessions.

The SATHINS have continued to work in 2024, however, no new groups received training to become ICDP facilitators. This is because in 2024, the project in Dungarpur was unable to receive any funding from its sponsor Save the Children Finland, as the government has not renewed SC India's FCRA registration. This situation continued in 2025 but there were positive signs that the problem has been resolved and that the project will resume in 2026.

## **BUTHAN**



A Norwegian NGO, Progreso Foundation, initiated the introduction of the International Child Development Programme (ICDP) in Bhutan. This became possible through the Foundation's contacts in the country, who were seeking programmes that could strengthen understanding of child development and provide psychosocial support for children and families in Bhutan.

At the beginning of 2024, a formal agreement was signed between the Department of Public Health and Allied Health Sciences, the Faculty of Nursing and Public Health (FNPH), and ICDP Norway. As a first step in assessing the relevance and applicability of the ICDP programme in Bhutan, the partners agreed to implement a pilot project. The pilot was funded by Progreso Foundation and HimalPartners, both based in Norway.

The first ICDP workshop was held in Paro from 26–28 November 2024. Twenty-three participants from the Faculty of Nursing and Public Health (FNPH), National Medical Services (NMS), and Early Childhood Care and Development (ECCD) attended the training.

The primary objective of the workshop was to initiate the ICDP training process leading to certification as ICDP facilitators. The training was conducted by international trainers Ingeborg Egebjerg and May Aanundsen. Through interactive activities, presentations, and group discussions, participants explored key aspects of child development within the Bhutanese context. The workshop aimed to strengthen the competencies of childcare professionals and promote more empathetic, responsive, and meaningful interactions with children.

The second ICDP Facilitator-Level Training took place in Wangdue Phodrang from 18–20 March 2025. Due to unavoidable circumstances, two participants from the ECCD group were unable to attend. As a result, 21 participants completed the second phase of the training. Following this training, the participants formed nine groups, each of which conducted a series of eight professional caregiver training sessions.

The certification workshop was held in June 2025. The programme proved highly successful, as reflected in the feedback and experiences shared by both trained caregivers and facilitators.

*One participant explained that when she was busy with household chores, she often felt irritated if her daughter approached her to talk or share her feelings. After attending only two ICDP sessions, she realized the importance of listening attentively to her daughter and felt genuinely sorry for not having given her feelings sufficient attention in the past.*

*Another particularly moving story came from a parent who described a change in the way she responded to her sons' academic results. When her sons showed her their test scores, she hugged them and praised their efforts. The children were both surprised and relieved by her reaction. Without any prompting, they returned from their room to hug her and said, "Next time, you'll see even better results, Mom." In the past, she would have focused on how they could improve, regardless of how well they had performed. This simple but significant change in her response had a profound impact on her children and strengthened the bond between them. Reflecting on the experience, she became emotional as she realized how a simple expression of love and appreciation could create such a positive transformation in their relationship.*

The Faculty of Nursing and Public Health (FNPH) is in the process of establishing a formal partnership with ICDP and is expected to assume responsibility for the continued development and implementation of the ICDP programme in Bhutan.

## NEPAL

ICDP activities started in 2014 when ICDP, Early Childhood Education Centre (ECEC) and HimalPartner (HP) established cooperation on piloting ICDP in Nepal. After the initial training was completed, the ICDP programme was integrated as a permanent component of the work at ECEC in Kathmandu and the ICDP Nepal organization was formed.

ICDP Nepal has a well-established format for training and its outreach is wide with hundreds of facilitators and caregivers receiving training each year.

Website: <https://www.ecec.org.np/>

In 2024, ICDP Nepal continued to operate under ECEC innovation in education. In total, 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 centre, Koshish, Bethany Vision Nepal, Nepal Sports Fellowship, New Life Kathmandu, Samanta, Koinonia, Good Friends Nepal among others. A first ever ICDP Facilitators' Network meeting was organized in the Eastern region of Nepal. A total of 88 facilitators attended this event.

Update on activities of **ECEC ICDP Nepal in 2025** based on the report by Sunila Maharjan and Anupama Mukhia:



The year 2025 marked a significant milestone for ECEC ICDP Nepal, as it successfully demonstrated its capacity to operate independently and sustainably following the conclusion of a decade of support from HimalPartner for the ICDP project.

Throughout the year, ECEC ICDP Nepal fully met the expectations placed upon it by HimalPartner, ensuring that regular ICDP activities continued smoothly, effectively, and without interruption.

Continuing its regular expansion efforts, ECEC ICDP Nepal conducted eight ICDP Facilitator trainings, certifying 150 facilitators (33 male and 117 female). This year, a total of 1,130 caregivers were reached through the programme.

ECEC ICDP Nepal also strengthened its collaboration with the Lalitpur Metropolitan City (LMC) office by conducting ICDP orientation programs across several wards, followed by ICDP caregiver meetings in ECD centers and women's committees.

## ICDP Facilitators' Refresher Training

A two-day ICDP Facilitators' Refresher Training in Rukum East on May 5–6, 2025. The training focused on revisiting ICDP principles and sensitization processes, while also encouraging facilitators to reflect on the personal and professional impact of ICDP in their lives and work.

During the training, facilitators from ECEC ICDP Nepal and UMN-N-PAF collaboratively developed action plans to conduct caregivers' meetings in their respective wards.

## ICDP Implementation for Parents and Caregivers of Children with Disabilities

In January 2025, a gathering of specialists was organized to explore and strengthen the implementation of ICDP for caregivers of children with disabilities (CwD). The event featured presentations by Pitambar Neupane, Senior ICDP Trainer, Nepal, and Ingun Møgedal Brustugun, Clinical Neuropsychologist, focusing on adapting ICDP to better support caregivers of children with disabilities.

The presentations were followed by discussions on the challenges organizations face while implementing ICDP and strategies for adapting the programme to diverse caregiving contexts. Representatives from the Norwegian Embassy, UMN, Autism Care Nepal Society, CP Centre, HDCS/ABBS, JAF/SDSS, National College, and the Nepal Association of the Blind participated in the event.

## ICDP Facilitators Network Meeting

On November 19, the ICDP Facilitators Network Meeting under the theme “**Building a Strong ICDP Community**” took place. The event brought together 104 facilitators, 12 trainers, and 22 distinguished guests from Nepal and abroad under one roof, creating a vibrant platform for learning, collaboration, and shared commitment to child development and positive parenting.



One of the key highlights of the meeting was the keynote address on “**Positive Parenting for All Children (Inclusion)**” delivered by Shameed Katila Shrestha. Insightful sessions by Nikish Thapa Neupane on **Sensitive Care** and by Pitambar Neupane on **Integrating ICDP in Education** further emphasized the relevance and impact of ICDP in diverse contexts.

The spirit of building a strong ICDP community was strongly reflected in the presentation by Sarita Maharjan, Head of the Social Welfare Branch at Lalitpur Metropolitan City (LMC), who shared the encouraging growth of ICDP caregivers through ECD centres and women's committees. Similarly, Sangay Namgyal's presentation on ICDP Bhutan highlighted the expanding ICDP movement and community engagement in Bhutan. Adding an international perspective, Heidi Westberg Steel, from ICDP Norway, inspired participants with her sharing on ICDP and disability, offering hope and encouragement for parents of children with disabilities (CwD). The meeting successfully strengthened connections among facilitators and reinforced the collective vision of nurturing caring and inclusive communities through ICDP.



## Impact on Beneficiaries

*“As a mother of teenage children, I often feel sorry that I did not have the opportunity to learn about ICDP when they were younger. I now realise that although I parented with love, I did not fully understand their emotional needs. These sessions have helped me see my children as individuals, listen to them more carefully, and connect with their feelings on a deeper level. Even though they are older now, I have started sharing what I learn after each session, and gradually they have become warmer and more open with me.*

*Surprisingly, the positive changes did not stop there. The empathy and communication skills I gained through ICDP have also improved my relationship with my husband. We communicate more openly now and understand each other better. ICDP has truly helped me reconnect with my family.”*  
— Bina Dahal

*“Through the ICDP sessions, I learned about the five love languages and realised that every child experiences love in different ways. I discovered that my child responds most strongly to quality time and words of affirmation, something I had never fully recognised before. This understanding has helped me build a deeper connection with my child.*

*I also learned the importance of setting healthy boundaries with love and respect, rather than shouting or using harsh words. I have started changing my approach by listening more, staying calm, and being emotionally present. Gradually, I noticed positive changes in my child’s behaviour as well. He has become more open, less reactive, and more comfortable expressing his feelings.*

*Most importantly, this journey has helped me grow as a parent. I now try to be more patient, understanding, and aware of my own reactions. ICDP not only changed the way I see my child, but also helped me see myself differently.”*  
— Anu Thapa

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

## ACTIVITIES BY SAVE THE CHILDREN NEPAL

In 2018, ICDP was adopted by Save the Children-Nepal and since then it has been applied as part of the child grant plus initiatives in Nepal under its Child Sensitive Social Protection (CSSP) project. ICDP focuses on sensitizing parents and caregivers whose children receive a child grant from the Nepalese government. It is a cash transfer programme that is available to children up to the age of 5 years. The aim of the project, along with the cash transfer, is to support parents and caregivers to develop positive caregiving practices so that they understand and see their child/ren as a person, and to behave accordingly.

In 2023, a total of 99 facilitators (all female) trained by the ICDP team at Save the Children, were mobilized to run the parenting sessions throughout the 9 municipalities. Those facilitators were selected in close coordination with the local government. Major achievements:

- After the rigorous efforts to implement the parenting programme, there was clear evidence of the effectiveness of it, as part of the child grant plus initiative. Nepali government has now endorsed a guideline naming "Parenting awareness programme operation standard 2023" and circulated to all 753 local governments for the implementation.
- A total of 1806 (all mothers) caregivers participated and completed the parenting sessions, out of which 533 were covered by the local governments fund.
- Quantitative study of the parenting sessions and their impact on caregivers has been completed in four project districts and the detail report will be produced by 2024.
- Qualitative study (both pre and post) has been carried out observing parenting interactions with children, using the Checklist of Observations Linked to Outcomes (PICCOLO). The study brought significant changes in the interactions between caregivers and children. The pre and post assessment result showed significant changes like in affection pre=4.13 and post= 11.84, responsiveness pre=2.40 post=11.10, encouraging pre=1.22, post=10.60 and teaching pre=.22, post=8.87.

In 2024, the concept of CSSP, with ICDP as part of it, was in process of being institutionalized at 9 local government levels, as well as having national government endorsement for it. There were 142 facilitators who in addition to ICDP, also deliver sessions on nutrition and family budgeting. Evaluations of their work showed significant impact.

**Update 2025:** Save the Children is implementing the Child-Sensitive Social Protection (CSSP) project in four districts of Nepal. Local governments are matching funds to collaboratively run the parenting programme. In 2025, local governments allocated budgets through their own systems, demonstrating a commitment to ensuring the program's sustainability.

During the year, the ICDP team at Save the Children Nepal has been using the video specifically made about the 8 guidelines for good interaction and other key topics of the ICDP programme as support material during and after the delivery of the ICDP programme to families. Link to this video: <https://www.youtube.com/playlist?list=PL1hLdqAKvXjBdVf587oWAJR3yf05yexzL>

The video has proven to be very helpful. Women who had taken part in the sessions made relevant references to the content of the videos, and they said that the video was useful as it reminded them to practice the ICDP guidelines.



Save the Children values evidence-based approaches; therefore, in the third phase of the project (2022–2025), a longitudinal study was conducted. Data analysis and report preparation were carried out by professionals from Harvard University who had developed Caregiver Reported Early Development Index (CREDI) along with the caregiver's engagements with child and nutrition. The study revealed significant differences in the caregiving practices of parents and caregivers.

<https://resourcecentre.savethechildren.net/document/final-evaluation-of-the-child-grant-plus-parenting-programme-in-nepal-2025>,

Moreover, an **economic evaluation** was conducted to present the costing aspects of the parenting programme. This analysis will be helpful for the development organizations and the government, providing them with a clear understanding of the programme's cost structure.

<https://resourcecentre.savethechildren.net/document/the-child-grant-plus-parenting-programme-in-nepal-economic-evaluation-and-cost-of-future-scale-up-2025>

- In 2025, another project was launched called “Little Steps, Bright Futures.” This project also incorporates ICDP components and focuses on the child grant plus approach. Preparatory activities are underway, and 20 community-level facilitators are being formed. The local government has already selected individuals for ICDP training. The second and third round of training were completed by the end of November. Additionally, the local government has allocated funds for the facilitators. The project aims to provide parenting education to more than 4,000 parents and caregivers.
- In 2025, a total of 2,509 parents and caregivers (1,330 male and 1,179 female) participated in the parenting sessions and graduated. The local government has been allocating a budget for the programme. In this regard, 64 new parenting facilitators were developed in 2025, and they will continue running parenting sessions even after the project phases out.
- The project has compiled 90 case stories of parents and caregivers, showcasing how they applied ICDP and the changes they observed in their children. Ten case stories were developed by each local government. Currently, local governments have also published these stories on their own digital platforms, such as Facebook and their official websites.

Photo below shows training of fathers:



## PHILIPPINES

The ICDP developments started in 2017. To ensure better child development outcomes, the ICDP programme was incorporated as a complementary intervention to Save the Children's current Child Sensitive Social Protection (CSSP) programme.

The ICDP training was conducted by Nicoletta Armstrong in Ormoc, for a group of professionals linked to the work of Save the Children (SC), who completed their training and adapted the ICDP programme to fit in with the needs of the local population. Eventually an adapted handbook was finalized and printed, after being tested in a research pilot project that was conducted in the region during 2018 and 2019. The results of the pilot project were positive, which helped obtain government support which continued in 2020 and 2021. SC works in partnership with the regional government through their cash transfer programme called Pantawid Pamilyang Pilipino Programme (4Ps). It covers 20% of the population, aiming to reduce intergenerational transfer of poverty by keeping children healthy and in school through its conditionalities like school attendance, pre- and post-natal care for mothers, regular check-ups for children and attendance to the monthly Family Development Session (FDS) for parents.

**National scale up:** The key milestone achieved in 2022 was the adoption of ICDP by the Department of Social Welfare and Development (DSWD). On 1st of December 2022, a Memorandum of Agreement (MOA) was forged between Save the Children Philippines (SCP) and DSWD for the national scale up of the project, to cover 17 regions of the country. The training budget was included in the National Programme Management Office (NPMO) budgeting for 2023 – 2024.

