

ICDP REPORT OF 2020 To ICDP INTERNATIONAL

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ICDP IN NEPAL: PROGRESS REPORT 2020

International Child Development Programme (ICDP): Empowering parenthood in Nepal

ICDP Nepal is moving more to function as a strong body and has strategize to bring in more partners from different organizations, schools and inclusion of more government officials to take up the task of spreading this program to all the provinces and integrating to reach to more families in Nepal.

Nepal already having its 14 ICDP national trainers, ECEC is an institution with the capacity to carry the very program forward with quality and has been able to expand to reach out wider and deeper. Having said this for sustainability and reaching out the demand of ICDP, making of 5 senior trainers under the guidance of International Norwegian trainer has started. And more 14 national trainers to be who represented from different organizations are in their preparation to become trainers. These 14 trainers to be are also in the process of preparing another 70+ participants to become facilitators, who will reach out to more than 300 caregivers.

Besides ToT, 2 groups of Training of facilitators for several NGO's, Municipality members and organizations working for children was organized. 20 participants 2 each from different SOS village representing different districts Maiti Nepal and ABBS, Kirtipur municipality, Plan Nepal and several other organizations sent their participants for ICDP ToF.

Despite the COVID and lockdown for several months, ECEC ICDP Nepal were able to redesign to take the ICDP effectively adopting different mechanism like digitization and strategizing with the less number of participant to have face to face training. On 6th of November, the facilitator network meeting was organized online via Zoom and this was helpful to collaborate with International partners. Many local facilitators got the opportunity to learn about ICDP in China and Bangladesh. Not just the facilitator's Network Meeting (*Please refer below for detail about Network Meeting*), the ToT workshops and the ToF was conducted remotely during the lockdown. The 7 groups of facilitators training under TOT practice was conducted face to face with minimum participants as the lockdown ease. The participant were counselors, mental health expert, teachers church group, doctors of facilitators group.

This year only a consultant guided and supported the team to develop tools, collect and feed the qualitative data in the system which in future can be used for research purpose and aid in evidence generation to advocate the government of Nepal. This work will take a pace in the year to come.

Save the Children Nepal, one of the organization that have adapted as ICDP as its parenting package, targeting the parents and caregivers of the Child Grant, aiming to improve their parenting behavior for the wellbeing of the targeted children. The very organization first time implemented ICDP package in 2018 and had pilot assessment that has brought an encouraging evidence. After this, Save the children is scaling up the program in collaboration with local governments. **In 2020**, Save the children implemented the ICDP in 3 municipalities from 2 districts through mobilizing altogether 40 facilitators (Mahottari – 26, Dolakha – 14) reaching out 893 (66 fathers) parents. Even in COVID time, Save the Children Nepal adapted different methods to continue ICDP program in its working area for examples;

conducted ICDP Facilitator's training through zoom meeting, airing radio program on ICDP messages, organized the caregiver's face to face meeting in less-number of participants with safety measures. Realizing the fact that a trained mother needs support from fathers, in-laws and other neighbors to better utilize the ICDP skills and knowledge with her children at household level, Save the children has initiated to organize separate meetings with fathers and communities. In addition to it, Save the children focuses on evidence generation to influence the government of Nepal.

Many heart touching stories shared attests that the ICDP program is making participants aware of gender discrimination, child rights and its negative effect, moreover changed the paradigm to see the child as a person. This program has sensitized the caregivers to see their child from different lens. When working with vulnerable and marginalized groups, the impact of ICDP is greater when it is part of a holistic program with interventions that also cover the basic needs of a community, like health, nutrition, livelihood and education adopted by save the children and SoS village Nepal and many local municipalities who has taken ICDP opened the door to adopt the program into their existing programs. It is noteworthy to mention that this program has reached out to several districts in Nepal. Through ECEC ICDP Nepal's partnership with different organizations working with children and the local government in partnering with the local NGOs and civil society bodies are in the process of implementing ICDP in the local level. Despite Covid pandemic situation Lalitpur municipality able to conduct the caregivers meeting face to face following the Covid Protocol and the success stories shared by caregivers where most of them were mother in law were remarkable.

