



**International Child
Development Programme**

ANNUAL REPORT 2022



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Introduction

ICDP began developing in the 1980s, with the intention to help disadvantaged children by applying psychological knowledge and scientific research in a practical intervention programme. Psychology professors, Karsten Hundeide and Henning Rye, from the University of Oslo, and in cooperation with a small international team, gradually developed the ICDP programme and registered the ICDP Foundation in 1992. Hundeide's vision drove the team forward during 19 years of his chairmanship.

Ethos

The Ethos of ICDP is to provide for human care by activating empathy and education of both caregivers and their children. The work of ICDP is based on the principles that are laid down in the UN Convention on the Rights of the Child.

Approach to training

The ICDP approach is based on the idea that the best way to help children is by helping the children's caregivers. Research shows that normal physical development of the brain depends on proper interaction between a caring adult and the growing child. In normal circumstances such learning happens naturally. However, when families are uprooted through social changes, migration, catastrophes, children losing their parents, or having been numbed by severe deprivation and emotional shock, this care often breaks down and has to be reactivated through skilled help. If children do not receive sufficient love and attention while they are young, the problem can perpetuate itself because they can themselves become inadequate parents. Therefore ICDP's focus is on trying to break this cycle.

The ICDP Programme

ICDP is a flexible and culturally adaptable programme, based on research in child development that sensitises and enriches the relationship between caregivers and their children. The programme was originally developed for parents/caregivers of young children. However, ICDP's broad principles proved to be relevant for caregivers of older children and adolescents. More recently, it was successfully applied in the care of the elderly.

Implementation

The aim is to build relational competence and confidence in the members of a community or an existing child caring system and to transfer the project to local resource persons. Local child rearing practices are identified in order to stimulate truly authentic and long-lasting development.

Training

The ICDP Foundation offers workshops at caregiver, facilitator and trainer level. These are followed by practical application of ICDP in 'self-training projects'. ICDP facilitators are entitled to implement the programme to train parents/caregivers, whereas trainers are qualified to train new groups of facilitators. ICDP issues diplomas and agreements are signed with trained individuals and partner organizations.

Evaluation

ICDP policy is to encourage its partner organizations to monitor and evaluate ICDP. Each year new studies appear and some of these can be found on the ICDP webpage:

- ❖ [Evaluations of ICDP](#)



COMMENT FROM THE CHAIR

In 2022, as the world began to emerge from the pandemic, we saw war return to Europe with the invasion of Ukraine by Russia, leading millions of people to flee their home country or become internally displaced. People's lives are at stake in many parts of the world, their human rights are being violated and their dignity denied.

Amid all this, ICDP teams continued to push for meaningful changes in the lives of families and children around the world, and to create warmer and more caring family and community spaces for children to grow up in. This report bears witness to the activities of ICDP individuals and partner organizations worldwide, whose efforts are reflected in the positive findings about the impact of the ICDP programme. Importantly, for the first time we now have systematic evaluations of the impact of our programme not only on caregivers but also on children.

- ❖ [RCT study of the effectiveness of ICDP in Norway – published in Child and Family Social Work](#)
- ❖ [Summary of the evaluation of ICDP impact in the USA– report by CCWF](#)
- ❖ [Impact evaluation of a parenting programme in the Philippines – published by Save the Children](#)
- ❖ [Impact evaluation of the child grant parenting programme in Nepal– published by Save the Children](#)
- ❖ [Reporting on child maltreatment by children and parents before and after ICDP – published in Journal of Child and Adolescent Trauma](#)
- ❖ [Post parenting report for the parenting programme in the child sensitive social protection project in Somaliland – by Economic Policy Research Institute](#)
- ❖ [The post assessment of positive parenting ICDP under the CSSP, Zambia – published by Save the Children](#)

This year we celebrated 30 years since registering our ICDP Foundation in 1992 which has expanded to some 70 countries, and we reflected on our learning curve over these years. Some of the countries are not active any longer but the majority still are. As we all know, there is always scope for improvement and the impact studies offer opportunities for reflection that can help us make positive changes in our future pathways. In this context, Ane-Marthe Solheim Skar, researcher and ICDP foundation board member, prepared a helpful document drawing information from past studies, which she presented at the ICDP Regional conference in Kathmandu, 'Research on ICDP: Learnings of past and future opportunities.

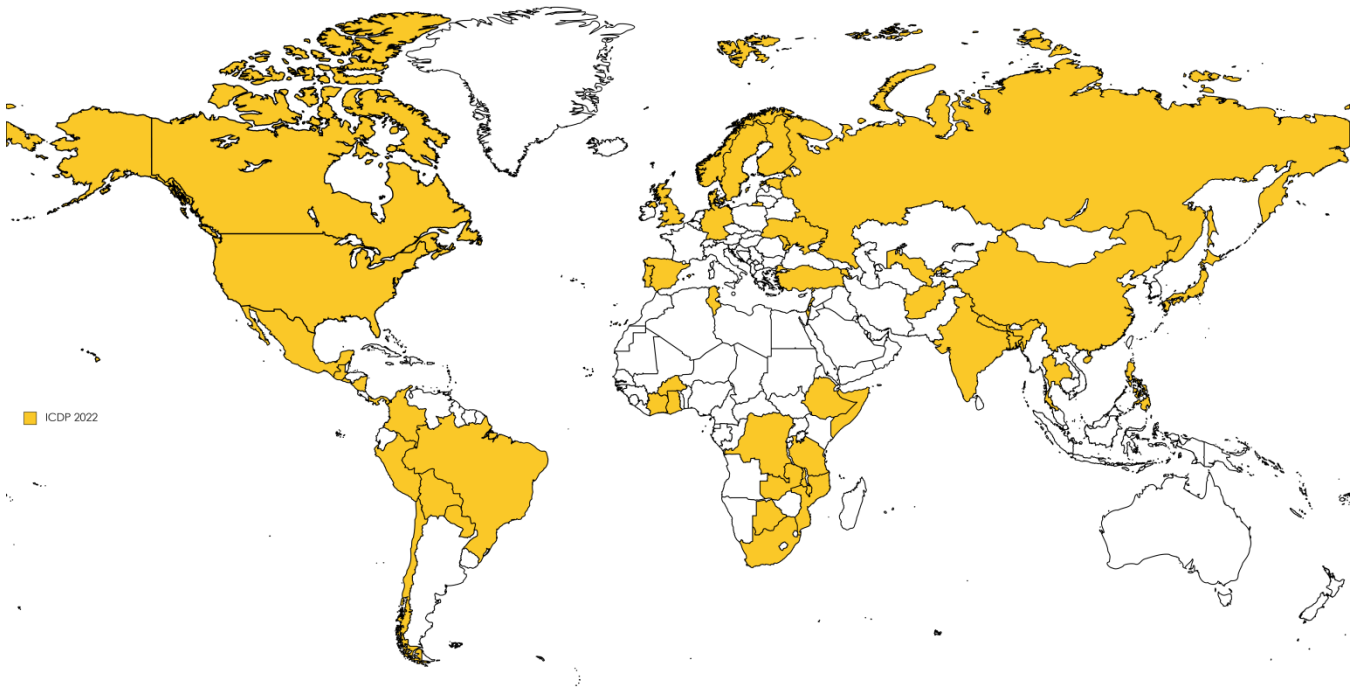
It is exciting to share here about the achievement of our colleagues at Save the Children Philippines, who reached a milestone by obtaining signed commitment from their government for a scale up of ICDP in 2023, expanding the implementation to national level. I also wish to recognize the efforts of Elisabeth Gavilan, from Vida Plena, who has been working tirelessly over twenty years in support of her local community with small scale projects. I have limited myself to mentioning only two partners, from among many other worthy initiatives.

Finally, I note ICDP presence in over 50 countries in 2022, and I conclude that the ICDP spirit is still alive, the flame is still burning. For this I give thanks to all colleagues, caregivers, facilitators, and trainers worldwide.

– Nicoletta Armstrong



OUTREACH



Africa:

Mozambique, Tanzania, Ghana, Ethiopia, Malawi, Burkina Faso, Botswana, Zambia, Somalia, South Africa, Ivory Coast, DRC Congo, Tunisia

Europe:

England, Portugal, Norway, Sweden, Denmark, Finland, Ukraine, Estonia, Russia, Moldova, Romania, Germany, Ukraine, Spain

The Americas:

Colombia, Bolivia, Brazil, Chile, Paraguay, El Salvador, Mexico, Guatemala, Peru, Panama, Nicaragua, Ecuador, USA, Canada

Middle East:

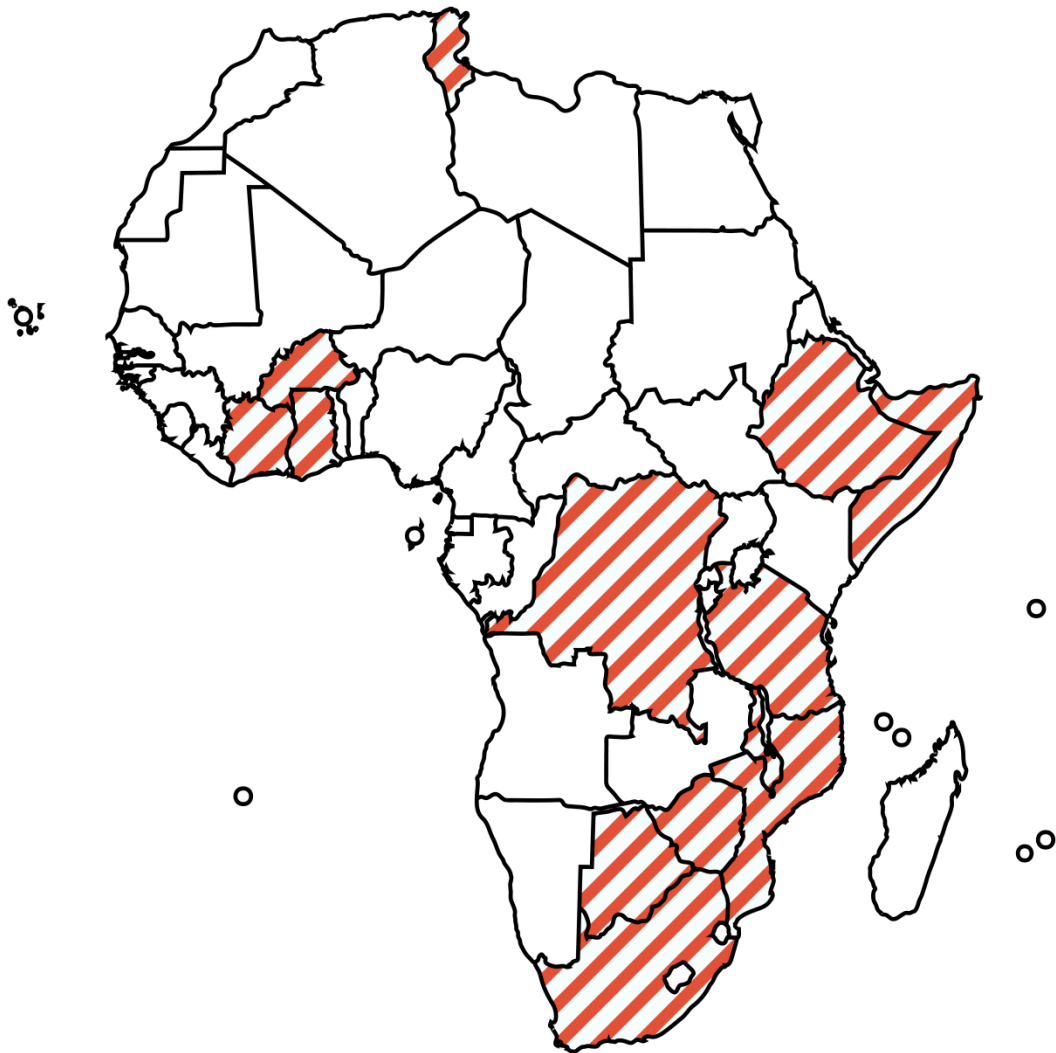
Israel, Georgia, Lebanon, Turkey, Armenia

Asia:

Japan, China, India, Nepal, Philippines, Bangladesh, Uzbekistan, Afghanistan, Thailand



ICDP in Africa



Mozambique, Tanzania, Ghana, Ethiopia,
Malawi, Burkina Faso, Botswana, Zambia,
Somalia, South Africa, Ivory Coast, Senegal,
DRC Congo, Tunisia

MOZAMBIQUE

I. ICDP in Mozambique overview

In Mozambique since 2003 we provide training, supervision, coaching and in-service technical assistance at different levels and a diverse range of stakeholders in 7 provinces including Nampula, reaching and managing more than 500 volunteers and collaborator's per year including: i) CBOs, kindergartens and community schools teachers and managers and members working directly with parents and children, building up networks of support for sustainable awareness, training and learning on children PSS, Rights and Care; ii) Teachers and students in primary and middle school (e.g. Teacher Training in PSS, SRHR, GBV) and for staff of supporting programs (Geração Bizz, SAPE and others); iii) NGO's, childhood networks and private non-profit organizations running child care centers (nurseries, transit centers and other modalities); iv) Staff of Government key ministries (MGCAS, DPGAS, SDSMAS; MINEDH; MoH; PGR)

and staff in child institutions: caregivers and managers in nurseries (infantries) and OVC.

We also highlight the work developed by ICDP in the area of disability: Extensive work with children with special needs and disabilities namely contribution in the reform of child care system to address one of the top priorities identified namely, the improving of caring practices and inclusiveness through sensitive psychosocial support training and technical assistance, monitoring, and supervision.

ICDP is also continuing to provide technical assistance to State Staff in case management services using the experience gained from implementing the comprehensive case management service under the Child Grant programme with UNICEF, DPGCAS and SDSMAS in Nampula ensuring that children most at risk and survivors have their immediate and urgent protection needs met.

II. Mozambique: Strengthening Protection and MHPSS for IDPs in resettlement settings of Nampula and Cabo Delgado affected by armed conflict



Mozambique is exposed to extreme climatic conditions and hazards such as cyclones, storms, and flash floods. Since independence, the country has hardly experienced any time without conflict. From 2017, Mozambique is additionally affected by attacks by non-state armed groups in its northern province of Cabo Delgado.

ICDP Mozis running a project with the aim to provide a response to the ongoing conflict and war situation in Northern Mozambique through providing holistic support of internally displaced people (IDPs) and host communities in the region.

It particularly aims to reduce the threat of emergency affecting women, children and youth which, as a consequence of the conflict, see their mental health and wellbeing considerably affected. Witnessing destruction, forced displacement from their home, separating from family, and losing a parent or a loved one can traumatize children and adults.

Hence, having in mind the multiple crisis and its socio-economic effects on the most vulnerable population in northern Mozambique, the projects apply a holistic and empowering response strategy, including psychosocial and livelihoods (including skill training) support, combined with a cash transfer program, culturally sensitive trauma and community empowerment work, accompanied by an participatory contextual analysis orientated by the do-no harm approach.