**2024:** A virtual certification ceremony was conducted on September 25, 2024, with the participation of the chair of ICDP, Nicoletta Armstrong. After the certification of the 213 new facilitators, the ICDP national scale up began in November 2024. This marked the start of the implementation of the ICDP parenting module, MaPangBata (Magulang Para sa Pag-unlad ng Bata) as a one-month long foundational course with the families partaking in the 4Ps programme. This work is under the Seven Year Transformative Learning Path (7YTLP) of the Kilos Unlad (KU) framework.

**2025:** Since the start of the national scale up, the certified ICDP facilitators have been creating the multiplier effect on ICDP, which is now called MaPangBata, targeting families involved in the 4Ps government project.



**To date there are 6070 facilitators who implemented the ICDP programme with 46 327 parents.**

To provide for sustainability and continuity of the ICDP/MaPangBata implementation it was agreed to establish an "in house" of ICDP trainers. With this aim in mind, 36 staff members of 4Ps (F-28; M-8) were trained as ICDP trainers starting with a workshop in February 17-21, 2025. As part of their practice and in compliance to the ICDP certification process and requirements, they have started the MaPangBata multiplier effect through their "on the job training" activity.

The 36 candidate ICDP trainers have been training social case managers and other staff on MaPangBata in their respective regions. This approach will continue until all 4Ps staff are trained as facilitators. In effect, they will create layers of multiplier effect until all the **three million** 4Ps families are reached.

**Read the full update from ICDP Philippines.**

On the 5<sup>th</sup> of December 2025, an official ceremony was held to celebrate the certification of ICDP trainers. During this event, participants heard of touching stories about the impact of ICDP/MaPangBata on parents. Inspirational speeches were given by several government representative, and also by ICDP trainers Disa Sjoblom, Zeny Gread and Jade Paitan, as well as ICDP chair, Nicoletta Armstrong.

**Assessment of the scale up of ICDP/MaPangBata for 4Ps - Key Findings**

**CHANGES IN PARENTING PRACTICES**

***a. Strengthened Parent-Child Relationship and Bond***

- Emotional presence, empathy and responsiveness
- Improved communication between parents and children
- Learning how to “show love” (one of the ICDP 8 guidelines)

***b. Increased Empathy and Responsiveness***

- Developing a deeper emotional awareness and responsiveness toward their children
- Parents now strive to listen more attentively, recognize subtle signs of distress, and respond in ways that validate their children’s experiences
- Parents have become supportive of their children’s interests and hobbies, even amidst the challenges and uncertainties of raising adolescents

***c. Setting Limits in a Positive Way***

- Parents have shifted toward non-violent and respectful approaches
- Parents showed and sustained improved emotional self-control.

***d. Transforming Gender Roles and Embracing Diversity in Parenting***

- Parents began to reflect on and challenge traditional expectations, especially regarding who is responsible for household chores.
- Improved spousal dynamics fostering more equitable and respectful relationships between partners
- More balanced and shared responsibilities in the homes

***e. Positive Shifts in Family Relationship and Dynamics***

- Homes have become more peaceful, with significantly fewer conflicts and more expressions of love and affection among family members

**IMPACT ON CHILDREN**

**Improved openness and communication between parents and their children**

- Children who were once withdrawn and shy became open and expressive to share their thoughts and ideas and even problems in school or personal concerns like relationships

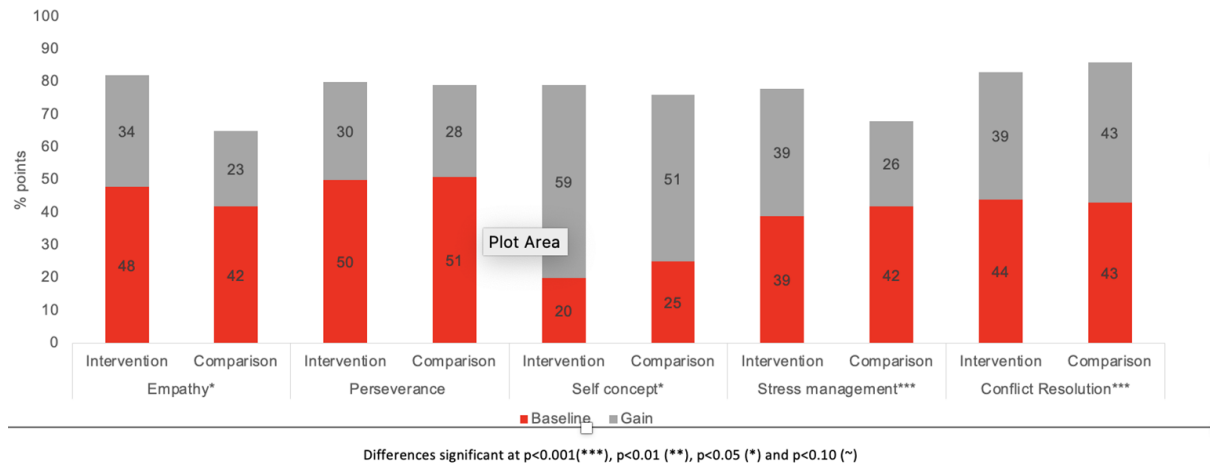
**Demonstrate more respectful attitude and positive behaviour at home**

- Willingness to help in household chores which gave mothers to care for themselves
- Stopped using foul language
- More responsive and considerate in their interactions with their parents

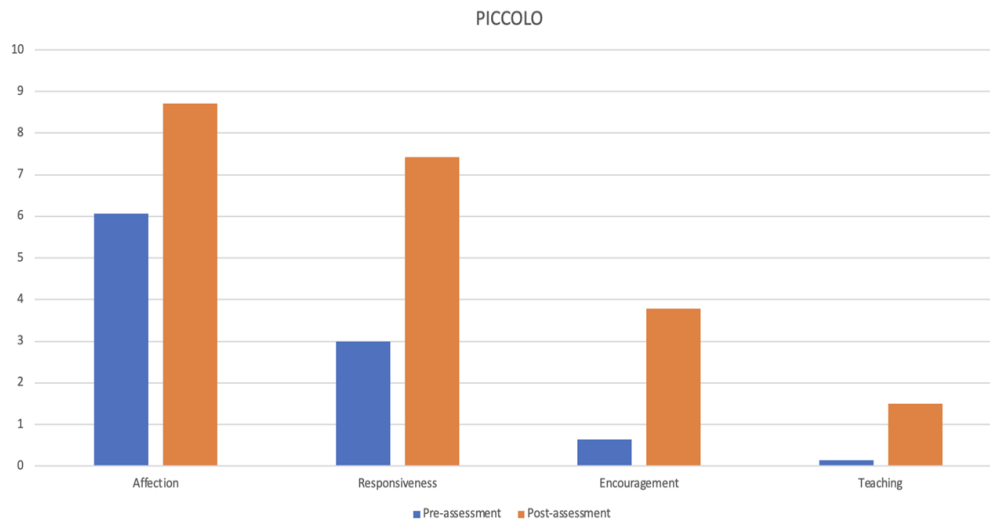
**Increase in children’s confidence and emotional well-being, particularly in how they engage in school.**

- Children are more cheerful and outgoing

### Impact on adolescent social and emotional skills in Leyte (N=465)



### Behaviour of parents/caregivers –direct observation in Samar (N=20 parent-child dyads) (Parenting Interactions with children: Checklist of Observations Linked to Outcomes)



## BANGLADESH

ICDP has found fertile ground in Bangladesh, where a small team of enthusiastic professionals has been developing ICDP projects since the beginning of 2019. The ICDP Bangladesh team was formed by Gerd Eli Haaland, a doctor who first engaged with ICDP in 2018, by receiving training from Nicoletta Armstrong.

The ICDP programme was applied in different contexts: with students at the North South University in Dhaka; with staff at the girls' hostel run by Basha Enterprizes in Bhaluka, two hours away from Dhaka; with day care staff at Basha Enterprizes; and with staff of the Children Uplift Programme (CUP). The effects of their training were good, they managed to raise awareness and create better attitudes towards children, according to the ICDP participants' comments.

In 2021, three groups of facilitators were formed who reached 209 caregivers and 425 children. An ICDP Core Team was formed that consists of 5 members, each member is from a different partner organization. ICDP materials were translated into Bengali.

In 2022, 44 new facilitators were trained in Dhaka and Dinajpur. There were 3 regional and 2 annual facilitator gatherings. As a result, facilitators became motivated to run new caregiver groups. In total 293 caregivers received ICDP training and 799 children were touched by this training.

In 2023, a total of 18 facilitators received their certificate and further 23 facilitators completed their training by the end of the year. The facilitators run caregiver groups in their own organizations. During that year, 28 caregiver groups completed the course, and 38 groups are still running in different parts of Bangladesh. ICDP training is bringing positive changes in family relationships.

[Click here for power point presentation about the work of ICDP in Bangladesh in 2024.](#)  
[Read here for year 2024 report.](#)

### **2025 developments, based on update by Rumi Zengcham, Project Coordinator, HCDP, Normisjon Bangladesh**

The project primarily targets low-income families in Dhaka, with a particular focus on the children of mothers who are currently at risk of, or have previously experienced, human trafficking. It also aims to support poor and marginalized families in rural communities, especially in Parbatipur, Dinajpur. In addition, the project seeks to reach orphaned children growing up in institutional care settings.

The project's major interventions are designed to achieve the following objectives:

- Provide ICDP Facilitator and Trainer training to staff members of government and non-government organizations (GO and NGO), enabling them to deliver ICDP training effectively to caregivers.
- Establish an ICDP Network Forum through annual gatherings of ICDP trainers and facilitators to strengthen collaboration, share experiences, and ensure effective implementation of ICDP training in the field.
- Raise awareness among caregivers about the importance of positive parenting and promote healthy childhood development for children.
- Develop a skilled, qualified, and specialized core team to lead the implementation of ICDP Bangladesh. During this new phase of the project, the existing core team will be restructured into the ICDP Bangladesh Advisory Committee (ICDP-BAC). This committee will maintain quality standards, guide implementation processes, and ensure that ICDP initiatives effectively reach the intended target population across Bangladesh.

**Target and Achievement:**

| # | Activities                                        | 2025       |          | Explanation                                                                                                                                                                                                                                                                                                         |
|---|---------------------------------------------------|------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                                   | Target     | Achieved |                                                                                                                                                                                                                                                                                                                     |
| 1 | Training of Trainers (TOT)                        | 6          | 4        | Two will complete their training next year                                                                                                                                                                                                                                                                          |
| 2 | Number of Facilitators Trained                    | 80         | 28       | Most staff members of the partner organizations had already completed the facilitator training in previous phases. As a result, they were unable to nominate new staff for this training.<br><br>Some participants who enrolled in the facilitator training left their organizations before completing the process. |
| 3 | Caregiver group conduct                           | 171 groups | 67       | Facilitators from UNICEF were inactive due to internal challenges, including organizational changes in July and a funding crisis. Some facilitators also left the organization. As a result, it was not possible to reach the targeted number of caregiver groups.                                                  |
| 4 | Number of Caregiver Trained in ICDP               | 1221       | 466      | Facilitators from UNICEF were inactive due to internal challenges, including organizational changes in July and a funding crisis. Additionally, some facilitators left the organization. As a result, the targeted number of caregivers could not be reached.                                                       |
| 5 | Number of Children touched by ICDP                | 2586       | 1178     | Facilitators from UNICEF were inactive due to internal challenges, including organizational changes in July and a funding crisis. Some facilitators also left the organization. As a result, the targeted number of children could not be reached.                                                                  |
| 6 | Facilitator Gathering                             | 2          | 2        | N/A                                                                                                                                                                                                                                                                                                                 |
| 7 | ICDP Bangladesh Advisory Committee (BAC)          | 6          | 2        | The Bangladesh Advisory Committee was formed in <b>October 2025</b> with <b>10 members</b> . One meeting was conducted on <b>26 October 2025</b> , and another meeting was held online on <b>18 December 2025</b> .                                                                                                 |
| 8 | Gender Based Violence (GBV): training for helpers | 1          | 1/14     | A three-day workshop was held from 17–19 August 2025 with 14 participants.                                                                                                                                                                                                                                          |
| 9 | Facilitator Training (TOF) conduct                | 5          | 5        | Five facilitator trainings were conducted in three different locations: two in Dhaka, two in LAMB, and one in Chattogram.                                                                                                                                                                                           |

**Training of Trainers (ToT)**

Two Training of Trainers sessions were successfully conducted during the year. The first session took place on 16–17 June 2025 and involved a total of 16 participants, including two Trainers of Trainers, seven Trainers, and seven Assistant Trainers. The two-day training provided many valuable learning opportunities. The second session was conducted on 6–7 December 2025. Overall, four trainers successfully completed their trainers' training this year, with two from LAMB and two from NB.

### Facilitator (TOF) training

A total of five facilitator training workshops were conducted in 2025 across three different locations: Dhaka (2 workshops), LAMB (2 workshops), and Chittagong (1 workshop). Participants were drawn from the following partner organizations: The Salvation Army, Faith in Action, Service in Ministry, Healing Heart, LAMB, BNELC, Shedboard, BTABC, ECC, Shekinah, Normisjon Bangladesh, and Integrity of Human Development Foundation.

### Caregiver Group



To ensure that children are nurtured in safe and caring environments, ICDP facilitators conducted caregiver group sessions across various regions of Bangladesh, including Dhaka, Dinajpur, Sylhet, Jessore, the Chittagong Hill Districts, and Rajshahi. Through their dedicated efforts and commitment, ICDP has reached a significant number of caregivers, equipping them with knowledge, skills, and confidence to provide better care and guidance for children. These initiatives have contributed to strengthening positive caregiving practices, promoting children's well-being, and fostering safer, more supportive family and community environments across the country.

