

# ICDP: Empowering Parenthood in Nepal

## Summary of the 2021 report from ECEC /ICDP Nepal

Despite COVID-19 and the lockdown over several months, ECEC ICDP Nepal were able to redesign and adapt the ICDP training, utilizing online facilities, such as Zoom.

In Nepal, the ICDP programme has reached 5085 caregivers. There are 432 certified facilitators and 20 ICDP trainers with 14 more in process of becoming trainers.

Training of Trainers (ToT) and Training of Facilitators (ToF) workshops were also conducted online during lockdown. The participants in the facilitators group included counsellors, mental health experts, teachers, church groups and doctors.

Despite the COVID pandemic, Lalitpur Municipality conducted ICDP Caregivers Meetings in the local Newari language and face to face by following the pandemic protocols. The ICDP training led by Lalitpur Municipality, in collaboration with ECEC, local level leaders and HimalPartner, provided further opportunities for local government to get involved and to implement the program more broadly in the community.

In addition, ECEC ICDP Nepal is working towards generating a qualitative data system for research purposes.

Those who have participated in ICDP as facilitators and caregivers have been able to understand their children, families better and apply the ICDP concepts:

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

“ICDP Caregivers Meetings were conducted in Dalit communities during the COVID-19 pandemic with fourteen different groups and 170 parents, across different municipalities, maintaining COVID protocols. ICDP played a significant role during this pandemic situation; it helped to improve the relationships between children and parents in their families. Now parents are equipped to support their children’s psycho-social development”.

Participant Responses from Caregiver Meetings (Mahottari District):

“There was a notion of impurity to eat the food before elderly seniors of the house. After attending the ICDP sessions, I realized that my children are also independent people, just like my father and mother-in-law. Now I feed my children earlier, giving them higher priority.” (Rajkala Das, Bardibas-7, Mahottari)

Ms. Punya Kumari Shakya, Lalitpur Municipality (ICDP Facilitator in Newari Language, Ward Member and a Teacher):

“We conducted eight caregiver meetings in Yatbahal Chowk, Ward No. 11, Lalitpur Metropolitan City as a member and a teacher. Before the ICDP sessions, our participants used to consider their children as unimportant, compare them with other children and sometimes hit them. After participating in ICDP classes, they now recognized the importance of understanding and sensitizing through the ICDP program. Following the powerful impact of these sessions, they are also planning to conduct ICDP classes for fathers and members of Child Protection Committee, Lalitpur Municipality.”

Ms. Sheela Sapkota, SOS Children's Villages Nepal (ICDP Facilitator in Training, Psychologist):

"Our Caregiver Meetings started on 27th October 2020 at SOS Children's Villages Bharatpur. Each SOS Mother (Job title in SOS) is responsible for caring for eight to ten children, aged from new-born to teenagers, who have lost parental care or have been abandoned. Before taking ICDP training, we expected to receive skills regarding discipline and how to make children be obedient. We were thinking from a behavioural perspective. Contrary to this, ICDP training sensitized us and helped us to think more from a human perspective. ICDP's intervention has helped our caregivers to better understand and handle the overwhelming emotions of the children in their care. Caregivers are more sensitized to the children's needs. Despite the challenges of the pandemic, caregivers were very keen to join the sessions because of its immediate impact".

Caregiver Testimony:

"One day, as I went around inspecting in the children's bedrooms, I saw a badly folded blanket. I pointed at it and asked, "Who has done this?" When my 10-year-old son, Ravi admitted that he was responsible, I remembered the ICDP class and praised his efforts instead of scolding him. The next morning, Ravi joyfully took my hand and pulled me towards his bedroom. I was surprised to see all the blankets on the brothers' beds folded. When I asked who had cleaned this room so early, Ravi proudly said, "I did!" He was very happy and motivated by my acknowledgement and praise."