



**International Child
Development Programme**

ICDP NEWSLETTER

November 2022





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Expansion in Uzbekistan



[Click here to read the report](#) with comments from different participants of the ICDP training in Uzbekistan. From the report:

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.”

ICDP in Åland Islands

From the update by two ICDP trainers Klara Schauman-Ahlberg and Petra Zilliacus, who have trained staff from social services in the Åland Islands in Finland, we are informed that twenty people completed their ICDP basic training – see photo below. They received their certificates on the 22nd of November 2022, on the same day as their ICDP colleagues in Helsinki received their trainer level diplomas.



“This engaged group of different social professionals in family interventions received at the same time, the first snow and the final two days of training. We had some wonderful time together, shared many stories and pondered what positive caregiving looks like in practice.” – Petra Zilliacus.



New trainers in Finland



During 2022, a group of Finnish professionals have been participating in the ICDP training programme that led to their certification as trainers. They attended three workshops; the first one took place in November 2021; the second was held in May 2022, and the final workshop in November 2022.

The training process and logistics around it were organized on the initiative of and supervision from Hanna Sellergren, from the Federation of Mother and Child Homes and Shelters, who has been involved with ICDP for many years and who is herself an ICDP trainer.

On 22nd of November 2022, this group of nine professionals received their ICDP Trainer level diplomas – on photo above. The certification workshop was held in the Sopukka centre, situated close to Helsinki and it was held by Nicoletta Armstrong from ICDP, who commented:

“This was a very pleasant and fruitful workshop, since the whole group showed deep understanding, sensitivity, and enthusiasm for the ICDP programme. They reported about their projects which consisted of providing ICDP training to new groups of facilitators. Their professionalism, dynamic participation and sense of fun greatly enriched the workshop, and they brought many meaningful and touching examples from their work with vulnerable families.”

The new trainers are overseeing the roll out of the ICDP programme by facilitators in Helsinki, Turku, Lahti and Kokkola. They formed over thirty facilitators who in turn are reaching out to over hundred families. This work is taking place under the umbrella of the Federation of Mother and Child Homes and Shelters, an ICDP partner organization with over ten years of ICDP experience – www.ensijaturvakotienliitto.fi. The ICDP programme is targeting vulnerable families and children, focusing primarily on offering psychosocial assistance to women and their young children who visit or stay at their homes and shelters.

Cooperation in Spain

Pau Gomes, the director of the Emotional Wellbeing Area, at the [Nous Cims Foundation](#), contacted Nicoletta Armstrong, ICDP chair to discuss possible future cooperation.



There is interest in learning about ICDP by observing the work of ICDP in European context, and eventually starting projects together in Spain.

Both organizations are emphasizing the importance of working on the emotional aspects in human relations and this among other, was a good point of reference in these early discussions.

In addition, there could be plans for shared work in Colombia, a country where both Nous Cims and ICDP operate.

As a first step, the ICDP Colombia chair, Carmen Lucia Andreade, met up with Maria Chalaux and Jessica Corpas, from Nous Cims on 16th

November. The meeting was held in Bogota, Colombia during which the essential aspects of the ICDP programme were presented, as well as sharing ideas about possible cooperation.

Nous Cims is a non-profit foundation, that was founded in Barcelona in 2015. It creates and develops innovative, transforming and sustainable social projects in the areas of employability, emotional well-being and global development, with the objective of having an impact on the most vulnerable people, especially women, young people and children, in both the most immediate environment and in emerging countries.

Their mission is: *Being a vehicle for generating long-lasting added value by supporting projects that have an impact on people in the areas of employability, emotional well-being and global development for the purpose of contributing to build a better world.*

Nous Cims created the **KOMTÜ Programme** that promotes emotional and relational well-being of children in preschool and primary schools. The aim is to improve the emotional well-being of children by offering training and support to the teaching team over a period of 3 years. They are currently working in 14 schools in Barcelona.

They also have the **KOA Programme** that works with adolescents in the area of mental health prevention through experiences connected to their interests such as theatre, music, sports and adventure.



Review of ICDP research



Research on ICDP: Learnings from the past and future opportunities

ICDP regional conference, Kathmandu, 11.11.2022

Ph.D., MA Ane-Marthe Solheim Skar

On the 11th of November 2022, ICDP foundation board member and researcher, Ane-Marthe Solheim Skar, gave a presentation at the ICDP Regional conference in Kathmandu.

The title of her presentation was, Research on ICDP: Learnings of past and future opportunities.

[Click here to read the presentation.](#)

First workshop in Thailand

During the second half of 2022, Solveig Kristina Frivold, the mental health coordinator for HimalPartner in East Asia, has been organizing the start-up of ICDP in Thailand, in cooperation with ECEC/ICDP Nepal.



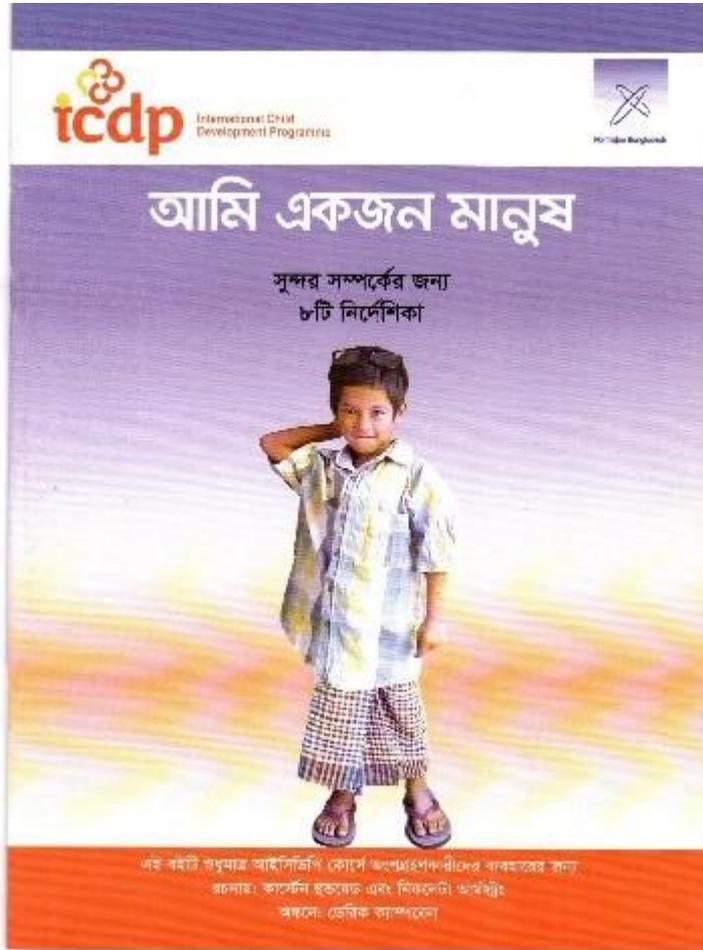
On behalf of ICDP international, a team from ICDP Nepal has agreed to carry out a training programme for a group of facilitators, who were selected from different local organizations and who in turn will be instrumental in spreading ICDP by training groups of caregivers. The first workshop was conducted in September and the second was held in October. The training will continue in 2023. The participants found this programme effective and much needed in Thailand. The present ICDP core team, consisting of Solveig, Olav, Jen and Cheryl, are seeking to select a local partner organization to coordinate ICDP Thailand.