### Facilitator Gathering in Dhaka and Dinajpur

Two full-day Facilitator Gatherings were successfully organized in Dhaka and Dinajpur. These events were designed to provide a structured and supportive platform for facilitators to reflect on and share their experiences in conducting caregiver group sessions. The gatherings created an open environment where facilitators could discuss their achievements, challenges, and lessons learned from the field. Through guided discussions and experience-sharing sessions, participants highlighted the positive impact of caregiver groups, as well as the practical difficulties they encounter while mobilizing participants, maintaining engagement, and addressing diverse caregiver needs. The primary objectives of the gatherings were to:

- Encourage facilitators to take greater initiative in planning and independently leading caregiver group sessions.
- Provide a safe space for facilitators to express their perspectives and field realities.
- Identify operational and contextual challenges affecting programme implementation.
- Offer necessary technical guidance and support based on identified needs.

By dedicating a full day to listening, dialogue, and collaborative problem-solving, the programme strengthened facilitators' confidence, leadership capacity, and sense of ownership. The gatherings also fostered peer learning, mutual encouragement, and stronger coordination among facilitators across locations. Overall the events reinforced our commitment to supporting facilitators as key drivers of caregiver group success and ensuring the continued quality and sustainability of the program.

## Gender Based Violence-(GBV)

This is a training programme designed for individuals who provide care, support, and assistance to people directly exposed to human rights violations and abuses, particularly sexual violence. It is also intended for workers who support other care providers involved in assisting survivors. The target participants include:

1. Staff working in primary healthcare centers
2. Humanitarian workers in emergency and crisis situations
3. Workers associated with refugee camps
4. Service providers from various organizations
5. Volunteer service providers associated with NGOs

This three-day workshop was conducted from 17–19 August 2025 with 14 participants representing partner organizations, including: The Salvation Army, Normisjon Bangladesh, Healing Heart, LAMB, Society for International Ministry, Evangelical Christian Church, Bangladesh Northern Evangelical Christian Church

## ICDP-Bangladesh Advisory Committee (BAC)

As ICDP continues to expand, establishing a central ICDP unit will be essential to uphold programme quality, provide guidance for diverse implementation processes, and ensure that ICDP in Bangladesh effectively reaches its target population. Since 2021, a core team has served as advisors to HCDP. In 2025, this core team will be restructured into the ICDP–Bangladesh Advisory Committee (ICDP-BAC).



In partnership with HCDP, ICDP-BAC will work to build a national network of organizations and individuals trained in ICDP, fostering connection, collaboration, and inspiration. The committee will play a key role in identifying needs and opportunities at the national level. This network will serve as an important platform for organizations to partner and collaborate for the maximum benefit of the target population.

As planned, the ICDP-BAC was formally established on 26 October 2025 with a total of 10 members. Ms. Sajeda Akter Bobby (former HCDP Project Coordinator and National Trainer of Trainers) was selected as the Chairperson of the Committee for a two-year term.

## Testimony of caregivers:

*My name is Anjali Daring. I am the mother of a 15-year-old boy named Utsho Daring. He studies in Class 9. I have received ICDP caregiver training, and through this journey I have become a committed and confident member of ICDP. Before this training, I had never received such meaningful learning about children and parenting.*

*Earlier, I was not able to behave well with children because I did not truly understand them. I lacked proper knowledge about children's feelings, needs, and behavior. I used to order my child to do his work. When he replied, "I will do it later," I would scold him and say, "Do it now, or I will beat you." Out of fear, he would do the work, but he was not willing or happy.*



*After receiving the ICDP training, I learned many positive techniques such as appreciating children for their small efforts, encouraging their initiatives, doing some work together with them, speaking in a soft voice, and giving clear explanations instead of threats. Most importantly, I learned how to make my child listen to me with love and understanding, not fear.*

*One day, when my son's school was closed, I asked him to wash his school shoes because they were very dirty. At that time, he was watching something on mobile phone and, as usual, replied that he would do it later. Instead of scolding him, I said calmly, "Let's do it together. I will wash one shoe, and you wash the other." Immediately, he stopped watching the mobile and happily joined me.*

*While washing the shoes together, I slowly moved on to another household task. Later, I noticed that my son had washed both shoes properly by himself and placed them in the sun to dry. This made me feel very happy and proud.*

*Now, I truly understand how to care for my child and how to guide him positively so that he can become a responsible and well-established person in the future. ICDP training has changed my way of thinking, my behavior, and my relationship with my child.*



*My name is Lipy Roy. I am a mother, and my son's name is Jonash (7).*

*For a long time, I was going through very difficult challenges in my family. I was suffering from depression, and because of that, I was not always able to behave well with my children. Deep inside, I felt pain and guilt, but I did not know how to change myself.*

*Everything started to change after I joined the ICDP caregiver training. Through the four sessions, I learned how to understand my children better, how to control my emotions, and*

*how to care for them with patience, love, and respect.*

*After completing the training, one day some of my relatives visited our home. After observing my son's behavior, they said, "Jonash Babu has changed a lot. He does not get angry easily anymore. He is no longer bossy; instead, he looks cheerful and well-behaved." I smiled and replied, "Actually, it is not my son who has changed — it is me."*

*I explained to them that after receiving the ICDP training, I changed my own behavior toward my child, and that positive change in me brought positive change in my son. I shared my experience with them and encouraged them to take part in the ICDP training as well.*

*Today, I feel confident and hopeful. I believe that I am now capable of raising my children in a healthy and loving way. I trust that, with this learning and understanding, my children will grow up well and have a bright future.*

## UZBEKISTAN

ICDP development in Uzbekistan began in 2020 when ICDP established a training and cooperation agreement with the Happy Start Preschool in Tashkent.

In March 2021, two preschool professionals, Magdalena Brannstrom and Valentina Ten, became certified ICDP facilitators in Tashkent after completing their training with Nicoletta Armstrong. During the year, the newly qualified facilitators implemented the ICDP programme at caregiver level with parents and teachers at Happy Start Preschool. Through regular weekly meetings held over several months, participants engaged with the programme and its principles. ICDP was very well received, and feedback from both teachers and parents was highly positive.

In the second phase, during 2022, new groups of facilitators were trained both at Happy Start Preschool in Tashkent and at a newly established learning centre in the town of Sirdarya. Additional parents participated in ICDP training, which was delivered by preschool teachers who had themselves become ICDP facilitators. During this period, Magdalena Brannstrom and Valentina Ten gained valuable experience as trainee trainers, supporting the development of new facilitators. By the end of the year, they had successfully completed the practical requirements of their training and demonstrated a high level of competence, commitment, and professionalism.

In 2023, ICDP training continued to expand gradually in Tashkent. A total of 12 facilitators were active in Uzbekistan. Approximately 73 caregivers completed the full ICDP programme, including 30 preschool professionals and 43 parents. Of the participants, 70 were women and 3 were men.

During 2024, the main focus was on delivering ICDP caregiver courses. Eighteen caregivers completed the full programme, all women between 20 and 40 years of age. Among them, 11 were preschool teachers and 7 were parents. In total, 28 people participated in ICDP activities in Uzbekistan at either facilitator or caregiver level. Magdalena Brannstrom continued to support the programme online from Norway before returning to Uzbekistan in September. During the year, she trained the manager of Happy Start Preschool in Tashkent as an ICDP facilitator.

In December 2024, the ICDP team organized its first Facilitator Gathering, attended by nine participants. The event provided an opportunity for facilitators to exchange experiences, discuss challenges, celebrate successes, and explore ways of expanding the programme's reach. The gathering was highly motivating and strengthened participants' commitment to continuing their work.

One facilitator subsequently established an ICDP Parents' Club, where parents continued to meet regularly to discuss issues related to their children, reflect on their relationships with them, and share experiences from their daily interactions.

Participants reported positive changes in their practice. As one preschool teacher explained, after attending ICDP training, it became easier to work with children because of a deeper understanding of their needs, wishes, and perspectives. As a result, classroom activities became more productive and meaningful.

In 2024, a new website for ICDP Uzbekistan was set up:

<https://www.icdp-uzbekistan.com>

Instagram profile: @icdpuzbekistan (<https://www.instagram.com/icdpuzbekistan>).

Telegram channel was used for facilitators to encourage collaboration, share course schedules, and allow facilitators to strengthen each other's sessions.



**In 2025**, a new ICDP Facilitators course was conducted and 6 new facilitators were certified in June (4 women and 2 men, aged between 25-40 years old).

During spring several ICDP caregiver courses for parents and for staff in 2 different Happy Start preschools were also conducted. There were 5 caregiver level courses attended by 80 teachers and parents (78 women, 2 men, aged between 20-50 years old).

During the year the ICDP material was translated into Uzbek (the booklet “I Am a Person”, and the “ICDP Guide for Facilitators”).

Two new ICDP Telegram channels were introduced for those who wish to receive information about the programme; they are also used to update parents, teachers and others who had attended ICDP courses.

#### **Story from a teacher:**

*My behaviour has changed. I have become more patient. I became more patient and attentive to the child's feelings, and reacted consciously in different situations. As a result, a more trusting communication was instantly established. I realized how important an emotionally positive connection is with a child. I also realized that calm, respectable communication is the best way to solve problems and strengthen the relationship.*

“A major highlight for us was delivering the ICDP course for teachers at the government school Maktab 29 on Saturdays,” explains Magdalena Brännström. “A total of 62 teachers participated in the programme. Although attendance varied, with around 25–30 participants attending each session, the level of engagement was remarkable. It was inspiring to see how responsive the teachers were and to hear their stories about applying the knowledge and skills from the course in their daily work. On 6 December, 34 teachers received their ICDP Caregiver Certificates. Our plan is to continue offering ICDP Caregiver courses for teachers at Maktab 29. We also aim to expand the programme to other government and private schools, as well as to additional regions across Uzbekistan. In addition, we hope to support some of the local facilitators in progressing to become ICDP trainers.”

## **AFGHANISTAN**

The International Assistance Mission (IAM) is a non-profit Christian development NGO that has been operating in Afghanistan since 1966. In 2019, the International Child Development Programme (ICDP) was introduced to IAM by Nicoletta Armstrong, who conducted a series of workshops in England and trained a small team of health professionals as ICDP facilitators. Following their training, these facilitators began delivering ICDP courses to members of their healthcare teams.

After a one-year interruption due to the COVID-19 pandemic, ICDP training resumed in June 2021. The programme has since been organized and facilitated by Fattah Najm for mental health professionals working with IAM in the city of Herat.

The ICDP programme had a strong impact on its participants. Success story: <https://www.icdp.info/a-story-from-icdp-afghanistan/>

Report by Fattah Najm:

In 2023, Afghanistan was ranked 170th out of 170 nations in the world for security, justice, and women's inclusion.<sup>[1]</sup> Food insecurity is still one of the biggest challenges in Afghanistan. Save the Children reported in December 2023 that one out of every three children will suffer from hunger in 2024.

With so many obstacles to overcome, there was much opportunity for IAM employees to advance through capacity building programmes. The management team attended the ICDP training. A team of the IAM counsellors and trainers also participated in a workshop with focused on child development. We had opportunity to conduct ICDP training for community volunteer, community leaders, parents and teachers.



Parents who participated in the ICDP trainings considered them highly valuable and necessary for all families. They appreciated the trainers' expertise and encouraged IAM to expand the programme and share its key messages with all parents in the community. Many parents also expressed their willingness to disseminate the knowledge and lessons learned to other families.

Teachers who received training on ICDP topics reported that the sessions enhanced their capacity to collaborate effectively and to teach children using non-violent approaches. They noted that these practices contribute to a safe, supportive, and positive learning environment for both students and teachers. Participants also requested additional trainings, as they believe the programme has improved flexibility, understanding, and positive interactions among teachers and students. Furthermore, they highlighted that many teachers have not yet received the training and continue to use inappropriate approaches with students. They emphasized the important role of IAM in extending these trainings to untrained teachers.

Community leaders who attended the training sessions suggested expanding the curriculum to include additional topics, such as healthy nutrition for children. Some participants also recommended establishing a Telegram channel where trainees could continue discussions, ask questions, and exchange experiences related to the training topics.

As a result of the positive parenting training, parents reported increased awareness and support for their children's emotional, social, and cognitive development, contributing to improved self-esteem and overall well-being. Many parents also committed to promoting positive parenting practices within their communities and discouraging harmful behaviours such as aggression, harsh discipline, and disobedience toward children.

One of the key objectives of the mental health programme is to strengthen community support for mental health and well-being. Encouragingly, positive changes have already been observed in

community attitudes and behaviours related to child welfare, family relationships, and positive interactions with children.



Some examples are:

Children issues were discussed in monthly Shura meetings. This shows children is a priority for the Shura members.

Religious leaders spoke about mental health and the role of communities to support parents to take care of children in more appropriate ways.

Shura members conducted public awareness for 1,240 community members and discussed about the children.

8 schools allocated time for discussion on child development topics in their schools and 69 teachers who got the ICDP training spoke about the programme for student and their parents.

### **Training:**

79 parents (38 men and 41 women) trained

81 Community Leaders and Mullahs (35 men and 41 women)

69 Teachers/principals (45 men and 24 women)

1,240 Families received mental health awareness.

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[1] <https://www.rescue.org/article/afghanistan-entire-population-pushed-poverty#:~:text=Poverty%20is%20impacting%20more%20than,rationing%20and%20other%20coping%20strategies.>

Over the past year, the key members of the ICDP team were based in Turkey, and did not have the opportunity to implement significant ICDP activities in Afghanistan during 2025. However, plans were made to reactivate ICDP activities in Afghanistan. The team has started working with a new organization, which they intend to use as the implementing structure for future ICDP activities. “Based on our previous experience, we aim to reintroduce ICDP in a more structured and sustainable way through this new organization. In this regard, we are planning to initiate a formal pilot project under ICDP guidance and standards, including training, community implementation, and proper documentation.” – explained Fattah Najm, ICDP trainer and project leader.

## THAILAND

In July 2023, the ICDP Foundation signed a partnership agreement with the Nexus Organization in Thailand. Through the implementation of the ICDP programme, Nexus aims to provide much-needed support and resources to parents and caregivers across all levels of society, including minority and marginalized ethnic communities throughout the country.

Thailand faces significant challenges related to family well-being and child protection. Domestic violence is increasing, and a survey conducted by Thai PBS found that 75 per cent of women in Thailand had experienced domestic violence on more than one occasion (Thai PBS, 2023). In addition, many children are placed in residential care despite having living parents. This often occurs because parents are unable to care for their children due to factors such as poverty, alcohol dependency, limited access to resources, mental health difficulties, or family restructuring, where children may become unwanted by a new spouse following remarriage.

