
ICDP Updates 2021

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Report on ICDP update-2021 ECEC ICDP Nepal

It is noteworthy to mention that piloting in Nepal brought encouraging, impactful result introducing and collaborating ICDP program among many organizations, civil society bodies, municipalities and schools namely Save the children Nepal, SGCP – Self-help Group for Cerebral Palsy, Autism care Nepal, SOS Children's Villages Nepal, UMN, CWIN, ABBS, Lalitpur, Thimi and Kirtipur Municipality.

With learning and experience from the past implementation phase, the goal has been directed towards consolidation of the ICDP program in Nepal centralizing to introduce and integrate evidence based effective child rearing practices (ICDP) in public and private sector with support from the local govt, (I)NGOs and other organizations (schools, churches & private sectors) and in making ICDP Nepal a strong body that will take the program forward and continually support the upcoming demand and quality of training and ICDP resources.

The demand and impact of this program called for preparing more ICDP local trainer. In the year 2020 started Training of trainers by Nepali ICDP trainers under the guidance of Norwegian trainers (Helen Christie and Elsa Doehlie). Out of 14 trainers to be, 13 trainers who represented different organizations have graduated in this year with 39 graduate facilitators from the area of Mental health, churches, schools, municipalities reaching out to 209 caregivers in the community. The graduation celebration was organized on November 16, 2021 participating the head of partner organizations to acknowledge all the flagbearers.

Below are the glimpses of the graduation ceremony of TOT and TOF: Photo Courtesy: ECEC.



Fig1: Group photo in Graduation Ceremony



Fig2: Pictures of Graduated ICDP Trainers of Trainers



Fig 3: Picture of 13 Graduated Trainers of Facilitators



Fig 4: Pictures of 1st Group OF TOF graduates UNDER TOT PRACTICE



Fig 5: Pictures of 2nd Group of TOF graduates UNDER TOT PRACTICE



Fig 6: Pictures of 3rd Group OF TOF UNDER TOT PRACTICE



Fig 7: Pictures of 4th Group OF TOF UNDER TOT PRACTICE.



Fig 8: Pictures of 5th Group OF TOF UNDER TOT PRACTICE



Fig 9: Pictures of 6th Group OF TOF UNDER TOT PRACTICE



Fig 10: Pictures of 7th Group OF TOF UNDER TOT PRACTICE

Besides ToT, four groups of Training of facilitators started in the year 2020 representing Mental health experts from SOS Village Nepal, several NGO's, Municipality members, schools, training centers and organizations working for children completed the facilitator training this year which was in hold due to pandemic (Covid-19). The graduates were 18 participants 2 each from different SOS Children's villages representing different districts, 11 from NGO's, municipalities and 28 from schools and training centers.

Glimpses of Four TOF groups of 2020, graduated in 2021 which was pending because of Covid-19 pandemic:



Fig 11: Pictures of SOS Children Villages Group



Fig 12: Pictures of NGO's Group



Fig 13: Pictures of Schools and organization Group



Fig 14: Pictures of Schools Group

During 2020 Research Design consultant guided the ICDP team to develop tools for data collection which can be useful in future for research purpose. The team is piloting the work amidst of covid challenges. The support for taking up the Qualitative study and publishing of articles by the external consultant with the ICDP team will continue.

On 22nd of November 2021, Network Meeting for all the ICDP facilitators and trainers was conducted remotely (Because of Covid-19 situation) via Zoom, 90 Plus attended for the meeting virtually. The program reflected with sharing about Plans and Strategy to take ICDP forward in Nepal from ECEC ICDP Nepal (ECEC- By Ms. Risohani Pradhanang, ICDP Project Coordinator) followed by presentation about "ICDP as an Integral Part of Mental Health and Psychosocial support" (MHPSS) (By- Mr. Nabin Bajracharya-Director of Program SOS Children Villages), "Integration of ICDP Program in CSSP Project (By Save the Children Nepal), Child-Adolescent Mental Health and ICDP (By- Dr. Utkarsh Karki, Consultant at Kanti Children hospital) sharing the relevancy of ICDP in Mental Health arena. The keynote speech ICDP International Trainer, Ms. Helen Christie all the way from Norway spoke about "What are the most important factors in child upbringing (How can we use the ICDP Principles to strengthen our children's resilience and mental health?" reflected the insightful glimpse about understanding the most important factors in child upbringing factors from different lens and how these perspectives could be practice in ICDP Groups. The meeting followed with experience sharing from ICDP facilitators Mr. Umesh Shrestha, Psychologist from ManoShastra Counseling and Research Center and Ms. Sunita Sunar, ICDP caregivers (Mother of cerebral palsy child) who shared heart touching stories about the impactful integration of ICDP during counselling with the client and how because of ICDP the good interaction took place with her special need child. **Below are the glimpses of ICDP Facilitators Network Meeting via ZOOM:**