“The training so far was a real success. Interest and passion for the training is growing among the participants. We have four participants from a Thai organization called Nexus. We have started translating the ICDP material to Thai. In our pilot group, we also have two Burmese participants who plan to conduct the caregiver groups in Burmese. So, we will be translating the caregiver booklets into Burmese.” – explains Solveig.

View this brief video featuring ICDP Thailand. <https://www.youtube.com/watch?v=F2xIOmDaGbU>



Promotional video, Bangladesh



The ICDP team in Dakka, produced a short promotional video about their work with the ICDP programme, by focusing on comments from some of its local partners.

The video was finalized in October 2022.

[Click here to download this video.](#)



Testimonial from the Philippines

In October 2022, Zenona Gread, ICDP trainer and programme coordinator for Save the Children at the Eastern Visayas Programme Office, shared the testimonial – see further below.

It was written by Cley Cairo, from the Alang-alang municipality, Leyte. Cley had participated in the ICDP workshop which was conducted in order to start preparing the process of scaling up ICDP in the Region 8.



Photo of mother and child who participated in the ICDP course

Testimonial on my ICDP Facilitator training experience with Save the Children in the Philippines

I have always been an intuitive person. The emotional intuitive part of me far outweighs the rational ones, reasons why I always take things, people, experiences, dreams deeply; reasons why it is difficult for me to sometimes let go of these things which are better left behind or forgotten. This facet in my personality has its own advantages, like it makes my feet firmly planted on the ground at all times. It has also afforded me positive change for the better – from being fiery sometimes to being more reflective and sober.

In March 2021, I was fortunate to be invited to attend and participate in the Save the Children's Facilitators' Training on the ICDP Parenting Module. I was mesmerized by the learning experience that I had in the training. I could not help but reminisce my own childhood. Very little is indeed known about children's views of their parents. Not only are Filipino parents regarded as disciplinarian, strict and controlling, they are the lost tribe in the family circle as most

are absent owing to the immense economic and social responsibilities in and outside the home. Studies have shown that parents' absence and lack of parental skills has a negative effect on the development of children, especially as children rely on them for strength, sense of security, practical wisdom and identity. Certain dysfunctions that are observed among youth and adults could be attributed to the absence of parental empathy and involvement in children's early development. Economic problems faced by families have pushed parents to focus on earning livelihoods to support the family financially. When children are still small and in their growing years, parents usually take this opportunity to move on in their careers, business or just plain earning efforts to provide for the simple needs of their family. As children grow and advance in years, the family is also faced with more challenges and greater demands. Such situation propels parents to exert more efforts to earn more and to grab other opportunities that will increase their capacity to meet the growing demands of the family. Such circumstances result in more absences of parents in the growing, foundational years of children. They are born into the dawn of day with only the presence of women relatives, they develop and grow with rare bonding moments with parents and they become young adults with only their shadows as fond memories.

The ICDP experience was a pivotal shift in my life. The learnings and insights that I gained have opened my eyes to my shortcomings, my weaknesses, and inherent flaws. The need for both parents to be present in firming up their children's identities and character is quite true. When mothers become the shock absorbers of their children, the father becomes their source of strength and security. Their challenging roles come to the fore and it is when they become evident in their children's lives. Parents are relied upon to be consultants on the more complex problems of life – to be a listening ear, a shoulder to lean on and an understanding heart. They are God's gift to children. They perform different roles to make the life of their children better. They give, they nurture, they take care and they role model. Therefore, when parents become absent or apathetic to the needs of their children, the life of children are disrupted. The parenting skills that the ICDP Parenting Module offers are integral part in the development and growing up of children. The ICDP Parenting Module Training changed me. It gave me a wider view of what life should be as a child advocate, and an inspiration to do better as a positive and better parent to my siblings, nephew, nieces, and cousins. It has also given me a better grasp of life in general. I was able to see the problems and sufferings of children and people my age and how families break their own due to poverty, lack of education, lack of empathic parenting skills, and callousness of parents to the needs of children. It opened my awareness about my own vulnerabilities and how to heal the child in me; it provided me with guidance about how to raise children who later will not have to be healed. Indeed, it is important to respect children, to allow them to be themselves, to empathize when we talk to them, and to apologize when we need to. There are no perfect parents but there are million ways to be a better one.

The DSWD and Save the Children have already considered the important roles of parents in the lives of children and in nation building. I am in awe of their move to scale-up nationwide the ICDP Parenting Module. What a joy if the DILG and our partners in the Local Government Units decided to once more champion Children and one day institutionalize it as a pre-requisite among soon-to-be married couples – added family welfare programs and services that could be designed for them so that in the face of all the work and hardships, parents will always be reminded of their purpose and basic roles in the home and on their children.

Thank you DSWD and Save the Children for this life-changing opportunity – it was one of the greatest things that happened to me in this pandemic. It is true that we have not lived unless we have done something for someone who will never be able to repay us. I am humbled and beyond grateful for making me look within, and enkindling the fire in me to light my path and those of others on how I can contribute to make my world a better place to live in for our Children and become a beacon of light for others.

I am now able to see my own light because of ICDP.

- Clay



RCT study in Norway

This study investigated the effects of the group-based parental guidance programme, the International Child Development Programme (ICDP), in Norway. The study was initiated by the Norwegian Directorate for Children, Youth and Family Affairs (Bufdir). ICDP was developed in Norway in the 1980s and is currently being used in more than 50 countries worldwide. In Norway, ICDP parental groups are provided by the government as a universal, free-of-charge and voluntary intervention offered to parents of children aged 0–18 years (Hundeide & Armstrong, 2011). In Norway, ICDP is implemented by Bufdir and is available free of cost to all parents on a voluntary basis. The overarching objective of the study was to gain knowledge about the effect of the universal ICDP parenting programme in Norway using an RCT design that included three measurement points, validated instruments and a larger study sample than previously used. More specifically, its aim was to examine changes in the parents, the parent–child relationship and the child. A total of 590 parents completed at least one of three questionnaires that were administered before and after ICDP and 4 months after completing the intervention. The ICDP groups were recruited from all across Norway during the period from January 2017 until October 2020, and data were collected until May 2021.

