

## ICDP WITH YOUNG PEOPLE IN COLOMBIA

During the autumn months in 2021, an ICDP sensitization project took place at the Amanecer International Centre, near the city of Armenia in Colombia.

The project was attended by vulnerable young people, mostly adolescent mothers who were also part of a programme called “Daughters of Peace” of the GHFP Foundation. The participants included 19 young people with ages between 18 and 25 years old. Some of them already had children. Seven participants came with children who attended the nursery at the Amanecer Centre during the period the project lasted, whereas the children of three other participants were not present; two of the participants were in the state of pregnancy.



The ICDP trainers, Carmen Lucia Andrade and Blanca Cecilia Garcia, explained about the ICDP process:

We noted that working on the concepts of parenting and exploring local cultural practices in group, gradually strengthened the young participants' self-esteem, by recognizing the importance of their role as mothers and identifying what good childcaring means. They saw the importance of leaving good memories for their children and not repeating difficult processes they had themselves experienced when they were growing up, that there is no room for abuse and violent behavior. They explored how we relate to children in our culture and explored and evaluated the typical concepts and prejudices. We enhanced positive aspects of local child rearing culture through dances, telling stories and playing games, which made the participants understand their value in parenting. Reliving good memories of their childhood made them understand their own children better. Daily interaction was valued for the creation of affective bonds through good treatment of children in everyday situations. Gradually the participants became aware and understood why it is necessary to make positive changes in relation to their children. They began to show their ability to express themselves affectively with their children and made efforts to increase their moments of closeness with them. They discovered that they must participate and join their children's experiences, follow them and guide them in the discovery of the world, with patience, attention, dedication and enthusiasm; that they can help the development of intelligence in their children. They became

determined to completely avoid hitting children and to stop screaming at them, realizing the damage such actions cause to the physical, emotional and mental development of children. They explored, practiced and demonstrated their ability to regulate their children's actions in a positive way. The ICDP process guided them to conclude that it is not difficult to have good dialogues and communication in their daily interactive moments with their children and that with a little bit of awareness and patience a great deal can be achieved towards a happy and harmonious relationship. Participants were motivated to sustain and enrich learning. The self-assessment scale using the 8 ICDP guidelines as criteria for self-evaluation was explained and the interaction profile of some participants was made. With one of the mothers, we illustrated in depth how one can make one's own interaction profile and then based on it we discussed how to make a strategy for future improvement of those aspects that had a low rating in the interaction profile. We asked participants to answer a few questions as a general evaluation at the end of the course, which confirmed that our work had a positive impact on this group.

## **EVALUATION**

### **How did you feel and what did you learn about childcare?**

-I think that the methodology of parenting guidelines is a great response for the emotional education of children, through their caregivers because they are the ones who must be formed to promote and facilitate in a more human way the effective upbringing of children, they are great teachers of life. I felt more human with the application of the guidelines, sometimes we fall into errors in the interaction with them.

-I felt very good I learned a lot, it helped to improve my relationship with my nephews.

-I felt very pleasant during the course, it helped me to understand and learn a little more about the upbringing of my daughter, it has influenced me a lot.

-I felt very good and comfortable in learning, I learned that love, care and protection for our children is fundamental, we need to support them during their growth and development; this course will help my foundations of parenting become strong, I learned how to teach them and encourage their overall growth and creativity.

-I felt good and learned about understanding love, empathy, reacting to children differently, more attentively.

-I felt very good and I loved it, since I didn't know many things about ways of interacting with the children.

-I felt good because I was able to ask and clarify doubts, they gave us the confidence to talk and reflect on how we have failed and how to improve it.

-I got to see that the main part of care is patience, empathy and understanding in our interaction with children.

-I felt very comfortable, since it led me to understand how to educate my son, and learn to express love.

-I learned a lot, I would love to continue to explore about children, to gain more knowledge about the subject.

-I felt I made many realizations about myself, I like children, and I want to contribute to their

emotional development for a better world.

-I felt very good, I learned a lot, to communicate and interact in a correct and precise way with the children, to listen to them, they need a lot of love from us.

### **How did the workshop influence your relationship with children?**

-In a positive way, because sometimes we ignore things that for us go unnoticed and for children are fundamental, in the construction of their self, so I will put into practice the knowledge learned with the children (my nephews)

-I realized that I now understand children better, what they need and want.

-I was influenced in a positive way, I have learned fundamental things for the development of excellent relationship and understanding of children.

-In giving more affection and attention to my daughter, I understood more, educating her now differently.

-Now I can communicate better with children and show them affection, I can provide good guidance so that they learn in an appropriate way.

-I have improved in my relationship with my daughter, I now take care of her and talk to her much more.

-I have changed, I am thinking differently.

-I want to learn how to raise my baby in a respectful and dignified way.

-I will apply what I learned with the children who surround my home and relatives.

-I was affected in a positive way; I already have a clear understanding on how to treat my daughter and interact with babies.

-It is a preparation for when I have children, I will apply with my brothers, be that person who is attentive to their needs.

-It made me realize the mistakes I made with my nephews, it helped me interact in a better way.

-It improved the way I communicate and I act at different times.

### **Was there something you didn't understand or was difficult?**

-Really the methodology was not difficult, it is more like raising my awareness and self-reflection; because with the paradigms we have of the upbringing that we have established it is hard to change our way of thinking, so we need to put these guidelines into practice, despite prejudices and erroneous parenting patterns learned in the family and social context.

-It was easy and I was always very attentive.

-Everything was clear, the program has very good bases and is very well structured.

-Everything was completely clear and well presented in all meetings.

-Everything was very clear and practical.

**In what areas would you put emphasis with your child and children in the future?**

- I would place more emphasis on understanding, empathy, education and learning.
- In all the topics we explored, but especially in setting limits in a positive way and giving alternatives.
- In communication, understanding what the child needs in a kind and calm way, thus helping him in his development.
- In emotional intelligence, forge the character full of values, to a recognition of love for the neighbor, to build solidly self-esteem and self-concept, to enhance their skills.
- In all areas because they are all important.
- I think all areas, emotional, knowledge and regulation, all are important for good interaction.
- My emphasis will be on setting boundaries in a positive way and planning step by step in the interaction with my daughter.
- I will look for other ways of correcting my niece, without scolding, more interaction and explanation.
- I will try to apply the positive regulation guidelines, I think this is more difficult and I must learn a lot, never to abuse or lack respect for my baby.
- I will try to my children through dialogue, have more empathy, set limits without physical and emotional abuse.
- I aim to talk more, explain everything, give options, teach my children to understand and explore the world from their healthy space, have more empathy, take more time to explain.