ECEC-ICDP Network Meeting 2021(Virtual) Nepal

Speaker
Helen Christie
ICDP International Trainer, Norway

Topic
What are the most important factors in child upbringing?
(How can we use the ICDP principles to strengthen our children's resilience and mental health?)

Program Schedule
3:00 PM - Welcome
- Update on ICDP & Introduction of Trainers
- SOS Report
- Testimonies
- Key Note Speech
- Plans and Strategies
- Question & Answer Session
- Vote of Thanks
5:00 PM - Closing

22 November 2021 (Monday)

Fig1: Virtual Nepal ICDP Facilitators Meeting Scheduled on 22nd November, 2021 Via Zoom during Covid-19 Pandemic.



Fig 2: 90 plus attendees participated for the ICDP Network meeting virtually. The participants were the ICDP facilitators, trainers, ICDP International Trainers, ICDP representatives from Norway- HimalPartner and ICDP Norge, Nepal, Associate Professor, Ms. Helen Christie all the way from Norway as a Keynote Speaker, Special Guest from Government officials, different NGOs and INGOs, namely CWIN, , SOS Children's Villages, Kanti Children hospital, C.P Center, ABBS, Save the Children Nepal, Autism Nepal, Plan International Nepal and Maiti Nepal.

Key facts - mental health

- More than absence of mental illness/disorders
- Integral part of health
- Determined by a range of socioeconomic, biological, environmental factors

THERE IS NO HEALTH WITHOUT MENTAL HEALTH

ICDP is an integral part of Mental Health and Psychosocial Support (MHPSS)

Nabin Bajracharya
Director (Program) (BFC and M&E)

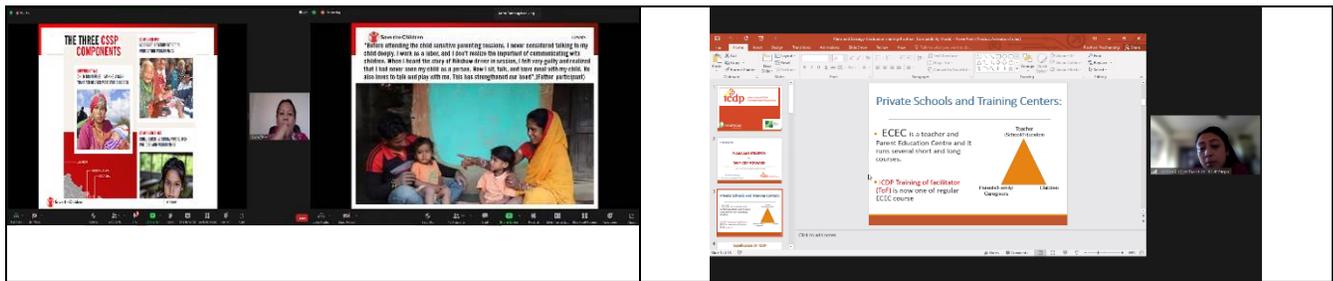


Fig 3: ICDP Updates: From left to right top to bottom, Dr. Utkarsh Karki-Child and Adolescent Psychiatrist, Kanti Hospital, Ms. Anita Tamang from Save the Children Nepal, Mr. Nabin Bajracharya-Director of Programme from SOS Children's Villages and Ms. Risohani Pradhanang-ICDP Project Coordinator from ECEC ICDP Nepal.

