

## **ICDP Annual Trainers Report February 15, 2022**

### **I. SHORT SUMMARY OF THE KEY RESULTS**

In the Philippines, Save the Children work in direct partnership with one of the Regional Government of the country through the Pantawid Pamilyang Pilipino Program (4Ps) as its landscape.

The 4Ps is the biggest conditional cash transfer program of the country which covers 20% of the population, which aims 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. 4Ps is already a Republic act, and Save the Children was part of the crafting of its Implementing Rules and Regulations. As part of the implementation of the law, there was a new strategy – “Social Case Management Strategy”. Wherein case management of families will be done by social workers to assess and support them come out of poverty.

As a key intervention, the project used the FDS as a platform to introduce a robust parenting program called ICDP (International Child Development Program) of Oslo, Norway. It is based on the idea that the best way to help children is by helping adults who care for them. The parenting program supplements the Family Development Session of the 4Ps. It is one of the approaches introduced in this project, along with the clustering approach for the parenting sessions and formation of family support groups (FSG), home visit, among others. One significant milestone achieved by the ICDP parenting program is its adoption by the DSWD - Region 8 into their Kilos Unlad framework<sup>1</sup>. The ICDP parenting program is in close alignment with the ambitions of the KU Framework of the 4Ps. The KU framework ambition is for families to achieve a level of well-being, measured by its seven indicators: 1.) stable source of income; 2.) has a graduate in the family; 3.) has employable and productivity skills; 4.) has some level of wealth and assets; 5.) enjoy basic amenities; 6.) does not have critical vulnerabilities; and 7.) is involved in community groups. Aside from alignment with the KU Framework, the parenting program also yielded positive impacts on the parents and children. Parental skills of parents were strengthened, relationships between husbands and wives were enhanced and increased engagement of fathers in their children’s activities. Physical and harmful punishment on children was reduced significantly as validated by children and found out in the 3 batches (2018, 2019 & 2020) of studies of the parenting program.

### **ISSUES and CHALLENGES**

COVID – 19 restrictions posed some challenges on the third year of the project. Lockdowns disrupted staffs’ mobility in the field. There was also a feeling of anxiety among people and staff of getting contaminated from the virus. Another challenge of the project was the recent typhoon, Rai that affected many parts of the Visayas region. But these challenges just revealed the effectiveness, relevance, appropriateness, scalability and sustainability of the parenting program that the project has employed and introduced. Project implementation continued through the people particularly, the community parenting facilitators and the family support group (FSG) members. The structures and mechanisms established by the parenting program on the ground were effective. People did it.

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<sup>1</sup> Kilos Unlad framework is a case management strategy to guide the process of shepherding Pantawid Pamilya households to achieve economic strengthening, improved relations within the family and better development of children within a 7-year operational period of program exposure

## **2. Major changes in the project context.**

The change in the operating context was due to the COVID -19 pandemic. Though lockdowns and restrictions disrupted some of project implementation in the field, it also gave the project team indication of people's capability to practice their learnings from the project approaches i.e., parents educating their children and neighbors about COVID-19 protocols through text messaging, barangay officials good performance in identification and recording of eligible people for the social amelioration program and Community Clusters for Children (3Cs) approach becoming a vehicle for teachers to distribute the modules to the families through the 3Cs focal points.

One significant change that is crucial to the project was the passing of the 4Ps into a law and Save the Children was part of the crafting of its Implementing Rules and Regulations (IRR). 4Ps law paved the way for the adoption of the parenting program by DSWD – Region 8 to be used as a social case management strategy for the households to achieve improved well-being towards stepping up and out of poverty. In this case, DSWD – Region 8, particularly the social case managers and the MLs will be the ones to implement the parenting program. Save the Children will take the role of capacity building and monitoring its quality delivery.

## **3. Performance Analysis**

**a. ACHIEVED RESULTS FOR CHILDREN** in relation to expected outcome and output in the project plan.

### **Outcome 1. Improved well-being and development of children aged 3-16 years**

The impact evaluation using ISELA (International Social and Emotional Learning Assessment) tool of the parenting program for the Pantawid program conducted in 2020 - 2021 revealed a significant positive result. There were 232 (F- 218; M- 14) parents and 232 children (F- 114; M-120) participants in the study. It was found out that social-emotional learning skills have improved across all domains on self-concept, stress management, perseverance, empathy and conflict resolution among all children participants of the study. Similarly, caregivers' interactions with their children exhibit more empathy and become more encouraging, with a decrease in the frequency of maltreatment between the pre-intervention and post-intervention assessments. The average gains for children in the intervention group were significantly higher than the average gains for the comparison group in all the social-emotional learning domains assessed. It was also observed that the decrease in the caregivers' use of different forms of maltreatment was greater for the intervention group of parents than for the comparison group. With respect to management of the family budget, it was observed that a greater proportion of caregivers in the intervention group (than in the comparison group) had increased their savings at the time of post-assessment. In the event of an adversity, the adults/caregivers in the intervention group also opted for more positive coping strategies than the comparison group (e.g. cut down unnecessary expenses).