The ICDP project focuses on the following objectives:

1. Community based systems to protect vulnerable populations in resettlement settings are strengthened and referral pathways are implemented
2. Displaced and vulnerable children both from resettlement settings and host communities and their families receive targeted and quality mental health and psychosocial support (MHPSS)
3. Improve the livelihood conditions of the most vulnerable families to increase their household income
4. Improve the social cohesion of IPDs and host communities and empower them to monitor and reflect about their own resources to confront the current crisis (aiming to propose collective alternatives to overcome the community vulnerabilities).



ICDP and partner intervention

Psychosocial assistance in groups for children, local and Displaced, to help them deal with their fear and anxiety, due the forced coexistence. Organized in age groups, led by adult volunteers trained by this project. Mental health support groups for internally displaced children, organized in specific age groups & mother's groups, led by the project clinical psychologist, with the aim of providing psychological education about the mental health symptoms due explosion to violence and allow participants to share their coping mechanisms & diagnostic and referral of cases requiring individual attention.

Results achieved to date

- ✚ A knowledge sharing and reflection seminar was held between the project team, traditional healers and faith-based organizations (Christian and Islamic);
- ✚ MHPSS and PFA Sensitization and Training of 12 psychologists and 2 psychiatrists from the health and social services department of Nacala.
- ✚ 1010 children from displaced and host families daily participate in psychosocial and therapeutic play activities. Activities take place in Nacala.
- ✚ 20 volunteers trained and receiving daily supervision to carry out ICDP psychosocial activities with children.
- ✚ 53 Internally displaced mothers were sensitized, trained and receiving psychological support.
- ✚ Established a MoU with Catholic University to support Participatory Action Research in field activities, data collection and analysis;
- ✚ Established and ongoing support to 3 Community Reference Groups (GdR).



Challenges

- A lot of movement of displaced populations (arrivals and departures) makes the intervention more complex alongside expanding war activities.
- A lot of tension between the host population and the displaced families, discrimination of IDPs Children assisted by the project experience emotional distress due:
 - Traumatic experiences they survived (in) & directly in Cabo Delgado and now in the northern of Nampula Province, namely: Witnessing the dead of loved ones, destruction of their homes, torture, risk of being captured, etc.
 - Once arrived in Nacala, displaced children after, mostly, a torturous journey, mainly face: Discrimination due the fear of they being aligned with insurgents; difficult access to already overstretched social and economic infrastructures; loss of culture and language; etc.



- Local children have to share their neighborhoods and already overstretched social and economic infrastructures with outsiders, with in many cases, unknown culture & languages
- While in Nacala Displaced children & their families continue to be informed about ongoing destruction of lives and propriety in their home villages; When and if they may return to their home villages will be confronted with the loss of lives of loved ones; destruction of their property and sacred placed. On the other side, they may never be able to return, due the loss of their land.



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TANZANIA

In Tanzania the first initiatives with the ICDP programme took place in 2004 and since then many groups of parents have received training. The local partner from the start has been KIWAKKUKI, a women's organization working with matters related to HIV/AIDS. The ICDP team of trainers operates under KIWAKKUKI.



During 2018-2019, KIWAKKUKI developed a project with the aim of enabling children (0-6 years of age) with HIV and AIDS to attend a Care and Treatment Clinic. In connection with this project, the participant children's parents were invited to attend courses in ICDP and their responses were very positive. By 2020, a group of 16 new facilitators were formed and 160 parents were reached with the ICDP programme. In 2021, there were no significant activities due to the difficult time caused by the spread of COVID-19; training online proved to be impossible to organize – mainly because there are no facilities in the villages. ICDP trainer, VERNICE FREDRICK, incorporated elements of child protection policy in the ICDP sensitization and training of parents, as well as of caregivers and children's workers.

In 2022, the training of 12 new facilitators from four districts was undertaken, and this process will be continued in 2023.

❖ [Read VERNICE's report on icdp.info](https://www.icdp.info)

GHANA

ICDP Ghana has been active since 2012. The work started on the initiative of Joyce Larnyoh, with a series of ICDP workshops for key staff and community workers, initially in the Upper Manya District of the Eastern Region of Ghana and later in other areas too. ICDP Ghana was established and it continues to work with the aim of improving the psychosocial health and wellbeing of vulnerable children by increasing the relational competences of adults in charge of their care. A special focus has been on training teachers and inserting ICDP in more complex educational projects through cooperation with well-established organizations, such as PLAN Ghana, T-Tel and STAR Ghana. ICDP was elected as a Co-chair member of the Civil Society Platform on the Sustainable Development Goals (CSO Platform on SDGs), and also a Convener for the SDG Goal 4.

The impact of the COVID crisis was particularly challenging for marginalized girls and vulnerable adults especially women. With support from UNESCO Ghana, ICDP Ghana and the CSOs Platform on SDG4, facilitated the training of over 100 women in deprived communities in Ga-West municipality of Greater Accra. They produced soap & hand sanitizers to help fight COVID19.

In 2021 ICDP Ghana continued with the project called Strategic Approaches to Girls Education (STAGE) that was carried out in partnership with the World Education Incorporated, and with support from UKAID. The ICDP principles and guidelines were used to create awareness and promote sensitive caregiving skills in the participant teenage mothers and women.



During the second half of 2021 and in 2022, a group of social workers were trained to become ICDP facilitators. Three groups of village parents participated in the training.

January 2022: ICDP Ghana was involved in a project aimed at empowering girls who dropped out of school to become financially stable by learning the skill of making bread. The training was conducted in rural communities in the Akuapim North and South, in the Eastern Region. The girls also attended an accelerated learning programme.

May 2022: The ICDP communities at Akwane Dobro in the Nsawam Adoagyiri municipality were visited by Margaret Crotty, the president and CEO of World Education and JSI. ICDP Ghana has been helping communities with education, ICDP sensitization and how to attend to health challenges of their children. It has also facilitated the Village Savings and Loan Association programme for community members.

September 2022: ICDP Ghana in collaboration with UKaid, World Education and Complementary Education Agency (CEA) celebrated the International Literacy Day (ILD) at Otiakrom in the Eastern Region. Held on the theme; 'Transforming literacy learning space' ILD is a day set aside by UNESCO to highlight the importance of literacy for all people, communities, and societies. The day which is celebrated globally every September 8, seeks to advance the literacy agenda towards a more literate and sustainable society. The Chief Executive Officer (CEO) of ICDP, Mrs Joyce Larnyoh called on parents to establish and maintain a communication link with their children and to guide them towards educational achievements.

July 2022: Efforts began to improve access to clean potable water in the Otwetiri community. A team comprising ICDP Ghana, Clean Earth Scientific and together with traditional leaders, assessed the sources of water in the Otwetiri community with the aim of exploring alternatives of providing potable water to the community. This move was facilitated by the Zonta Club of Accra Metropolitan.

Link to read more on clean potable water in the Otwetiri community:

❖ [Read the article on icdpghana.org](https://icdpghana.org)

ICDP Ghana website:

❖ <https://icdpghana.org/>

ETHIOPIA



Atnaf Berhanu, who is based in Norway, has been training staff from different organizations in Ethiopia on voluntary basis since 2013. Two, three times a year she travels to Ethiopia to run workshops for new groups of facilitators, and also engages in giving conferences on ICDP. Hundreds of facilitators have been formed so far. In 2019, she trained facilitators in Addis Ababa, Harar, and Awassa. And in Bahr-Dar she conducted an awareness raising workshop for 19 church leaders, and as a result it was agreed to hold a workshop

for participants from different and distant areas of the Amhara region in February 2020. The demand and the requests for ICDP training have been increasing in Ethiopia but the challenges due to the internal armed conflicts in 2021 made the ICDP work impossible.

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. Atnaf will continue their training in 2023.



Photo: A new group of trainee facilitators.

MALAWI

In the period from 2007 to 2013 ICDP training was conducted as part of the project called “Psychosocial Support for orphans and vulnerable Children” in cooperation with the Vestfold Mental Health Care Trust (PiV) and the Norwegian Church Aid. The first ICDP initiatives gradually developed into systematic training for workers at the Alinafe Community Hospital and the Chisomo Children’s Club. ICDP training for community caregivers has been sustained over the years and it is still ongoing. The Nutrition Unit at Alinafe is particularly effective in using ICDP. Paul Mmanjamwada is one of Malawi’s trainers who is also the leader of ICDP in Malawi. He was instrumental in achieving the integration of the ICDP programme as a permanent part of the strategic plan by the Malawi Norwegian Church Aid organization.

2021 was a hard year and the ICDP team found it difficult to support specific ICDP interventions. The COVID-19 pandemic in 2021 affected our capacity to monitor ongoing ICDP activities.

Training of a new group resumed in 2022: an ICDP course for caregivers took place in Lilongwe, at the Riverside Hotel from 26th – 30th September 2022. The training targeted 25 (13 female & 12 male) caregivers from kindergartens including nurses and clinicians under Lighthouse.

Lighthouse is a registered public trust that exists to contribute to Malawi’s national response to HIV as a model providing a continuum of high-quality care while building capacity in the health sector. Lighthouse learnt about ICDP from one ICDP facilitator who briefed them about the programme, and they saw the importance of inviting trainers to conduct the training.

Through ICDP sessions caregivers were guided to see and understand their children, improve the quality of interaction and the relationship with their children. An important focus was also on raising awareness about the needs of the children in their communities and workplaces. Gertrude Msowoya and Louis Malajira, two of the ICDP trainers in Malawi, conducted the week-long training course.



BURKINA FASO

ICDP started a training programme together with Save the Children (SC) in 2017. The ICDP programme was well accepted by the communities, however, several facilitators became unable to sustain the ICDP work for different reasons, and for that reason Save the Children decided to make new ICDP training plans in 2019. A new group, comprised of staff from SC and from their partner organizations was trained by the end of 2020 and in addition two of the more experienced facilitators were trained at trainer level. The adapted ICDP materials were tested out in the field and finalized in 2021. In 2021, there were over forty facilitators in Burkina Faso.

Report 2022 by ICDP trainer Aubin Sanou:
The social protection of children in families 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 site and they actively participated.

A total of 323 groups have been sensitized on the 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, and then parents with children, also the improvement of children's academic results. Joy and happiness developed within beneficiary households. In some communities today, husband and wife can sit and talk together, whereas in the past this was not possible. Testimonials to illustrate the changes achieved by the parenting programme:

- **A woman from the village of Kogossablogo in the north-central commune of Dargo** said: *"For 20 years of marriage, it is only now that my husband buys meat at the market for me. »*
- **A group of children on the IDP camp in Kaya in the North Centre:** *"The parents show us that they love us through the advice they give us... When we do the right thing too, they congratulate us and motivate us with words of encouragement and congratulations."*
- **A girl from Dédougou in the Boucle du Mouhoun region:** *"My parents tell me that they love me especially when I work well."*
- **A group of parents in Boromo** in the Boucle du Mouhoun region: *"The education of children differs from now. Before when your father spoke, his word was paramount, it is this that mattered and not the opinion of the child. He would even beat the child, forcing the child to do what he wants. Often the child would run away from the house - but now this is no longer the case. We have adopted a different way in education which is to advise the child and discuss things together, taking into account taking into account the child's point of view because. The child has rights. "*

- **A group of internally displaced parents in Kaya in the North Central region:** " Our values are now important and are different from those we have experienced before, there is a very big change. We were educated by the whip, by privation of food; the punishment was to sleep outside if one lost a goat from the herd - but now, it is no longer done. Now one does not insult the child, does not hit, does not deprive the child of food. That's how we were shown and asked to do in the programme and we adopted it, we changed."
- **A group of parents in Korsimoro in the North Central region:** "Thanks to the knowledge gained through this programme, we interact freely and without taboos with our children. Before we used slapping in our exchanges with the children."



A group of parents during a meeting with ICDP trainer; and a group of parents with the facilitators and the trainer after a meeting in the village of Commune of Kossouka, Northern Region, under the supervision of Boulmiougou Peulh, Commune of Dargo, Region of the North Centre.

These changes within the beneficiary households were observed by neighbors and community leaders who have closely followed the progress of the activities. There is a strong demand from them to participate in this awareness raising parenting programme.

The project is coming to an end, the beneficiary parents were advised to form an ICDP group in the village in order to continue sharing their experiences and to see the possibility of raising awareness among potential applicants. We will try to support them as much as possible during the facilitation of their meetings.

BOTSWANA

ICDP's partner is the Ark and Mark Trust (<https://www.arkandmark.org/>), who piloted the ICDP programme in the Thamaga village, during 2017. Thirty-six facilitators were trained initially, among them five social workers who later became country coordinators for ICDP. Training was attended by parents, couples, youth, elderly people, pastors and traditional leadership and most participants found ICDP profoundly helpful. There was a gradual increase in the number of male participants. The ICDP project was rolled out with organizational precision and monitoring. The initial group of facilitators and those facilitators, who were subsequently formed, all meet with the coordinating team to receive updates and guidance on a monthly basis. Twelve experienced facilitators became candidates for training at ICDP trainer level and in May 2021. The trainees then formed a new group of 50 facilitators, including 40 people from Ramotswa and 10 from Thamaga.

The practical work of the trainees in Thamaga started in April 2021, with the support of the village leadership and the Social Welfare office. Ark and Mark Trust mobilized 26 facilitators. The 26 facilitators managed to implement ICDP with 110 caregivers and 364 children.

In Gaborone, the Ark and Mark Trust initiated the implementation of ICDP at one of Botswana Defence Force (BDF) camps. These camps are a community within the greater community of Gaborone and face unique difficulties because members of the force often leave their families for long periods of time – as a result of which, the army families face significant challenges. The ICDP programme was introduced as a possible solution. The participants were happy with the ICDP course and were always ready to do their home tasks and bring their feedback to the next ICDP session. There was noted improvement in their homes regarding their family interaction.

In 2022, the Ark and Mark Trust has been a beneficiary of the Department of Social Protection (DSP) through the funding received to reach out to

more localities in Botswana as parenting continues to be a challenge across the country.

Following the facilitators training in Ramotswa village in February 2022, new facilitators were trained in Gabane and Molepolole villages respectively, through funding from DSP. This brings the implementation of ICDP to a total of 4 villages in Botswana: Ramotswa, Gabane, Molepolole and Thamaga. There are 50 new ICDP facilitators (40 female and 10 male) and 470 parents and 2012 children were reached with the ICDP programme.



Photo: ICDP facilitators in Gabane village

Facilitators appreciated ICDP during training as they experienced their own transformation and witnessed it in their fellow facilitators and families as well. One facilitator shared how she used to be strict and was known in the neighborhood for such, and her children even named her “pit bull”. She has changed, and the community and other facilitators attested to it. Some of her neighbors expressed positive shock by the deep transformation they witnessed in her. This facilitator now finds it easy to reach out to difficult children in her neighborhood, and enjoys imparting knowledge to parents.

To read the ICDP report by the Ark and Mark Trust:

❖ [Read the report on icdp.info](https://www.arkandmark.org/)

ZAMBIA

In 2015, ICDP signed a training agreement with the Primary Health Care Education and Training Trust (PHC-ETT) in Lusaka, Zambia. Their main concern is reaching people who lack the resources to access and obtain quality health care services. The PHC-ETT embarked on an ICDP training programme to help parents from diverse backgrounds develop positive relationships with their children. The aim was to help build a foundation for positive moral growth of children, including the ability for self-regulation. This project also sought to train teachers with the view of transmitting the ICDP skills to students in schools and higher educational institutions.