In February 2023, the first cohort of 13 facilitators received their ICDP certificates. By the end of the year, the number of certified facilitators had grown to 35. Most facilitators went on to deliver ICDP parenting courses throughout the year, reaching 240 caregivers (50 men and 190 women) and indirectly benefiting approximately 1,000 children.

During the year, an ICDP committee was established, and efforts were initiated to build partnerships and networks with other local organizations. Considerable work was also undertaken to adapt and develop ICDP materials for the Thai context, laying the foundation for the programme’s continued growth and sustainability in the country.

“ICDP has proven to be very suitable for the Thai context. Everyone who has attended the programme has had a better experience in childcare, and felt more comfortable and happier. At the same time, ICDP work has expanded to include the Faculty of Education of a few famous universities, as well as staff from various network foundations. In 2024, we formed 25 new facilitators, 3 of whom are working with Thai population in Norway.” – Savinee Sarakrai, Manager ICDP Thailand manager. [Read her report.](#)

*Comment from a pastor: “When learning this ICDP course, I started to change myself first as a father of my children at home; I started to see children as individuals and became more empathetic. I am spending more time with my children. The feelings from my own childhood have been revived. I have seen the origin of certain behaviours and have a more positive view of myself now. I talked about this with the church team.”*

*Comment from a teacher: “This course helps teachers to become more confident in caring for children. They start to cope better in different situations, and as a result the school atmosphere is becoming happy. The children told their parents that they wanted to come to school because the teachers understand and love them. This course has helped me a lot.”*

Jeed Prakaikaew Phochan and Sara Sarawaree have been undergoing training both in Norway and in Thailand to become ICDP certified trainers, by the end of January 2025. They travelled to Thailand to attend workshops organized by ICDP Thailand, whereas their practical projects were taking place in

Norway among Thais. They are conducting the training in Thai and are keen to take the ICDP programme to others. As part of their training, they are forming new persons to become ICDP facilitators, who in turn started rolling out the ICDP programme to Thai parents. This process took place at the Wat Thai Buddhist Temple in Norway.



Facilitator training in Thai language, in Norway, was hosted at a local Buddhist temple.

“For the first time a Buddhist monk, Mr. Phra, became an ICDP Facilitator. The temple fulfils an important social function, acting as a safe place for fellowship among Thais. When Thai migrants experience challenges in their family lives, they approach the temple, but the temple has few tools to help with when it comes to family life and parent-child-relations. This is where ICDP comes in. Furthermore, the Buddhist temple feels

that ICDP fits in their worldview and there is keen interest to spread ICDP more widely to reach the Thai diaspora in Europe. The abbot at Wat Thai Norway is the President of the Union of Thai Sanghas (Buddhist temples) in Europe and Jeed and Sara were invited to introduce ICDP to Thais living in different parts of Europe. ICDP will sign an agreement with Jeed and Sara once they have completed their training and we will keep in touch and observe future developments with great interest.” – Nicoletta Armstrong, ICDP chair.



#### **Report on activities in 2025 by the ICDP team in Thailand:**

Three major highlights in the experience of ICDP Thailand. Starting in February, we celebrated the certification of eight new Trainers of Facilitators. During the early years of ICDP implementation in Thailand, we relied heavily on trainers from Nepal and Europe. Our introduction to ICDP, as well as our continued growth and development, would not have been possible without their invaluable support, guidance, and care. We remain deeply grateful to all of our trainers, who will always be warmly welcomed back. At the same time, achieving greater self-sufficiency has been an important milestone. Completing the translation of ICDP materials into Thai and developing a team of mother-tongue Facilitators and Trainers of Facilitators has significantly strengthened our capacity and sustainability.

Also in February, we began a partnership with Maha Chulalongkorn University's Chiang Mai campus. The initiative aims to introduce ICDP principles and training to future educators and social workers. A particular area of shared interest has been equipping Buddhist monks-in-training with ICDP knowledge and skills, enabling them to better support low-income families, children at risk, and other

vulnerable members of their communities. As trusted sources of guidance and wisdom, these monks often play an important role in the lives of families facing challenges.

As part of this collaboration, we conducted a pilot session in one classroom, where we were given two hours to present the ICDP approach. We engaged with more than 40 students in interactive discussions and activities. Half of students were monks. We are grateful for this opportunity and look forward to continued collaboration.



Finally, in November, we were invited to host a training at a local government school. Our time together was especially meaningful. Despite challenges such as limited time and space, noisy surroundings, and participants speaking multiple languages (Thai, Burmese, and various hill-tribe dialects), we were able to build genuine connections. The room was overflowing with more than 120 parents and teachers. We received enthusiastic feedback from caregivers eager to learn more and improve their relationships with their children. Additionally, this engagement provided us with valuable insight into how we can better support the public school system. With ongoing conversations and partnerships, we are planning broader outreach initiatives in local provincial schools.

Annual report 2025 by ICDP team in Thailand.

## AZERBAIJAN

In 2023, Mirjam Artmark Aanensen and Eli Bolkesjø from Normisjon began developing a new initiative to introduce the ICDP programme in Azerbaijan, in cooperation with Normisjon Azerbaijan and its partners. In preparation for this, a Normisjon team worked for several months to establish the foundations for implementing ICDP in the country.

In 2024, the training of future ICDP facilitators was launched in Baku with financial support from Normisjon. The second phase of the training took place in December, followed by the trainees' first pilot projects, which were scheduled to run from January to April 2025. The training of this new group of facilitators was conducted by Magdalena Brännström.

The group consisted of ten participants, including two psychologists, one medical doctor, one occupational therapist, and six teachers.

An important component of the ICDP process is the adaptation of both the programme content and its delivery to the local cultural context. This process was initiated by the trainee facilitators as they began delivering the programme to Azerbaijani parents and caregivers for the first time. As part of this effort, the parent booklet *I Am a Person* and the facilitator handbook *ICDP Guide for Facilitators* were translated into Azerbaijani.

During the pilot phase, trainee facilitators invited groups of parents and caregivers to participate in ICDP courses conducted in Azerbaijani. In addition, two groups received the programme in Russian and English respectively.



The certification workshop was held in early April 2025, when nine participants became certified as ICDP facilitators.

ICDP trainer Magdalena Brännström commented:

The training was conducted in English, while the presentation slides were translated into Azerbaijani, which proved very helpful for the participants. Following the workshop, I shared my PowerPoint presentations with the group to support their future work with caregivers.

Two sets of training materials were provided: one designed for implementing the ICDP programme through seven two-hour sessions with parents and caregivers, and another adapted for delivery through five sessions of up to three hours each.

The trainee facilitators were an excellent group to work with. They participated actively throughout the training, engaging in meaningful reflection and drawing on experiences from their own lives and cultural context. Having worked with the ICDP programme in Uzbekistan for several years, I noticed many similarities between the two cultures in approaches to child-rearing.

Before the second workshop, participants submitted videos of their own interactions with children, and I provided individual feedback. The videos were also shared within the group, creating valuable opportunities for learning and discussion. It was inspiring to see such a wide range of examples, featuring interactions with young children, school-aged children, adolescents aged 12, and even young people aged 17 and 18.

Throughout the training, participants built strong connections with one another, openly sharing experiences and supporting each other's learning. It was truly rewarding to witness their dedication and commitment to becoming ICDP facilitators. The future of ICDP in Azerbaijan appears very promising. The contact person for ICDP in Azerbaijan is Deborah Williams from Normisjon.

## **SOUTH KOREA**

In May 2024, Valentina Tan, an ICDP trainer from Tashkent who now lives in Seoul, South Korea, launched a small-scale ICDP initiative. In partnership with the local Social Welfare Community Centre, she established an ICDP group as part of a support project for immigrants.

Since the outbreak of the war in Ukraine, the number of Russian-speaking migrants in South Korea has increased significantly. In response, local authorities have sought to support their integration and adjustment to life in their new environment.

The project involved 15 caregivers who participated in ICDP sessions held at the Social Welfare Community Centre. The Centre provided its premises free of charge and covered all administrative expenses, including refreshments for coffee breaks.

The ICDP programme was warmly received by the participants, who showed strong engagement and contributed to lively and meaningful discussions throughout the sessions.

In 2025, although Valentina continued to reside in Seoul, she remained actively involved in ICDP activities by supporting the facilitator training programme of Happy Start in her native Uzbekistan through a series of online workshops.

## **SRI LANKA**

After more than three decades, the ICDP is being reintroduced in Sri Lanka. The initiative began to take shape when Renate Paramanathan Roaldset contacted ICDP Norway while planning an extended stay in Sri Lanka with her family. Motivated by a desire to bring ICDP to her country of origin, she initiated discussions about re-establishing the programme. Around the same time, RAHAMA also expressed interest in receiving ICDP training.

RAHAMA operates across the northern districts of Sri Lanka and works closely with an extensive network of local and community-based organizations. Its programmes focus particularly on supporting families affected by alcohol- and drug-related challenges, giving the organization a strong commitment to mental health and psychosocial well-being.

Following these initial discussions, plans for ICDP implementation were developed in partnership with local stakeholders. Despite not having secured the full funding required for the training, it was decided to move forward with the initiative. The training programme is scheduled for January 2026 and aims to establish the first group of ICDP facilitators, who will play a key role in supporting the future expansion and sustainability of the programme in Sri Lanka.

## **Laos**

In 2025, Disa Sjoblom, a Senior Officer and ICDP trainer at Save the Children Finland, contacted the organisation's office in Laos to explore opportunities for staff training. It was subsequently agreed that the first ICDP training workshop would be held in early 2026. The aim of the training is to prepare ICDP facilitators who will be able to deliver the ICDP programme to families across Laos.

# ICDP in Europe

England, Portugal, Norway, Sweden, Denmark, Finland,  
Ukraine, Estonia, Russia, Moldova, Germany, Romania,  
Poland

## OVERVIEW:

## ENGLAND



Photo of some of the members of the ICDP Foundation at a board meeting at Loudwater farm, from left to right: Tatiana Armstrong, Nicoletta Armstrong, Dahliani Drejza, Columbus Salvesen

As one of the founders of ICDP, Nicoletta Armstrong has worked from her London office since the programme's inception. For more than thirty years, she has trained international teams, maintained close connections with project leaders around the world, and organized and facilitated ICDP workshops in England for both local and international groups of professionals. She continues to play an active role in these ongoing activities.

ICDP also has a presence at the University of Bath, where, through the initiative of Rita Chawla-Duggan, psychology students are introduced to the programme each year. Nicoletta has contributed to this engagement by delivering workshops and presentations at university conferences and by organizing workshops for international students.

## PORTUGAL



Developments started in 1982 when the Alfragide school was officially opened - and has been in action ever since. It represents the oldest and longest lasting ICDP initiative, although the actual ICDP programme was not formulated till later, the school served as experimental ground for all fundamental concepts of the ICDP programme. The school was the brain child of Iksan and Irina Mendes (both later became founder members of ICDP foundation), who wanted to better the lives of refugee families and their children. Their friend Karsten Hundeide became interested and obtained a 5-year grant from NORAD (the Norwegian agency for development cooperation) to start a pre-school. The school's mission was and still is 'to contribute to the social integration of vulnerable populations, refugees, risk groups and people with disabilities, and working from a community perspective'.

Twenty years ago, the school was renamed Roda Viva (literally Wheel that is Alive, or 'always on the go'), and today its nursery and preschool serves the Timor neighbourhood in the Lisbon suburb of Amadora. Daniela Dinis has been running the school as its director since year 2000. To the pre-school, the nursery was added in 2007

The school is working with social services, and has close ties with the surrounding community. Parents pay according to the income capacity of their family circumstances. From 2010 onwards, Roda Viva began offering various social assistance opportunities for the families with a multidisciplinary team: they were able to give free counselling, legal advice, help with immigration issues, as well as the language, and be available to accompany children and families to the doctor when special care or treatment was necessary.

The Roda Viva project staff consists of 18 adults, with 3 pre-school educators, 6 education assistants, a social worker, a psychologist, a speech therapist, two psychomotor therapists, a teacher for after-school classes, a teacher for the youth movement, and freelancers who come to teach capoeira, music and dance. The extra professional therapies (psychologist, speech therapist, psychomotor therapists) and special activities, are offered for free, all part of the special care given, especially for those of the children who have special needs. It is part of the 'home in the community' aspect of the social work which Roda Viva/ASS embodies, helping the parents and the children.

The school is well known with its psycho-social expertise for working with disadvantaged children and refugee families. The ICDP's principles are embedded in the approach and curriculum content. Parents, teachers, and assistants continue to benefit from the ongoing sensitization sessions.

Watch description of Roda Viva on YouTube in Portuguese:

[https://www.youtube.com/watch?v=zKxAWlRXE8M&list=PLaxdhiP4Kf2ttRMxaHPp0CI9tS\\_v9SWLK](https://www.youtube.com/watch?v=zKxAWlRXE8M&list=PLaxdhiP4Kf2ttRMxaHPp0CI9tS_v9SWLK)

## NORWAY

Between 1991-1992, professor Karsten Hundeide, founder and chair of ICDP for 19 years (1992-2011), led an ICDP research project linked to health stations in Bergen, which showed positive results on parents. This opened doors to many subsequent ICDP initiatives in different areas, including preschools, schools, child protection, health, prisons, asylum seekers and minority groups.

In 1996, ICDP started to be involved in different training programs funded by the Ministry for Children, Youth and Families Affairs and eventually in 2005, ICDP was incorporated as permanent and nationwide programme run by the Ministry – which is still ongoing. ICDP Norway was formed in 2006. A number of trainers, linked to ICDP Norway, cooperate with ICDP Foundation on projects outside Norway.

ICDP had presence for years at the University of Oslo, through the Special Needs department, where one of the ICDP founders, professor Henning Rye introduced ICDP into the curriculum of master studies, in 2010.

**In 2025**, ICDP Norway conducted facilitator training programmes in the country, resulting in 200 newly trained facilitators who have already reached at least 600 parents. In addition, 12 new trainers were certified, further strengthening national implementation capacity.

ICDP Norway continues to play an important role in testing and developing implementation models. In 2025, the organization entered the second year of its community-based project in Haugerud, funded by the Sparebank Foundation.