[Click here to read](#) the full article published in the journal “Child and Family Social Work”:

Effectiveness of the International Child Development Programme: Results from a randomized controlled trial

Idunn Brekke, Otto R. F. Smith, Eia Elena Skjonsberg, Tonje Holt, Maren Sand Helland, Leif Edvard Aarø, Espen Røysamb, Gun-Mette Røsand, Leila Torgersen, Ane-Marthe Solheim Skar, Heidi Aase

First published: 02 October 2022 – link to the article <https://doi.org/10.1111/cfs.12973>

Abstract

This study aimed to evaluate the effectiveness of the International Child Development Programme (ICDP), a group-based parenting programme used internationally and implemented nationally in Norway. We used a cluster randomized controlled trial in which 81 groups were randomly assigned to either the intervention or waitlist control condition after the baseline data collection. A total of 590 parents completed at least one of three questionnaires (administered before and after ICDP and 4 months after completing the intervention). Primary outcomes included parental self-efficacy, parental emotion sensitivity and positive involvement with their child. Secondary outcomes included parents’ perceptions of their relationship with the child, child-rearing conflicts and the child’s psychosocial health. We found significant effects favouring the intervention arm following the intervention and at follow-up on two primary outcomes (parental self-efficacy and emotion sensitivity). For the secondary outcomes, we found a significant reduction in child-rearing conflict at the 4-month follow-up, increased closeness to the child, reduced child internalizing difficulties and increased prosocial behaviour immediately following the intervention. However, ICDP seems to have limited effects on parent-reported changes in children. We conclude that ICDP as a universal preventive programme offered to parents in groups can be effective in strengthening parental self-efficacy and improving parental emotion sensitivity.



New groups trained in South Africa



The photo above is of the group from Rays of Hope, who completed their ICDP course on the 12th of May 2022.

The Ububele Educational and Psychotherapy Trust, based in Johannesburg - <https://ububele.org/about-us/> counts on a team of 13 ICDP facilitators, who have been active since 2021.

Founded in year 2000, Ububele has developed models of community-based mental health care to address the emotional trauma of South Africa's past, the ongoing mental and physical effects of the cycle of poverty and the daily challenges faced by individuals, families and communities. The Ububele integrated ICDP as one of their activities to strengthen child and family mental health in the township of Alexandra – a densely populated, impoverished community with a myriad of challenges.

By May 2022 five new groups of parents were receiving the ICDP course: two were run in Alexandra and three groups, with 16 parents in each group, were run through Ububele's partnership with the Field Band Foundation (FBF).

FBF is a South African national non-profit organization that has reached more than 40,000 youth since its inception in 1997. Modelled initially on the American-style marching band, the FBF's performance style, choreography, rehearsal techniques, and uniforms draw on local traditions and practices resulting in a uniquely South African musical phenomenon.

The Field Band Foundation creates opportunities for the development and self-empowerment of young people through participation in music. The parents of the young FBF participants attended ICDP courses during 2022. Due to the positive reception of the ICDP programme, more groups are in planning for the rest of the year.



ICDP trainer at Ubulele, Nicky Dawson, reports:

“In early September 2022 a new group received their ICDP certificates (on photo above). This training was carried out by facilitators from Ubulele. The implementation of the ICDP programme is helping create positive changes and thus it is extending our support to families and contributing to Ubulele’s own efforts of improving the lives of families in Alexandra”.



ICDP in the care of older people in Norway

Update by Line Constance Holmsen, November 2022.

The implementation of ICDP in the care for older persons in Nursing Homes in Norway has been steadily progressing, despite a long period of having to deal with the Covid-19 pandemic. Since 2018, ICDP and the VID Specialized University have been cooperating with the nursing home called “Grefsenhjemmet” situated in Oslo. The cooperation started with the training and certification of employees who could then facilitate the ICDP courses to their colleagues. So far, more than 70 of their nursing staff have been participating in ICDP courses, including the night nursing staff. One of the leaders at Grefsenhjemmet, Ingrid Blokhus, describes the ICDP work in this way:



“ICDP is a practical course that focuses on relational competence and person-centred care. Our international nursing staff has many unique relational competencies that are valued, and accessed, through the ICDP process. Through active learning and by putting words to practice, these unique competencies are better connected to the Norwegian language, enriching and enhancing the quality of the care our residents receive and experience. “

Photo is showing a group of nursing staff at Grefsenhjemmet in Oslo, including Emilan Barbu, the group facilitator, and Line Constance Holmsen, the representative for ICDP Norway and VID Specialized University.



International meeting in Colombia

OUR LEARNING CURVE – a celebration to mark 30 years of ICDP

2022 represents the 30th year since the founding of the ICDP Foundation in Oslo, Norway. It is therefore a special year for ICDP – as one of the founders I felt there was a need to mark this in some way.



As I have spent so many years travelling to and designing projects in Colombia, where I had the pleasure of working with an excellent team, where I discovered the power of the ICDP programme to reach out to the most humble communities, where for the first time I saw that ICDP can impact lives for the better, where thanks to the advice, support and guidance from UNICEF's Manuel Manrique, as well as ongoing support from our business colleague Marzuki Andujar, ICDP reached over half a million children – for all these reasons I proposed to have a gathering at Amanecer, Quindio, Colombia. ICDP Colombia agreed and organized a small international event, which took place over a period of four days in November 2022.

The theme was «Our learning curve», to reflect together on our learnings and experiences with the ICDP programme, exploring different ways of «keeping the ICDP flame alive!» - Nicoletta Armstrong, ICDP chair.

Photo report of meeting in Colombia

The report describes the international celebration which marked 30 years since ICDP was registered as a foundation in Oslo, Norway.

[Click here to see it.](#)

Presentation of ICDP at Javeriana university

The International Society for Health and Human Rights (ISHHR) organized its 11th Conference for Health and Human Rights at the Pontificia Universidad Javeriana, in Bogota, Colombia, from 21-25th of November 2022. The name of the conference was, *Collective Healing: Restoring the relationship of humanity and nature*. There were four thematic streams for papers, parallel sessions and workshops.

Post-conflict reconciliation, reconstruction and re-socialisation: Work on a group level, healing societies' wounds through social interplay, supervision, networking. Caregivers, indigenous healers and therapists from Colombia / Latin America and around the world will contribute to the development of local capacities.

Implementing Women's and Girls' Rights to Mental Health and Freedom from Violence: Changing behaviour, practices and attitudes and facilitating safe and adequate care.

Supporting Human Rights Defenders (HRDs) who risk their lives in difficult and dangerous situations, side by side with the families of *Los desaparecidos* and internally displaced (IDPs).

Treatment methods after traumatic human rights abuse: Mental health care and treatment after traumatic human rights abuse can never be accessible enough. Projects in the fields of psychoeducation, supervision, and the facilitation of effective methods in therapy and psychosocial care of victims of traumatic events and HR abuse will be welcome. The heterogeneity of impacts of trauma and violence on psychological health suggests moving beyond PTSD, to discuss other impacts.