Ample number of Stakeholders like NGOs, INGOs, Schools, churches and government official's communities already involved in this program and many organization, government officials were included this year namely Plan international Nepal, Maiti Nepal, Kirtipur Municipality and Thimi Municipality. Since its journey to this year, ICDP program has outreached to total 393 certified facilitators benefitting 2213 caregivers. Besides, formerly graduated facilitators continued to reach 954 caregivers adding more impact to the total 3042 caregivers.

GLIMPSES OF TOF IN 2020

In 2020, 4 groups of training of facilitators was organized in Kathmandu remotely because of the covid-19 pandemic and are in the process of becoming the ICDP facilitators.

Groups included Counselors from SOS Village Nepal, NGO's and government officials, teachers, coordinators, principals and directors of different schools. All groups will be graduating in first half of 2021. ***Below are the glimpses of the ICDP facilitators remotely conducted via Zoom going to graduated 2021: Photo Courtesy: Mrs. Risohani Pradhanang (ICDP Project Coordinator)***



Fig 1: ICDP Second Workshop conducted virtually with 1st Group from NGO Group.



Fig 2: ICDP Second Workshop conducted virtually with 2nd Group from SOS Village Nepal



Fig 3: Pictures of 3rd Groups from schools, Foundations with principals, teachers and directors



Fig 4: Pictures of 4th Groups from schools, counsellors, coordinators, principals and teachers.

GLIMPSES OF TRAINING OF TRAINERS UNDER PRACTICE:

In 2020, following the Covid-19 pandemic protocol, 14 Trainers to be under practice, completed the first workshop of Training of Facilitators (face to face) in a groups of 7 at ECEC office. ***Below are the glimpses of the first workshop of ICDP facilitators training under TOT practice: Photo Courtesy: Trainers to be.***



Fig 5: Pictures of 1ST Group OF TOF UNDER TOT PRACTICE



Fig 6: Pictures of 2nd Group OF TOF UNDER TOT PRACTICE



Fig 7: Pictures of 3rd Group OF TOF UNDER TOT PRACTICE



Fig 8: Pictures of 4th Group OF TOF UNDER TOT PRACTICE



Fig 9: Pictures of 5th Group OF TOF UNDER TOT PRACTICE.



Fig 8: Pictures of 6th Group OF TOF UNDER TOT PRACTICE.



Fig 9: Pictures of 7th Group OF TOF UNDER TOT PRACTICE (Anupama)

ICDP FACILITATORS NETWORK MEETING:

On 6th of November 2020, **Network Meeting** for all the ICDP facilitators and trainers was conducted remotely (Because of Covid-19 situation) via Zoom, 147 attended for the meeting virtually.

The program reflected with the opening and welcome ceremony from ECEC's founding Director, Ms. Reiny de Wit, followed by ICDP Updates from Norway (By-Ms. Heidi Westborg Steel-Chairman of the association ICDP NORGE), China (By-Ms. Jean Qin-Director of ICDP China) , Bangladesh (By-Ms. Sajeda Boby-Project Coordinator, Normisjon Bangladesh) and Nepal (ECEC-By Ms. Risohani Pradhanang, ICDP Project Coordinator) and Save the Children Nepal, (By-Mr. Gopal Nepali -Project Coordinator – Child Sensitive Social Protection (CSSP) .

The keynote speech from Associate Professor, Ms. Ragnhild Dybdal all the way from Norway spoke about "**What Promotes Good Mental Health in Children and what are the Risk Factors?**" reflected the insightful glimpse about understanding the risk at different level and how caregivers can understand the child and it's needs and risk in context as entry points for good mental health in children.