International initiatives are supported by the Kavli Trust and include the ICDP Sharing Community as well as implementation support to Nepal, Tanzania, and Uganda. These projects are strategically important and make a significant contribution to the organization's financial sustainability.

A key priority during the year was ICDP Norway's active participation in a comprehensive parental engagement initiative in Haugerud, developed in close collaboration with local community partners. The organization also worked with Trosterud School and launched a national Forum for ICDP in Schools.

Through the ICDP Sharing Community, ICDP Norway organized webinars and provided ongoing implementation support to ICDP initiatives in Nepal, Tanzania, Bhutan and Uganda. In Tanzania, an interim committee was established to strengthen national coordination, while in Nepal work began on a joint project focused on supporting parents of children with disabilities through ICDP.

ICDP Norway is responsible for two important ICDP adaptations. The first focuses on parents of children with disabilities and includes the revision and piloting of programme materials in three municipalities. Funding applications are currently being developed to support further implementation. The second adaptation focuses on ICDP in elderly care, where the third scientific article documenting this work was published during the year.

The organization also presented its work at Arendalsuka at the invitation of Diakonova Haraldsplass. In addition, ICDP Norway developed a course on ICDP and project management at Diakonova Vocational College and conducted facilitator training that included participants from Tromsø.

Throughout the year, ICDP Norway organized webinars, seminars, digital forums, and distributed newsletters to strengthen communication and knowledge sharing. Voluntary engagement also increased, with more individuals contributing through working groups and a range of organizational activities.

To strengthen its long-term sustainability, ICDP Norway continues to diversify its financial base through public-sector training assignments, facilitator training programmes, donor contributions, and project funding.



ICDP Norway initiated and organized an afternoon event with Zemir Popovac in collaboration with partners in the Haugerud project, known as #thegoodvillage.

## SWEDEN

ICDP Sweden (<https://www.icdp.se/>) was registered in 2000, with Annelie Waldau as its leader. ICDP was initially implemented within the health services for families with young children, child protection services, preschools, schools and some works were carried out within institutions for psychiatric services for children and youth with severe psychosocial problems. ICDP Sweden is a member of The Swedish Network for 'The Convention of the Rights of the Child'.

Over the years, the programme found very wide application with professionals from all key networks for children, with regular network meetings and refresher workshops for many hundreds of facilitators that are trained each year.

During 2023, ICDP Sweden was in a developing phase. It was a year of producing new material, writing texts and taking pictures for a new homepage which was completed and became functional in June after some really hard work. Two booklets were produced: one for prospective parents, and the other is an updated the booklet for those who work in preschool with children 1-6 years of age. ICDP Sweden yearly meeting for trainers took place in November on the theme of "Evidence". In 2023 around 500 participants were educated at Level 1 and around 110 new facilitators graduated on Level 2. A group of 13 new trainers received training, and they completed their education in 2024.

In 2024, the ICDP programme for parents from other countries called Parents in a New Country, which was developed several years ago by the Jönköping Municipality, in collaboration with ICDP Sweden, continued to be implemented. Around 100 facilitators were formed throughout the year. The Parents in a New Country was created based on the idea that all parents need to reflect on how to support their children to live within two cultures. ICDP was incorporated into SFI (Swedish for Immigrants) teaching.

**Highlights from activities in the year 2025, by Caroline Wender, current chair of ICDP Sweden:**

### Training & Implementation

- 658 participants completed Level 1 (Basic Training), 297 became certified trainers (Level 2), and Level 3 (Educator) training restarted after a pause, with 12 participants in the first new cohort.
- Specialized training expanded, including:
  - *Guiding Interaction for Parents in a New Country* (adapted to a 2-day format for trainers).
  - Leadership training in elderly care (e.g., Karlskrona).

- 6 partner municipalities (Forshaga, Kil, Eslöv, Jönköping, Norrköping, Sundsvall) trained external participants, significantly scaling ICDP's reach beyond their own organisations.

### Material Development

Completed: **Handbook for *Parents in a New Country***.



- Ongoing: Handbooks for ages 11–18, for elderly care, and for leadership, plus digital solutions for the ICDP Community platform.

### Research & Method Innovation

- Malin Ryen published a peer-reviewed article in the *Scandinavian Journal of Educational Research* ([link](#)).
- Launched method development for ICDP in professional relationships, focusing on preschool settings (Haninge Municipality).

### Nordic & International Collaboration

- **Nordic Seminar (9 December 2025)**: Hosted by Sweden, featuring Jonna Bornemark as keynote speaker. Jonna is a Professor of Philosophy and one of our most respected voices in conversations about human interaction, professional judgment, and complex knowledge—topics that lie at the very heart of ICDP. and country updates from Denmark, Norway, Finland, and Sweden.
- **Caroline Wendel** assumed chairmanship of ICDP Norden for 2 years (2025–2027), strengthening cross-border cooperation on implementation, research, and prevention-focused work (e.g., elderly care, schools).
- Contributed to ICDP's global network, including Norway's pilot studies and Tanzania outreach.

### 2026 Outlook

- Exhibiting at **Children's Rights Days 2026** (Karlstad).
- Continued **research collaboration with Fatumo Osman**, Deputy Head of School for Research, Senior lecturer and associate professor in nursing, School of Health and Welfare
- Ongoing research by Board members **Paul Bergman and Malin Ryen**.

## DENMARK

The first ICDP developments took place in 1999 and after several years, ICDP became the professional framework used to encourage teachers to broaden their outlook and replace the individual perspective of the child with a relational perspective. Through sensitive reflection and peer feedback participants of the ICDP projects analyse the power and energy embedded in relationships. The evaluations have shown that the participants experienced ICDP as meaningful “technical support for the invisible, but real pedagogical work which increased the level of professionalism, as well as the joy of working. The ICDP approach was applied in many Danish kindergartens and schools across the country. In Denmark ICDP has given exclusive right to 3 organizations only to offer certified courses in ICDP:

1. UCN act2learn (University College North) - <https://www.ucn.dk/>
2. Dansk Center for ICDP - <http://danskcenterfor-icdp.dk/>
3. Institut for Relations Psykologi – (<https://relationspsykologi.dk/>) - [www.ICDP.dk](http://www.ICDP.dk)

Altogether, the 3 institutes train around 900 professionals each year, including teachers, social-workers, pedagogues, educators, managers, a wide range of psychologists and therapists, as well as families. ICDP was approved by the Danish state as a method of working with professional relational competence. As a result, it is now easier to obtain government funding.

### Report 2025 by the University College North (UCN)

Heidi Trude Holm from the University College Northern Jutland (UCN) reports:

We at UCN are in the process of a "generational change". Some of our experienced ICDP teachers have retired and our new trainers are, fortunately, doing really well teaching ICDP.

Our primary students in our ICDP teaching activities have been daycare staff working with children the 0–6-year-old. We continue to seek access to the school system and the teachers, because the relational focus in teaching and didactics has the potential to increase the well-being in the classroom environment as well as increase the learning potential.

In addition to this, ICDP has been included in meetings and training sessions focusing on implementation of ICDP in institutions and municipalities. We continuous aim is to help staff, leaders, and municipalities to implement ICDP better.

Implementation is difficult, and without clear leadership and municipal support, we still find that implementation of ICDP is challenged. We aim to help and teach our partner institutions and municipalities further, by focusing on knowledge and structures that increase the possibilities for transfer and implementation – based on both Karsten Hundeide's framework for implementation, combined with the newest research in organizational development.

### Report 2025 by the Dansk Center for ICDP

The work at the Danish Centre for ICDP shows continued growth and application of the ICDP programme in different settings. [Read the 2024 report.](#) Read about the many and diverse activities of the Danish Centre in their [Annual report 2025.](#) A few snippets taken from that report:

#### ICDP level 1

In the past year, we have taught 478 people at level 1.

The participants represent a diversity of professionals, both in the educational and health sectors.

#### ICDP level 2

In the past year, we have taught 67 people at level 2.

The participants represent a diversity of professionals, both in the educational and health sectors.

### ICDP level 3

It is with great pleasure and pride that we can present this year's 4 new trainees. Together, they have taught 60 professionals in the ICDP program. The 4 new trainees are fantastic ambassadors for the ICDP program.



Psychologists Nete Rysgård and Maja Line Volden are new certified ICDP trainers – at level 3 and therefore they were celebrated with brunch and flowers.

Nete and Maja have trained pedagogical staff, including childminders from Odense Municipality, in ICDP at level 1 with great professionalism and good humour.

The evaluations among the participants show that they felt strengthened in their pedagogical core professionalism – and as a side benefit, increased job satisfaction.



### National Danish Conference

We participated in this year's major national conference for daycare in May 2025 with both presentations as a keynote speaker and a stand.

### Nordic conference

ICDP's Nordic Conference was held on 8.12.2025. As an experiment, the day was held online. We participated with a presentation by Ida Skytte Jakobsen, ICDP trainer and PhD, with her new book Resilience Framework and ICDP.



### International cooperation

#### Network with Norway, Tromsø

In Tromsø Municipality in northern Norway, it has been politically decided to implement the ICDP in all kindergartens and schools. A working group has been set up to achieve this, and as a start, they chose to visit us at the Danish Center for ICDP. During the 2 days of the study visit, we visited two ICDP kindergartens and the ICDP-certified school Mølleholmskolen. It was a few days of curiosity, joy and community.

### ICDP Cafe

ICDP Café is a concept where we offer free coffee and presentations on topics that we believe will interest professionals.

This year we have planned 3 open cafes and carried out 2.

- Relational supervision and inspections of the relational environment in kindergartens by ICDP trainee Sebastian Damkjær-Ohlsen
- Empathy in primary school by consultant Elise Linder
- Relationship-based conflict Work by ICDP trainer Ugur Kevioglu

## New Materials and books

In 2025, we published different materials that can be used to strengthen the implementation of the ICDP programme at different levels:

[The material for pedagogical leaders](#) to check whether the quality of the interaction in the children's environment is good. The title is *Relational supervision and inspections of the relational environment*. It was developed by ICDP trainee Sebastian Damkjær-Ohlesen, Consultant Lena Søgaard and Anne Linder.

### ICDP for small children – empathy in actions

As a continuation of last year's publication, in 2025 we published the material *Empathy in kindergarten*, where we have translated the ICDP programme for children aged 3-6 to support the development of children's social skills through teaching, conversations and guidance.

The material "suitcase" can be used as a concrete toolbox for teaching and individual counselling for children who need knowledge about relationships and interaction. The material can be a valuable resource for introducing the eight themes for good interaction (ICDP) at children's level.

1. How do we use our emotions – so that our hearts become warmer?
2. How do we play and learn together – so that our brains become smart?
3. How do we help decide – so that we create good communities?

The material consists of 8 small reading books – each focusing on the eight interaction themes, 2 puppets and a wide range of activity suggestions.

### New book by resilience researcher and Danish Centre for ICDP

Resilience researcher PhD Ida Skytte Jakobsen and psychologist Anne Linder have together published the book "The Resilience Guide" at the publishing house Dafolo. The book is based on the basic idea that good relationships – created through the ICDP create the necessary hope and resilience in vulnerable children and families.

The book is aimed at professionals – teachers, educators, social workers and psychologists in both general and special education contexts – and gives concrete instructions on how to work together strengthen hope, relations and resilience of children and young people when life becomes a challenge.

## Report 2025 by Majbritt Bay, the Institute of Relational Psychology

**During 2025** we have trained several care professionals in ICDP. We have also trained professionals to be able to offer ICDP guidance to other professionals and to parents; and we supported the development of their counselling abilities from the perspective of ICDP.

The evaluation of these activities has been great and we still see, that many local municipalities and institutions want to work with ICDP.

This is a quote from a pedagogical professional, who works in the school, and who participated in ICDP with a group of colleagues:



*"It has been a gift that all my close colleagues have been on the same programme, so we can brainstorm and exchange ideas, and provide examples that everyone understands."*

*"We can also supervise each other. I feel that I have expanded my awareness of and prerequisites for taking responsibility for the quality of relationships and a better ability to engage in appreciative interaction with children, parents, and colleagues."*

We will continue to work with local municipalities and organizations to implement ICDP in schools and children's nurseries in 2026.

At the same time, we will continue to draw attention to the impact of ICDP across society in Denmark, because we would like to work with ICDP in other areas as well, so that more care professionals, volunteers and parents can benefit from ICDP.

## FINLAND

Klara Shauman Alhberg, a psychologist at the Anchor House Family Centre in Pargas, near Åbo, brought ICDP to Finland in 2011. The training of the first group of her colleagues including, psychologists, teachers, pedagogues and family workers was carried out in cooperation with ICDP Sweden, whereas the subsequent developments in Kotka (training staff from the Association of Mother and Child Homes and Shelters, A-Clinic Foundation and the Finnish Blue Ribbon) were initiated in cooperation with Nicoletta Armstrong.

Due to increasing demands for training, ICDP Finland was registered in 2012 and the work has been ongoing ever since. ICDP has presence in the North and South of Finland, in schools, day cares, through social family work and mother-infant rehabilitation. Website: <https://icdp.fi/sv/hem/>

In 2023 there have been several trainings around the country; 53 persons received the ICDP Basic training and 27 new facilitators have graduated during 2023. There have also been ICDP groups for parents and professional caregivers in a number of settings around the country: in day care, child protection, the Federation of Mother and Child Homes and Shelters (ETKL) and with newly arrived immigrants.

One of the highlights of the work by ICDP in Finland in the year 2023, was the National Child Protection conference, which took place in Turku, in October. At this conference, the ETKL and Ostrobothnia welfare area made a presentation together on the topic of "Psychological Violence and Supportive Interaction/ICDP". The audience was comprised of approximately 100 people, who expressed a lot of interest in ICDP.

Effectiveness review: 2024 was yet another busy year with a special focus on efforts to make the programme sustainable in Finland. The government sponsored ITLA Children's Foundation promotes early interventions for children and families in Finland and does systematic reviews to determine the effectiveness and implement ability of different methods and programmes. Their review of ICDP in its Finnish context resulted in 4/5 points, which provides a good base for our future ICDP efforts.