On 21st of November, the ICDP programme was presented by three ICDP colleagues: two Colombian trainers, Carmen Lucia Andrade and Luis Fernando Lopez and a Norwegian trainer Patrick O'Loughlin. Patrick introduced ICDP and spoke about his experience of ICDP in Botswana, Carmen spoke about the Colombian experience and conducted an ICDP activity to evoke a significant adult from participants' childhood. Luis Fernando spoke about ICDP in Boyaca, its developments from 2005 and explained how ICDP was sustained over many years. The team also showed the video from Bolivia. The workshop lasted two hours and 15 minutes. The attendees were very actively participating and showed a lot of interest by asking many questions at the end of the workshop.

Photo report from Boyacá



[Click here](#) to see images from the work in the department of Boyacá, Colombia.



Research study in the Philippines

Child and Caregiver Reporting on Child Maltreatment and Mental Health in the Philippines Before and After an International Child Development Programme (ICDP) Parenting Intervention

[Emil Graff Ramsli](#), [Ane-Marthe Solheim Skar](#), [Vilde Skylstad](#), [Disa Sjöblom](#), [Zenona Gread](#), [Wayomi Chiong](#) & [Ingunn Marie S. Engebretsen](#)

Journal of Child & Adolescent Trauma (2022)

Abstract

Child maltreatment is a serious problem affecting millions of children. Research on self-reporting of child maltreatment has shown a difference in reporting between caregivers and children. Increased understanding of this has implications for further evaluations of parenting programmes and assessment of violence and maltreatment. The purpose of this study was to explore caregiver-child reporting discrepancies on child maltreatment and emotional health before and after piloting of the International Child Development Programme (ICDP) in the Philippines.

Data was collected from caregivers and their children before and after caregiver participation in ICDP. Participants were selected from the Pantawid Pamilyang Pilipino Programme in Leyte by Save the Children. Caregivers and children completed a questionnaire with some adapted items from the Conflict Tactics Scale Parent–Child version (CTSPC), some relevant complementary items on psychological aggression and items from the emotional problems subscale from the Strength and Difficulties Questionnaire (SDQ). Matching items, subscales and total count scores were compared using paired t-tests in STATA 14. Forty-six caregivers and 43 children aged from 5–13 years participated at baseline, and 44 caregivers and 42 children at endline.

At baseline, children reported significantly more maltreatment than their caregivers. The groups reported similarly at baseline and endline on the items from the subscale on emotional problems. Both children and caregivers had lower scores on our harsh discipline scale at endline, indicating improved parenting strategies after the intervention. These results indicate a difference in reporting of child maltreatment between caregivers and children, with higher rates reported by the children before the intervention, but not after. This is important because it illustrates child and caregiver perspectives on maltreatment, and how they can differ. As such, our findings point towards a positive effect of ICDP on parenting.

Link to the study: <https://link.springer.com/article/10.1007/s40653-022-00483-0>

[Link to the study on this website](#)



Activities in Sweden

Change in the composition of the board: The Board of Directors of the ICDP Sweden Foundation has a new chair. After several years of greatly committed work in her role as chair, Annelie Waldau resigned in June 2022 and Veronica Kindbom was elected in her place. Grete Flakk, who contributed with her knowledge and experience from Norway, also stepped down and was replaced by Jenny Jakobsson Lundin.

The home page:

ICDP Sweden is continuing to work on the development of their website. Among other things, the plan is to create a forum with the focus on sharing and highlighting good examples from ICDP practice.

Educators from all over the country will be given the opportunity to talk about their ICDP work. The request will primarily go to educators, but guidance counsellors will also be targeted to talk about their work in their respective activities and municipalities.

This aim is to inspire colleagues across the country, through raising awareness and networking.



The ICDP Sweden board has already been receiving feedback from those working with the ICDP programme in different ways – and the idea is to unite the network and work together.

Autumn 2022 training dates:

Basic ICDP training at caregiver level: It is taking place in Gothenburg on the 20-21st of September and 18-19th October. In Stockholm the training is on 28-29th of September and 25-26th of October.

Facilitator level training: It is to be held in Stockholm on 10th of November 2022, and it will continue in January, March and April 2023.

The training of trainers will start in Stockholm, on the 20th of October. In addition, ICDP Sweden is hosting a digital trainer meeting on 11th of November.



Project in Brazil: Bem me quer

Located in the São Franciscano hinterland, northeast of Brazil, the civil association ACARI, has been developing actions since 2004, being officially established in 2005.

ACARI is an NGO dedicated to the work of construction and implementation of public policies for women, youth and children – www.facebook.com/ongacari/. It has a multidisciplinary team, experienced in working with the population of this region through cooperation with those committed to achieving its main objective: to promote citizenship, to defend human rights and to struggle for political, cultural, social and environmental democracy. ACARI adopted the ICDP programme. It has been running projects ever since a group of professionals from ACARI received ICDP training from Nicoletta Armstrong in 2010-2012.



REALIZAÇÃO:



APOIO:

INSTITUIÇÕES PARCEIRAS



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SAIBA MAIS SOBRE O ICDP

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Convivendo em família com
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ICDP trainer, Ilze Braga, a psychologist from ACARI, informs about the development of a new ICDP project in 2022:

During this year, Simone Souza (ICDP trainer) and I, have been developing together a very special project here in Pernambuco, Bahia province in Brazil. The project is called “Bem Me Quer: lead a family life with love, dialogue and understanding”. Our key strategy has been the ICDP programme.

This initiative is supported by Kindernohtilfe ([Homepage – Kindernohtilfe](#)), a large Christian organization founded in 1959 in the German city of Duisburg. It operates in developing countries with the aim of enabling girls and boys to live a dignified life, free from poverty and violence.

For this project we produced new ICDP materials, that we call “a kit for positive interaction”, which proved very popular with parents.

As a result of our work 340 children and adolescents from Fundação Lor Feliz and Projeto Vida Nova are experiencing healthier family life that minimizes the use of psychological and physical violence. These families are now leading positive interactions with their children.

It has been very rewarding for us to see that families were becoming very interested in attending our ICDP sessions. They have been putting into practice the received knowledge with great enthusiasm. Children and adolescents who participated in this project have been developing positive interpersonal relationships, and started communicating assertively with their peers and family members.



ICDP roll out in Burkina Faso



The ICDP Parenting Skills Programme in Burkina Faso, by ICDP trainer Aubin Sanou

The social protection of children in families and in their communities provides a reliable basis for the survival and healthy growth of all children and for their learning. It should be remembered that the main factors and conditions for success in education and good health for children depend on the treatment and education practices of parents, caregivers, and communities. In order to improve the practices of caregivers, the NGO Save the Children in Burkina Faso has undertaken to roll out the ICDP parenting skills programme as part of the project “Combating child poverty and vulnerabilities in the regions of the Boucle du Mouhoun, Centre North, East and North, through Child-Sensitive Social Protection”. Through these four regions, the project intervened in 11 municipalities: 4 in the Boucle du Mouhoun region, 3 in the Centre North, 2 in the East and 2 in the North.