The meeting accelerated with experience sharing from ICDP facilitators from Lalitpur municipality (Ms. Punya Kumari Shakya), Save the Children Nepal (Ms. Ranju Sah), Ms. Sheela Sapkota (SoS Village) and Private school (Ms. Rojina Tandukar) who shared heart touching stories from the ICDP caregivers meeting conducted in the midst of pandemic situation.

The program highlighted with Panel discussion session to gain more insight from the expert (Ms. Helen Christie--ICDP International Trainer/Norway, Ms. Ania Smithers--Special Needs coordinator and dyslexia specialist, The British School and Mr. Pitamber Neupane--General Manager of ECEC/ICDP Trainer) in the Topic "ICDP Practices as a means to help children's wellbeing during Covid Times" and discussion questions and answers sessions, following process of brainstorming with information exchange. ***Below are the glimpses of Facilitators Network meeting: Photo Courtesy: ECEC Staff.***

Mr. Gopal Nepali who is also an ICDP Trainer and Project Coordinator -CSSP Project of Save the Children Nepal presented and shared how Save the Children initiation expanded the parenting package including ICDP Program in Local Government of Nepal with CSSP Project in 4 districts of Nepal. After taking ICDP Training, the team planned to take ICDP in the local level targeting Dalit community as a caregivers and children who are receiving the grant from government under grant program. Likewise, Save the Children collaborate with government for the Pre/Post assessment study of the CSSP program integrating ICDP in Dalit Community. The result from the assessment study showed a turning point to the government to adopt ICDP program not only to the Dalit community but to the other community as well which includes 7 Municipalities of those 4 District namely Dolakha, Jajarkot, Mahottari and Kavrepalanchowk. ***Glimpses of the Facilitators Network meeting conducted remotely via zoom is shown below:***



Fig1: Virtual Nepal ICDP Facilitators Meeting Scheduled on 6th November,2020 Via Zoom during Covid-19 Pandemic.



Fig 2: 147 attended for the ICDP Network meeting virtually. The participants were the ICDP facilitators, trainers, ICDP International Trainers, ICDP representatives from Norway- HimaPartner and ICDP Norge, China, Nepal, Associate Professor, Ms. Ragnhild Dybdal all the way from Norway as a Keynote Speaker, Special Guest from Government officials, different NGOs and INGOs, Seto Gurans, schools, namely CWIN, Koshish Nepal, SOS Village, C.P Center, ABBS, Save the Children Nepal, Autism Nepal, Plan International Nepal, UNICEF, and Maiti Nepal.

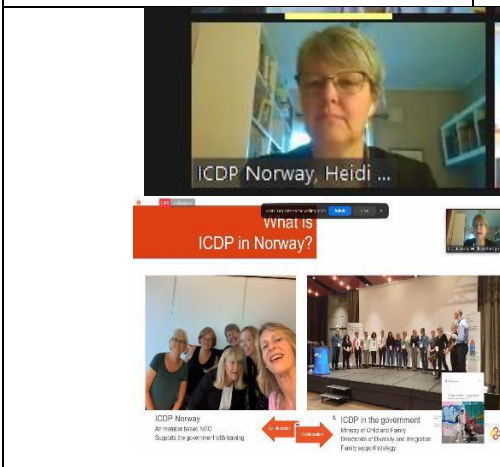


Fig 3: ICDP Updates: From left to right top to bottom, Norway (By-Ms. Heidi Westborg Steel-Chairman of the association ICDP NORGE), China (By-Ms. Jean Qin-Director of ICDP China), Nepal (ECEC-By Ms. Risohani Pradhanang, ICDP Project Coordinator) and Save the Children Nepal, (By-Mr. Gopal Nepali -Project Coordinator – Child Sensitive Social Protection (CSSP) and Bangladesh (By-Ms. Sajeda Bobby-Project Coordinator, Normisjon Bangladesh) .