In 2019, ICDP started to be applied by Save the Children (SC) in a new area of the country and this work is ongoing. The ICDP programme's core principles serve as the foundation for promoting sensitivity towards the needs and rights of children among parents and caregivers in the Child Sensitive Social Protection Project (CSSP) project in Lufwanyama. Members of SC staff and their partner organizations have been implementing the programme as ICDP facilitators in their respective communities. They expressed that the ICDP guidelines made a difference to their way of relating at home with children. Many said that they are now more aware and try to spend a lot more time with their children, that they now hold longer conversations and follow their children's interests in the way they failed to do before.

During 2020 – 2021, the focus was to increase the uptake of parenting session among identified households through conducting awareness raising activities. These activities resulted in the creation of a critical mass of parents and caregivers who attended the parenting sessions. A total of 648 (424 females and 224 males) attended the awareness raising. A total of 574 households were mapped for training in the child sensitivity package. From the mapped households, 500 households enrolled to receive in 2021, the whole Child Sensitive Package, which includes the parenting package.



Mukesh Latth, Senior Social Protection Advisor for Save the Children, explains:

ICDP based parenting programme is being successfully rolled out by Save the Children, under their Child Sensitive Social Protection (CSSP) programme. This work has been evaluated and has continued in 2022.

A post parenting assessment was undertaken for the ICDP parenting programme 2019-21 with the following results reported in the **2022 assessment report**:

There is a significant overall increase in the parenting/caregivers' interaction with children.

During the Focus group discussions results such as some changes in beliefs on corporal punishment were attributed to the parenting programme; this is evident by what some interviewed children explained. The children said they had observed changes in their parents and caregivers' practices and attitudes towards them and their welfare; they said their caregivers showed kin interest.

Generally, the post parenting assessment results show that parents/caregivers benefited from the parenting programme as they became more

attentive, patient, caring and responsive to their children's needs. The results further indicate that the parenting programme had enlightened them on issues relating to gender roles especially when it comes to the traditional tasks which are given specifically to boys and girls.

Developments in Kalalushi: A Parenting Handbook, based on ICDP parenting (with additional modules on nutrition, budgeting and gender education) was contextualized to the

Zambian context. The handbook is being used for scaling up the parenting programme in another district in Zambia, i.e., Kalalushi. A group of 23 additional animators (9 men and 14 women) including members of the Community Welfare Assistant Committees (CWACs) and staff of the departments of community development and social welfare in Kalalushi district were trained as parenting animators to help roll out the parenting sessions.

SOMALIA

The ICDP work started in January 2017. The ICDP programme was incorporated in a project that is funded by the Finnish Ministry of Foreign Affairs, through Save the Children Finland. The ICDP programme is being used in connection with the Child Sensitive Social Protection project that supports and engages the most vulnerable and marginalized IDP (Internally Displaced People) households in Hargeisa.

The key complementary actions are i) enhancing child sensitivity of parents, caregivers, community members through ICDP and ii) improving transparency and accountability in the delivery of basic services relevant to Social Protection interventions for children.

The ICDP facilitators include staff from Save the Children and their partners, namely, The Horn of Africa Voluntary Youth Committee (HAVYOCO) and the Ministry of Labour and Social Affairs.

All facilitators showed commitment in the field and contributed ideas when producing an ICDP module adapted to local culture and context.

Evaluation report

Expansion to Berbera district

The ICDP parenting sessions were expanded to an additional district, Berbera, where parenting sessions were rolled out with caregivers of 150 households.

A post parenting assessment was undertaken for the ICDP parenting programme 2017-21 with the following results in the report 2022:

Caregivers reported that they have learnt “proper parenting methods” since they participated in the ICDP parenting programme.

Children across the project intervention area also reported that their caregivers talk to them kindly, spend more time with them and they have a more open relationship.

Children are reported to be more involved in the household decisions and making rules together with caregivers, giving them a voice in the household.

The qualitative findings were corroborated by quantitative data which indicates that overall, caregivers who received the parenting intervention show an improvement in engaging in activities with their children, such as having meals together, praising the child for good behavior, showing physical affection, etc. compared to caregivers who received the cash-only intervention.

- ❖ [Read the full Evaluation Report on icdp.info](https://www.icdp.info)

SOUTH AFRICA

ICDP developments between 2008 and 2013 represented cooperation between Dlananathi, the CINDI Network and ICDP. An ICDP core group was formed and the implementation of the ICDP programme started to take place through the Caversham Centre, near Pietermaritzburg.

In 2019, ICDP signed an agreement with The Ububele Educational and Psychotherapy Trust, based in Johannesburg - <https://ububele.org/about-us/.ICDP> was integrated as one of their activities to strengthen child and family mental health in the township of Alexandra. The trust provides therapeutic services in Alexandra, a densely populated, impoverished community with a myriad of challenges. The leadership of the Ububele organization hopes that Ububele may one day become a training site for new ICDP facilitators.

The training of facilitators took place in 2020 and 2021, and it was conducted on voluntary basis by Silje Bjørnstad Holter. Most trainees delivered the ICDP programme to parents living in the township of Alexandra, ranging from people living in shacks (often illegal immigrants) to those living in small brick houses – this work was part of their self-training projects. Parent groups were mainly recruited by word of mouth, usually from people using other services at Ububele. The trained team of 13 facilitators discussed how to adapt the ICDP

material to the South African context and produced a local booklet for caregivers.

In 2022 new groups of parents attended the ICDP course in Alexandra. There were also ICDP courses run through Ububele’s partnership with the Field Band Foundation. FBF is a South African national non-profit organization that creates opportunities for the development and self-empowerment of young people through participation in music.

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 parents of the young FBF participants attended ICDP courses during 2022. ICDP received very positive reception.

ICDP trainer at Ubulele, Nicky Dawson:

“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”.



IVORY COAST



ICDP was introduced in 2022. The new training project in the ICDP programme was started in Bondoukou and Tanda, in the Ivory Coast and it represents a new initiative by Save the Children (SC). The Ivory Coast is 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.

To read the workshop report (in French):

❖ [Workshop report](#)

During 2022, a separate initiative to introduce ICDP was being planned by the Norwegian Lutheran Mission.

SENEGAL



In 2022, the organization promoting the start of ICDP in Senegal is the Normisjon. At the same time, in the Ivory Coast, the Norwegian Lutheran Mission (NLM) together with its local partner, the “Mission Evangelique Luthérienne en Cote d’Ivoire” (MELCI), has also been making efforts to start ICDP. The two organizations contacted the ICDP foundation and it was agreed to start the training of future ICDP facilitators from both countries. at a workshop in Senegal.

The first training workshop in the ICDP programme was planned to take place in March 2023, and it will be conducted by ICDP trainer, Aubin Sanou. Aubin has been implementing the programme in Burkina Faso for a few years now, where he had previously been trained by Nicoletta Armstrong.

DEMOCRATIC REPUBLIC OF CONGO

In 2019, doctor Tshibangu contacted his former ISPCAN colleague and currently ICDP USA leader Kimberly Svevo-Cianci, to inquire about receiving ICDP training. As a medical doctor, he has been working to treat and protect children from sexual and physical abuse throughout the years of DRC conflict. Having retired from that work, he decided

together with his colleagues to become an ICDP facilitator. During the following years, 2020 - 2022, they participated virtually in ICDP workshops conducted by ICDP USA. The process took longer than expected as it was interrupted several times, due to the pandemic. ICDP USA translated all key ICDP materials into French for use in Congo.

TUNISIA

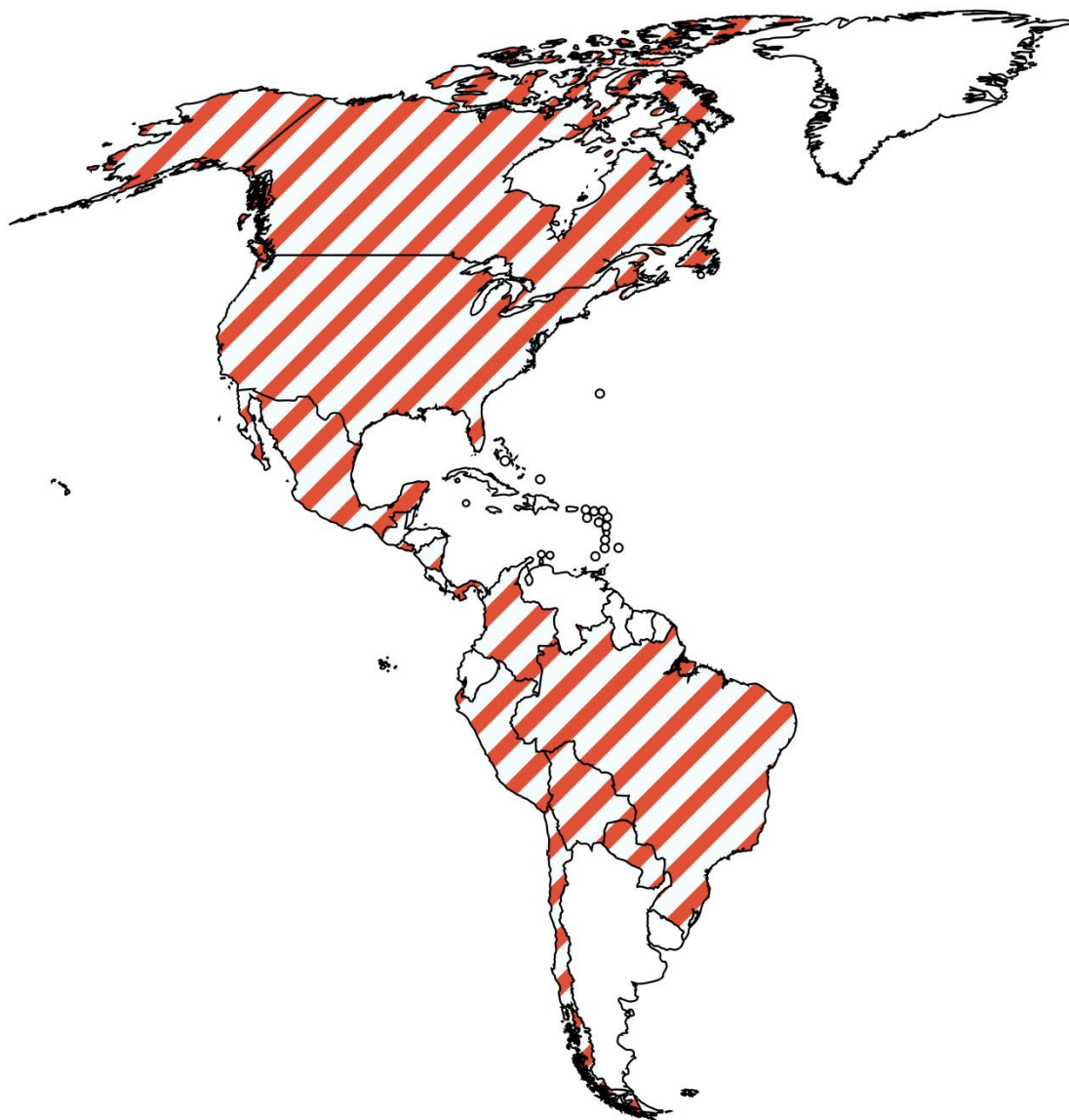
During 2022, a new partner's vision for expansion of ICDP to Tunisia came to light. Jostein Haugen from the Norwegian Development Partners (NODEPA) in Tunisia, began preparing the ground for ICDP by cooperating with a Tunisian organization called "Bright Women Association of Today" (BWAT). BWAT leadership recognized ICDP as a programme that is needed in their country. In this process of examining ways of establishing ICDP in Tunisia, Jostein sought advice from the ICDP chair and ICDP Norway.

The agreed aim is to enable BWAT to eventually take the responsibility for running ICDP in Tunisia, with a board comprised of professionals from

different areas of expertise. However, the first step would be to form ICDP facilitators from diverse backgrounds, such as kindergartens, schools, centers for autism, orphanages, and associations working directly with families. The work of the trained facilitators would be overseen and sustained by BWAT, who would assume the role of ICDP Tunisia and as such would continue to support and maintain facilitators' knowledge by providing opportunities for further learning. In the second phase, a team of ICDP trainers would be formed, which would enable BWAT to train new facilitators without help from ICDP.



ICDP in the Americas



**Colombia,
Paraguay,
Peru,
USA,**

**Bolivia,
El Salvador,
Panama,
Canada**

**Brazil,
Mexico,
Nicaragua,**

**Chile,
Guatemala,
Ecuador,**

COLOMBIA

ICDP developments were started in 1993 and are ongoing. Nicoletta Armstrong led the ICDP team for almost twenty years. ICDP Colombia was registered to start cooperation with UNICEF (from 2000-2010) which resulted in large scale ICDP projects reaching over 200 000 families in most vulnerable areas of the country. ICDP has also had a strong presence in Antioquia through the work of trainers at the University of FUNLAM.

In **2019/2020**, ICDP activities and training continued in the departments of Quindío, Casanare, Antioquia and Boyacá, and the determination of ICDP Colombia to continue is not wavering. In Yopal, Casanare 400 teachers and families attended ICDP courses. The ICDP programme strategy "Soy Como Tu" ("I am the same as you") was rolled out in the 123 municipalities of the Boyacá department, benefiting about 20 000 families. In Antioquia, 157 families were reached through the work of the Fundación Club Campestre.

2021: In the Quindio department Andrade and Patricia Garcia worked on a project to strengthen teachers' capacity for establishing good quality interactions inside the classroom and to enable teachers to deliver the ICDP course to parents. During the same year, in the Boyaca department, Luis Fernando Lopez conducted virtual and face-to-face trainings with different groups of professionals working for the Health Secretariat. In the Antioquia department, Carolina Montoya and Angélica Díaz, conducted six pedagogical days on the ICDP humanizing content and training. In the period between September and December, ICDP Antioquia in cooperation with the Culture Secretariat of Medellín, developed "creative laboratories" focused on "learning by creating" to promote meaningful practices in child-adult interaction, by using different modalities of art and play (the body, sound, image, movement, literature, etc.);120 children benefitted from the project.

Overview of activities in 2022

2022: In January, in the department of Boyacá, Luis Fernando López conducted virtual workshops for 90 Psychologists in the ICDP programme "*I am a person too.*"

In April, ICDP Colombia received a donation from the business company Cartones America for \$ 4,000,000 pesos, who have been ICDP staunch

supporters for many years.

From March 2021 till May 2022, ICDP cooperated with the Juan de Castellano University Foundation the University of Boyacá, the Municipal Mayor's Office of Soracá and the Municipal Family Commissioner, on a project in the community aimed at working with men and their families, for the promotion of the rights of children and adolescents, the promotion of good treatment and family coexistence.

In May, with sponsorship from the Guerrand Hermes Foundation for Peace, training in the ICDP programme was conducted for beneficiaries of the programme "Daughters of Peace".

In July, ICDP participated as speakers at the international meeting organized by SDI near La Tebaida in Quindío, with the participation of 15 countries who shared the development of their projects and results.