The programme was able to proceed despite the precarious security situation in these areas. Some displaced parents were able to benefit from the programme at their host sites and they actively participated.

From 2021 including during 2022, a total of 323 groups have been sensitized on the ICDP parenting skills programme in the 11 municipalities, reaching 4141 people, of which 2508 were women. The changes are perceptible and very remarkable; we can mention the rapprochement of parents with each other first, then parents with children, also the improvement of children’s academic results. Joy and happiness developed within beneficiary households. In some communes today, husband and wife can sit and talk together, whereas in the past this was not possible.

[Click here for full report with testimonials from beneficiaries.](#)



ICDP course in Stafford, England



[Read the summary of the project for Syrian families](#), which was carried out in cooperation with “Stafford Welcomes Refugees”.

The ICDP course provided refugee women in Stafford with an opportunity to share their experiences, challenges, and successes within a safe and nurturing space. The course took the participants through the ICDP sensitization process to enhance their interaction with young children and adolescents.

In addition, they were given tools to help them adjust to their life in England and support their families. The role of women, their health and wellbeing, stress management and bridging the gap between the two cultures, were additional topics covered by the course.

The course took place over 19 weekly sessions, conducted in Arabic and English. WhatsApp was used for feedback on tasks assigned in between the online sessions and for sharing of experiences around the key topics.

Stafford Welcomes Refugees (SWR) is a constituted voluntary group of local people. It was set up in 2015 in response to the Syrian refugee crisis to press the UK to take its fair share of refugees fleeing war and persecution. The group also wish to provide a welcome and support for any refugees coming to Stafford. From these initial aims SWR has developed, and now has several action groups which work on specific areas.

SWR website: <https://www.staffordwelcomesrefugees.org/>

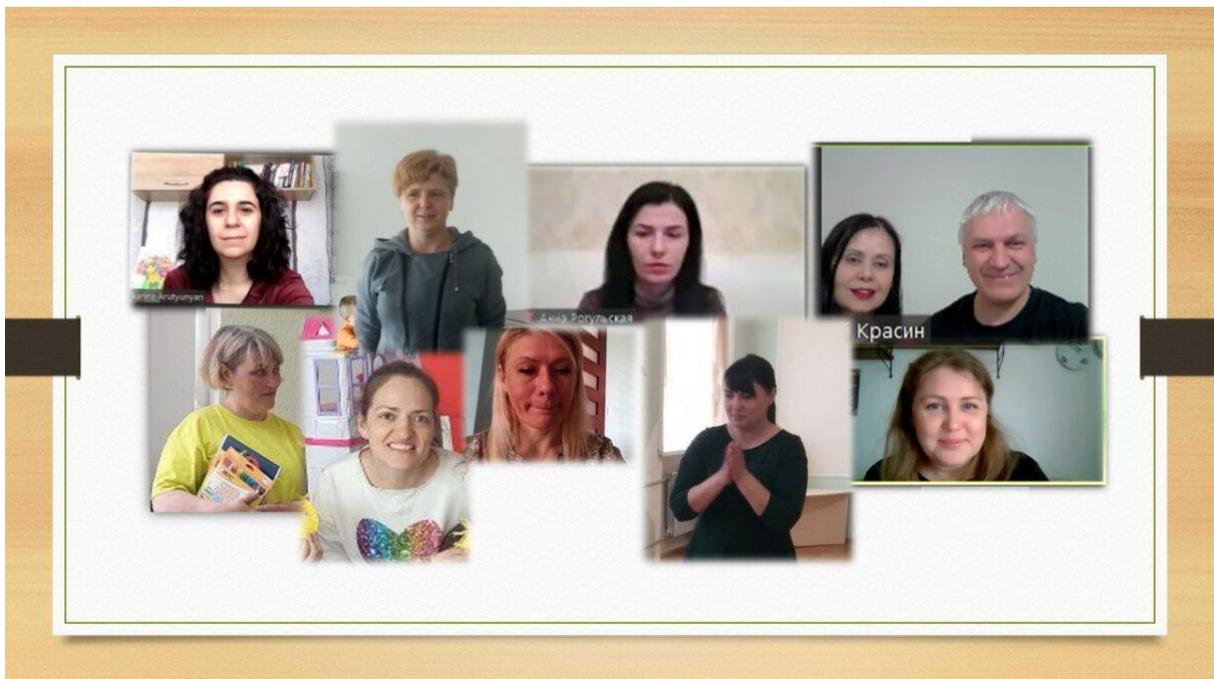


Training continues in Ukraine

On 23rd of February 2022, just a day before the war started in Ukraine, six trainees completed their training and received diplomas as ICDP regional trainers.

When the war started most of the ICDP Ukraine facilitators suspended their work, as they were forced to leave their homes, move to other cities or travel to other countries. However, at the end of March, they began their work again.

In April 2022, a new project was started aimed at providing psychosocial support to migrants and internally displaced persons. Ten facilitators (see photo) from Kharkiv, Odesa, Kyiv, Poltava and Zaporizhzhia took part in the project with the support from SD Britain and several other national members of the Susila Dharma International Association (SDIA).



By mid May 2022, a total of 325 people attended ICDP workshops, including 263 adults and 62 children.

Some facilitators have remained in Kyiv, Kharkiv and other frontline towns and cities, continuing to support parents and families where they can, even conducting classes with children in a bomb shelter in a subway. Others who left Ukraine to go to other countries are now working with children there as well as helping parents. Some of them have been able to carry out in-person support groups, others have resorted to online training sessions. Some come from a formal psychologist background, others are teachers or social workers. They agreed between them how best to use the funds given from SDIA to distribute between the group of facilitators, basing that on how many sessions they could practically carry out over the time given. Their activities included:

- consultations with parents on how to communicate with children
- crisis counselling
- dealing with trauma
- activities with children

ICDP fits well with other forms of support and therapy, particularly in groups where parents and children can share stories and the feeling of trust and healing can grow. Several facilitators use art techniques and games to help break down barriers and gain trust. Others will talk about films and talk about heroes to engage with the children and parents. Clients hear about ICDP through seminars and learn from colleagues or friends about the ICDP work, and come seeking help. Some use social networking and newsletters to let communities know about the training sessions. As situations calm down in Ukraine, facilitators can work better and more consistently.

The facilitators have found that many children are distressed by the conflict around them, many express restlessness and irritability, and are being neglected by their parents because their parents are distracted and emotionally traumatized themselves. Many families have been separated and children are often being looked after by extended family members. By using physical touch, eye contact and talking and listening with love and engagement, they have helped parents reconnect with their children. These are a few examples of testimonials (translated from Ukrainian):

“Thank you for the lessons and everything you do for the people – it is very important to have support, and you are like God’s helpers...thank you”

“I like that everything is simple and easy to communicate, although it is about serious and deep things. I like a lot of examples, videos, etc. Thank you for continuing your hard work!”