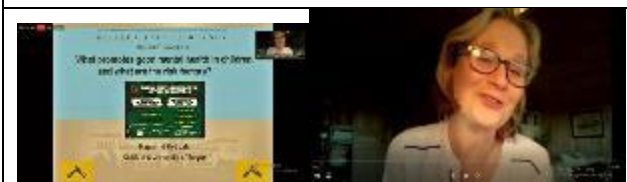
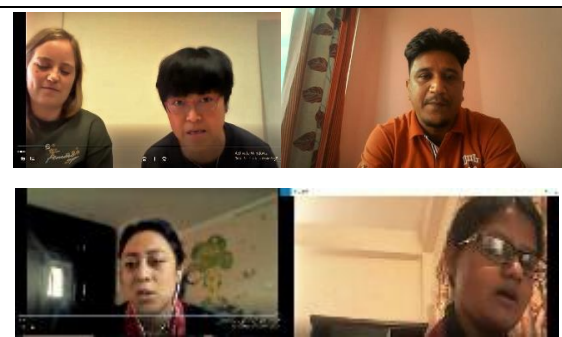


Fig 4: The keynote speech from Associate Professor, Ms. Ragnhild Dybdal all the way from Norway , on the topic "What Promotes Good Mental Health in Children and what are the Risk Factors?"

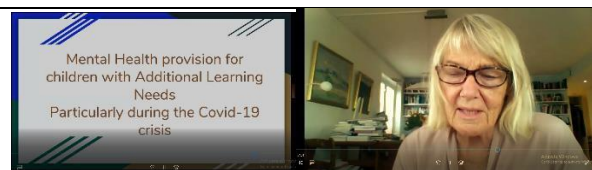


Fig 5: Panel discussion session from the expert (Ms. Helen Christie-- ICDP International Trainer/Norway).

TESTIMONIES:

Facilitator Ms. Ranju Sah from Save the children Nepal (Mahottari Districts):



" With Dalit communities, ICDP caregivers meeting was conducted during the midst of Covid-19 among 14 groups (170 Mothers) in different municipality maintaining the Covid protocol. Despite many challenges, ICDP played a significant role in this pandemic situation. Many caregivers bread winners, especially husbands were jobless and compelled to be at home. They shared, Covid compelled the family to stay together especially husband under one roof but relationship with the children/family wouldn't have been the same and positive if they hadn't taken the ICDP caregivers training. ICDP really helped to improve the relationship between children and parents in their families. Parents have started to treat their children, understanding their psychology (feelings). Mothers and Fathers started to provide quality time to their children. Parents started to practice of telling the meaning and expanding children's understanding. For example; What is COVID-19? Why do we wash our hands? Parents started to teach the children following schedule, teach household works and how we can be safe during COVID-19. Now parents are capable to support on children's psycho-social development".

Caregiver's responses during the meeting in Mahottari districts:

- In our family, when my father in law and mother in law had their lunch, I and my children used to have lunch. We had such mindset/ practice/ value that if (we) juniors ate earlier, the food would be impure. But after attending the ICDP sessions, I realized that my children are also independent human being/ person like my father and mother in law. Now I feed my children earlier and put them in first priority. **(by Rajkala Das, Bardibas 7, Mahottari)**
- My four years' son used to live with his grandmother but did not like to live with me. I got stress due to this matter. I was busy in household work from 5 am to till 8 pm. Later, after attending the ICDP classes, I learned I had not given quality time to my child. Now I give quality time to my son. Now he is very happy and I am also very happy. Thank you. CFWA/ Save the Children for introducing ICDP caregivers in our community. **(by Chandani Paswan, Bardibas-7, Mahottari)**

ICDP increases communication between members of civil society as the parents, teachers and caregivers which will realize communication skills acquired by them can also be used with others. This is depicted in the testimony of Ms. **Bindhya-ICDP Facilitator who states:** "I am able to make my husband understand after taking the ICDP facilitator training. He always has comment about our daughter for not studying all the time. I showed and talked about ICDP content, dealing with the child. He perceived it well and started to internalize it. Then my husband began to communicate and take her lead in many activities, talked about her viewpoint, ideas. We along with husband and daughter started to plan together in any of activities and my daughter ideas was also acknowledged. She was very glad, as she was counted in any activities. She started to work and execute in the planned made together. Even the good is that my husband stopped comparing our child with others. Thank you ICDP.