In November, within the framework of the ISHHR conference "Collective Healing: Restoring the relationship between humanity and Nature" an ICDP workshop was held by Patrick OLoughlin, Luis Fernando López and Carmen Lucia Andrade in an auditorium of the Javeriana University in the city of Bogotá. The programme "I am a perso toon" was presented and some international experiences were shared, as well as ICDP awareness exercises and the importance of good interaction in childhood.

Celebration marked 30 years of ICDP

2022 represented the 30th year since the founding of the ICDP Foundation in Oslo, Norway. It was 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 had 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, and 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 those reasons I proposed to have a gathering in Colombia.

ICDP Colombia agreed and organized the event over a period of four days in November 2022. The theme of this even was «Our learning curve», with the idea to reflect together on learnings and experiences with the ICDP programme. By doing

that, participants naturally explored different ways of «keeping the ICDP flame alive»! - Nicoletta Armstrong, ICDP Foundation chair.

The celebratory event was held 7-11th of November 2023 at the Amanecer international centre near Armenia, Quindío.

There were participants from 10 countries. The time they spent together was full of meaningful sharing and with plenty of joyful moments too for participants from different countries in Latin America.

The main objective of day one was to share the learnings around the following topics: a) Empathy, dialogues and the 8 guidelines, b) ICDP and Neuroscience, and c) the functionality of the ICDP programme for children and young people.) On the second day, participants heard from different caregivers who shared their testimonies and perceptions of the ICDP training. On day three, participants heard contributions from invited professionals on topics relevant to ICDP. On the last day, ICDP spokespeople from ten countries pledged mutual assistance and continuity in the ICDP programme’s mission.

Photo report of the event:

- ❖ [View the photo report on icdp.info](https://www.icdp.info)



PARAGUAY

ICDP has had a continuous presence in Paraguay since 2001, through the work of educator Elisabeth Gavilan and her Vida Plena Foundation that ran a preschool for many years. In 2002, Vida Plena joined the Paraguayan children's rights network and the civil society network for early childhood development with the objective of influencing public policy for the benefit of children's integral development. Over the years,

Elisabeth conducted many workshops and courses in ICDP. Since 2007 and ongoing, Vida Plena has been running a Day Care Centre for Children, situated near the Asunción Central Market in the Abastos area of the capital Asunción. They provide educational support to children working in the market.

❖ [Vida Plena Facebook Page](#)



The text below is taken from the [Report 2022](#) by Elisabeth Gavilan:

At the **year 2022** we can look with some satisfaction.

- a) We have been able to carry out 12 workshops for mothers +3 workshops for fathers and we were able to deliver certificates of the caregiver level to 6 mothers.
- b) These workshops were the self-training project of the 4 educators, who in turn have received their ICDP Facilitator certificates
- c) My team consists of: three women younger than me (I am currently 73 years old), Daily Domínguez, collaborator of the Vida Plena Foundation since 1997; Myrian Justiniano (since 2008) and Carmela Vega (since April 2021); and a young man, Miguel Ángel Pérez, (since 2012). who are attending to the children and adolescents of our ongoing project (since 2008), a Support Center for children in the area of the Municipal Market of Abastos of the capital Asunción. They are caregivers who are aware that they are important people in the lives of these children and adolescents. Every year we have volunteers who need an introduction to the practice of the 8 guidelines in order to better understand our objectives and put those into practice. In 2022 we had

two German volunteers who supported the educators full-time.

- d) Approximately every two months I have carried out workshops (8 of 3 hours each) of training with this team, to strengthen and deepen the practice of the eight guidelines and above all, of empathy and emotional attunement in their daily work of direct attention to children between 3 and 18 years old. There are usually between 40 and 60 children who attend the activities of the Center daily. In 2022, we have 116 registrations. We reached 60 families.
- e) The most important success continues to be that the children and adolescents of the Support Center prefer to go to our Support Center: when it rains they do not go to their schools, but to the "escuelita", as they affectionately call the Support Center, they do come. They tell us that they feel comfortable in this space, unlike the schools where they obligatorily attend. Since the second semester of 2021, schools and colleges work in face-to-face mode. In the "escuelita" we already started before, complying with sanitary protocols. The children who attend come from different schools and grades and can "play more and find more friends" than in formal institutions. They say that "here we are heard", "we are respected".

The success most considered by mothers and fathers is that their sons and daughters continue to attend the schools/colleges where they are enrolled, until they finish it regularly. With very few exceptions, Support Center users achieved

BRAZIL

In Brazil there have been three separate developments of ICDP; the first was from **2001 - 2010** when a series of seminars, meetings and conferences took place in Santo Angelo and Aguas de San Pedro, followed by several projects for teachers, adolescents and families in impoverished communities.

The second development was in the period **2010 - 2015**, in cooperation with Save the Children Brazil and their local partner ACARI (Associação Civil de Articulação para a Cidadania); ICDP was implemented on a large scale and ICDP facilitators operated in 34 municipalities of the Pernambuco and Bahia states. This work was part of a wider intervention that aimed to protect children, reduce malnutrition and promote children's rights. It was sponsored by Save the Children UK and the project evaluation was very positive.

The third development is ongoing since 2015, with ICDP trainers from ACARI applying the ICDP programme in projects for families in the area of Petrolina and with sponsorships from different organizations.

During the pandemic in **2020 - 2021**, ACARI worked with families in two locations, Petrolina and Juazeiro. It was a very challenging year for most Brazilian families, the COVID-19 pandemic affected children and their families, since children were no longer able to go to school and families were out of work. ICDP was part of the "Project Building Ties", which aimed to prevent domestic violence against children and adolescents, supported by Kindernohtilfe. The ACARI facilitators worked remotely with families and in addition, the families received educational kits, food and hygiene kits from the project. The support with food meant that families could remain in their homes protecting themselves from the coronavirus. With the pedagogical kits, the families were able to share games together, thus improving family life and the affective bond.

2022: The ICDP methodology was present in the ACARI "Bem Me Quer" project, which started in 2021 and will continue till 2026, supported by Kindernohtilfe. It aims to create conditions for a healthier family life that minimizes the use of psychological and physical violence of children and

this goal by 2022. Among the alumni some are already mothers / fathers and they send us their children, or recommend their relatives to send us their nephews.

adolescents from two beneficiary partner institutions, Fundação Lar Feliz and Projeto Vida Nova.

A novelty is the use of the "Positive Interaction Kits" given to parents during training meetings, to promote positive interaction through collective activities of all family members. The objective is to strengthen family ties, improve communication, promote moments of recreation and relaxation, foster empathy, express trust and cultivate love.

Update from ICDP trainer, Ilze Braga:

In **2022**, ACARI assisted around 290 families in situations of social vulnerability in the city of Juazeiro in Bahia and in Petrolina, Pernambuco, by implementing the Bem Me Quer project. ICDP workshops were held with the families and positive interaction kits were delivered to encourage the participation of families in the meetings. Families were invited to participate in the meetings through WhatsApp groups and many exchanges of ideas and experiences were also carried out in this virtual space.



The kits were the great novelty of the year; they were prepared and delivered so that the family could use them at home, to practice the 8 ICDP guidelines for good interaction with their children. A total of 6 kits were delivered.

Kit 1 was called “Sowing love”, it contained coriander seeds, gardening tools and a container for planting.

Kit 2 was called “Assessing self-esteem” and its objective was to provide care for the caregiver, sharing positive experiences with the caregivers of children and adolescents. With this kit, the families made a “mini” beauty salon at home and had a lot of fun.

Kit 3 “Celebrating São João” was designed so that families could cook together and celebrate the typical festival with their family, generating good memories, joy and unity.

Kit 4 was called “Pasta day”, it included tomato sauce, pasta, sardines and soft drinks, through the cooking activities it was possible to reinforce the affective dialogue with the families served.

Kit 5, “Time to play” was designed so that families could create the habit of playing with their children and also teach and reflect on the ICDP guidelines for mediation and regulation dialogues.

Kit 6, “Family reading”, was also designed to reinforce the 3 ICDP dialogues, which contained a children’s book, a packet of popcorn and a soft drink.

Families have learned a lot during this time, but the path of reflection and transformation is a long one. Comments from ICDP participants:



“Now I am paying more attention to my children, I am taking better care. I am aware what is required to raise a child in the best way, without hitting and assaulting them. Thank you!”

“After this project I understood that to raise my boy, you don’t have to use force, spanking. it’s about talking, giving love and affection. I am calmer and now I talk more, no hitting. Thank you so much”

EL SALVADOR

The work of ICDP started in 2006 upon invitation by Marina Morales from UNICEF El Salvador - and it is still ongoing. After several years of successful implementation of the ICDP programme, (known as “Tambien Soy Persona”) by the Instituto Salvadoreño para el Desarrollo Integral de la Niñez y la Adolescencia (ISNA), and its 50 local partners, ISNA institutionalized ICDP as a nation-wide programme for parents and caregivers. In 2014, a video was made with sponsorship by UNICEF that shows some of the impact of ICDP on families:

❖ [Watch on YouTube](#)

Each year, a core group of local trainers take ICDP to new areas and contexts, reaching large numbers of families and caregivers all over the country.

In 2019, a new set of ICDP materials was published to facilitate the ICDP work with parents of adolescents. To prevent violence against children police members became trained as ICDP facilitators. They ran ICDP parent groups in most parts of the country. As a result, community members developed more trusting relationship with the police.

During 2020 and 2021, young people from the urban and rural areas were given the opportunity to experience the ICDP programme and afterwards became involved and consulted in the process of adaptation of ICDP for a peer-to-peer approach. In this approach, young people become ICDP facilitators and provide training to other young people. During the pandemic, UNICEF, ISNA and EDUCO, developed together a digitalized version of the ICDP programme for training facilitators and trainers, in combination with in-person training.

From 2021 to December 2022, a pilot project was implemented with the aim of reducing violence against children. The ICDP programme was the key component, but the pilot also addressed issues around gender equality. It received sponsorship from the EU and it developed in cooperation with the Spotlight organization. The municipalities in 3 areas covered by the pilot were prioritized based on high levels of violence recorded in families and the community, and the sewers: San Salvador, San Miguel and San Martin. The execution of the project plan took place in close communication

with the local governments. In the first phase of the project, during 2021, ICDP was delivered to parents of adolescents. In 2021, the parents of adolescents who participated in the project were the same parents who had in previous years received the ICDP. This continuity of ICDP delivery was intentional as a long-term strategy. A special effort was made to involve both sexes in the project. Parents of adolescents attended the ICDP meetings in person and received follow up via WhatsApp and Zoom.

In 2022, two versions of the ICDP programme were 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 peer-to-peer implementation, was made ready for printing during 2022. The review process of these materials was completed by autumn 2022 and the printing was 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 finalizing 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 successfully used by trainers and facilitators in El Salvador. Face to face and virtual training were combined, and during 2022, staff of ISNA was training in this way. Through virtual training a greater number of people were reached by the programme, whereas face to face training had deeper impact, through sharing, listening, and bonding. The whole ICDP programme was digitalized mainly by ISNA whereas 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

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 has been doing will continue as part of the new institution. During 2022, 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's aim to standardize a parenting programme for the country. UNICEF and ISNA are working on including ICDP as part of the offer of parenting programmes.



GUATEMALA

From 2007-2016, upon invitation by UNICEF, ICDP was developing in cooperation with Plan Guatemala. A group of 74 people were trained and among them Julio Martinez, who coordinated the roll out of ICDP on behalf of Plan Guatemala for 9 years. The ICDP programme reached two hundred communities in the country. Another strong partner over many years was SOS Children's Villages Guatemala who used ICDP as part of their child protection programme.

Since 2016 and ongoing, Julio has been giving ICDP training to students at the university (Universidad de San Carlos) as part of a course in neuroscience. This work has been ongoing.



In addition, Julio's students run courses for mothers and fathers and for this purpose they adapted the booklet for caregivers and used Facebook as well.

Julio also gives training in ICDP to Compassion Guatemala – an organization that works through partnerships with local churches in 25 countries

❖ <https://www.compassion.com/>

ICDP courses are run in their Centros de Desarrollo Integral (centres for integral development).

"In 2022, we have continued to work with the Compassion Foundation and we trained 250 mothers and fathers. Compassion offers care to expectant mothers and children from birth to 18 years of age - we found that the ICDP programme fits in very well with their target group. I trained 14 facilitators and they in turn worked directly with parents. The impact of ICDP on parents was significant and visible. My vision is to scale up the work with the ICDP programme, and I hope that Compassion International will become interested in large scale implementation." – Julio Martinez.

PERU

ICDP began developing in 2009 and in 2010 ICDP Peru was registered in Lima. Small scale projects followed, that included training families, nurses and community workers from the NGO KALLPA who implemented ICDP with families living in the poor area called Sangarará, near Cusco. From 2017-2019, the Wawa Illari multi-disciplinary research project was developed in an area near Lima, called Pachacamac, with sponsorship from Grand Challenges Canada. The project combined ICDP with nutritional and health messages, as well as teaching families to grow vegetables in community gardens and at home. Pachacamac is a very poor community in an arid area, with little

infrastructure and the difficulties that the families have to face due to lack of water affected some of the participants. In spite of that, the ICDP work was carried out in a good way. The project was a research study and the evaluation report was finalized in 2019 and articles were published in journals in 2020, showing a positive impact on children's cognitive development.

During 2021, Ana Sofia Mazzini started to explore possibilities of delivering ICDP by working with families at risk, as well as running courses for more well to do families in the capital Lima. She hopes to develop this work in 2022.

PANAMA

In 2017 and 2018, an ICDP training project was conducted for teachers and staff of the local organization called "Movimiento Nueva Generacion", situated in the El Chorrillo district in the Panama city. Teachers, psychologists and community workers were trained as ICDP facilitators and then they applied ICDP with preschool children, as well as older children and adolescents. Some of the facilitators also worked with parents.

In 2019-2020, ICDP training was requested by the parish of San Andres, in the district Bugaba of the Chiriqui province. The participants included teachers, mothers, fathers, parish workers and community leaders. The training project received support from the parish and community funds, and it represents cooperation between the ICDP and the local church. ICDP was implemented with community parents and their children.



ECUADOR

Ilaina Ramirez, an experienced ICDP trainer worked in ICDP projects for many years in Colombia before moving to Ecuador, where she also ran several ICDP projects. In 2021, she visited Colombia to conduct the training at a preschool called Colegio Mundo Creativo. She trained a group of 12 preschool teachers and two pedagogic

During 2021-2022, ICDP trainer Antonio Mendoza became involved in a new activity in the most western part of the Chiriqui province bordering with Costa Rica, in the poorest region of Panama.

Here Antonio worked on implementing the ICDP programme with families and children in the indigenous Movere communities. This work represents cooperation with several organizations and the scope of the intervention includes consciousness raising, education, nutrition, and health components.

In 2022, Antonio reports, they reached out to over 200 families with young children, up to 8 years of age, belonging to the Gnabe community who live in Santa Clara and San Antonio. The emphasis was on providing guidance in the area of early stimulation and teaching about ways to establish good communication between parents and children, as well giving nutritional advice. The participants were mainly mothers who attended sessions together with their children. The sessions were held in the district of Rio Sereno. There were four facilitators who met the families on church premises and worked during entire days, from 8 am till 4 pm. Each family attended 6 full days of training. The local authorities have shown interest in providing a training centre to facilitate the implementation of different programmes, including ICDP. The work will continue in 2023.

coordinators, whose training she continued online, upon return to Ecuador at the end of November 2021. In 2022, she kept in touch with the team that she trained, supporting them in their application of the ICDP programme in Colegio Mundo.