“I am very happy to take part in the programme. You treat every member so carefully. For me, as the mother of a small child, the ICDP programme is very relevant”



ICDP at vaccination clinic, Japan

Dr Hitoshi Maeshima, an ICDP trainer, shares the following experience:

In Japan, new coronavirus vaccination for children between the ages of 5 and 12 began in March 2022. At our clinic, we decided to inoculate by appointment 40 people, twice a week. This means working on Wednesdays and Saturdays for 4 hours each time. We hired six new staff members to help with the corona vaccination of children. Our team has been learning how best to deal with children during vaccination. I thought it was important for all involved to become acquainted with the essence of the ICDP programme, in order to deepen their understanding about interactions between adults and children, and for that purpose I conducted ICDP sessions.



During the ICDP sessions, we discussed what it means to see children as human beings, and how to treat them in line with the ICDP's 8 guidelines for good interaction. I asked the staff members how they felt about different situations and they tried to interpret these from the standpoint of a child. All participants were encouraged to share some of their happy childhood memories in relation to their own parents. We also examined what would be the most appropriate way of dealing with a child who refuses to be vaccinated when faced with the injection.

A 5-year-old girl came to our clinic with her mother and when she was about to be vaccinated, she started to cry, twisting her whole body, and saying she didn't like it. We exchanged views how to respond to this child. The staff agreed that it was easy to control a child by force, but this would create fear that would only add to the pain associated with the vaccination, and most importantly it would deeply hurt the child's heart. We decided the best way would be to wait until the child felt better and consented to having the injection. The little girl kept crying and refusing to be vaccinated for further five minutes, and then I moved her and the mother to another room to have a quiet time to talk together. We continued to vaccinate other children. After about 10 minutes, the girl's mother came to tell us that things were now fine and that her child was willing to receive the injection. And so it was, the little girl accepted the vaccine and was quiet while receiving it.

The vaccination staff drew conclusions from this experience and decided never to apply a forceful approach with children who violently refuse to be vaccinated, but to wait until they calm down and feel ready for it. This would entail moving the child from a place of tension to a place of rest. Sufficient time should be allowed for the child to learn more about what was going to happen, to understand and accept the situation by talking about it. We concluded that this was the best way to avoid hurting the child's heart.



Progress in Botswana



ICDP had a positive impact in the Thamaga village, and as a result, the Ark and Mark Trust started to expand their work with the ICDP programme to different areas of Botswana.

In 2022, the ICDP training started in the Ramotswa, Gabane and Molepolole villages, and the work in all 3 villages is funded through the Department of Social Protection.

[Read the full update.](#)



Inspirational video from Bolivia

ICDP Bolivia produced this video which illustrates in a comprehensive way how ICDP was received by different participants. It gives a picture from the point of view of both facilitators and caregivers. They talk about their own respective experiences, explaining what ICDP means to them and about the developments they witnessed in practice. Two trainers from Bolivia attended the ICDP celebration held in Colombia in early November 2022, and they showed the video on that occasion.

To watch this video in Spanish, follow this link:

https://drive.google.com/file/d/1t_z138mnVC7TtKbeyQvW8Xe6SliSpcgR/view



Three versions of ICDP in El Salvador

In El Salvador two versions of the ICDP programme are being used: the original version for parents of young children and the new version for parents of adolescents.

In addition, the material of a third and newest version of the ICDP programme, which is designed for use by adolescents to act as facilitators to other adolescents, i.e., peer-to-peer, was made ready for printing during 2022. The review process of these materials has been completed by the autumn of 2022 and the printing will be completed by the end of the year. The design of the backpack (mochila) which contains the peer-to-peer version of ICDP has also been finalized.



Several young people were involved in the process of formulating and finalizing of the peer-to-peer version. They showed a lot of enthusiasm and excitement about the ICDP process and expressed willingness to become ICDP facilitators to their peers. The newest version of ICDP with its adapted materials will be used in 2023, in a pilot project whose aim is to test out and evaluate the application of the peer-to-peer programme.

Online training

Online training has been used successfully by trainers and facilitators in El Salvador. Face to face and virtual training are combined, with some advantages and disadvantages of each method. Through virtual training a greater number of people is being reached by the programme, whereas face to face training has deeper impact, through sharing, listening, and bonding. In 2022, staff of ISNA has been training with both versions of the ICDP programme (version for parents of younger children and for parents of adolescents) in this way. The aim is to work towards continuity, so parents are given both

versions of the ICDP programme as their children grow up. The whole ICDP programme is in a digitalized format and this was mainly produced by ISNA but UNICEF helped to review it. Facilitators and trainers are using the digitalized material in their own training, as well as when training others. The digitalized version of materials contributes to sustainability. Families are given a link to an app with ICDP materials. It is possible that in future ISNA may share this app with others in Latin America.



New law and parenting programme in the country

For over ten years, Instituto Salvadoreño para el Desarrollo Integral de la Niñez y la Adolescencia (ISNA) has been the key organization responsible for rolling out the ICDP programme nationwide in El Salvador - and in order to facilitate this process ICDP had become institutionalized by ISNA several years ago. In 2022 a new law was passed by the government regarding children's rights and one of the repercussions of the new law is that ISNA will cease to exist. From January 2023, a new institution will replace ISNA, although, most of the work ISNA had been doing will continue as part of the new institution. During the year, the office of the First Lady has been conducting a survey with parents mapping home practices in order to ascertain how parents interact at home. This was done in view of the government aiming to standardize a parenting programme for the country. UNICEF and ISNA are working on including ICDP as part of the new parenting programme established by the government.



Two developments in the Ivory Coast

Save the Children

A new ICDP training project was started by Save the Children (SC) in Bondoukou and Tanda, in the Ivory Coast. The Ivory Coast represents the seventh country in which SC are applying the ICDP programme as a central part of the implementation of SC's Child Sensitive Social Protection (CSSP) programme.



The new ICDP project will be rolled out by social actors, SC staff and the staff of its Rising Sun partner.

The first ICDP workshop was held in October 2022 and it was conducted by ICDP trainers Alimata Sidibe and Aubin Sanou, who were both trained earlier by Nicoletta Armstrong.

[Click here to read](#) the workshop report in French.

Lutheran Mission and ICDP

Anna Birgitte Berge, is a missionary working for the Norwegian Lutheran Mission in Abidjan. She has been working with ICDP on a plan for ICDP expansion through the work of the Mission. This initiative is developing in parallel with the Save the Children efforts in the country, but independently.

The Norwegian Lutheran Mission began working in the Ivory Coast in 1984, and expanded into Mali in 2005.

“I have previously lived in Cameroon and Mali before moving to Ivory Coast, and through my work I have encountered many families, especially women and children, and have recognized that there is a pattern of violence and neglect of care for children in many families. When I heard of the work of ICDP, I immediately thought it to be a good fit for our work and what we wish to do in Ivory Coast. We are in the process of figuring what kind of work we can do to improve people's health in different ways, and have thought of different approaches. ICDP seems to be a very valuable asset to have when wanting to reach out to children who grow up under poor conditions and abuse. Many of the stories I hear, include a story of a parent who was mistreated as a child as well. We hope to form ICDP facilitators by cooperating with teachers as well as community workers, who can later roll out ICDP through schools and to families in local communities.”