International workshop in Helsinki: A workshop on “strengthening ICDP as part of Child Sensitive Social Protection (CSSP)” took place in Helsinki, Finland, from 12th to 16th of September 2024. It was organized by Save the Children Finland who have been promoting ICDP internationally for several years now. The workshop was attended by ICDP trainers who have been implementing the ICDP programme as part of the CSSP. Three ICDP trainers came from SC Nepal, two from SC Philippines, one from SC Zambia, one from SC Somalia, two from SC Finland and one ICDP trainer came from Normisjon Bangladesh. Disa Sjoblom and Mukesh Lath from SC and Nicoletta Armstrong facilitated the workshop. The overall objective was to provide a forum for sharing between countries to ascertain ways of strengthening the work of ICDP, focusing especially on how to provide quality implementation and maintain the quality of the work after the end of the project intervention.

#### **Report by about activities in 2025 by chairperson Pamela Antila and vice-chair Petra Zilliacus**

A challenge that we see in the health and social field in Finland at the moment is decreased funding for long term strategic planning and operative activity. Resources to public social welfare are shrinking at the same time as NGO funding is being cut substantially. This leads to people changing work place and not always being able to implement ICDP in a structured way in a new work setting. Much effort in different settings is focused on dealing with problems that are already quite difficult - while at the same time strategic guidelines are emphasizing early intervention and preventive measures. In the midst of these forces pulling in different directions, it still seems the interest for ICDP is growing.



*The September sun shines on ICDP facilitators as they explore Empathy in action.*

Also, for those of us who started working with ICDP many years ago, it is always reassuring to acknowledge how much of the ICDP framework is still alive in our thinking - even though we might not on a daily basis be able to do ICDP work.

From 2025, we would especially like to highlight an international training, where twenty seven youth workers and teachers from seventeen different European countries participated in a three-day ICDP course in Pargas. The event was organized by Pargas City Youth Department in a successful collaboration with the ICDP Finland association and the EU SALTO Erasmus+ programme.

Another highlight comes from the end of September, when twenty one ICDP facilitators met in Helsinki to dive into the subject of Empathy in Action. We learned about the different meanings and nuances of the words such as empathy, sympathy, compassion, and empathetic identification. To the delight of the participants, we also got to practice empathy in workshops and role play.

At the end of the year, on the 9<sup>th</sup> of December, we held a networking day together with our ICDP-trainer colleagues from the Nordic countries. The virtual event was hosted by ICDP Sweden and started with a philosophy lecture by Jonna Bornemark on the different ways of knowing things. In the afternoon, the representatives of the Nordic countries had a chance to present their current projects.

## UKRAINE

The first developments took place in the period 1998-2003, when teams of professionals received training, in Dnepropetrovsk, Kharkov, Cherkassy, Yalta, and Krivoy Rog. In Dnepropetrovsk and in Kharkov the ICDP principles were used with university students and the programme was inserted as part of the students' existing curriculum. Alla Magidson was the key trainer who in turn was trained by Nicoletta Armstrong.

In 2008, ICDP presented the programme at the international conference called "Little things make big changes", held in Antratsit, organized by the Ukrainian NGO 'Women for the Future' in cooperation with the Norwegian Peace Association. This eventually led to many new ICDP developments and the establishment of a strong team of trainers in 2013.

ICDP Ukraine was formed in 2014, with Anya Trukhan as chairperson and fruitful collaboration with UNICEF soon followed. Gradually, many groups of social workers and psychologists received ICDP training in Kharkiv, Kiev, Zaporozhye, Dnipropetrovsk, Odessa, Vinnitsa and other cities.

In 2017, due to many facilitators in 7 cities, ICDP Ukraine appointed a Coordinating Council and Regional coordinators in Kiev, Odessa, Vinnitsa, Zaporozhye, Kramatorsk, Severodonetsk and Chernigov. ICDP has been active in Ukraine ever since.

**In 2023** activities in Ukraine have been different from those in peacetime. In many cities, such as Kharkiv, Druzhkovka, Dnipropetrovsk, among others, explosions were heard constantly, affecting the lives of adults and children and causing enormous stress. Adults and children react differently to acute stress. Anya Trukhan, Marina Sklyar, Sergey Krasin, developed a strategy, a model called STEP. STEP was developed specifically to assist parent groups in cities that are constantly under fire. The STEP model is implemented through the use of ICDP principles. STEP stands for: S – self-help, support, psychological first aid T – talking, clarification of the situation, facts, thoughts, emotions, experience, task E – emotions, experience, analysis and study of emotions, the influence of personal factors P – planning, productive, effective behaviour strategies, expansion of behavioural models, alternative attitudes. This approach helps stabilize the psycho-emotional state of parents and contributes to the development of their resilience.

**In 2024**, ICDP in Ukraine went through a difficult period. Due to the war, many facilitators were forced to change their place of residence. Some facilitators left Ukraine for safer countries. Others moved to other cities or were forced to change jobs and activities. Due to this, connections with many facilitators were lost. During the year, we were engaged in restoring connections, collecting information about the place of residence of facilitators.

By the summer, the register of facilitators was updated and a new coordination council was created that started to operate. Activities have been resumed in cities such as Kharkiv, Odessa, Kyiv, Poltava, Kramatorsk, Druzhkovka, Zaporizhzhia, Kryvyi Rih, Vinnytsia, and Dnipro. Two large training projects have been implemented. On the volunteer initiative of ICDP Ukraine trainers, a group of facilitators was trained from July to October, including 26 participants from eight cities of Ukraine (Kyiv, Kharkiv, Dnipro, Vinnytsia, Kryvyi Rih, Druzhkovka, Kamyanske, Zaporizhzhia) who completed the full training course and received facilitator level diplomas.

The second project was related to the training of facilitators for the International Charitable Foundation Caritas Ukraine. The training participants were 30 psychologists from Crisis Centres who work with children and specialists from the Save the Children. The new facilitators held parent groups in their cities.

The group leaders noted that with the beginning of the war, there were more problems in families in the country. Frequent experiences of stressful situations make adults emotionally closed and do not use positive emotions when communicating with their children. The principles of ICDP help to establish contact with children, to support them in the process of recovery and stabilization of their psycho-emotional state.

Facilitators who work for Save the Children note that children are unable to attend school regularly because of the war and experience frequent traumatic situations. Many witness their parents die, and experience separation from one or more caregivers, separation from brothers, sisters and other family members. Some children witnessed or participated in shocking events (for example, the release of brothers or sisters, relatives or neighbours from under the rubble after explosions). Adults are also in an unstable psycho-emotional state. The ICDP seven principles of sensitization help to create trusting relationships within the group and launch work based on the "peer to peer" principles.

## **2025 report:**

ICDP Ukraine has managed to adapt to the difficult war conditions, and ICDP activities are going on in several cities by newly trained facilitators, as well as by some of those previously trained. See more details in the [presentation from June 2025](#).

Update by Sergey Krasin and Anya Trukhan

ICDP is continuing to be active in Ukraine. This year, training was carried out in several cities, such as: Kramatorsk, Druzhkivka, Kryvyi Rih, Kharkiv.



Two facilitators, a married couple, Nikolai and Galina Khomchenko, conduct parent groups in the territory close to the front line, as part of a humanitarian project. The participants were not only parents, but also grandparents. The programme dialogues were discussed at the meetings. Nikolai notes that this group format is very useful, as it provides an opportunity to expand discussions and

exchange experiences. It is especially useful for those families in which not only parents, but also the older generation are involved in raising children.

Galina conducts ICDP courses for parents at the Children's Centre for Mental Health. The participants are the parents of children who attend the Centre. The facilitator notes that her groups were attended only by women, as there are very few young men left in the city now. Before starting with the ICDP programme and its dialogues, there are meetings in which a process of psycho-emotional stabilization takes place.

Active work was also carried out by new facilitators who were trained under war conditions. Natasha Vinichenko and Amelia Khomchenko began their work in the Donetsk region. The new facilitators held their groups in one of the city schools, and the participants were parents of first-grade children. A Parents' Club was created linked to the school. Familiarization with the programme took place throughout the year.



ICDP facilitator Olesya Romancha from Krivoy Rog conducts parent groups as part of the "Conscious Parenting" project. The project was created for young parents and young people who are planning to become parents.

Olesya receives a lot of positive feedback from the participants of the meetings:

*"It was important for me to talk about different situations. Theory is one thing but practice is completely different. Although my son is almost an adult, I found many useful recommendations for myself for further reflection. It's never too late to learn! I thought that I knew everything about children*

*and their behaviour, but when I took the course, I learned a lot of new things. I thought most deeply assessing my actions in relation to the principles of the programme."*

Facilitator Liliya Dolgikh was trained by a married couple from Kharkov: regional trainer Victoria Lepekha and facilitator Alexander Lepekha. Liliya recalls that immediately after the training she began to practice the principles of the programme at the Church School. Several parent groups were organized at the same time, one of which was held regularly once a week. Three more groups were organized at different times. This was done so that women – parishioners could attend meetings at a time convenient for them. The group participants speak very positively about the meetings and attend them willingly, saying that *"they come for knowledge that leads to good changes."* Over two years, more than 160 parents attended parent meetings with Liliya Dolgikh.

### **Activities Presented by Mariia Bingyol and Larysa Konarska within ICDP Ukraine (2025)**

In 2025, Mariia Bingyol presented the ICDP within educational, scientific, and professional contexts focused on emotional interaction, psychological resilience, and support for children and adults living under wartime conditions.

#### **II International Scientific and Practical Conference**

#### ***"Psychological Foundations for Preserving the Mental Health of Participants in the Educational Process"***

Organized by the Municipal Higher Educational Institution *Vinnitsia Academy of Continuing Education* This presentation highlighted the importance of adults' emotional wellbeing within educational settings during wartime. Particular attention was given to the influence of teachers, caregivers, and parents on the emotional climate surrounding children, and to how ICDP principles contribute to creating safer, more supportive, and emotionally stable learning environments.

The discussion emphasized the role of empathic interaction in reducing stress, strengthening emotional connections, and supporting children's concentration, emotional wellbeing, and resilience during prolonged periods of instability and uncertainty.

### **Seminar-Practicum**

#### ***“Developing Adult Sensitivity Toward the Child: The ICDP Programme”***

The seminar-practicum, facilitated by Mariia Bingol and Larysa Konarska, introduced participants to the foundations of ICDP through experiential learning, reflective practice, and group interaction. The programme focused on helping adults better recognize and respond to children's emotional needs, understand the significance of emotional dialogue, and develop more sensitive, supportive, and constructive ways of relating to children.

Special attention was given to strengthening adults' capacity to:

- recognize and respond to children's emotional states;
- support children's initiative and participation;
- create emotionally safe environments;
- build trusting and respectful relationships.

The practicum combined theoretical discussion, practical exercises, and personal reflection, enabling participants to experience ICDP principles not only conceptually but also through direct interaction and observation.

### **Online Event**

#### ***“Development of Emotional Intelligence in Primary School Children in Conditions of War”***

Conducted in cooperation with Mariupol State University

This online event focused on the emotional development of children living under conditions of war, displacement, uncertainty, and chronic stress.

The presentation explored how children absorb emotional tension from their environment and how emotional intelligence develops through interaction with emotionally available and responsive adults.

Particular attention was given to:

- emotional safety;
- co-regulation;
- the role of adults as stabilizing figures;
- the importance of supportive communication during crisis situations.

The event emphasized that emotional interaction is not only a key component of child development but also an essential factor in maintaining psychological resilience and wellbeing during wartime.

Organizer of the event: Olga Groshovenko

### **Article by Larysa Konarska**

#### ***“Implementation of the ICDP Programme in Conditions of War”***

The article below by Larysa Konarska, dedicated to the adaptation of ICDP principles to wartime conditions in Ukraine, was presented as part of the professional activities of ICDP Ukraine and included in the programme materials library:

One of the key factors in maintaining psychological resilience in Ukraine during wartime is preserving the emotional connection between adults and children. Accordingly, my experience as an ICDP facilitator during this period has gained special meaning and depth.

Since the ICDP programme is aimed at developing sensitive and responsible interaction, helping adults better understand the child's needs and support their emotional state, I would like to emphasize that even in situations of prolonged stress and uncertainty, ICDP helps adults develop sensitivity to children's needs, build warm and supportive relationships, and create a sense of safety for the child.

Working with parents, educators, and specialists, I observed how the quality of interaction with children changes through simple but meaningful steps: attentiveness, acceptance, and support.

Particularly touching are the moments when adults begin to see the child differently — noticing the child's strengths, better understanding emotions and needs.

In wartime conditions, adults themselves often need support, which is why an important part of facilitation is creating a safe space for sharing experiences, reflection, and restoring internal resources. Very often people come exhausted, anxious, and with feelings of helplessness. Yet through the process of joint discussions and reflection, more confidence, calmness, and inner stability gradually emerge.

Programme participants noted that the knowledge they gained helped them not only in interaction with children, but also in coping with their own emotional tension.

As a facilitator, the moments that are especially valuable to me are when participants share:

"I began to understand my child better,"

"It became easier for me to simply be present,"

"I allowed myself not to be perfect."

This confirms that even in difficult circumstances, people can still find resources within relationships. Supportive relationships based on trust and acceptance create the foundation for psychological safety and resilience.

The experience of implementing the ICDP programme during wartime confirms that warm, trusting relationships between adults and children are a powerful source of recovery and strength. Through such relationships, we can support children today and help them preserve a sense of safety, faith, and stability.

## ESTONIA

A project called "ICDP parent-facilitator training to improve the social skills of parents in the neighbourhood" was instrumental in starting ICDP by forming a group of ICDP Facilitators in the Tapa municipality.



This project built on a longstanding cooperation between Estonian municipalities and the Estonian Association of Central Norway. It was spearheaded by ICDP trainer Grete Hyldmo, the headmistress at Queen Maud Memorial Preschool in Trondheim, Norway.

The ICDP training for 10 preschool staff started in December 2019 and was very successfully accomplished in 2020.

There were exchange visits to Norway and online training sessions, as well as workshops in person. In addition to the Estonian group there were also two Russian participants, who all completed their training and applied ICDP in Narva with Russian ethnic groups.

From 2021 onward, three more ICDP groups were trained linked to the kindergarten Pisipõnn in Tapa. Three ICDP facilitators continued their work at the school in Jäneda. The ICDP work is supported by Anne Roos from the Education and Youth Board in Tallin. The implementation of ICDP is ongoing, although 3 facilitators have left for new positions.

### **Anne Roos reports:**

On June 5<sup>th</sup> 2025, a meeting of the ICDP Estonian group took place in Jäneda.