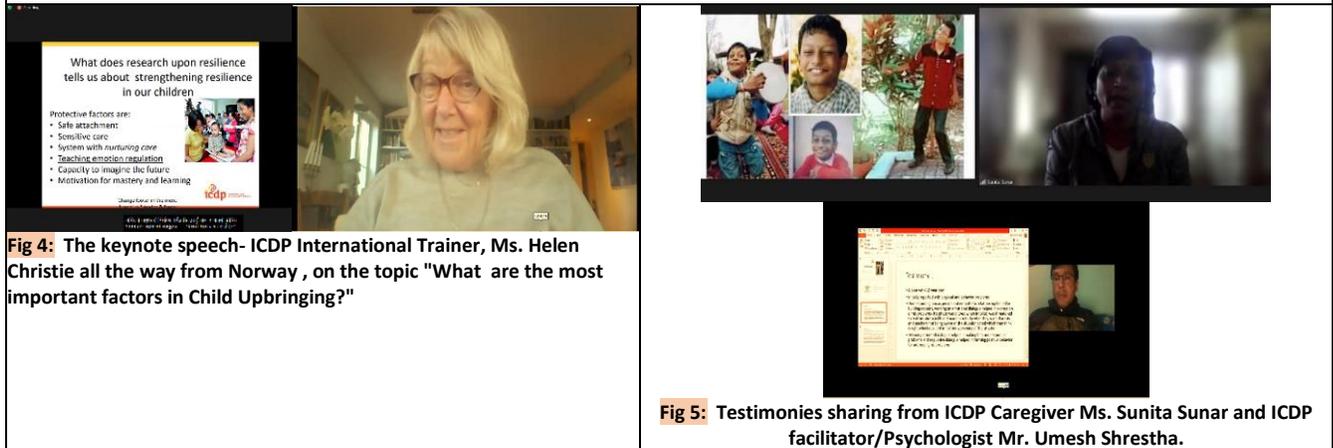


Fig 4: The keynote speech- ICDP International Trainer, Ms. Helen Christie all the way from Norway , on the topic "What are the most important factors in Child Upbringing?"

Fig 5: Testimonies sharing from ICDP Caregiver Ms. Sunita Sunar and ICDP facilitator/Psychologist Mr. Umesh Shrestha.

On December 5th, 2021 network meeting with close organizations was organized by ECEC ICDP Nepal with support from Himalpartner on the topic "**Child Development and Parenting in Nepal- Experiences from ICDP**" at Hotel Himalaya. The program highlights were the experience sharing from ECEC ICDP Nepal and partner organizations namely Save the Children Nepal, SOS Children's Villages Nepal who took ICDP. The relevance of ICDP in mental health arena was shared by Dr. Utkarsh Karki- Consultant Child and Adolescent Psychiatrist from Kanti Hospital. Ms. Heidi Westborg Steel, **ICDP Norway Chair** presented the experience on implementation of ICDP. Many like- minded organizations namely WHO, Plan International Nepal, World Vision International Nepal, Save the children Nepal, UNICEF Nepal, SOS Children's Villages Nepal, ICDP Norway and UMN participated in the program.

The ECEC ICDP Nepal's stakeholders network meeting was covered in "The Kathmandu Post" daily newspaper in Nepal. (https://kathmandupost.com/art-culture/2021/12/05/every-child-deserves-to-be-raised-in-a-safe-and-loving-environment?fbclid=IwAR23LuYcJYvvy8QZNAQINTofnSI_tbe5hQk-5MqmfkAGnscB1BP00SjPUU) Likewise, in 2022, the ICDP Regional network meeting will be organized and south Asian countries who has taken this program will be invited to attend this program. This conference will aid in understanding and sharing the ICDP program in Regional context.

Save the Children (SC) in Nepal adapted the ICDP programme in order to deliver it to parents and caregivers of their Child Grant package, aiming to improve parenting behavior for the wellbeing of the targeted children. The ICDP work at SC which was first implemented ICDP in 2018, which brought encouraging evidence. Since then, the ICDP programme has been expanding by Save the Children Nepal through facilitators and caregivers training, Community Sensitization on ICDP, home visits and monitoring collaboration with local governments, assessment of parenting program, policy influence, collaboration with "The stories of Nepal" <https://www.facebook.com/TheStoriesOfNepal> to bring the stories of parents who have adopted gentler and affirmative parenting techniques inspired by the International Child Development Program (ICDP).

