

Update from Happy Start learning centres in Tashkent, Uzbekistan

by Magdalena Brannstrom

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(Valentina Ten and Magdalena Brannstrom are in process of becoming certified ICDP trainers. Valentina has been giving training to facilitators on line, whereas Magdalena has been working in person.)

In June 2022, we were celebrating new facilitators in Uzbekistan.



Malika, Shahlo and Diana had finished their self-training projects with 15 caregivers, which they had started in the spring and in June they attended a certification workshop to receive their ICDP Facilitator level diplomas. Since then, Malika conducted 2 more courses and she is currently delivering her fourth course for parents.

Malika saw that there are very few services for parents of special children (children with disabilities). She saw the need for supporting these parents. So, after advertising on social media 8 mothers participated in her ICDP course.



“I carefully reviewed all the material and adapted it as much as possible to this group. It was a difficult job, but judging by the feedback from the participants, I think that I coped with this task. I was impressed by the enthusiasm and cheerfulness of the members of this group. They tried to adopt the principles of the programme in relationship with their children as much as possible. The training atmosphere was friendly and warm.” – Malika, facilitator at Happy Start.

Feedback from parents:



“During one of my visits to my relative, her baby started to cry, and could not stop; she just, cried and cried. Others who were present tried to make her stop but failed, so I decided to apply ICDP and said: Give the baby to me. As I held the baby in my arms, I started using the things I learned from the ICDP programme. I gently caressed the baby, establishing eye contact, and spoke to her as though she was an adult. Talking with a soft voice I said, I understand you have a stomach ache and it’s hard for you, but do not worry it will pass.... By me following the guidelines of ICDP the baby calmed down and stopped crying.”

“Thank you very much for the comfort and very warm atmosphere, for your invaluable knowledge given to us. For the fact that we began to understand our children better and learned to better cope with their tantrums. Also, thank you for teaching us to look at education from a different angle, to see a personality in children and to bring out the best sides and talents in them so that they can grow up to be self-sufficient and independent people..... At your seminars, I didn’t just gain new knowledge, but also improved myself.”

“I understood even better now how important it is for a child to have a resourceful and stable adult, how important it is for both parents to have a good and to act in the same direction, sometimes supporting and replacing each other. For myself, I am now looking for ways to replenish my resources, and of course I think a lot about how to improve communication in my family.”



“Thank you very much for such a great opportunity that you gave us to study at the ICDP course and get so many positive emotions from warm meetings with you and our friendly team. The programme gave us an awareness of the need to improve family relations between children and parents, and the tools that can be used for this purpose. In general, it was an outlet for me, carrying also practical knowledge. thank you!



ICDP in Happy Start learning centres:

In June all 6 members of staff at the Happy Start learning centre in Sir Daryo, finished their caregiver course and received their ICDP certificates. '

At the end of August, Happy Start organized training days for staff from all their (3) centres. Olga who is in process of doing her training to become a certified facilitator, conducted the first three meetings for 21 teachers; although for 9 of the teachers this was a review of the programme as they had received it earlier.

During the autumn 2022, two trainee facilitators, Olga and Anastasiya, have been conducting caregiver courses in one of the Happy Start preschools. In another Happy Starts learning centre, Anastasiya and Magdalena teamed up and started to deliver ICDP to a group of parents, in November.

Feedback from using ICDP in our learning centres

"On the 15th of October we attended an ICDP session for parents about how to show empathy to your child. The parents were eager listeners during the whole time. It was very practical as always with ICDP, focusing on how to express yourself through your body language and show that you love your child. It was a joy to see three of the fathers sitting on the floor playing with their child afterwards - this is unusual to see here in Uzbekistan."

"When I speak with parents in our learning centres, I often get the comment that the teachers in Happy Start are different. The parents notice that the teachers treat children differently. They see that the teachers love children. And I tell them that we train our teachers in the ICDP programme."

"Our teachers are trained on how to communicate with children. And I can see the difference it is making both for them as teachers and for the children."



“In our learning centre we try to keep the guidelines of ICDP alive and in practice. So, when we talk about challenging situations with children, we do it out of an ICDP perspective. In October we had a staff meeting. One of the teachers said that because of ICDP one of the children in the learning centre had stopped running around and stopped causing trouble in the class. And after being asked how did this change happen the teacher explained that she had started to show interest in this boy and talked with him about things that he was interested in. At first the boy didn't want to speak so much with her, but after a while he became more open. And then this boy stopped interrupting her lessons, he now sits and follows the teaching. Another teacher added that this boy now had some friends in his group and was able to calm down more easily whenever he got upset, something he could not do before.”

Feedback from teachers doing the caregiver course:

A teacher doing the course first time:

“It is a simple but important course that covers many areas when it comes to working with children, whether you are a parent or a teacher. It is very relevant course and it is not limited to only one group of children but it is for everyone. After doing this course, I am as a teacher more conscious and intentional in what I do and what I don't do. And I am more conscious of why I do things. I reflect more over situations in which things did not go so well and then I reflect over what I could do differently. As I was going through the ICDP guidelines I realized that there were certain things that I already do without thinking about it, but also that there are other guidelines that I need to start applying.”

“Even though this was my second time to do this course I found it very good. Because last time when I did the home tasks I could only focus on practicing the guidelines with one child. But this time I was able to focus on my whole group and apply the guidelines not only to one child but to all the children in my group. And I understood from this time participating in the course that there is a certain structure to the guidelines, that the emotional dialogue has to be established well first and then the

other ones can follow. You must practice and do the first four guidelines and then you can do the other two dialogues. And now I think it is the same with teaching. If you want to give good teaching to a child you first need to build a good relationship with that child.”