Facilitator Ms. Punya Kumari Shakya from Lalitpur Municipality (A Ward Member, a member of legislature committee and a teacher):



Integration of ICDP by the **government** through the support of NGOs, INGOs, Schools and private organizations is the main objective of 2nd phase of the project period. The ICDP training taken in 2019 by Lalitpur Municipality opened more opportunity for local government to get involved and implement the program in the 2nd phase of the project more broadly in the community. And the municipality conducted the Caregivers meeting in the midst of the Covid 19 in their local ethnic language called **Newari language**.

The facilitator states " We conducted 8 Caregiver Meetings in Yatbahal Chowk, Ward No. 11, Lalitpur Metropolitan city including 10 where 8 were mothers. Me and my ICDP partner as a member of Ward No. 11 and a member of legislature committee, a teacher of Child Development Centre of Ward No. 16 of Lalitpur Metropolitan city, felt privileged to work as facilitators under ICDP project. When I was a teacher, I used to scold and hit the children and get irritated because of their behavior. But sometimes I counseled the children as well. I thought I was an understanding person and a good teacher for the children but after taking ICDP classes, I realized my loopholes and more to do. Now I treat my daughters and other children through ICDP education (philosophy). We conducted ICDP classes in **Newari Language-Ethnic language**, (our mother tongue) as there was only Newari community people in the very ward, we could teach well and participants also could understand well. Caregivers are comfortable in their mother tongue. And good part of running the ICDP session in local ethnic language, allows them to express their feelings and can connect to the ICDP essence who do not speak Nepali language (official language of Nepal). Our participant most of them were mother in- laws were very happy to share their feelings in their own mother tongue.

Before the ICDP sessions participants used to take the children as innocent being, compare them with other children and hit them. After the ICDP classes, they started to take the children as a whole (independent) person, not commodities. They teach the children about their own civilization and values. If the children ask question to them, they teach them well and expand the meaning. They use appropriate words who used to use meaningless (negative) words while scolding the children in earlier days. They take children outside, spend quality time, managing well and talking in meaningful way. Through ICDP classes, they learned that house will be stronger if there is stronger foundation, what had to do to lay down the solid foundation and regulation also equally important. Eventually, it came to know that understanding, sensitizing can be developed through ICDP program and this is very important education. At the last day of the meeting, caregivers also suggested us and see the need to conduct the ICDP meeting for fathers group too. And after conducting the impactful session, I would also like to share our future plan of conducting the ICDP classes to the members of Child Protection Committee, Lalitpur municipality in 2021".

NOW LAXMI' S SON GOES TO SCHOOL: A SUCCESS STORY SHARED BY Ms. PUNYA KUMARI SHAKYA (FACILITATOR FROM LALITPUR MUNICIPALITY)

Ms. Laxmi Maharjan, one of the ICDP participants' story from caregivers meeting. She has two children – one son and one daughter. Her financial condition is not reliable. At the time of going to school, her son used to weep, did not go to school and mostly saying of having stomachache. We selected her husband as a participant for ICDP classes. He happily joined the classes. But she used to go for earning. We kept on encouraging her to attend the class. Later she also involved in ICDP class and gained knowledge to treat the children well. We supported her to solve the problem about her son. As a result, she was capable to counsel to her son appropriately and sent him to school. She talked about her son's problem with school teachers. Her son began to go to school happily and regularly. During this COVID-19, her family is unable to afford the internet facilities for children's online learning due to their unreliable financial condition. Therefore, under the ICDP roof, she planned and supported to them in their need. She sends her daughter to her friend's house and son to the school for their schooling.