ICDP Impact testimonies from Nepal:

ICDP Facilitator Mr. Umesh Shrestha from Manoshastra Counseling and Research Center (Psychologist):



Umesh Shrestha
ICDP Facilitator

As a facilitator, I got wonderful exposure and experience. Engaging together with 11 care givers for 8 meetings serve not only in sensitizing them but has activated and self-reflected my values, belief and practice of child rearing and caring. As a psychologist we are aware of viewing every individual as a person giving them empathetic stand and creating meaningful relationships however I as professional looked only from theoretical grounds and following the technical protocols. Attending workshops and facilitating ICDP 8th meeting to the caregivers in community, I learned practical ways. It aided both in my personal (relationships with others and children) and professional life (in better understanding of client's issues and helping them to deal and discover their problem.) Experience of integrating the ICDP modality to counselling session with my client was very much Impactful in problem identification. Caregivers during our session expressed their heart touching experiences, achievements of the meeting. Issues and experiences we discussed shared, listened, observed, practiced at home and during the meeting very much helped to sensitized.

Client story: A Success story shared by Mr. Umesh Shrestha (Facilitator from Manoshastra Counseling and Research Center (Psychologist):

- A 12-year boy who was initially sociable and energetic. One day he went to his friends' home and his friend clicked his photo when he was toileting. His friends got his face book password and later threatened him to exposed his photo in public, bullied him. Because of the mental stress he has had physical and behavior problems. Parents and teachers not being aware of the situation acted which they think is right which resulted in further worsening of the situation. His situation improved after the implementation of ICDP principles implemented during counselling phase where the guidelines like emotional guideline helped to unfold the real problem.

ICDP Facilitator Mr. Jaya Bahadur Tamang from Self-help Group for Cerebral Palsy



ICDP Facilitator
SGCP Facilitator and founder of Marloer Day care center for cerebral palsy Children.

He states that "Before joining ICDP, lack of patience, quickly offended, lacking management skills, introvert nature, fear of sharing their thought, does not try to understand issues in the family, pay no respect to others feelings. After joining ICDP facilitator training and conducting the caregivers meeting among the parents of cerebral palsy child has change myself personally and professionally. I have learned to face financial problems in family, agree and understanding from others people and children's perspective as well.

Likewise, developed social skills to get oneself socialize in the society, communication skills with other people. Importantly the ICDP has impacted in my professional life, as I work with children with cerebral palsy and ICDP program on developing good caregivers in cerebral palsy schools. ICDP helped in developing love, care and need to differently abled children among the caregivers and facilitators working with children. ICDP aided among facilitators to learn, understand and internalize the feelings of differently abled children and to make them more comfortable learning environment. The program also sensitized us to see in respectful way while addressing the parents of those differently abled children."

ICDP Caregiver Ms. Sunita from Self-help Group for Cerebral Palsy



Sunita Sunar, single mother of 23-year-old son with Cerebral Palsy.

Before ICDP Session: After her son's birth, Sunita had to face lot of challenges in life. On top of that, she had to take care of him on day to day basis. Because of her status as a single mother and mother with C.P Child the society also looked at her in a negative way, she was stigmatized. This gave her a lot of stress in life she couldn't help, blame her son for this. Many times she used to bring out her stress by hitting and scolding him.

After attending 2-3 sessions of ICDP Caregivers training, I started seeing my son as a person and my treatment and behavior towards him changed. I started expressing my affection positively towards him. After this she noticed positive change in her son's behavior. He expresses his love towards her and now their relationship has become better and her son says that "You are the only person, who loves me in this world"

Stories from SOS Children's Villages caregivers:

- *Caregiver 1 mainly designated as Mother/Aunty in the home* shared that "The children here had difficult past. I understood that we cannot fully change their behavior and mind. Before we have taken many trainings before this. Even after taking those trainings we couldn't understand their feelings. I felt that there were still many insecurities inside the children. After ICDP caregiver sessions, I felt there were still many insecurities inside the children because I used to scold them for not doing things properly. I shouldn't have done that, it touched my heart when I found what the real problem was. I shared the same with them too. It helped me to understand the children and build the relationship deeper and stronger."