BOLIVIA

In 2015, ICDP and ICEL (Christian Evangelist Lutheran Church) signed an agreement for cooperation, which was followed by an ICDP project that was rolled out in four municipalities of the country: in Cochabamba, Santa Cruz, Chuquisaca and Potosí. The objective of the project was to help reduce the problems of disintegration of the family, of neglect of vulnerable members and of abuse as a form of discipline of children and adolescents. Two years after the initial training of facilitators and trainers was accomplished, the ICDP Bolivia Network team was established. Their work in applying ICDP with families in poor communities has been ongoing in Santa Cruz, Cochabamba, and Potosí, mostly on voluntary basis.

In 2019, three groups of facilitators reached nearly 200 families with the ICDP programme and during the second half of 2019: they attended ICDP network meetings and refresher courses. It was decided to try and strengthen the communication between the three groups of facilitators working in different areas.

Year 2020 was challenging due to the pandemic, however, more than half of the planned activities

were achieved as planned. ICDP coordinator Olivia Sullca informs: The ICDP team had set itself three objectives: 1) To train and support new facilitators to extend the application of ICDP in the municipalities of Santa Cruz, Cochabamba and Potosí. 2) To provide monitoring to facilitators previously trained in the programme's methodology. 3) To strengthen the ICDP network in the country in order to sustain the work in the future.

In 2021, new groups of facilitators were trained in the municipalities of Potosí, Cochabamba, Sucre, Tinguipaya and Acacio; in Santa Cruz the existing groups of facilitators were strengthened. Through the dedicated work of these facilitators, 452 caregivers from both the community and the church were reached with the ICDP programme.

In 2022, twenty new facilitators were formed: 8 in Potosí, 1 in Cochabamba, 4 in Sucre, 5 in Tinguipaya and 2 in Acacio. The facilitators held courses for 209 families in total. In addition, there were 100 home visits to strengthen the work in the families

Report 2022 by Olivia Sullca.



In 2022, 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.

To watch this video in Spanish, follow this link.

❖ [Watch on Google Drive](#)

NICARAGUA

In the town of Ocotal in Nicaragua, the ICDP activities began to develop in 2016, on the initiative of the Swedish ICDP trainer, Monica Andersson, who had links with a local NGO, the Institute for Human Promotion (INPRHU). Training was provided to a local team at INPRHU and after a number of successful training projects within the local community, and in the search to improve the quality of relationship between adolescents and their families, the INPRHU leadership decided to train all of its staff, who went on to implement the programme with teachers, prosecutors, parents, adolescents, women at protection centre and other community members. The ICDP programme became institutionalized at INPRHU, in their activities related to social communication, family intervention and in their work with teachers. This means that the ICDP programme is used to sensitize families, teachers and it is used directly with children. All ICDP work is documented. Due to COVID-19, the ICDP team at INPRHU had to change their working hours and was forced to reduce their coverage, as a result of which they attended less adults and children in their projects than originally planned. During the time that meeting in person was not permitted, they used the radio to communicate content of ICDP messages. The INPRHU Radio program called Our Voices for Change reached the entire department of Nueva Segovia promoting better relations between adults and children, especially in the rural areas.

Activities in 2022, based on report by Patricia



Libertad Almendarez, Project coordinator and Aura Estela Mendoza, director INPRHU Ocotal:

The ICDP programme was facilitated by the educators of the Casa Entre Nosotras Project.

During the year, 143 people (118 women and 25 men) were served in different peripheral neighborhoods of the city of Ocotal, among them Carlos Manuel Jarquín, Teodoro López, Roberto Gómez, Hermano Zamora, Tunal, José Santos Duarte, September 26, Cristo del Rosario, Sandino, María Auxiliadora, Nicrao, Anexo Yelba María Antúnez...each community with different levels of violence and problems that have affected physical and psychological health of many living there. The beneficiaries included children, adolescents, adult women heads of households and parents.



The process developed with the families was carried out by developing four long sessions, with the ICDP themes: empathy, 3 dialogues (emotional, meaning and regulative dialogue). Of particular importance was the work on positive regulation that contributed to promote a healthy coexistence in the family.

Families have appropriated the methodology, implementing significant changes in the styles of relationship with children, seeing them as people and taking them into account within the family nucleus.

The strengthening of the family union was achieved by putting into practice parenting with love, empathy, positive regulation and setting limits to their children in a positive way.

The home visits allowed us to get to know and interact with families, observe their family dynamics, and learn about the roles they play in the household. In addition, we were able to identify risk factors, and then work on strengthening protective factors in the family environment. This helped reduce negative practices and unlearning violent parenting patterns, contributing to psychosocial well-being and affective parenting.

The content of ICDP was explained through four radio spaces on Radio Segovia 97.3 FM, which is a station for the northern part of the country. The ICDP team receives feedback from listeners from time to time, who send messages expressing that these issues are of great importance to their families.

CHILE

In 2019 and 2020, ICDP Chile was in process of development under the Fundación Eika, spearheaded by Anne Vestheim and with support from Natalia Palomo. Anne went on two explorative visits to El Salvador and Bolivia, where she could observe the ICDP work by facilitators and trainers. Together with a colleague she started the process of registering the Eika foundation that signed an agreement with ICDP Foundation in 2020.

Since then, the team focused on training caregivers of older people and for that purpose a project proposal was prepared aimed to better the

Challenges for 2023:

- Continue to reach more families with the ICDP methodology.
- Train more school teachers to put the methodology into practice.
- Strengthen the work of more INPRHU staff with ICDP

care and working conditions of 50 caregivers in homes for older people. Even though the project did not receive funding, it was a great learning experience. The future of ICDP is still uncertain.

“The pandemic situation has put us back on our plans and at the same time, it gave us the opportunity to work on the development of a better working document. We are focusing again on ICDP for children’s caregivers, which is close to our heart. We expanded our working team with an educational psychologist and an accountant with significant experience of working with foundations and organizations.” – Anne Vestheim”

MEXICO

ICDP was launched at the "First Pan-American Congress on Education for Peace" in 2009, at the University of the Americas, UDLA, Puebla, Mexico. The following year, la Casa de la Niñez Poblana, a government institution for abandoned children incorporated ICDP as one of their methodologies and all of its 72 members of staff received training in the ICDP programme.

Jose Luis Flores Jimenez was part of a team of psychologists that ran ICDP courses at Casa de la Niñez Poblana. He has trained teachers in several schools (2017-2019) and started to develop projects that involve training others as ICDP facilitators.

During 2020 and 2021, Jose Luis adjusted his work to the pandemic restrictions by working with parents through virtual platforms online. He continued working in this way with parents in over 20 public schools and demonstrated that it is possible to offer direct support to children through virtual contact. Throughout the last two years Jose Luis has also participated in online virtual

conferences presenting the ICDP approach as a basis in the relationship of parents and children.

In 2022, he continued with virtual training. He applied the ICDP programme with a team of 23 child care workers/volunteers, enhancing their caring skills and guiding them in their direct work with children at risk.

In addition, he used ICDP in his own professional consultancy work as a psychologist. In this context he provided one to one consultation applying ICDP with 13 families.”



USA

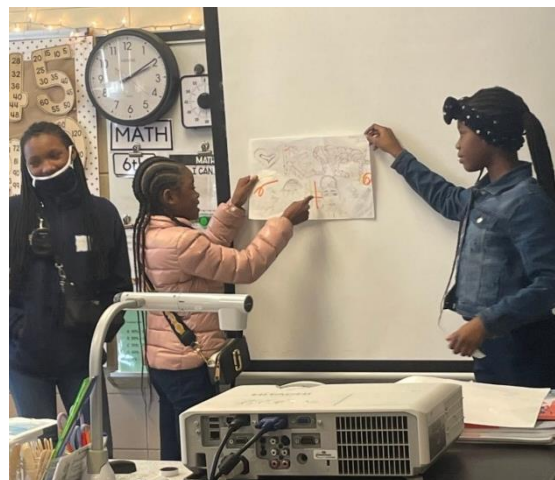
Since 2011, ICDP USA has been operating under the Changing Children's Worlds Foundation (CCWF), with leadership by its founder Kimberly Svevo-Cianci. Its Best Start for Families programme is a local adaptation of the ICDP programme, which was gradually developed over a few years. In 2018-19, the Changing Children's Worlds Foundation developed a "Best Start-All About YOUth" curriculum to support students and young adults (12-24 years). It is based on positive Youth Development/Agency + Empathy/SEL Relationship Skills (ICDP), with a foundation of Restorative Practice.

Since 2021, this programme has increasingly been requested by schools for students in 5th-8th grades, as well as high schools and community organization summer programs. The "All About YOUth" programme shows evidence of significant improvements in many areas. The most significant improvement was seen in the area of understanding and using restorative practice towards healthy relationships. There were also significant improvements in the ability to identify and seek concrete supports, followed by youth resilience, social connections, strengths and difficulties, and cognitive and social-emotional competence. From the Youth Thrive assessment, an initiative of CSSP (Center for the Study of Social Policy), AAY participants also showed statistically significant improvements in the knowledge of adolescent development.

REPORT 2022, by Kimberly Svevo-Cianci:

The Changing Children's Worlds Foundation (CCWF, ICDP-USA) had a challenging but successful year in 2022. Three years of COVID-19 had deeply impacted many of the families and communities that CCWF serves, reducing capacity of partner institutions to offer our programmes, and of families to be able to engage and sustain participation. However, where parents did engage - the programme provided powerful support and measurable results.

During 2020-2022, when many schools, mental health/social service agencies and community organizations shut down their parent support programmes, CCWF offered Best Start Parenting programmes virtually to Child Welfare-involved parents, and in-person in Jail Detention settings.



Despite the serious challenges to families during 2020-22 challenges of COVID, the "Best Start for Families" parent outcomes were even stronger during this period. This demonstrates the importance of this Parenting Programme to combat the struggles that Justice-Involved families experience - in the best and worst of times. Despite the adverse effects COVID-19 has had on psychological, emotional, and physical well-being of adults and children, our analysis shows that Best Start psycho-social programmes are extremely effective in several key areas of supporting emotional and psychological health.



- Building Resilience and Hope is a key strength of the Best start programme. COVID challenged parents even more, and our findings show that we continue to have significant and slightly higher improvements than in previous years.
- Dramatic increase in the programme effectiveness post COVID in the areas of Empathy & Understanding, Handling Pressures, Learning & Knowledge, Resilience & Hope, Self Acceptance, and Play & Enjoyment. For example, the ability to handle external pressures shows an almost 90% increase from before COVID.
- Positive emotional communications and interactions (Emotional Dialogue) improved even more dramatically since 2020 than before COVID -- a 488% increase! This positive emotional outcome is especially noteworthy since building positive parent/child relationships is such an important protective factor for children.
- Supporting parents to help their children learn and build their confidence. This area increased over 100% since before COVID.

*Significantly helping parents gain capacity and model self-control - supporting their children to self-regulate and respond to positive discipline. We see a 40% increase in this area since COVID.

Our Best Start for Justice-Involved Families report (also with general family programme results) is available upon request.

CCWF continues to use a weekly series of 10 to 12 one-hour to 1.5-hour sessions using our Caregiver Handbook, and providing parents with children 5-12 years old with our Children's SEL Activity Booklet as well.

2022 Best Start/ICDP-USA Statistics:

- Number of 2022 Parents/Caregivers in Parent Learning Groups/Coaching = 187 [Year-to-Date 2,116]
- Number of 2022 Children served = 419 (direct/indirect via Parents/Professionals) [Year-to-Date 5,626, conservative estimate]
- Number of 2022 Professionals/University Students Trained = 95 [Year-to-Date 775].

CANADA

In 2022, 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.”



Photo: facilitators during virtual training

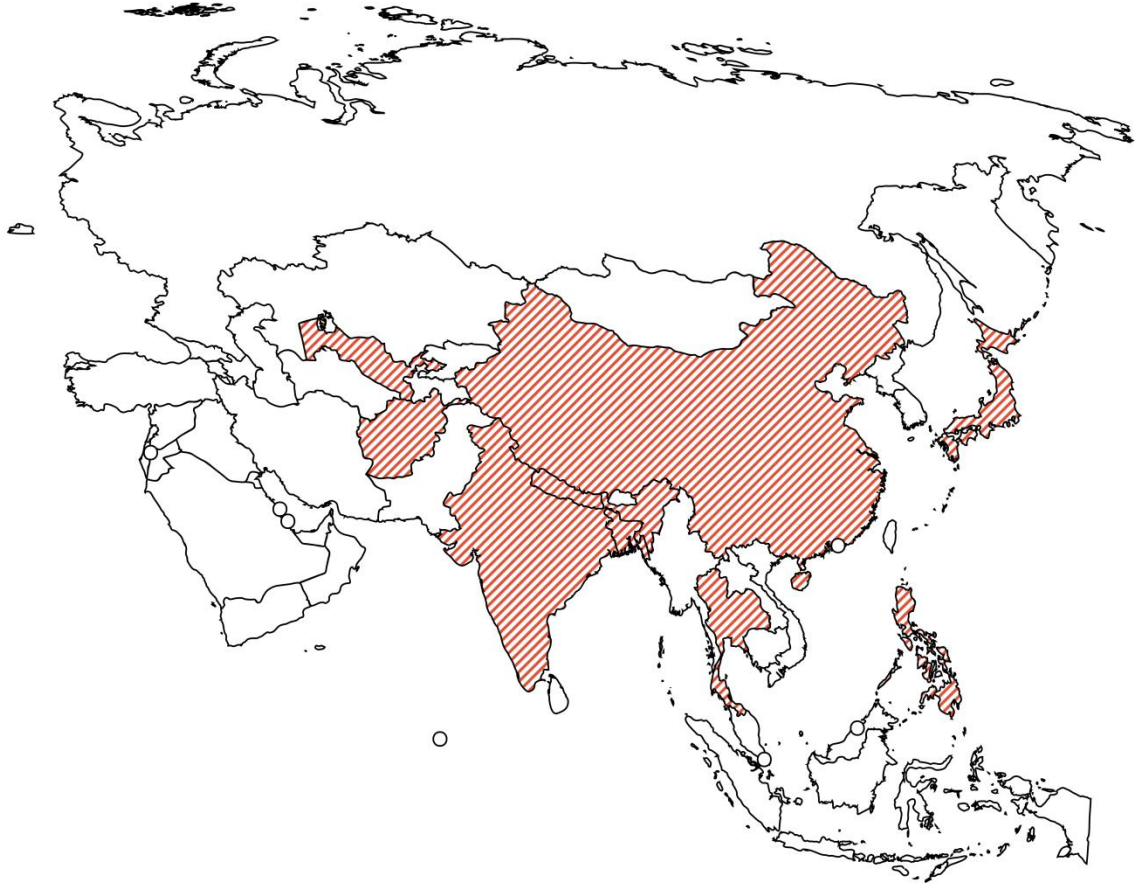
Another positive result of this work was that 10 individuals registered themselves for ICDP Facilitator level online training.

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, ICDP trainer.