### **Outcome 2. Reduced engagement in paid work and drop out of children aged 6-17 years old**

The baseline study on engagement in paid work among children aged 6 -17 years old by Vegard Iversen in 2017 and the endline study conducted by the project team last October 28, 2021, revealed a percentage decrease by 5.7% (baseline- 6.9% of 250 children; 1.2% at endline) after four and a half years from baseline date. This could be attributed to the improved awareness of parents through parenting program on the effects of child work in the development of children. There was also a 3.28% reduction of the drop out rate among children. This still could be attributed to the impacts of the parenting sessions that the parents of these children attended. Added to the parents' change of attitudes, the percentage reduction can also be attributed to the change in the mode of learning due to the pandemic. The blended learning mode enabled children to continue learning at home and the same time being attended to by their parents. The

enhanced interaction between parents and children and engagement of parents with their children's school tasks could have encouraged children to continue their education under the blended learning mode.

### **Output: Improved parenting/caregiver practices through the Family Development Sessions under the 4Ps**

The ICDP Parenting program was able to reach a total of 3,435 parents/caregivers (F-2,710; M-725) benefiting 5,065 children (G-2,658; B-2,407) since the introduction of the International Child Development Program<sup>2</sup> (ICDP) parenting program. All three (3) batches (2018, 2019 and 2020) of quantitative and qualitative studies revealed improvements of parenting/caregiving attitudes and practices among parents. Parents became more loving, soft spoken and empathic to their children. All batches of studies revealed a significant reduction in physical and harmful punishment on children which were validated by children<sup>3</sup>.

Non ICDP topics such as gender and family budgeting and savings integrated into the parenting program also revealed positive impacts like, parents started to prioritize children's needs in their family budget, parents practice savings through maintaining a "piggy bank" and name their piggy bank, "Ang pangarap kong proyekto" (My dreamed project) which mostly are for children's education. The gender session helped fathers/husbands become engaged with their children's activities and do household chores. Another impact of gender session is that husbands have understood and become open of their wives/partners earning income to augment family income.

As part of the design of the parenting program, parents are formed into family support groups (FSG) after completing the parenting sessions. FSG has span off into a savings and a sustainability mechanism at the same time. FSG is a venue where parents share, refresh and get support in their practice of the parenting principles. It is a venue where they can update their savings and even discuss about livelihood activities to help augment family income. A total of 136 FSG's or (15 – 20 individuals per FSG) have been formed since the introduction of the CSSP Parenting program in 2018.

#### **4. Unintended Results of ICDP Parenting program**

The impacts of the parenting program created unintended positive results like the following:

- Adoption of the parenting program by Ormoc City Social Welfare Office as an implementation strategy of the "Ormoc City Children's Welfare Code" for the 110 barangays of the city. A total of 50 CSWD community implementors (F-44; M – 6) have been trained as facilitators to implement the parenting program in Ormoc City barangays. A total of 225 parents (F-203; M-22) were reached by the Ormoc City parenting facilitators last March – December 2021.
- Formation of the 40 CSSP Community Parenting facilitators into a formal CSO called MoLAHUTAY (**M**obilizing, **L**eading **A**ctive **H**omes **U**nited **T**owards **A**chievement of **Y**outh and children's rights), Inc. Currently, they are undergoing "on the job training" of CSSP project in preparation for the CSSP Samar project. MoLAHUTAY Inc., members are monitoring the FSG's in Leyte. This initiative of the facilitators will contribute greatly to effectiveness of the delivery and promotion of parenting education sessions and its sustainability.

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<sup>2</sup> ICDP is a parenting program which aims to enhance quality interaction and relationship between caregivers and their children. It is based on the idea that in order to help children, is to help adult to care for them.

<sup>3</sup> The children performed better in the endline data compared to the baseline data on how they felt treated, their relationship with their adults, perceived sense of fairness, and on how they were disciplined (less physical violence, neglect and isolation). In sum –it can be concluded that the parenting intervention being piloted is likely to add positive value to relationships, activities with the child, disciplining strategies and emotions for the child.

- Establishment of a cooperative, LAHUTAY as depository cooperative of FSG members' savings. Learning social protection and parenting under this project prompted the FSGs themselves to form the cooperative. This is another sustainability structure that was not planned in the project. Currently, there is a total of 94 FSG's comprised of 976 adults (F-949; M-27) and 160 children (G-96; B-64) members. Total savings of the cooperative members amounts to P389,000.00 since its launching in August 2021.