Participants included Estonian trainers and our great mentors and partners Grete Hyldmo and Hege Beate Sivertsen from Trondheim, Norway. Piret Purdelo-Tomingas also took part and helped with translation.

At the meeting, Hege shared her experiences working with parents of children with special needs — parents who need a different kind of support and attention. She talked about how to give advice and explain things when a parent has limited understanding.

In Estonia, we use ICDP knowledge in our daily work:

- working in schools as teachers or support specialists,
- organizing trainings for teachers across the country,
- working in the social field at the local government level.

We certainly want to continue sharing our ICDP knowledge and experiences.

## **RUSSIA**

ICDP activities in Russia were started by Henning Rye, in Arhangelsk, in April 1997, in cooperation with Save the Children Sweden, as a two-year competence building programme for staff in children homes.

In the period between 2001-2003, a new project was initiated in the municipality of Novodvinsk, located north of Archangelsk city. A team from the Early Intervention Institute (EII) in St. Petersburg received ICDP training and implemented the ICDP programme with families and children till 2009. In 2014, the EII in St. Petersburg re-established contact with ICDP and a series of workshops were conducted to train new teams in 2014, 2015 and 2016.

In 2012, ICDP established cooperation with Oksana Isaeva, an associate professor, Head of the Department of Organizational Psychology at the Higher School of Economics in Nizhny Novgorod and psychologist Natalia Dunaeva. Over the next couple of years, they received training and visited England to receive training from Nicoletta Armstrong to become qualified ICDP trainers – they have been actively training others in ICDP ever since.

In 2023, the ICDP programme was implemented in Russia with several groups. Oksana Isaeva conducted the training in the “ICDP Parent-Child Relationship Optimization Programme”. The training of professionals took place in the city of Khartsyzsk. Training was given to two groups of specialists, including psychologists and teachers, who became acquainted with the ICDP programme and the basic principles of child-parent relations, during their internship at the Lada Family Centre in Nizhny Novgorod. In addition, the specialists at the Lada Family Centre took it upon themselves to run ICDP courses throughout the year for 8 groups of families. These were families of children with special needs.

In 2024, ICDP continued developing in the city of Nizhny Novgorod City, thanks to the Lada Family Centre and the activities by Oksana Isaeva, HSE University.

During the year, Oksana held 2 trainings on the ICDP programme: One training was for 25 social workers working with families and children with disabilities. The other training was carried out with 20 students from Nizhny Novgorod Universities.

During the year, the specialists at Lada Centre ran ICDP courses and they held ICDP group meetings for 50 parents of children with disabilities.

Apart from the training workshops, Oksana also conducted a master class at the Conference “The educational potential of a foster family is the basis for its well-being”. The conference had a total of one hundred participants. At this conference Oksana explained about ways of applying ICDP in relation to working with foster parents, as well working with specialists who work with such families.

#### **ICDP in Russia in 2025:**



ICDP training of four new groups were conducted (1 group in online) at the LADA Centre, Nizhny Novgorod. The groups were attended by 24 parents:

- 1) parents of children with disabilities - 13 people
- 2) foster families - 6 people
- 3) families of the Special Military Operation - 1
- 4) families with typical children who experience difficulties in the process of upbringing - 4 people



In addition, it was decided to include ICDP as part of the Psychology Master level programme of the HSE University. This will take place in 2026.

Links to Facebook pages:

[https://vk.com/wall-117351685\\_300](https://vk.com/wall-117351685_300)

[https://vk.com/wall-117351685\\_302](https://vk.com/wall-117351685_302)

## MOLDOVA

The Centre of Early Intervention (CEI) Services Voinicel was established in Chişinău, Moldova, in 2003 with the support of the Norwegian non-governmental organization Ahead-Moldova.

Soon after its establishment, a need for family-based intervention services was identified in response to the high number of children with disabilities being abandoned in four orphanages. This situation reflected the lack of support services for families raising children at risk of developmental disorders, as well as children with identified disabilities.

The ICDP programme was introduced at the Voinicel Centre in 2012 through training visits led by Nicoletta Armstrong. Since then, the programme has been continuously integrated into the Centre's work with children and families.

Three professionals at the Centre—Marina Calak (paediatrician), Ala Bendrerchi (speech therapist), and Mariana Jalba (child neurologist)—have been applying ICDP in their work with parents and children. Sylvia Briabin (psychologist) was also part of the original ICDP team but moved to Romania in 2018.

In addition to implementing the programme locally, the three trainers delivered online ICDP Facilitator training to participants from different districts across Moldova. Although the online format presented challenges, the training was successfully completed.

Since October 2023, Marina Calak, Ala Bendrerchi, and Mariana Jalba have been providing ICDP Facilitator-level training for kindergarten educators from various regions of the country. Two groups of facilitators were trained through in-person workshops held at the Voinicel Centre.

“It was a great pleasure for us to conduct this training in person and to apply the interactive methods and techniques that are central to ICDP teaching. We trained 50 educators.” – Marina Calak

Throughout 2024, several online support meetings were organised with ICDP facilitators to discuss challenges related to implementing the programme in preschools with both parents and early childhood education specialists. In February 2024, a workshop was held to award ICDP diplomas to two groups of preschool education specialists who had successfully completed the ICDP training process. The participants came from different regions of Moldova, and most work with young children and toddlers in crèches and preschool settings.

In October 2024, at the request of ICDP facilitators, a National Network Meeting was organised at the Voinicel Centre, providing an opportunity for participants to exchange experiences, discuss challenges, and strengthen professional collaboration.



During this event, the participants shared their personal experiences as ICDP facilitators. The ICDP team received a lot of positive feedback about the effects of using the ICDP programme. Facilitators expressed how their application of ICDP has changed their professional activities.

**In 2025**, the work continued by trained facilitators. The ICDP team succeeded in integrating the ICDP programme in the services of Early Intervention Centres across the country. The Centres are now funded by the National Health Insurance Company. Marina Calac has taken on a new role at the State Resource Centre for Early Intervention, where she is currently leading the team. Marina is highly motivated and is planning to support the expansion and implementation of ICDP across all existing and developing Early Intervention Centres.

## GERMANY

In 2017, psychologist Rita Crecelius began her work on developing ICDP in Germany and in 2018 she successfully ran her first parent group in Hameln. Since then, she had the opportunity to train more and more people. At the same time, one of the main emphases of her work has been on awareness raising about ICDP by giving talks and lectures on the programme. Step by step she succeeded in creating a structure that can forward the cause of ICDP in well managed cooperation and partnership with local organizations. Link to website: <https://ritacrecelius.de/icdp-organisation/>

2025 report by Rita Crecelius:

The first German facilitator training course had already been planned in 2024, but it had to be cancelled due to too few participants.

In 2025, I was finally able to conduct this process leading to qualification of new facilitators. I started the training with six participants (five women and one man) on February 7th, 2025, at the AEWB (Agency for Adult and Continuing Education) in Hannover. The trainees came from various care settings: daycare (two), child and adolescent psychotherapy (one), counseling for mothers who have experienced violence (one), adult education (one), and child and adolescent health services (one).



On August 24, 2025, I had the honour of certifying these individuals as the first German ICDP-facilitators. This marked a breakthrough for the development of ICDP in Germany. The second cohort will be underway in April 2026, and the third is in preparation for 2027.

I owe this positive development to my cooperation partners Nifbe (Lower Saxony Institute for Early Childhood Education and Development) and AEWB, who have been working to spread the programme in the Lower Saxony daycare world since 2024 and have provided me with wonderful support.

In 2025, I again conducted several study days, seminars, and workshops, primarily in daycare centres. The goal was to introduce people to the ICDP strategy and generate interest in caregiver and facilitator trainings. Throughout the year, I held 10 study days and 7 workshops, informing approximately 300 participants about ICDP.

In January 2025, I reached about 120 people with my presentation at an annual kickoff event for Lebenshilfe Herzberg (a facility for people with special needs).

However, the highlight of the year was on June 4th, 2025, when I did an online presentation for my partner organization, Nifbe e.V. Approximately 500 participants joined online. The presentation is available on the Nifbe e.V. YouTube channel and has since been accessed over 2,000 times.  
<https://www.youtube.com/watch?v=9mAN24VYvmo>

In this presentation, I outlined the neurobiological connections that underlie the German ICDP House model. This focuses primarily on the self-awareness and self-regulation of caregivers, as well as the provision of co-regulatory connection with the child. My adaptation of the ICDP House's foundation was made with the kind permission of Nicoletta Armstrong. She also agreed to the inclusion of animal symbols in the German ICDP House, which simplify the bottom-up structure of the child's brain. The three Care Dialogues of ICDP are thus linked to the three essential neurobiological developmental steps of security, orientation, and self-regulation. This adds a neurobiological perspective to the bottom-up principle of the three well-known ICDP-Care Dialogues. I have summarized this ICDP concept, along with its accompanying neurobiological aspects, under the heading "The Emotionally Healthy Daycare with ICDP."

Following my presentation on June 4th, my cooperation partner, Nifbe, asked me to write a booklet on this subject and to publish it on the Nifbe website. We began preparations in August 2025, and since February 2026, the booklet is available for order at cost price of €5 in the Nifbe shop:  
<https://shop.nifbe.de/> It can also be downloaded as a free PDF file: <https://nifbe.de/die-emotional-gesunde-kita/>

Both, the online-lecture and the thematic booklet on the emotionally healthy daycare have significantly increased the attention for the ICDP strategy of promoting resilience through positive interaction.

During 2025, I also prepared a pilot project together with a large daycare provider in Essen (North Rhine-Westphalia). The provider wants to investigate whether the ICDP approach can contribute to the health promotion of early childhood educators. The aim is to use ICDP to address the very high workload of these professionals and safeguard their mental well-being. At the same time, ICDP could be helpful in better supporting the increasing number of children with challenging behaviors. It can be assumed that these children's behavioral issues point to underlying attachment deficits. In such cases, ICDP can be effectively used as a tool for crisis intervention and safeguarding children's rights.

The pilot project is being conducted as part of workplace health management and is being evaluated by a professor specializing in work capacity. This is the first evaluation of an ICDP caregiver training in Germany. We expect the results of the pre-post-study in early May 2026.

Overall, 2025 has contributed to ICDP gaining a stronger foothold in Germany and to the growing enthusiasm for the ICDP founders' vision. The idea that children's development can be fostered by strengthening their caregivers is resonating with more and more people in Germany. A heartfelt thank you for the invaluable support of everyone who is well-disposed towards the project and who is creating opportunities to make the ICDP caregiving concept accessible to an ever-increasing number of caregivers and, as a result, a great number of children in Germany.

## ROMANIA

The first ICDP activities in Romania took place in 1993, by Karsten Hundeide. At that time, ICDP training workshops were held at the university in Iași and attended by university psychologists and psychology students. Following the training, two psychologists qualified as ICDP facilitators and introduced the programme to several caregiving teams working in local orphanages.

After a long period of inactivity, ICDP was reintroduced between 2014 and 2016 in the city of Bacău through cooperation with SOS Children's Villages. The programme formed part of a broader intervention project aimed at mobilising community members and public authorities to take action against child inequality and violence. ICDP activities focused on specialists working with children and parents. SOS Children's Villages also established partnerships with schools and day-care centres, where ICDP training was provided free of charge.

In 2015, ICDP began collaborating with Norwegian Church Aid and Fundația Umanitară Pacea (FUP). FUP is a non-political NGO founded in 2000 by the Franciscan Order in Bacău to support poor and marginalised communities, with a particular focus on expanding educational opportunities for children and young people. The organisation relies on a team of highly qualified staff and dedicated volunteers and provides assistance to approximately 1,200 people living in poverty, 94% of whom are from the Roma community.

Over the years, FUP has demonstrated a strong capacity both to empower families and to advocate for greater municipal responsibility in improving the living conditions of Roma communities, including access to public education. Through this partnership, ICDP facilitators and trainers were trained within FUP over a two-year period. During the same period, a group of ICDP facilitators was also established in Bucharest.

Several years after the completion of the core training project, Father Lucian from FUP reflected on its lasting impact:

"After the project funding ended, FUP facilitators continued applying the ICDP programme in meetings held for the parents of children attending FUP's educational programmes."

ICDP received no further updates from FUP in 2025.

Another contributor to ICDP's development is Silvia Breabin. Originally from Moldova, Silvia worked for several years at the Voinicel Early Intervention Centre, where she applied the ICDP approach with children with special needs. Having lived in Romania for the past five years, she has continued to integrate ICDP into her daily work as a psychologist, providing individual counselling and support to children and families. Silvia remains in close contact with Mariia Bingol, who is implementing ICDP in Turkey, and the two regularly exchange experiences and professional insights.

## POLAND

In August 2024, Nicoletta Armstrong, on behalf of the ICDP foundation, established cooperation with the Gdansk Centre for Health Promotion and Addiction Prevention - "Gdański Ośrodek Promocji Zdrowia i Profilaktyki Uzależnień", GOPZiPU. Marek Jankowski, director of GOPZiPU, said:

"Implementing the ICDP aligns with our mission and allows us to strengthen relationships between parents, professional caregivers and children, thereby addressing the essential needs of children in Gdansk. We aim to integrate this programme into our offerings and we believe that our cooperation with ICDP will bring significant benefits to our community and contribute to the global mission of ICDP. We are eager to work closely with ICDP international. I am pleased to support this initiative to enhance child development and caregiver interaction in our community."

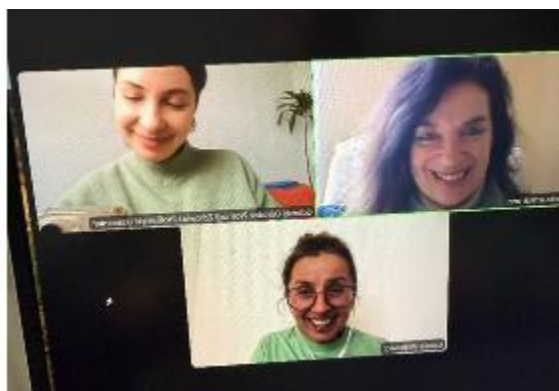
The GOPZiPU Centre is committed to improving public health through various municipal programmes focussed on promoting healthy lifestyles and preventing addictions to psychoactive substances.