ICDP in Asia



Japan,

China,

India,

Nepal,

Philippines,

Bangladesh,

Uzbekistan,

Afghanistan,

Thailand

JAPAN

In 2011 and 2012, two people received ICDP training: Hitoshi Maeshima, a doctor by profession, and Setsuko Kobayashi, a psychotherapist. They completed the process to become ICDP certified trainers. Since then, they have been conducting parent groups in Tokyo and other areas of the country. In Tomecho, Tome-City, Miyagi prefecture, in the Tohoku region on the Honshu Island, the ICDP meetings were held in the aftermath of an earthquake and tsunami that caused a humanitarian crisis. From 2019 onwards, they started to apply ICDP with groups of caregivers of older people. The participants of their workshops said that they benefited from the programme and as a result have a warmer and more efficient relationship with the older people in their care.

❖ [ICDP Japan homepage](#)

In 2021, the ICDP programme was introduced in the Higashi MikataHoikuen nursery school. The nursery is located in the Hamamatsu (浜松市, Hamamatsu-shi) city in western Shizuoka Prefecture. Link to the nursery website: [ひがしみかた保育園 \(h-mikata.com\)](#). The first ICDP visit to the nursery took place on 14th of July 2021 – during this visit Hitoshi Maeshima started the training of the nursery teachers and this continued throughout the autumn.”

2022, update by Hitoshi Maeshima:

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.

On one occasion, 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. With the staff we exchanged views how to respond to this child. They 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”

CHINA

In the period between 2015 and 2019, the ICDP programme was a major part of a project called "Breaking the circle of leaving children – to reduce the numbers of children that are left by their parents and to improve the quality of life for children". This project represented a cooperation between ICDP, the Women's Federation Zhaotong, the Xishuangbanna Legal Aid Centre and the Shincon Kunming Rep Office. It was supported by the Norwegian government development funds, with matching funds from the Women's Federation. The ICDP training of a local team of facilitators and trainers was completed over two years. Over time this team became well established and experienced, which resulted in deciding to form the ICDP China organization. There has been steady progress and expansion in the Yunnan, Sichuan and Guizhou provinces and other areas. A total of 4655 caregivers have completed training in 2021; about 50% of trained caregivers were people from minority groups. 267 new facilitators completed training at facilitator level. 5 trainers received online training from an ICDP international trainer in 2021.

As there have been many policies and regulations relating to parenting that were published by the government in recent years, ICDP China invited a professional team to carry out research by mapping parenting courses and relevant governmental policies in China.

To make ICDP more practical and fun when training caregivers in ICDP, ICDP China developed a set of Game cards and a Game book for facilitators to use with caregivers, instead of using PPTs. These training tools were particularly helpful for

caregivers with poor education and those from minority groups.

Link to stories from China:

❖ [Read the story on icdp.info](https://www.icdp.info)



2022: 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."

INDIA

From 2004 -2016, in West Bengal, ICDP developed through the work of Professor Karl-Peter Hubbertz, with funds from the Indienhilfe organization. ICDP facilitators included social workers, teachers, health workers, medical doctors and other professionals working in child development-centers, children's homes, schools, health education or with self-help-groups of mothers.



In 2016, ICDP was contacted by Disa Sjoblom from Save the Children (SC) India office, which led to establishing cooperation. ICDP was adopted to enhance caregivers' skills as part of their Child Sensitive Social Protection (CSSP) project in the Dungarpur district, in Rajasthan. Since 2016, Disa Sjoblom and Mukesh Lath, both senior SC officers in India, have been working on fulfilling a wider vision, by initiating as well as coordinating the ICDP developments and ICDP research projects in Asia and Africa.

In 2017, Nicoletta Armstrong, trained 12 members of SC staff in Dungarpur, as ICDP facilitators and some of them went on to become ICDP trainers in 2019. The ICDP project has since then been taking place in poor villages near Dungarpur and it is based around developing improved caregiving skills in families that receive government cash support through the Cash (Palanhar) Plus programme.

After a substantial decline in the number of active cases of COVID-19 in the state in 2020, the government of Rajasthan completely withdrew the lockdown during the beginning of 2021. In 2021,

the capacity building activities were resumed and the previously trained SATHIN workers provided support to new colleagues in conducting parenting sessions. Several formats were developed for effective monitoring of the quality of facilitation in the delivery of parenting sessions: Diary of the facilitator, ICDP home visit guide and Monitoring format for the trainer to observe the facilitator's delivery of parenting sessions.

2022 update by Manish Prasad, Save the Children office in Dungarpur:

Save the Children provided ICDP training (at facilitator level) to frontline SATHIN workers of the WCD department of 26 Panchayats (Jothri-13, Kherwara-13). The training was completed in 4 phases. Mock sessions were a helpful part of training. After being trained, the SATHIN workers independently conducted parenting sessions with 166 caregivers of the Palanhar scheme, in 27 Panchayats of the project area. The 166 caregivers have 246 children (134 boys and 112 girls) in the age group of 10-15 years.

Participatory exercise with frontline workers

Post-intervention assessment of Palanhar plus:

During February 2022, parenting sessions were conducted with 128 Palanhar caregivers and life skills sessions with 177 children. After these sessions, a post-intervention assessment was conducted with caregivers and children through the globally validated tools on the social emotional learning in children and the behavior of caregivers towards their children.



An evaluation study consisting of pre and post intervention assessment exercises was carried out for treatment and control groups in 2022, over a

period of 13 months, to observe the impact of the parenting and life skills sessions on the caregivers and children. The study revealed that the children’s social-emotional learning (SEL) skills (measured on empathy, relationships, stress management, perseverance, and self-concept domains) improved for the treatment group.

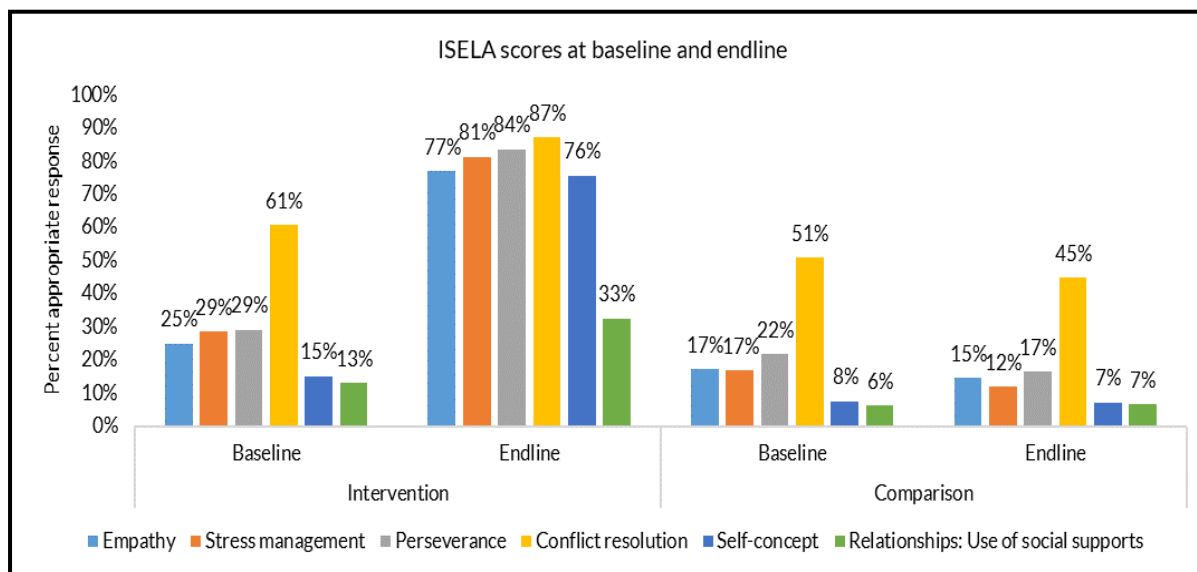
Caregivers’ interactions with their children also became more empathic and encouraging, with a decrease in maltreatment practices and increase in positive engagement in the treatment group.

Post assessment interview with a child

On the other hand, children in the control group did not show the same improvement in SEL skills. The average caregiver engagement score reported by the children shows a significant increase from 1.71 to 3.04 in a scale of 1 to 5 points, which is a clear predictor of change in the behavior of caregivers towards their children. In the study, the various forms of maltreatment were grouped in four sub-domains: non-violent discipline,

neglect. It was observed that psychological aggression (shouting, threatening, giving insulting remarks) which was used by caregivers to control their child’s behavior was reduced during the post-intervention assessment. The average psychological aggression reported by children in the pre-intervention assessment (baseline) to post-intervention assessment (endline) shows a clear decrease, which went down from 1.75 to 0.6. The physical violence measures (such as hitting, spanking, slapping) used by the caregivers also showed significant decrease, which declined from 1.21 to 0.15.

To measure the children’s social-emotional learning skills, the International Social Emotional Learning Assessment (ISELA) tool was used that covered five social-emotional learning competencies: relationships: use of social supports, self-concept, stress management, perseverance, empathy and conflict resolution. The graph below presents the change in the children’s ability towards their SEL skills.



Support of divisional commissioner to scale up Palanhar plus programme

After the successful implementation of the piloting phase of Palanhar Plus model, SC is making efforts to scale up the Palanhar plus programme in collaboration with the government department in other districts of Rajasthan. In this context, the project shared the experiences and the outcomes of the model with the divisional commissioner of

southern Rajasthan, who is the head of administration and development of six districts that come under his jurisdiction. The commissioner appreciated the Palanhar plus model, and wrote a letter to the district collectors of all the districts to extend support to SC for the implementation in their respective districts. This has helped the project to scale up the Palanhar plus model in four districts

NEPAL

ICDP activities started in 2014 when ICDP, Early Childhood Education Centre (ECEC) and HimalPartner (HP) established cooperation on piloting ICDP in Nepal. After the initial training was completed, the ICDP programme was integrated as a permanent component of the work at ECEC in Kathmandu and the ICDP Nepal organization was formed.

ICDP Nepal has a well-established format for training and its outreach is wide with hundreds of facilitators and caregivers receiving training each year. Website: <https://www.ecec.org.np/>

The focus in 2021 was on the consolidation of the ICDP programme in Nepal. Due to the positive impact of the ICDP programme the demand for it had increased. In view of this, 13 new ICDP trainers were formed from different partner organizations; the new trainers trained 39 facilitators who in turn implemented the programme with 209 community caregivers.

In 2022, the focus was on establishing partnerships with government organizations for future sustainability.

ICDP Asia Regional Conference:

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". There were 237 attendees. The objective was to network and share. Besides participants from Nepal, the conference was attended by representatives from Bangladesh, Bhutan, India, Norway and Thailand. 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.

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. A workshop on ICDP implementation strategies was led by Heidi Steel, chair of ICDP Norway. 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. 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. The conference met its objective and the participants were enthusiastic to take ICDP forward.



ICDP roll out by Save the Children Nepal

In 2017, ICDP started to train staff members from Save the Children (SC) and their partners. The ICDP programme was adapted and included as part of the Child Sensitive Social Protection Programme by SC. In 2018 a pilot assessment brought encouraging evidence. In 2021, the following research study showed extremely positive results:

- ❖ [Read the full study on icdp.info](https://www.icdp.info)



During 2021, SC scaled up the parenting programme in collaboration with local governments in 5 municipalities of 4 districts. They also started to organize separate ICDP meetings with fathers and communities. A total of 52 facilitators (Mahottari – 18, Dolakha – 17, Dhulikhel - 17) reached out to 1092 parents through 112 parents' groups (196 fathers from 23 father's groups). To support and enhance child sensitive parenting behavior among caregivers, the facilitators conducted 486 home visits to the households of caregivers. SC also collaborated with Stories of Nepal to bring the stories of parents who have adopted gentler and affirmative parenting techniques inspired by the ICDP programme:

❖ [Stories of Nepal on Facebook](#)

During 2022, a group of 99 new facilitators were formed who reached 478 caregivers, mostly mothers. There are 5 national trainers in the SC organization and their task has been to train and form ICDP facilitators who operate under local governments. Local governments in the project

areas are allocating budgets to implement and collaborate on the parenting programme. This development is resulting from them realizing the importance of the programme.

ICDP facilitators conducted training in four districts. All the facilitators were selected from local governments based on the criteria set by the project. SC, considering a sustainable approach, engaged the local governments in the process so that future local governments can take over and run the parenting sessions.

Impact evaluation study of the child grant plus parenting programme: An impact study was carried out in 2021, which was disseminated among the governments and other development stakeholders. The finding showed positive impacts:

❖ [Read the full study on savethechildren.net](#)

To read the full ICDP report by Save the Children in Nepal:

❖ [Download as PDF on icdp.info](#)

PHILIPPINES

The ICDP developments started in 2017. To ensure better child development outcomes, the ICDP programme was incorporated as a complementary intervention to Save the Children's Child Sensitive Social Protection (CSSP) programme. The ICDP training took place in Ormoc for different groups of professionals linked to the work of SC. They completed their training and also adapted the ICDP programme so that it could fit in with the needs of the local population. Eventually a new module was finalized and printed, after being tested in a research pilot project that was conducted in the region during 2018 and 2019. The results of the pilot project were positive, which helped obtain government support which continued in 2020 and 2021. SC worked in partnership with the regional government through their cash transfer programme called Pantawid Pamilyang Pilipino Programme (4Ps). It covers 20% of the population, aiming to reduce intergenerational transfer of poverty by keeping children healthy and in school through its conditionalities like school attendance, pre and post-natal care for mothers, regular check-ups for children and attendance to the monthly Family Development Session (FDS) for parents.

COVID-19 restrictions posed some challenges and the lockdowns disrupted staffs' mobility in the field. Another challenge of the project was the

typhoon, Rai that affected many parts of the Visayas region. The implementation continued through the community facilitators and the family support group (FSG) members. In 2021, a total of 136 FSG's have been formed since the introduction of the CSSP programme in 2018. The ICDP programme was able to reach a total of 3,435 parents/caregivers (F-2,710; M-725) benefiting 5,065 children (G-2,658; B-2,407).

The study conducted in 2020 – 2021, evaluated the ICDP impact on caregivers and children 3-6 yrs. It was carried out by using the ISELA (International Social and Emotional Learning Assessment) tool. There were 232 (F- 218; M- 14) parents and 232 children (F- 114; M-120) who participated in the study.

The study showed that social-emotional learning skills had improved across 4 domains on self-concept, stress management, empathy and conflict resolution among all children participants of the study.

Zenona Greed, the lead ICDP trainer and Programme Coordinator at the Ormoc office of Save the Children in the Philippines informs about activities in 2022:



The International Child Development Programme (ICDP) has been operating for some years now as part as part of the Child Sensitive Social Protection (CSSP) project run by Save the Children Philippines.

Aside from the CSSP project-funded implementing partner, MoLAHUTAY, Inc., there were other partners who were trained in the ICDP parenting programme, such as NACPHIL (National Auxilliary and Chaplaincy of the Philippines), Ormoc City Social Welfare Office, Child Development Workers of Mondragon, Northern Samar and Municipal/City Links and Social Welfare Officers of Region 8 – all have contributed to the significant increase of the CSSP project reach in 2022.

A total of 44,255 children and adults were reached directly and indirectly across the region.

