

ICDP IN SOMALILAND



Child Sensitive Social Protection Project in Somaliland

The following International Child Development Project (ICDP) training report is based on agreement made between Save the Children Somaliland and Atnaf Berhanu, an ICDP International trainer.

The ICDP training of facilitators in Hargeisa took place in three phases. The first training commenced during July 5 – 8, 2017, and the second in 14 to 17 August 2017, and the last took place in 12 to 14 December 2017. The participants were from Save the Children staffs, from SC partner (HAVYOCO) and from the Ministry of Labour and Social Affairs. All together there were 16 participants. They were active and contributing ideas how ICDP could fit in their own setting, culture and context.

Child Sensitive Social Protection packages

The purpose of the training was to develop a “Parenting Package” that would serve as the foundation for promoting sensitivity towards the needs and rights of children among parents and caregivers. The “Parenting Package” comprised largely of a series of sessions, which will have to be contextualized to the local situation and implemented with the communities the participants will be working with. The main components of the ICDP Parenting Package are as described below:

Based on the ICDP training manual, the message of the programme to caregivers is expressed in ‘The 8 guidelines for good interaction’ for facilitators, and in ‘The 7 principles of sensitizing’ guidelines about ways to communicate the message to caregivers.

The purpose of the programme is to be implemented through meetings of facilitators who work directly with groups of caregivers. The facilitators hold planning meetings to prepare their agendas for the meeting with caregivers.

They use monitoring checklists and keep field diaries. When practical circumstances allow it, a group of facilitators receives support from a trainer who attends their planning meetings.

The Aim of the Project

To enable children, particularly vulnerable ones, to achieve their full potential through relationships with care-givers

Objectives

To enable the care-givers to achieve those relationships with the children in their care

Methods

- To pass on the ability to relate through developing relationships between ICDP personnel and the care-givers
- To give practical help in identifying ways in which relationships operate in the nurture of children in any cultural milieu
- To motivate care-givers to observe, evaluate, reflect on, explore, share, construct and practice meaningful interactions empathic guidance in situations that are typical in everyday life such as feeding, bathing, playing, meal time, going for a walk, doing homework etc.
- To prepare for sustainability and self-perpetuation of the methods so that ICDP can gradually withdraw

Tools and Materials

The main tool is a snowballing system of training through workshops, meetings, trainers, facilitators, small groups of caregivers, with a plentiful supply of printed material, film, photos, and posters and so on.

The use of role-play, group exercises and home observational tasks

The implementation of feed-back, monitoring and self-evaluation sessions

In ICDP the focus is reactivating human care and empathic communication, from the initiators of ICDP, from those who operate it, and from those in charge of the care for children.



Below is an overarching view of the 'Parenting Package" based on ICDP:

Programme's message:

8 GUIDELINES FOR GOOD INTERACTION

Emotional dialogue:

1. How do you express love to your child?
2. How do you follow and respond to your child's initiatives?
3. How do you establish close communication with and without words?
4. How do you show appreciation and praise your child's efforts and achievements?

Comprehension dialogue:

5. How do you help your child to focus on things around?
6. How you share meaning and explain about things? How you do it with enthusiasm?
7. How do you enrich and expand your child's understanding and experiences about the world?

Behavior dialogue:

- 8a. how do you help your child learn rules, limits and values?
- 8b. how do you help your child to plan and carry out activities and projects, step by step?

How to convey the message:

7 PRINCIPLES OF SENSITIZING

1. Establishing a contract of trust with caregivers.
2. Positive redefinition of the child – to see the child as a person:
 - a. Pointing out to caregiver the positive qualities in their child.
 - b. Re-labelling positively what appear to be negative features of a child.
 - c. Reactivating past good memories in caregiver-child relationship.
 - d. Using exercises for caregivers to discover positive features in their children.
3. Activating caregivers in relation to the theme/guideline that was discussed by:
 - a. Asking caregivers to make self-assessments of personal interactions with their child based on the 8 guidelines of good interaction
 - b. Exemplification: asking caregivers to produce examples of their interactions with the children
 - c. Giving caregivers observational tasks in relation to their children
 - d. Tasks for caregivers to test out new ways of communicating and interacting with their children
4. Confirming caregivers' competence by pointing out that which is already positive in their existing interaction with the child.
5. Using an inquiring approach to guide caregivers' discussions about what is good interaction.
6. Encouraging sharing and attentive listening among caregivers in group meetings, so as to learn from each other's' experiences.
7. Using two styles of communication in relation to caregivers.
 - a. A personalized style of explanation, with personal examples.
 - b. An empathic interpretative style, i.e. describing how the child experiences the situation; comparing the experience of the child with similar adult situations