- *Caregiver 2 mainly designated as Mother/Aunty in the home stated*" I have worked as caregiver or aunty in SOS children's home for 13 years. during my tenure, there was a child who couldn't do any of her own daily activities by herself. So, I had to do them for her. I used to get frustrated because of that. The child being the cerebral palsy used to get angry as a result of my frustration and unable to do things by her own. Many such instances of quarrel used to happen. She used to cry a lot, beat herself and lock inside the restroom. But after participating in this training, I have started to empathize and behave, treat like her own mother. I patiently explained her how to do her own daily activities. I encouraged her to do as much as she could and supported her for what she couldn't do. The same child who couldn't walk properly, after encouragement, support and love is now much happier to do her daily activities by herself. She would wake up early morning at 5 O'clock and get ready by herself. And she has developed trust and confidence to ask help from me for the things she couldn't do. And now she could walk without crutches. The training changed me very much. I learn 't that one should control the anger and should not be poured to the

children. We should encourage the child that they can do everything that they can do everything. Encouragement is the best medicine for the children and that can make us a successful caregiver.

- *Caregivers 3 mainly designated as Mother/Aunty in the home stated*" During the session it helped me to recall my own biological children. I feel regret for neglecting them. My daughter wanted to spend quality time with me. I feel I could go back to time and give her the quality time, show love which I was unable to do in the past. ICDP sensitized me and recalled about my own child whom I couldn't have quality interaction due to my profession and knowledge that I received through ICDP program.

Many caregivers shared that their communication patterns, bonding and the perspective to see their children have changed: The testimony shared by one of caregiver explains that he had a child, used to have conflict and left the home for weeks. Because of the ICDP caregiver session learned about love languages and seeing the child as a person and these guidelines formed as a bridge to improve and have a quality relationship with her child. The happy child always questioned her mother when will she be joining the caregivers meeting again. 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. Several caregivers mentioned how they spend more quality time with their children now. Representatives of organization working for mental health also shared and convinced that ICDP helps not only for: building relation between parent and child but also on their psychosocial wellbeing which could be helpful in preventing mental health problems.

In Nepal explaining and expanding meaning is least prioritized from adult to children and to others, so mediator plays least role in aspect of giving knowledge and understanding of the world we live in. Ample of testimonies shared explains how ICDP has worked as a tool to comprehend the need behind and implement to children and others. This could be reflected through the case story shared by caregiver (Mother/Aunty as called in SOS home) stated " I have a 6 years old daughter at home. She often asks me difficult questions like- "Momma! Will you die one day? I used to have difficulties answering such questions to her but after ICDP Training, the dialogues like "meaning Creating and expanding" aided me to understand. Now I know what, why, how to answer and able to give her age appropriate response.

Similarly, in the caregiver session in SOS Children's Villages most the caregivers realized the lack or minimum communication with the children especially teenagers. They shared the difficulty on how to initiate the communication. After ICDP session they learned about having intimate dialogue and with meaning creating dialogue helped to made their situation ease with teenagers.

In addition, the sharing from cases explained how the children spanked, scolded and ridiculed when they misbehaved, they reflected with the ICDP house and analyzed how they were only building the roof only. They interpreted how ICDP guidelines builds up strong home with strong foundation, likewise for development of the children and their future, we have to understand and build their foundation solid and resilient.

The facilitators and caregivers also shared how this ICDP training has been a blessing who has been working and dealing **with special need child**. This training has taught them many practical habits, built confidence which was very challenging interacting with special need child and has been very impactful. The conversations in the caregiver meetings and the progression of attitude from the first meeting till the last also indicate actual changed practice. Caregivers also mentioned that unlike many trainings this training sensitized about learning the child's lead. The significant aspect shared by caregivers were how they have stop spanking because of good communication taught by ICDP program. The caregivers have also emphasized that the emotional dialogue (To praise, showing love, understanding, love languages, child lead) guidelines which is hardly considered in Nepali context has impacted to build positive, good and quality relation and interaction with the children in their care.