## **5. CONTRIBUTION TO STRUCTURES, SYSTEMS, and MECHANISMS ESTABLISHED:**

Through the implementation of the parenting program, the following mechanisms and structures were established and have been adopted and implemented up to this time.

- a.) ICDP Parenting program – a robust parenting program implemented in the family development sessions of the 4Ps. It aims to enhance quality interaction and communication between parents/caregivers and children thereby strengthening parental skills of the parents and promote children's social, emotional and cognitive development. This parenting program approach (clustering of parents for the session, formation into family support groups after completing the parenting program) aligned with the new social case management strategy of the Kilos Unlad (KU) framework of the 4Ps.
- b.) Family Support Groups (FSG) – a spin off movement of parents at the same time a mechanism for parents to seek and give support in their practice of ICDP parenting principle. It has also become a savings and sustainability mechanism since FSG savings are pooled into a depository cooperative of which they are members.
- c.) MOLAHUTAY, Inc. – pool of ICDP Parenting facilitators who organized themselves formally to continue promote responsive caregiving to parents under the CSSP project.
- d.) LAHUTAY Cooperative – a spin off organization of the ICDP facilitators that will manage the pooled savings of FSG members.

## **6. ADVOCACY:** Key advocacy successes of the project.

Since the start of the project in 2017, the focus of the CSSP project has foremost been to enhance the child sensitivity of the 4Ps by implementing the ICDP parenting program to supplement the 4Ps' family development session (FDS) and lobby for its adoption by the regional office of DSWD-4Ps. This has yielded substantial result. The Department for Social Welfare and Development (DSWD) in Region 8, the nodal agency of the 4Ps, has been closely engaged in the ICDP parenting program and has decided to scale this up to the entire region (Eastern Visayas) as part of their new social case management framework, i.e. the "Kilos Unlad" (KU) Framework.<sup>4</sup> DSWD in Region 8 is keen to eventually promote the parenting program for national scale up.

## **7. SUSTAINABILITY**

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<sup>4</sup> The new guidelines of 4Ps as provided by Section 4 of the Republic Act 11310, states that 4Ps shall provide conditional cash grants for a maximum of seven years to improve the health, education, and nutrition of poor Filipino families.

**CIVIL SOCIETY STRENGTHENING.** How has the ICDP parenting program contributed to strengthening the national civil society and national actors and creating inclusive civil society space in country. What approaches and methods were used?

CSSP project has been working at the local level in the Western Visayas (Region 8) of the country targeting a total of 26 barangays under the Municipalities of Villaba, Matag-ob, Kananga and Ormoc City. Through the parenting program, the project has contributed to the formation, evolution and strengthening of civil society organizations that they would become catalyst for social and societal change namely:

- a) Family Support Groups (FSG). Part of the ICDP parenting program design is to form parents into support groups called family support groups (FSG) after completing the parenting sessions. FSG's became a mechanism for parents to seek and give support to each other in their practice of ICDP parenting principle. It has also become a savings and sustainability mechanism since all FSG members, practice group savings. There are windows for children's education and livelihood in each FSG's savings. FSG savings are pooled into a depository cooperative of which they are all members.
- b) Community champions to implementing partners. MOLAHUTAY, Inc., pool of 40 ICDP Parenting facilitators who organized themselves formally to continue promoting responsive caregiving to parents under the CSSP project. Regular monthly meetings, parenting mock session and care for carers sessions (sharing and debriefing for facilitators) were provided the group. They were also trained on lessons learned facilitation, theory of change, strategic planning, project development management, project proposal development and basics of organizational development and development of operational Manual to build their capacity. They will be the CSO implementing partner of SCP in the scale up of the CSSP project, especially the ICDP parenting program in the whole region (Region 8) of Eastern Visayas.
- c) LAHUTAY Cooperative (registered with Cooperative Development Association) – a spin off organization of the ICDP facilitators to manage the pooled savings of FSG members. Officers and members received trainings on cooperative management, bookkeeping and basic accounting and business development planning in addition to Save the Children principles.

Training to Kasugong Volunteers on ICDP Parenting, May 25-27, 2021



Parenting Training to City/Municipal Links of Region 8, July-August 2021



Lessons Learned Workshop with the Parenting Implementers of the City Social Welfare and Development, August 25, 2021



Booster Session for Parent Leaders of Villaba, Leyte, October 2021



Parenting Facilitators Graduation, November 15, 2021



Training with City /Municipal Links of Leyte, Cluster 2 November 22-25, 2021