During 2024, two ICDP facilitators, Lidia Wąsik and Izabela Wójtowicz, conducted a successful ICDP course for seven professionals at the GOPZiPU institute in Gdansk. This was a pilot project representing the introduction and adaptation of ICDP to Poland. The ICDP materials were translated and adapted by Lidia with some help from professional translators. The participants' evaluations were very positive – [click here to read](#).

In 2025, Nicoletta Armstrong trained Lidia and Izabela to become ICDP qualified trainers and new groups of facilitators were formed.



*Photo above is of the first group of facilitators trained in Poland. From left to right: Agnieszka Ratajczak, Radosław Nowak, Anna Baranowska, Oksana Honcharova, and Monika Piotrkowska-Dziamska (online). Poland has also gained two new trainers, which makes us extremely happy: Izabela Wójtowicz and Lidia Wasik.*



*On the photo on the left, Lidia is on the left, Izabela below and their trainer Nicoletta Armstrong is on the right*

2025 update by Lidia Wasik, ICDP Trainer

In 2025, the Gdańsk Centre for Health Promotion and Addiction Prevention conducted a total of eight ICDP courses—four in the first half of the year and four in the second half, including two as part of the facilitator training course.

We received very positive feedback from the participants. During the meetings, they shared reflections such as increased mindfulness and consistency after the course, greater emotional availability, and observing positive changes in their relationship with their child. They also noticed that children began to perceive their caregivers more as an authority. From the evaluation survey we also learned that every participant would recommend the ICDP programme to other caregivers and parents.

As the Gdańsk Centre for Health Promotion and Addiction Prevention, we promoted the ICDP programme during the Gdańsk Mental Health Days by organizing a workshop for parents about the programme, as well as at a conference held at the Ateneum Academy on 27 November 2025, where the audience consisted of psychology students. We are in contact with the management of the Gdańsk daycare, and in 2026 we plan to organize courses for daycare staff.

In 2026, we also plan to hold six conferences for primary school teachers and parents, where we will present and talk about the ICDP approach.

We are very pleased that the ICDP message is slowly reaching the residents of the city of Gdańsk and that we can be part of this process.

*During one of the ICDP course meetings dedicated to reflecting on the changes that had taken place in the participants after the course, one participant said that the meeting felt to her like stepping out onto a balcony - that ICDP helps in understanding the building of a relationship with a child as building a house, and she experienced that meeting as stepping onto a balcony: taking a breath of fresh air and gaining a new perspective.*

In this way, our Polish house has also gained a balcony.



*working on each individual piece of the puzzle, she was reminded of the life-changing values that Nino had helped her rediscover in herself.*

*“Building a colourful ICDP house for the second time was a pleasure for us,” Guliko explained, describing how each piece not only connected physically but emotionally with the values she had learned during the sessions.*

*The most fascinating part of the creative process for Guliko was the engraving of the principles on the wooden pieces.*

*“You see how the thoughts and experiences you shared with the group are turning into letters on the wood, letters turn into phrases and phrases into principles. The principles, in overall, are embodying a well-built, colourful house – a symbol of strong, loving and healthy family.” she remarked.*

*The wooden ICDP House puzzle, now a tangible representation of their journey, is a lasting reminder of the personal and familial transformation that comes with embracing the principles of positive interactions between the two. For Guliko, sharing these emotions and reflections with her husband was as gratifying as the creation itself, marking a moment of deep connection not only with her training but with the person she loves most.*

The celebration that closed the ICDP course was beautiful, serene and emotional. Even more than that, it was a tribute to the enduring impact of the values it imparts, turning gratitude and growth into a creative, meaningful act that inspires and benefits all of us.

-Nino Margvelashvili

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The KARAVE Centre became interested to have ICDP facilitators, after some of their therapists attended the ICDP courses conducted by Nino Margvelashvili.

"Evex" [www.evex.ge](http://www.evex.ge), is a subsidiary of GHG (Georgian Healthcare Group), the largest group in the medical field in Georgia. "Evex" unites 15 clinics and the Children's Neurodevelopmental Center - "KARAVE". Patients can receive full planned outpatient services in the clinics. The company's mission is to foster a change in the culture of healthcare across the country and increase public engagement in shaping a mindset focused on well-being and improving the quality of life.

**In 2025**, ICDP Foundation partnered with the KARAVE Centre for Children. Training of a group of new facilitators was undertaken by Nino and was very successful.

*Once again, being part of ICDP has shown us just how meaningful our work really is. Every moment we spend in this role feels important because it is an investment in the future of these children and in the well-being of our society. I wanted to share with you the progress of the ICDP learning dynamics with Nino. Nino conducted ICDP training for two groups, attended by the staff members of our centre. Following this, the participants became involved in the facilitation training programme and held pilot training sessions where they were facilitators. The entire process was completed by mid-March, at which point we proceeded with their certification. The learning experience has been very engaging, and the participants took each step with deep responsibility.*

*– Salome Vachnadze, from the KARAAVE Centre.*

## LEBANON

In 2016, Michelle MacDonald, an ICDP trainer and school counsellor at the Jusoor Education Centres in Beirut, started to train teachers in three schools run by Jusoor. Jusoor is an NGO representing a community of Syrian expatriates based in Lebanon working together to support the country and people's continued development.

Over the years, all educational staff at Jusoor schools attended ICDP courses. The ICDP training was also given to staff members at SOS Children's Villages. Michelle also worked with Syrian refugee families in camps in and around Beirut.

The feedback from the teachers was very positive, despite having to face many difficulties. They were grateful for the opportunity that the ICDP training gave them to express themselves in a safe environment. They were able to share their worries, their everyday challenges of constantly having to adapt to changing circumstances, to the deep changes in their way of life since leaving their country, but they also talked about their successes and their resilience. They discussed the impact this had on their values, traditions, on the changing role of women and how it affected parental roles and interaction with their children. The group explored together ways they could make some changes in the classroom and gave each other positive feedback. The teachers were very keen to start delivering the ICDP training to the parents of the children they teach. In 2023, Michelle reallocated permanently to England, but has been supporting the team at Jusoor through online meetings, ever since.

## TURKEY

Maria Gorshkova Bingol is a psychologist and educator who carried out extensive ICDP work in her native city of Vinnitsa, Ukraine, from 2016 to 2019.

In 2019, Maria travelled to Turkey at the invitation of Istanbul University to conduct an introductory seminar on the ICDP programme. Shortly thereafter, she relocated permanently from Ukraine to Antalya, Turkey. Since then, she has been delivering ICDP courses to parents and caregivers, with a particular focus on supporting caregivers, parents, and children who sought refuge in Turkey as a result of the war in Ukraine.

In addition to conducting ICDP courses and supporting refugee families, Maria collaborated with Viktoriya Sidorenko and Larysa Konarska to present an ICDP workshop at the Trauma Conference held in Antalya from 2–5 November 2023. Reflecting on the event, Maria said:

"Many participants at the conference showed interest following our presentation, and we had the opportunity to discuss ICDP with professionals from several countries, including Italy, Australia, Georgia, Lebanon, and Kurdistan. One psychotherapist couple was particularly interested in introducing ICDP at their own therapy Centre. It was a very positive experience, and we were delighted to present ICDP on such an important platform."

During 2024, Maria and Caner Bingol completed the translation of ICDP materials into Turkish. They also prepared ICDP leaflets and other promotional resources in anticipation of expanding ICDP courses to Turkish-speaking caregivers and families.

**Throughout 2025**, Maria remained in close contact with Larysa Konarska, providing ongoing support for ICDP developments in Vinnitsa, Ukraine, despite the difficult circumstances created by the continuing war.

The following article presents Maria's reflections on child-rearing practices in Turkey:

### **Child-Rearing in Turkey Through the Lens of Culture and ICDP: Professional Observations**

Working with children, parents, and professionals in Turkey, I increasingly began to notice how deeply culture shapes the way adults interact with children. For a person with many years of experience in

psychotherapy and as a trainer of International Child Development Programme, this became not only a personal experience, but also a professional observation of how history, family systems, and social values influence childhood itself.

Turkish culture has historically been built around extended families, multigenerational living, and very close emotional bonds. In society, a child is often perceived not only as important to the parents, but as a value shared by the wider community. This is why children are highly “visible” in public life: people talk to them, smile at them, touch their cheeks affectionately, offer sweets, or naturally engage in emotional interaction even when they are strangers. Within the culture, this is not generally perceived as crossing boundaries, but rather as an expression of warmth and acceptance. Through the lens of ICDP, this is a strong example of the emotional dialogue: emotional closeness, warmth, physical affection, and active emotional connection.

In many families, adults respond softly to children’s emotions. When a child cries or protests, parents are more likely to negotiate, wait, explain, or gently redirect rather than enter into harsh confrontation. I rarely observed open emotional suppression of children within close family relationships.

The mediational dialogue also appears to be well developed. In kindergartens and schools, groups are often smaller than in Ukraine, which allows teachers to spend more individual time with children, guide them through experiences, explain, and emotionally accompany the learning process. As a result, children often demonstrate greater openness, emotional confidence, and ease in interacting with adults.

At the same time, this strong emotional connection also influences the regulative dialogue. Boundaries in Turkish culture are often softer and less structured. Adults tend to avoid rigid control, while emotional support frequently takes priority over regulation. Because of this, some children may struggle more with frustration tolerance, accepting limitations, or developing internal self-regulation.

Research on Turkish family models also highlights a high level of parental warmth, which positively affects children’s psychological well-being. At the same time, studies suggest that in collectivist cultures the line between support and emotional dependency can become less clearly defined. This is precisely why the International Child Development Programme model is so valuable: it does not place love and boundaries in opposition to one another, but instead helps create a balance between: emotional safety, development, structure, and the gradual formation of self-regulation.

Observing different cultures makes it especially clear that parenting styles always reflect the history of a society, its values, and the way it perceives the child as a person.



## ICDP PARTNER ORGANIZATIONS:

ICDP Norway, ICDP Finland, ICDP Sweden, ICDP Portugal, ICDP Ukraine, ICDP Mozambique, ICDP Ghana, ICDP Colombia, ICDP Peru, ICDP Bolivia, and ICDP Nepal.

ICDP Denmark operates under the Institut for Relations Psykologi, UCN act2learn, Dansk Center

ICDP USA operates under the Lutheran Child and Families Services-of Illinois

ICDP Paraguay operates under Vida Plena

ICDP El Salvador operates under CONAPINA

ICDP in Nepal operates under ECEC and Save the Children

ICDP in India, Philippines, Nepal, Laos, Burkina Faso, Zambia, Somalia and Ivory Coast operates under "Save the Children"

ICDP Bangladesh operates under "Normisjon" and its partners

ICDP Thailand operates under Nexus

ICDP Senegal operates under "Normisjon"

ICDP in the Ivory Coast is starting through efforts of the Norwegian Lutheran Mission (NLM) with local partner Mission Evangelique Luthérienne en Cote d'Ivoire (MELCI)

ICDP Afghanistan operates under "International Assistance Mission" (IAM)

ICDP Brazil under "Acari"

ICDP in Poland operates under "Gdański Ośrodek Promocji Zdrowia i Profilaktyki Uzależnień", GOPZiPU

ICDP in Lebanon operates under JUSOOR

ICDP in Tanzania operates under KIWAKKUKI

ICDP in Uzbekistan is operating under "Happy Start"

ICDP in Azerbaijan operates under Normisjon

ICDP in South Africa is under Ububele Educational and Psychotherapy Trust

ICDP Nicaragua operates under "Instituto de Promoción Humana" (INPRHU)

ICDP in Botswana operates under the Ark and Mark Foundation

ICDP in Bhutan operates under NGO Progreso Foundation

ICDP Turkey operates under Dr Ali Baboglu Jungian Psychodrama and Public Mental Health Institute.

ICDP in Georgia operates under KARAVE Centre for Children

ICDP in Uganda operates under the African Evangelistic Enterprise (AEE) Uganda

ICDP initiatives by individuals in Germany, England, Ethiopia and South Korea

Representatives in Malawi, Brazil, Mexico, Guatemala, Chile, Russia, and Ecuador

In Norway, El Salvador, and the Philippines, ICDP is national programme supported by local Ministries.

## **75 COUNTRIES REACHED SINCE WE STARTED:**

Norway, Portugal, England, Sweden, Denmark, Finland, Holland, Ukraine, Russia, Romania, Estonia, Moldova, Macedonia, Bosnia, Italy, Spain, Germany, Switzerland, Colombia, Peru, Nicaragua, Brazil, Paraguay, Mexico, Guatemala, Bolivia, Ecuador, Uruguay, El Salvador, Argentina, Chile, USA, Canada, Angola, Mozambique, Lesotho, South Africa, Ethiopia, Somalia, Botswana, DR Congo, Zambia, Tanzania, Rwanda, Burkina Faso, Malawi, Ghana, Uganda, Kenya, Zimbabwe, Senegal, Ivory Coast, Thailand, India, Indonesia, Nepal, China, Philippines, Sri Lanka, Afghanistan, Kyrgyzstan, Uzbekistan, Bangladesh, South Korea, Japan, Australia, Palestine, Georgia, Israel, Turkey, Poland, Bhutan, Laos and Lebanon.

## **54 COUNTRIES WHERE ICDP HAD PRESENCE IN 2025:**

Mozambique, South Africa, Ethiopia, Somalia, Botswana, Zambia, Tanzania, Burkina Faso, Malawi, Ghana, Senegal, Ivory Coast, Uganda, Tunisia, Colombia, Panama, Nicaragua, Brazil, Paraguay, Mexico, Peru, Guatemala, Bolivia, El Salvador, Ecuador, USA, India, Nepal, Bhutan, China, Philippines, Afghanistan, Uzbekistan, Azerbaijan, Bangladesh, Thailand, South Korea, Japan, Norway, Portugal, England, Sweden, Denmark, Finland, Ukraine, Russia, Estonia, Moldova, Germany, Romania, Poland, Turkey, Georgia, and Lebanon.

## **ICDP PROGRAMME AND ORGANIZATION**

ICDP is both the name of the programme and the organization. ICDP is a private foundation, registered in 1992, with the aim of working for the benefit of children and youth worldwide. It is operating under the Norwegian Foundations Act of 15 of June 2001. ICDP may participate directly or indirectly in activities run by other humanitarian organization having corresponding objectives. ICDP is non - political and non-denominational.

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