



ICDP break-through in German day-cares

Update about ICDP work by Rita Crecelius, ICDP trainer, October 2021

During 2021, ICDP became known to more day-cares in Germany.

- In June, 18 members of the day-care team responsible for 88 children at the St. Thomas day-care, completed their ICDP caregiver training. They were proud to be the first day-care team in Germany to hold an ICDP certificate.

According to their leader Ana Vázquez-Zimmermann all team members reported that ICDP has been continuously enriching their everyday life. Some noticed that the crib familiarization was much more relaxed this year. Most colleagues think that the “view of the child” has become more natural and that they themselves no longer come under so much pressure in certain challenging situations.

Ana said: “We were also able to advance team development with the help of the ICDP guidelines. ICDP should be our second bible!”

- In November 2021, I will conduct the first refresher course for the team at the St. Thomas day-care. The day-care belongs to “Kirchenkreis Hildesheim-Sarstedt”. This company is a provider of 22 day-cares in total and their interest in ICDP is growing there.
- In May 2021, Impuls Soziales Management, provider of 40 day-cares all over Germany, started an ICDP pilot project in their “Kinderhaus Frech Daxe” day-care. This day-care has 50 team members in charge of 176 children, whose parents are working at VW Financial Services in Braunschweig. Two out of five groups of their day-care workers have already received their caregiver ICDP certificates. The pilot will be completed in January 2022. The feedback has so far been very positive. One of the day-care workers said: “It is incredible, how quickly and effortlessly are things changing for the better thanks to ICDP”.
- In September 2021, I presented ICDP at a school for children with special needs and as a result, we are now planning a trial ICDP workshop for teachers.
- I have previously conducted an ICDP course for caregivers of older people, which aroused a lot of interest in ICDP. This year I plan to hold another such course in November 2021, in Hameln – there have been quite a few registrations for it.
- I was also approached to give a presentation about ICDP by a team from the Caritas Forum Demenz organization. They are specialists in geriatric psychiatry and organize training for carers of older people and people with dementia, in the Region of Hannover.
- Bunte Gruppe is a free, non-institutional body providing training for carers from different fields. In July 2021, I completed the training of 6 carers, Bunte Gruppe 3. I have also been

training Bunte Gruppe 4, consisting of 7 carers, including two from Austria – their training will be completed in November 2021. This is my first ICDP hybrid-training: Four of the participants attend the workshop in person, whereas the other three are online and appear on the screen – so this is my first ICDP “hybrid training”. The whole group is interacting well, participants are building bridges between the virtual and the real world – this is an interesting experience in itself!

The technical equipment for this kind of “hybrid workshops” is facilitated by a network of creative professionals called KreHtiv, in the region of Hannover. In spring 2021, they started a “Fond for Digitization” to which I applied; I was successful and received a financial contribution thanks to which I was able to establish ICDP online events in a professional way. This has enabled me to reach more participants – thank you KreHtiv!



Throughout 2021, I discovered that day-care workers in my country welcome ICDP and are eager to work with the relational approach.

Therefore, my plan for 2022, is to train key persons in day-cares as ICDP coaches. Their task will be to support colleagues and teams, so that they keep on expanding the ICDP approach in their daily routines.

My goal is to anchor the relational perspective in a sustainable way in the work of professional caregivers. In this way, we can develop resilience in both children and their caregivers – resilience being a key factor in times of uncertainty and social change.

An expert of the World Health Organization said: “ICDP is food for a healthy brain”. This food was tasted by quite a large number of children’s caregivers in Germany during the course of the year – and it seems they wish it to become their regular diet.