The plan is to organize a shared workshop for teams from both the Ivory Coast and Senegal, and for this to take place in 2023.

ICDP vision for Tunisia

Jostein Haugen from the Norwegian Development Partners (NODEPA) in Tunisia, has been working for about one year with a Tunisian partner organization called “Bright Women Association of Today” (BWAT), looking at the possibility of establishing ICDP in Tunisia. He has been consulting with both the ICDP foundation and ICDP Norway.

According to Jostein, Sana Guebsi, the president of BWAT, sees a need for ICDP knowledge and teaching in Tunisia. He explains:

- Our big goal is to enable BWAT to take responsibility for running “ICDP Tunisia” with a board comprised of professionals from different areas of expertise. In the first phase, we want to form ICDP facilitators from diverse backgrounds such as kindergartens, schools, centres for autism, orphanages, and associations working directly with families. After the first groups of facilitators are trained, we hope to create a network for facilitators whose work will be sustained by BWAT. BWAT would become ICDP Tunisia, and as such it would continue refreshing facilitators’ knowledge and providing opportunities for further learning. Later we hope to form ICDP trainers so that BWAT can train new facilitators without help from ICDP.



Plans for Senegal

During 2022, Mirjam Aanensen, country coordinator for the Normisjon International Department and her colleague Gunnar Skogesal have been working together on a project proposal hoping to raise funds for the start-up of ICDP in Senegal. They have been consulting with ICDP Norway. At the same time, they have been looking at preparing ICDP materials in French and for that purpose they sought cooperation of the ICDP foundation. It is hoped that the ICDP training project will be ready to start, in early January 2023.



Live webcasting in China



Jin Qin, the ICDP China leader, explains:

During 2022, our ICDP work in China has been quite challenging.

Many planned workshops and trainings had to be postponed or even cancelled because of the Covid-19 restrictions.

To keep the work moving forward, ICDP China first livestreamed on its video account on August 8, 2022, and since then we livestreamed 17 times.

The first live broadcast had 640 viewers, whereas the highest number of viewers was 1,296, and the lowest was 70.

As it can be seen from this, ICDP China is gradually increasing its promotion efforts through webcasting. The live webcast keeps the relaxing and natural style of ICDP training.

Bullet screen comments are responded to in a timely manner during the live webcast, and there are frequent interactions with viewers.

Some people commented happily on the bullet screen:

"The live webcast is so good; you can watch the playback at home even if you can't come in person."



Updated research results, USA

ICDP USA has a strong track record in the Kane County, where they trained over 500 professionals to facilitate workshops and conduct parent and youth programmes. Over 3000 children were served through their Best Start Programme over the past 10 years - ["Best Start-Health Equity Approach program"](#).

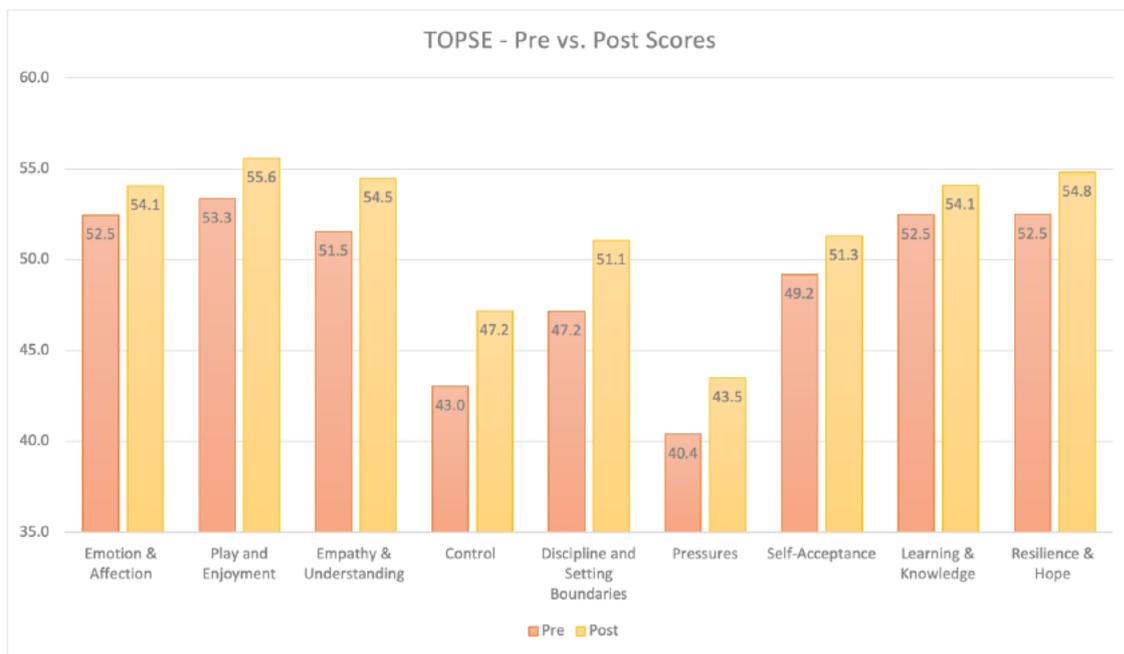
A research study of the impact of their programme was carried out with 635 participants who completed both a pre-evaluation questionnaire and a post-evaluation questionnaire. The study found significant results in almost all metrics considered.

When looking at the TOPSE Parental Self-Efficacy scores (Tool to measure Parental Self-Efficacy. University of Hertfordshire. Retrieved from <http://www.topse.org.uk>), all areas (Emotion & Affection, Play and Enjoyment, Empathy & Understanding, Control, Discipline and Setting Boundaries, Pressures, Self-Acceptance, Learning & Knowledge, and Resilience & Hope) show a highly significant increase in self-reported scores, as do the total TOPSE score overall (p-value < 0.001 for all areas).

Participants also show a highly significant increase in understanding and use of the ICDP programme's eight guidelines, which fall into the areas of Emotional Dialogue, Comprehension Dialogue and Regulation Dialogue (p-value < 0.001 for all areas). Participants also report improvement in their health and quality of life after completing the program (p-value < 0.001 for both) (SF-36 VAS Scale scored from 0 to 100 either on extreme left or on right; Ware, Jr., Kosinski & Gandek, 1993).

When asked to consider their children’s behaviours in the Strengths & Difficulties Questionnaire (SDQ) (Goodman, 1997), parents report a significant movement in the desired direction in their perceptions of the child’s behaviours in all areas surveyed, such as Emotional Issues, Conduct, Hyperactivity, Peer Interactions and Prosocial Behaviours. This suggests that the focus on empathy between parent and child in the Best Start Program may improve the child’s wellbeing, or at least promote a more positive outlook and focus on positive behaviours in the child by the parent.