Facilitator Ms. Rojina Tandukar (School Principal/Conducted ICDP in Newari Language - in ward- Lalitpur Municipality):



Ms. Rojina stated " ICDP training won my heart. As a ICDP facilitator, I have changed my perception and behavior towards other person, not only for a child. It is helping me a lot to understand others too.

My friend Prabina Shakya & I planned to give ICDP Training for community ladies in Newari language. We chose ladies who are housewives. We chose ladies because if a woman gets knowledge about value of child, spread awareness about child and behavioral knowledge, she can change herself and the family by sharing it. we did the caregiver meeting in ward 12, ward office, Lagankhel for 18 participants.

As all the ladies were from Newari community, many of them were senior ladies, housewives and uneducated too. Newari is their mother tongue, they were more comfortable to share and get sensitized. If we do it in Nepali, it would be harder for us to convince them as there were senior uneducated ladies from Newari community. The participants could share and understand easily. In 8 meetings they enjoyed fully, they did drama, sharing and watched videos too related to ICDP. Their experience, stories and sharing from the caregivers are:

- **Caregiver, Anita Bajracharya** shared that her son, daughter, husband and she herself are mostly busy in their own work. They hardly had time for each other, even they don't sit for lunch and dinner. After ICDP training, she realized the mistake of every family member and after she spend quality time for half an hour after dinner daily as routine with rules of no gadgets and social media. That quality time brought all of them together again. Likewise, she also shared that one day her daughter mentioned about her daughter's boyfriend. Instead of shouting her, she did inquiry about the guy and advised her to complete her study first and then to think about marriage. And she said I would have never been calm and understanding to communicate my daughter if I wouldn't have taken ICDP caregivers meeting.

ICDP Facilitator to be: Sheela Sapkota (Psychologists): From SOS Village Nepal:



Ms. Sheela states that "Caregiver meeting started on 27th October 2020 in the premises of SOS Children's Village Bharatpur. Participants were all females and their job title is SOS mothers. Each SOS mother is responsible to care for 8 -10 children (lost parental care and abandoned) including new born to teenage groups. She provides care in the SOS family house until they passed SEE examination.

Before taking ICDP training, we were expecting to receive skills on disciplining and making obedient child. we were guessing of behavioristic perspective. In its contrary, ICDP training sensitized us and made us able to think more through humanistic perspective.

Due to the pandemic situation, there were no schools and caregivers had to be with their children 24 hours. And, in this 24-hour job, the intervention of ICDP (though only 3 meetings) in that time has helped the caregiver to understand and handle the overwhelming emotions of children and they were found very conscious about reframing and use of the language with the children. The conception about child in ICDP has changed the paradigm of seeing the child among the caregivers. They have found this concept very practical and have tried their best in implementation part. Children have started understanding the language of love which they have manifested in their behavior. It has able to sensitized the caregiver. The challenges due to Covid and its impact in caregivers' family outside the SOS, some of the participants could not attend all meetings. Social distancing in the meeting hall and other preventive measures like facial masks prevent to communicate the facial expressions of participants. There is a long gap after the third meeting as one of the participant got infected from COVID. *Despite the challenges due to pandemic, caregivers were passionate to join the session because of its impact soon, we have completed the meeting in the first half of 2021 and about to graduate as a facilitator soon.*

SOS Village Nepal foresee the future prospects of ICDP in our programs and it is very relevant. We would put it into our practice to enhance our quality care for the child.

Their experience, stories and sharing about how ICDP worked as a magic especially during Covid-19 in SOS Village, Nepal:



Fig: During the caregivers meeting in SOS Village.