228 (F-187; M – 41) individuals in Region 8 were trained as ICDP facilitators

11,502 parents/caregivers (F – 9,276; M – 2,226) across Region 8 have completed the parenting programme

1,494 men/father caregivers were covered by the parenting programme

101 family support groups (FSG) formed during the previous project have been conducting monthly

parenting refresher sessions. 32 new FSGs formed by City/Municipal Links (C/M/L) of Leyte have also been meeting regularly.

ICDP expansion to the Samar province:

The ICDP programme is still the flagship intervention of the new CSSP project in Samar which is called, “Advancing Child Sensitive Social Protection in the Philippines”. The new project is an expanded version of the previous CSSP project in Leyte province, which covered the municipalities of Villaba, Matag-ob, Kananga and Ormoc City. The municipalities of Jiabong and Calbiga in the Samar Province will be added to the project areas. The CSSP Project approaches that include the Barangay Social Protection and Related Initiatives Link (BSPRIL), ICDP parenting programme, Community Clusters for Children (3Cs) and the Youth Resilience Programme (YRP) have yielded substantial results, and therefore the same approaches will be replicated in the Samar project areas.

National scale up:

The key milestone achieved in 2022 is the adoption of ICDP by the Department of Social Welfare and Development (DSWD). On 1st of December 2022, a Memorandum of Agreement (MOA) was forged between Save the Children Philippines (SCP) and DSWD for the national scale up of the project.

The ICDP parenting programme will be implemented in 17 regions of the country and the training budget is included in the National Programme Management Office (NPMO) budgeting for 2023 – 2024. The ICDP facilitator level training of 90 people from 17 regions will start in May 2023. Out of this group, 34 people will pursue further training to become ICDP Trainers.

❖ [Read full report on icdp.info](https://www.icdp.info)

BANGLADESH

ICDP has found fertile ground in Bangladesh, where a small team of enthusiastic professionals has been developing ICDP projects since the beginning of 2019. The ICDP Bangladesh team was formed by Eli Haaland, a doctor, who first engaged with ICDP in 2018. The ICDP programme was

applied in different contexts: with students at the North South University in Dhaka; with staff at the girls’ hostel run by Basha Enterprises in Bhaluka, two hours away from Dhaka; with day care staff at Basha Enterprises; and with staff of the Children Uplift Programme (CUP). The effects of their

training were good, they managed to raise awareness and create better attitudes towards children, according to the ICDP participants' comments.

In 2021 many activities were disrupted due to COVID-19. Nevertheless, the team managed to complete facilitator level training of three groups who reached out to 209 caregivers and 425 children.

An ICDP Core Team was formed that consists of 5 members; each member is from a different partner organization. ICDP materials were translated into Bengali.

Report about activities in 2022, by Sajeda Boby, ICDP Bangladesh trainer

It has been a joy to run ICDP training in Bangladesh through the Healthy Childhood Development Programme (HCDP), a project of Normisjon Bangladesh. The testimonies of caregivers and facilitators motivate us to work.

Facilitator level training: In 2022, we were able to train 44 new facilitators. Because of COVID-19 we could not start our training in Dhaka on time. However, we were able to complete the training of 4 batches of facilitators in two locations, namely in Dhaka and Dinajpur. In addition, two candidates completed their training and became ICDP trainers.

Gatherings for facilitators: Another important activity was to organize meetings in different locations: there were 3 regional and 2 annual facilitator gatherings. In these gatherings we gave out updated materials to the facilitators and encouraged them to run caregiver groups. As a result, facilitators became motivated to run new caregiver groups.



Caregiver level training: In total 45 caregiver groups operated in 2022.

Additional four caregiver groups were started in 2022 and will continue in 2023. In addition to the previously trained facilitators, the new facilitators also ran caregiver groups. In total 293 caregivers received ICDP training and 799 children were touched by this training.

We work with different partner organizations who offer services to low-income families. We frequently meet with the leaders of our partner organizations and we discuss together about the progress of the ICDP training. They give us their valuable suggestions. Currently we have seven partners. All the partner organizations have certified facilitators who run caregiver groups among their beneficiaries.

New materials: We produced many new photos related to ICDP content and we made short video clips illustrating the eight ICDP guidelines for good interaction. These photos and videos will be used in the communities where people are illiterate. We also made a video in the Bengali language. The video was made to reflect Bengali cultural context and our local Bengali family was cast on the video.

Nasima's story

Nasima (26) lives and is employed as a seamstress at a women's centre in Dhaka, Basha. She was rescued from human trafficking. She has two children; a schoolgirl and a baby boy. Although the three were rescued from the streets, they were still trapped in a cycle of violence. But then Nasima joined an ICDP caregiver group. Nasima used to beat her children. Beating children came naturally to Nasima because she herself grew up like this, like most children in Bangladesh. As an adult, she had lived through many experiences that made it difficult for her act in a positive way towards her children.

"In the past, my children were of no value to me, and I could not take good care of them, says Nasima. Everything changed after this course. I began to see I was wrong and realized that my children's value. I started helping my daughter with her homework. Now when my daughter wants something, I can't afford, I explain why I can't give it to her, instead of hitting her, like I used to do."

UZBEKISTAN

ICDP developments started in 2020 when ICDP established an agreement for training and cooperation with the Happy Start preschool in Tashkent. By March 2021, two preschool professionals Magdalena Bronnstrom and Valentina Ten, became ICDP certified facilitators in Tashkent. During the year, they trained parents and teachers working at Happy Start in the ICDP programme at caregiver level through regular weekly meetings over several months. ICDP was well received at Happy Start and the feedback from teachers, as well as parents, was positive.

In the second phase during 2022, new groups of facilitators were trained both at Happy Start preschool in Tashkent and in the newly established learning centre in the town of Sirdaya. More parents participated in ICDP training, which was conducted by preschool teachers who had become ICDP facilitators. Magdalena Bronnstrom and Valentina Ten gained a lot of experience working as trainee trainers and forming new facilitators. They completed the practical aspects of their training by the end of the year, showing to be very competent and committed.



Photo: Parents attending the ICDP course

Feedback from parents:

I noticed changes in my children after the ICDP programme. An emotional connection with the child has been restored. My child shows more trust in me.

I noticed a change in my family. The atmosphere became friendly. There is hope for a happy relationship.

After the ICDP programme I started going to my children's room to talk to them more often, instead of shouting my requests from the kitchen.

Thank you for this course, for your work, for your knowledge that you passed on to us, this is a great blessing for our family. This year, I have received two great miracles for me that greatly changed my life, the first – my heart healed, this can be seen even in the health tests, the second – I got the ICDP course.

My love for my child returned, I became more calm, restrained, learned to apply the right decisions during a conflict situation.

My child is less aggressive towards me, I became more patient, I started to express my emotions more toward my child; I connect more and communicate more with my child and my child started to talk more. I play more with my child and I say I am sorry to my child when I am wrong.

Feedback from staff in Happy Start preschools:

After starting with the ICDP course I can see some changes in the children in my class. They try to regulate their emotions, be patient and listen. And they share or express their feeling. It is now easier to get their attention.

After the course I am more aware of my feelings/emotion, thinking, attitude and behavior around children. I am more patient.

I see the effect of the course on the children in my class: Children became more open and trusting through my new relationship building.

I see many changes within myself: It has become much easier to build relationships not only with children, but also with loved ones, relatives and friends.

I became more tolerant, began to change my attitude towards people around me.

I have less condemnation and irritation in me. I began to understand children more and ask more questions about their condition.



One discovery that I made thanks to the ICDP programme is that a teacher should not only give knowledge, but help the child in the development

of his or her personality. A teacher can become a very close friend to a child.

I have ceased to be afraid of the unpredictable behavior of children, because now I have a tool, I know how to react, what needs to be applied so that there are no unpleasant consequences.

I have seen changes in myself - that I became calmer, softer, began to understand children more; I began to see, experience and feel their problems and concerns. I respond to their initiatives more. And also I have seen changes in my class: We began to understand each other; the children tell their secrets, there is a friendly atmosphere in the classroom. While there is no chaos, the children have become more obedient, they remember information better, and they develop comprehensively.

I have seen changes in myself: I became interested in the desires of children. I learned how important it is to show your love, emotions and speak encouraging words. I stopped with excessive strictness. I learned that children are individuals and it really became easier to work

AFGHANISTAN

ICDP began developing in 2019.

The International Assistance Mission (IAM), a non-profit Christian development non-governmental organization working in Afghanistan since 1966 was instrumental for bringing the programme to Afghanistan. A small team of health professionals was trained as ICDP facilitators over the course of that year by Nicoletta Armstrong.

The newly trained facilitators started to run ICDP courses with some members of their health teams,

but after several months the training had to be stopped due to COVID-19. After a one-year break caused by the pandemic, the training was resumed since June 2021. It is organized and conducted by Fattah Najm for participants comprised of mental health professionals working at IAM, in the town of Herat. The ICDP programme had a strong impact on its participants. Success story from Afghanistan:

❖ [Read on icdp.info](https://www.icdp.info)

THAILAND

In 2022, Solveig Kristina Frivold, the mental health coordinator for Himal Partner in East Asia, became engaged with organizing the start-up of ICDP in Thailand. Close ties were established with ICDP in Nepal. It was agreed, that on behalf of ICDP international, a team of trainers from ECEC/ ICDP Nepal will start the process of training, with the aim of forming a team of facilitators in Thailand.



The first workshop was conducted in September and the second was held in October 2022. Participants included 13 professionals who were selected from different local organizations and

after the workshops they conducted 8 ICDP meetings with different groups of caregivers: there was one Burmese speaking group of caregivers who attended the ICDP course in Mae Sot; in Bangkok there were 2 Thai speaking caregiver groups, and two were held in Chiang Mai. There was also one English speaking group of caregivers and they were trained in Chiang Mai. ICDP materials were translated into Thai and Burmese languages.

An ICDP committee was established who forged links with other local organizations. First steps were undertaken aimed at forming ICDP Thailand in 2023.

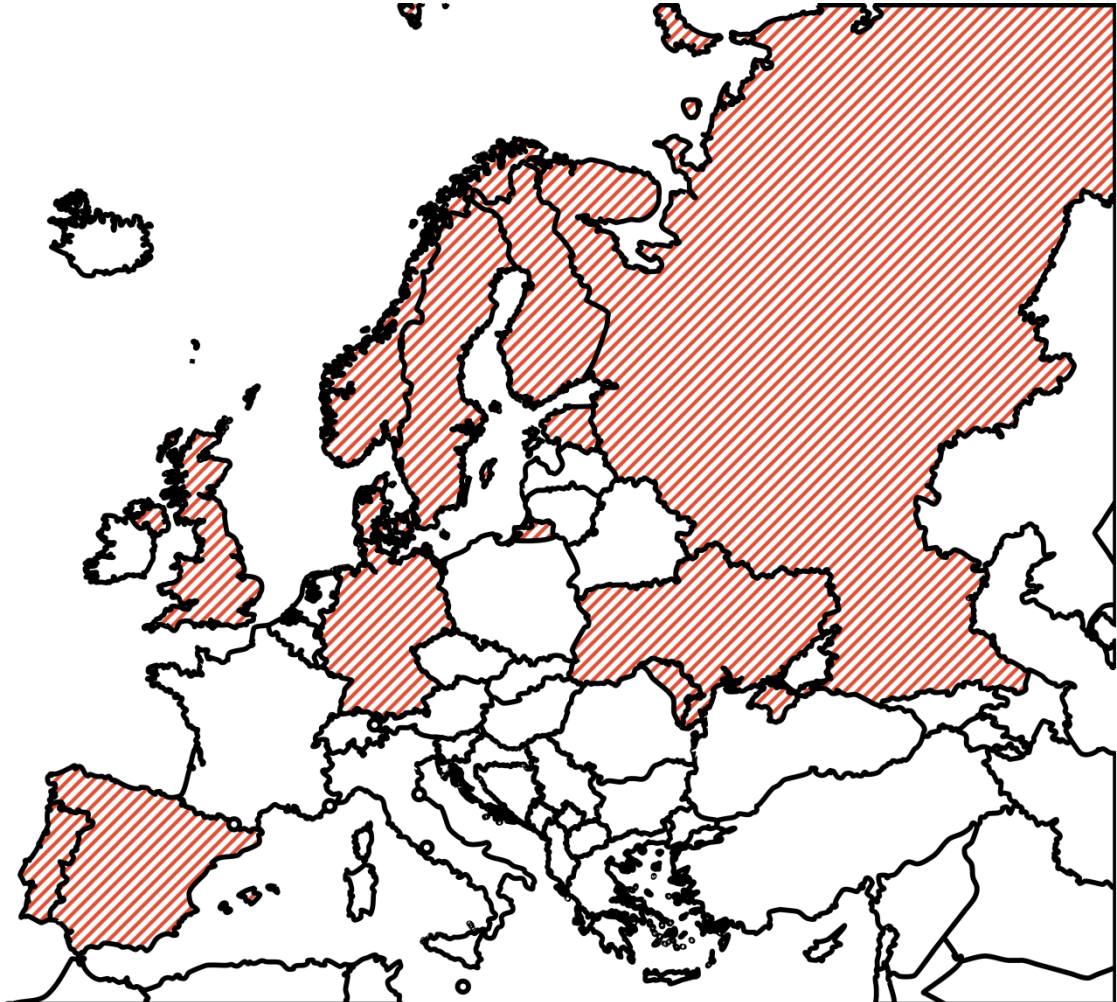
Sponsorship for the initial training came from Himal Partner but later, when the enthusiasm for the programme grew, some of the participants reached out to their own churches and secured funding for the remainder of the facilitator level training. The additional funding received came from The Evangelical Covenant Church, Illinois and University Covenant Church in Davis, California.

Watch this brief video featuring ICDP Thailand:

❖ [Watch on YouTube](#)



ICDP in Europe



England,

Denmark,

Moldova,

Spain

Portugal,

Finland,

Romania,

Norway,

Russia,

Germany,

Sweden,

Estonia,

Ukraine,

ENGLAND

ICDP chair, Nicoletta Armstrong operates from her office in London. As one of the founders of ICDP, she has been involved with ICDP developments since the beginning and it is ongoing. The focus of her work has been training abroad and maintaining links with international groups, as well as organizing and conducting ICDP workshops in England for local and international groups of professionals.

ICDP has presence at the University of Bath, where each year, new psychology students are introduced to ICDP upon the initiative by Rita Chawla-Duggan. The university is preparing a conference to take place in 2023, and Nicoletta was asked to give a presentation and conduct a workshop at this event.

In 2022 an ICDP course was carried out through cooperation with “Stafford Welcomes Refugees”

❖ [Visit their website here](#)



SWR 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 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 was conducted by Michelle MacDonald and it took place over 19 weekly sessions, both 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.

❖ [Read the summary of the project for Syrian families on icdp.info](#)

PORTUGAL

ICDP Developments started in 1982 when the Alfragide school was officially opened - and has been in action ever since. It represents the oldest and longest lasting ICDP initiative, although the actual ICDP programme was not formulated till later, the school served as experimental ground for all fundamental concepts of the ICDP programme.