One especially promising result is a highly significant decrease in parental behaviours classified as Psychological Aggression (p-value < 0.001) and Physical Assault (p-value = 0.025) using the Parent-Child Conflict Tactics Scale (Straus, Hamby, Finkelhor, Moore, & Runyan, 1998), suggesting that the program and its lessons may promote more healthy and less harmful interactions between parents and children.



The graph above compares the scores for each area from before the programme compared with the score reported after completing the programme.

Explanations of Instruments Used:

Self-efficacy (TOPSE)

TOPSE is designed to measure parent’s self-efficacy. This evaluation, as well as the other components of the Best Start Programs are designed to build skills, strengthen parent-child relationships, and support and educate parents. The TOPSE is made up of 55 individual parent-child relationship behaviors, which fall into 9 overall categories.

Parent-child interaction (ICDP)

ICDP focuses on empathy and is comprised of eight parent-child interaction guidelines which parents share, discuss, and engage with. The guidelines are organized within the framework of three overarching “dialogue” categories covering the spectrum of parenting interactions: 1) the emotional dialogue (e.g., how we show love; affirm; empower; communicate with children), 2) the comprehension dialogue (e.g., helping children focus, deepen learning and understanding),

and 3) the regulative dialogue (e. g., setting boundaries, routines, limits, support, and guidance to develop responsibility and moral understanding).

Parent Child Conflict Tactics Scale (PCCTS)

The parent-child version of the Conflict Tactics Scale was included to obtain information about different manners in which parents have handled the discipline of the child in the past year. On these scales disciplinary responses are grouped into three types: Verbal Reasoning (e.g., putting child in a time-out; explaining why behavior was wrong), Verbal Aggression (e.g., screaming or cursing at the child; threatening to spank him/her), and Physical Violence (e.g., hitting the child; spanking; slapping the child).

Parent perception of child strengths and difficulties (SDQ)

Participants are asked about the strengths of their child and the difficulties the child faces. The answers cover a range of (mostly negative) behaviors in the child, from emotional wellbeing (e.g., having many fears; being nervous or sad; suffering headaches or stomach aches), conduct (e.g., being obedient; acting out; temper tantrums), hyperactivity (e.g., restlessness; fidgeting; attention span), peer relations (e.g., getting along with peers; having friends) and prosocial behaviors (e.g., being considerate, helpful and kind to others). Ideally, the scores for these areas would decrease, except for Pro-social.



Report by Doji Pradhan, ICDP trainer, ICDP Nepal:



ECEC/ICDP Nepal organized a 3-day conference in Nepal, which took place in Kathmandu, from 9th to the 11th of November 2022. The theme for the conference was, **“Reactivating**

human care and improving lives through ICDP” because this parenting programme has changed individuals, families, and communities through its powerful psycho--emotional tool. The objective was to network, support each other and share experiences and learnings not just with participants from Nepal but also with neighbouring countries who are implementing this programme. Besides participants from Nepal, the conference was attended by representatives from Bangladesh, Bhutan, India, Norway and Thailand. The 3-day sessions covered a vast range of topics through special sessions, workshops, panel discussion and keynote speakers.

The first day of the conference was attended by ICDP Facilitators and trainers who came from many different parts of Nepal. The conference was at the same time an annual ICDP network meeting. It was also attended by guests from local areas, as well as from other countries. In all, there were 237 participants. Local and international experts covered the following topics:

- o ICDP in Mental Health
- o ICDP in Education
- o ICDP in special need
- o ICDP in Families.

The last two days were attended by delegates from different organizations in Nepal and by delegates from those regional countries who have been implementing ICDP.

The second day started with a keynote speech by Sumnima Tuladhar, (ED from CWIN Nepal) on the 3 Ps of child rights set by the UN. There were 79 participants. A workshop on ICDP implementation strategies was led by Heidi Steel, chair of ICDP Norway and its main focus was to help take ICDP forward in respective countries.

The keynote speaker on the third day was Ane-Marthe Solheim Skar, researcher and ICDP Foundation board member. She presented a review of the research findings related to ICDP. There were 61 participants on the third day.

The conference was closed with discussions and reflection on learnings from the 3 days. In the afternoon, guests from outside Nepal were given a brief city tour and the closing of the event included a special dinner.

Overall, the conference was successful to meet its objective and all the participants were enthusiastic to take ICDP forward in their respective area of work and countries.



New training in Ethiopia

From an update by Atnaf Berhanu, ICDP trainer:

After two years of restrictions due to the pandemic, the developments of ICDP in Ethiopia started again in August 2022. A workshop was given to the board members of the Ethiopian Mulu Wongel Church and to the leaders of the West Arsi and Shashemene Sub-Region Churches. The workshop aimed to raise awareness about the ICDP programme and its significance for Ethiopia.



In November 2022, a new group of future facilitators began to receive ICDP training. The first workshop was held in the town of Shashemene, in the south of Ethiopia (see participants on photos above). Atnaf will continue their training in 2023.

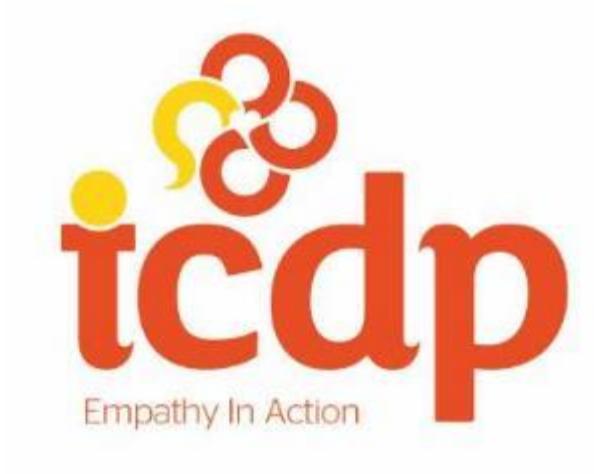
Workshop in Canada

A new ICDP project was started in Toronto, Canada, in cooperation with the Ethiopian and Eritrean diaspora church members. It was initiated by Atnaf Berhanu ICDP trainer from Norway.

“At the end of September 2022, about 65 Ethiopian and Eritrean parents attended the ICDP parental guidance workshop over a period of seven days. All parents showed a lot of interest and held lively group discussions. At the end of the course, they gave good feedback and unanimously agreed that for them it was important to work on maintaining good quality interactions with their children and that ICDP was therefore of great help to them.



Another positive result of this work was that 10 individuals registered themselves for ICDP Facilitator level online training. It was agreed to hold meetings on Zoom once a week, each meeting lasting 3 hours. Due to very different time zone between Canada and Norway, we could not have more than that. So far, they have covered part one of the training. We agreed to continue with the second part of the training after the New year.” – Atnaf Berhanu.



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