The above package comprising the 8 guidelines is delivered in 12 meeting with the parents /caregivers but the final number of meetings/ sessions to be conducted would be decided only once the package has been tested, contextualized and finalized for implementation in a particular context.

Implementation Report

A. The first training took place during July 5 – 8, 2017 and the following activities took place.

1. Expectations of participants from the training
2. Personal exercise - individually and in groups
3. Conception of the child
 - How would you describe a good child?
 - What about a "bad" or difficult child?
 - Our conception of the child influence by the way we treat the child.
4. The appeal of the face
5. Redefinition - make your own example of redefinition (after awareness).

The three dialogs and 8 themes were explained to trainees. It was elaborated by showing short films and by group exercises.

After finishing the sessions, they were given a homework to practice interaction with their own children and film the situation. They presented their films during the next training meeting. They were eager to pass the knowledge they got by recruiting parents after they finished the 2nd training in August. At the end of this first training the participants commented positively that ICDP is relevant for their work and community.

B. The second training took place during 14-17 August 2017.

All of them had films from their own interactions with their own children. Two of them do not have children of their own, and they made their exercises with children from other families. All of them were proud to show their interaction with children. One father showed film when playing with his kids. When asked how people would perceive him if they see him playing with children? He said they would comment that He is mad.

We went through the 7 principles and how to sensitize caregivers.

All participants got the ICDP manuals part one and part two. They got 12 detail agenda for working with the parents.

Total material which was given to them consist of:

- ICDP manual part one and part two.
- Power point presentations
- 8 themes for good interaction in Somali language
- Diagrams for use in ICDP sensitization meetings
- Questionary 1: on caregivers conceptions about child rearing.
- Summary of the pedagogic principles - ICDP sensitization
- Summary of ICDP modes of intervention.
- ICDP house
- 'I am a person" consisting of 8 themes to be given to care givers or parents.

The participants had group work on 7 principles for sensitization.

The last day of the training, we went to the field to meet some parents. We dividend the team in two groups. Each group had two ICDP facilitators and one observer. The other

members were to see the performance of the facilitator and observer. After we came back the observers gave first their comments and the facilitators their experience. Then the other members gave their comments. This was a useful exercise to give them lessons when starting practicing in real work.

We then worked on the plan to start recruiting parents and agree to work two by two. Each group (consisting of two) were assigned which village they work.

After the facilitators had started working with groups, on 26 September, I had a Skype meeting for one and half hour with all to give them guidance on their practice. During their practice they are supposed to write a logbook from their meetings. They got the instruction how to fill the logbook.

C. The third training meeting took place during 12-13 December, 2017. They were supposed to send their logbook report to the ICDP trainer after they finished working with the groups. Only four groups sent their report as agreed, and three groups submitted their report after my arrival in Hargeisa. Five groups completed the 12 meeting as planned, while two groups had only 3 meetings. One group did not start the recruiting of parents due to transfer to a new assignments.

The trainee facilitators reported that the parents expressed that ICDP training they got helped them to change their practice on the limit setting to their children from negative to positive. When wives told to their husband at home about their training, men also came to join the group training. Young mothers who had difficulty to express love and affection to their children did able to show love to their children. The last session of groups sharing experience was helpful to all.

Other activities made during the training period consist of:

- Material prepared in Somali language
- ICDP house was translated.
- Some important words also translated to Somali language which can help the facilitator to explain.
- According to the themes they made a film by making drama.
- Pictures also painted according to the 8 themes with Somalia feature.

Conclusion

The participants were very active and dedicated at their work. Most of them did their homework. They are eager to continue with new groups - recruiting parents. In spite of many challenges they were flexible and adjusting to the situation to fulfil their commitment. I like to express my sincere thanks to Save The Children Somaliland leadership, staff and partners for very good working relationship.