Caregivers statement: Especially my two youngest children under my care, daughter (8 years) and son (9 years) talk to me only when necessary. However, they were seen casually talking with their SOS siblings. I used to miss their childishly talk. I even asked them whether they afraid with me? They replied 'NO'. I want them to come to me for talk and sharing as they do with their SOS siblings. Slowly, when I started participate with them and talk about the happenings around and listen their stories curiously and attentively, to my surprise, they voluntarily came to me and started sharing their story. I am now happy that my children are very close to me and felt ICDP helped me to connect with my child. Thank you ICDP.



Caregivers Statement: I saw roughly folded blankets and then pointing that blanket I asked who accomplish that. When my 10 years' son Ravi (name changed) said he did that, I remember ICDP and praised his effort and next day Ravi in a joyful manner pulled my hand towards his room to show his bedroom. When I asked who cleaned this room so early, it surprised me when he said he did folding not only his blanket but also his brothers' blankets. He sounded very happy and motivate after my acknowledgement.



Caregivers Statement: My youngest sons – (in grade 1,2, 3,4) insisted to keep chicken as a pet. I explained the organizational structure and its rules of SOS Village. They, especially the youngest one keep on insisting to keep chicken. Then, I told the consequences of bringing chicken and together with them set limits (mother will not feed and clean the dirt of chicken and if chicken makes dirt around and if they don't look after the chicken properly she would return it back its place). It is so amazing to see all my sons doing their duty sincerely. They are enjoying so much and they have themselves set the routines/ turns of cleaning and feeding. I really feel ICDP has a magical concept.



ICDP Facilitator: Dipak Neupane (Psychologists): From KOSHISH Nepal:



Facilitator from KOSHISH NEPAL stated that: "As an ICDP facilitator, I was able to change my own perception towards a child and interacting with a child personally and professionally. The knowledge, skill and practice from ICDP training has given me more confidence to be a better caregiver and parent in the days to come. I understand ICDP as a simple and effective intervention that builds Competence of caregivers in providing psychosocial care. It enhances children's psychosocial development and wellbeing through emotional bonding, trust and better interaction between the child and the caregiver. Its impact on myself and to the caregivers were commendable. It was a great learning opportunity for me to work with children's caregivers to help them create a loving, caring and guiding environment for their children. The caregivers got a chance to reflect on their own childhood experience and current caregiving practices which helped them to realize that caregiving practice could be improved. Being a mental health professional, I used to believe that only experts can provide guidance on better parenting. After taking ICDP, I realized that empowering the child's parents or other caregivers through trainings, orientations and supervision is the best way to ensure proper care and overall wellbeing of a child."

When I have to connect ICDP with my working spheres, KOSHISH works in the field of mental health and psychosocial wellbeing. In community mental health program, I deal with emotional and psychosocial needs of children whose parents are suffering from mental and psychosocial problems. Similarly, sensitization of parents and caregivers whose family members are suffering from psychosocial issues was always challenging for me. Now, incorporating ICDP techniques in psychosocial counseling process related with child, family and relationship counseling has been proved to be very effective. This technique is also helpful and effective in school mental health programs of KOSHISH in which I closely work with teacher, parents and students. As a facilitator, encouraging and promoting local appropriate practice of caregiving and respecting cultural believes of the community regarding the care of a child will be taken into consideration."

Ample of caregivers say that their communication patterns with their children have changed: They explain more and include the child in the conversation. They have become better listeners. Many mentioned that they see their child as a human being of value now, they are aware of its needs beyond just the physiological needs. Many caregivers mentioned how they spend more quality time with their children now. The conversations in the caregiver meetings and the progression of attitude from the first

meeting till the last also indicate actual changed practice. Likewise, many shared that how they realized the importance of parents as a primary caregiver and ICDP program made them sensitive towards spending quality time with their kids and aided in understanding the child deeply where they used to leave the child in the hands of secondary caregivers, hardly having any attachment with their children. Many specified when their child misbehaves, how they used to spank and show negative act to the child but ICDP helped the caregivers to regulate positively and protect every child from misleading into negative behaviors and activities.