The school was the brain child of Iksan and Irina Mendes, who wanted to better the lives of refugee families and their children. Their friend Karsten Hundeide became interested and obtained a 5-year grant from NORAD (the Norwegian agency for development cooperation) to start a pre-school. The school's mission was and still is 'to contribute to the social integration of vulnerable populations, refugees, risk groups and people with disabilities, and working from a community perspective'. Twenty years ago the school was renamed Roda Viva (literally Wheel that is Alive, or 'always on the go'), and today its nursery and preschool serves the Timor neighborhood in the Lisbon suburb of Amadora.

The ICDP's principles are embedded in the approach and curriculum content and parents, teachers, and assistants continue to benefit from the ongoing sensitization sessions. The school is well known with its psycho-social expertise for working with disadvantaged children and refugee families

Daniela Dinis has been running the school as its director since year 2000.

To the pre-school, the nursery was added in 2007.

The school is working with social services, and has close ties with the surrounding community.



Parents pay according to the income capacity of their family circumstances. From 2010 onwards, Roda Viva began offering various social assistance

opportunities for the families with a multidisciplinary team: they were able to give free counseling, legal advice, help with immigration issues, as well as the language, and be available to



accompany children and families to the doctor when special care or treatment was necessary.

"Due to the pandemic, in 2020 we had to close our centre for 2 months and in 2021 we had to close for another 2 months, but luckily no one in the school had caught the coronavirus. We established very strong anti-pandemic rules, which provided high levels of protection. All teachers have been vaccinated and in the latter part of 2021 our school became busy again with a lot of children attending. As things got back to some sort of normality, our school became full and, in the end, we had a very long waiting list. The ICDP programme is still at the center of our work with children of every age group and the ICDP principles continue to be our pedagogical basis. All staff is introduced to ICDP." – Daniela Dinis.

In 2022, the Roda Viva project had a staff of 18 adults, with 3 pre-school educators, 6 education assistants, a social worker, a psychologist, a speech therapist, two psychomotor therapists, a teacher for after-school classes, a teacher for the youth movement, and freelancers who come to teach capoeira, music and dance.

The extra professional therapies (psychologist, speech therapist, psychomotor therapists) and

special activities are offered for free, all part of the special care given, especially for those of the children who have special needs. It is part of the 'home in the community' aspect of the social work which Roda Viva/ASS embodies, helping the parents and the children.

A recent visitor to Roda Viva described the school as follows:

"There was so much joy and unity, focus and togetherness. In the two nursery rooms the littles ones were crawling and climbing on cushions, toddling about in small safe spaces filled with colour, and behind them one could see a sleeping room with cots. When the older children had finished their snack, they went back to their three classrooms, marked by colored doorways and hanging artwork, and in twos and threes divided into play groups at tables to draw, paint and do puzzles. They were at home, busy, happily involved with each other, and there was a buzz of concentration and positive energy."

There are 144 children at present, 86 in the two nurseries and 48 sharing the several preschool rooms. Almost all the children at Roda Viva come from refugee and immigrant families, many from Portugal's former colonies, Angola, Timor, Mozambique, and Cap Verde, and there are also now four refugee children from the Ukraine. The nursery is free for the parents, and although the government does continue to pay some monthly fees for the pre-school children, this is not enough to cover the basics of maintaining the building, school supplies, or, most importantly, the salaries of the staff.

On some afternoons as many as 30 youth between the ages of 12-18 also come to take classes (mostly in dance and music) or to meet, play football or other sports. Many of those who keep coming, as

teenagers, and later as assistants, were at one time the young ones who had spent their early lives growing up at the school.

In December 2022 the Director of Social Services in Lisbon visited Roda Viva and offered to adapt the school's legal description with a new agreement which would include the special therapies offered and so expand the project's current outreach into the community to include other groups, as well as older people who would be able to attend classes and access the therapies in the 'new' community centre.



In these past years Roda Viva has earned three good practices awards related to mental health care for children and parents and workers (through the free therapies it offers); for its bylaws which accord with childhood protection laws and train workers to see signs of child abuse; and for its quality standards of care.

NORWAY

Between 1991-1992, Professor Karsten Hundeide, founder and chair of ICDP for 19 years (1992-2011), led an ICDP research project linked to health stations in Bergen, which showed positive results on parents. This opened doors to many subsequent ICDP initiatives in different areas, including preschools, schools, child protection, health, prisons, asylum seekers and minority groups. In 1996, ICDP started to be involved in different training programs funded by the Ministry for Children, Youth and Families Affairs and eventually in 2005, ICDP was incorporated as permanent and nationwide programme run by the Ministry – which is still ongoing.

ICDP had presence for years at the University of Oslo, through the Special Needs department, where one of the ICDP founders, Professor Henning Rye introduced ICDP into the curriculum

of master studies, in 2010.

ICDP Norway was formed in 2006, as a separate organization from the ICDP Foundation.

Several trainers, linked to ICDP Norway, cooperate with ICDP Foundation on projects outside Norway.

In 2021, ICDP Norway became an association and held its first annual meeting on 10 June 2021. The chair is Heidi Steel. In the same year, the evaluation of the ICDP standard version by the Norwegian Public Health Institute showed positive outcomes. The study concluded that participation in parental guidance groups leads to increased coping in parenting and an improved relationship between parents and children

❖ [Read the study at fhi.no \(in Norwegian\)](#)



ICDP Norway and the VID Specialized University have been cooperating with the nursing home for older people called “Grefsenhjemmet” situated in Oslo, since 2018. By the end of 2022, more than 70 nursing staff members have participated in ICDP courses. According to one of the nursing home leaders, ICDP has helped their international nursing staff access many valuable relational competencies that enriched and enhanced the care provided to home residents.

The photo shows 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.

The Norwegian Directorate for Children, Youth and Family Affairs (Bufdir) initiated a study 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 administrated before and after ICDP and 4 months after completing the intervention. The ICDP groups were recruited from across Norway during the period from January 2017 until October 2020, and data were collected

by May 2021. In October 2022 the results of the RCT study, called *Effectiveness of the International Child Development Programme: Results from a randomized controlled trial*, was published in the journal "Child and Family Social Work".

❖ [Read the full article on icdp.info](https://www.icdp.info)

ICDP Norway 2022 report:

2022 is the year we have had the privilege to follow our brave ICDP colleagues from Ukraine in the horrors they are living in.

- The Haugerud project – testing an integrated parenting support programme as a collaboration between the Alnadistrict administration, religious communities (mosque and church), sports association and the volunteer centre. After the project application was submitted, the police, local primary and secondary schools, clubs and other mosques have also shown interest.
- ICDP for parents with disabled children– revision and piloting
- ICDP in kindergartens – follow-up through webinars and revised project plans after not receiving funding.
- Working on the concept of ICDP Norway's facilitator training
- Continue developing ICDP Norway's webinars and forums
- Signed a cooperation agreement with the cross-cultural programme Flexid.
- In the collaboration with Spiss-kompetansemiljøet (SKM) for parental support in BUFetat this year we have pursued the following issues: certification criteria, the ICDP youth version, follow-up of the FHI-study, concept for digital parent groups, translation and the Nordic conference2023.
- Nordic ICDP Conference 2023 in Oslo.
- Assessing the possibility of getting an international ICDP research project.
- Participation at the first Asian ICDP Conference in Nepal. ICDP Norway gave a presentation on implementation.
- Support and follow up of ICDP trainers from Ukraine.
- Assessing ICDP in relation to Ukrainian refugees to Norway. Several attempts to fundraise for ICDP work in Ukraine and Iraq, without result so far.
- Presentation on ICDP to several development organisations.
- Participated in the Nordic MHPSS (global mental health and psycho-social support) conference in Copenhagen, giving an ICDP presentation.
- Visit to ICDP in Denmark

ICDP Norway continues to work towards a more sustainable and differentiated financial situation. We continue to take on training assignments for SKM and other public bodies, and we offer

The understanding of the need for parenting programs is on the rise. ICDP Norway's focus has been on implementation. We have listened to implementation stories from across our country and around the world through conversations, webinars, and forums. We are assessing how ICDP can go deeper and reach further. We have promoted ICDP, developed project ideas and have mentored projects in Norway, as well as internationally. The most important projects and activities were the following:

facilitator training through ICDP Norway. We have opened for private donations and continue to seek project funding-

SWEDEN

ICDP Sweden (<https://www.icdp.se/>) has been going from strength to strength since it was registered in 2000. ICDP was initially implemented within the health services for families with young children, child protection services, preschools and schools; some work was also carried out within institutions for psychiatric services for children and youth with severe psychosocial problems.

In 2007, ICDP in Sweden was accepted as a programme which works towards the implementation of 'The Convention of the Rights of the Child' and ICDP Sweden is a member of The Swedish Network for 'The Convention of the Rights of the Child'.

In 2008, a group of professionals working in the area of geriatric care received training in ICDP, thus extending the ICDP work to a new area.

From 2010 onwards, ICDP in Sweden started working more extensively in the area of evaluation.

Due to the steady increase in the scope of ICDP activities, ICDP Sweden started to hire existing trainers for new assignments. Over the years, the programme found very wide application with professionals from all key networks for children, with regular network meetings and refresher workshops for many hundreds of facilitators that are trained each year.

2022 report by ICDP Sweden chair, Veronica Kindbom:

2022 has been a year when the board in ICDP Sweden has changed chair, and Annelie Waldau Bergman, who has done such a competent and brilliant job as chair for more than 20 years, since the start in Sweden, has given that place to Veronica Kindbom who took over in June 2022. We are all so thankful to Annelie for her most competent, sensitive and dedicated work for ICDP and for children for so many years! The ICDP

work in Sweden has during 2022 slowly picked up from where it was before the pandemic. The trainings have started up with physical presence again, though the trainer level education is still using both digital and physical meetings with good results. In November we arranged the yearly meeting with our facilitators digitally, so as many as possible could participate. Our trainers all over Sweden have been very active and done a great job in educating over 100 new facilitators and over 300 caregivers. During the spring 12 new facilitators finished their education and another 17 started their facilitator education during 2022.

The work on our homepage has been progressing, and the board decided to invest in a completely new homepage that hopefully will be ready during the spring 2023. The work on closer cooperation with our facilitators is still going on.

Together with a facilitator in the city of Jönköping, and of course inspired by the work in Norway., Stiftelsen ICDP Sweden adapted the programme to better fit in with our new inhabitants, parents from other countries. A fifth day of education for our trainers will be offered during spring 2023. The education will give some extra tools to our trainers to meet the parents arriving to a new country in a sensitive and more profound way. We are really looking forward to this!

During 2022 we have also invested a great deal of effort in making new booklets. The work with the new booklet :

"Praktisk tillämpning av barnkonventionen" ("Practical application of the Convention on the Rights of the Child") was finished during the autumn of 2022 and it was presented at our yearly meeting with facilitators in November. The booklet is now used in all our trainings. In 2022 the process of making a couple of more booklets had started and these will hopefully be ready in 2023.

ICDP Sweden is in an inspiring and developing phase, and we are really looking forward to 2023!

DENMARK

The first ICDP developments took place in 1999 and after several years, ICDP became the professional framework used to encourage teachers to broaden their outlook and replace the individual perspective of the child with a relational perspective. Through sensitive reflection and peer feedback participants of the ICDP projects analyse the power and energy embedded in relationships. The evaluations have shown that the participants experienced ICDP as meaningful “technical support for the invisible, but real pedagogical work which increased the level of professionalism, as well as the joy of working. The ICDP approach was applied in many Danish kindergartens and schools across the country. ICDP has given exclusive right to only 3 organizations to offer certified courses in ICDP:

- ❖ [UCN act2learn \(University College North\)](#)
- ❖ [Dansk Center for ICDP](#)
- ❖ [Institut for Relations Psykologi](#)

Altogether, the 3 institutes have been training around 1000 professionals each year, including teachers, social-workers, pedagogues, educators, managers, a wide range of psychologists and therapists, as well as families. ICDP was approved by the Danish state as a method of working with professional relational competence. As a result, it is now easier to obtain government funding.

University College Northern Jutland (UCN)

In 2021, the ICDP work at the (UCN) was greatly affected by COVID-19, with many cancellations and postponements of activities. ICDP courses primarily targeted professionals working with children aged 0-6 (children in nursery, daycare and kindergarten).

2022: Report below is based on information from Heidi Trude Holm:

During 2022, we rediscovered our preferred way of teaching in ICDP – namely physical classroom teaching. Fortunately, Covid 19 barely affected 2022 in terms of our teaching activities.

In 2021, we worked continuously on rewriting and improving our “ICDP tools”. We reformulated these and had them printed for use in ICDP

teaching, starting from January 2022. Our teachers and trainers use these materials in all ICDP classes.

New posters have also been made for our work in different areas: ICDP daycare, ICDP school and youth, ICDP for adults and people with disabilities, and ICDP in elderly care.

The primary students in our ICDP teaching activities in 2022 were daycare staff working with children aged 0-6 yrs.

In addition to this, during the year, ICDP has been included in training sessions on parental guidance, and on implementation in institutions and municipalities.

The implementation of ICDP we found difficult when it is done without clear leadership and municipal support. Therefore, our aim is to help and teach our partners in institutions and municipalities by focusing on knowledge and structures that increase the possibilities for transfer and implementation – based on Hundeide’s framework for implementation in combination with the newest research in organizational development.

We held two annual meetings with the ICDP trainers who are affiliated to UCN.

In 2022, we held both an online and a workshop in person for our ICDP trainers. The days always consist of a mix of experience sharing on ICDP and professional presentations.

In the spring of 2022 at our Trainers’ Day (held online), we discussed the “evidence concept” and “effect studies” in relation to existing ICDP research.

In the autumn of 2022 at our second Trainers’ Day, we had a full day together where we discussed ICDP in relation to low arousal and recognition. We ended the day by discussing the topic of “how to” best carry out the implementation of ICDP. In 2023, the teachers’ team will be working on designing a new course for school employees.

Episode 26 – ICDP

Podcast: POP is a podcast series developed by act2learn Pedagogy and learning at the University of Applied Sciences UCN. Through its episodes POP shares knowledge and experience gained in daycare, school and education. Heidi Trude Holm and Anne Hejgaard presented ICDP in e podcast Episode 26.



The Institute of Relational Psychology

In 2021 the institute focused on ICDP with less pandemic restrictions and continued working with Save the Children organization. ICDP training was given to teachers at schools in direct contact with refugee families. The programme was found meaningful both in direct interactions with children and also with the refugee parents. Several daycare centers worked on creating a link between the pedagogical themes and the ICDP programme, and the Institute helped the development through ICDP training. Since 2020 ICDP has been applied in one of the Turning Tables projects. Turning Tables is a global non-governmental organization working to empower marginalized youth. ICDP proved to impact positively on participants' interaction with young people.

The Danish Centre for ICDP

In 2021 they produced a comprehensive report:

- ❖ [Read the report on icdp.info](https://www.icdp.info)

2022 was another busy and very fruitful year for the Danish Centre for ICDP, as their annual report demonstrates:

- ❖ [Read the report on icdp.info](https://www.icdp.info)



From their report:

In the Danish Center for ICDP, we have developed a good new rhythm in the area of management. Anne Linder continues to keep her primary focus in the field of development and provides supervision and support to the 35 active trainees. Jens Linder has settled in well in his new job as manager and ensures the smooth running of the many day-to-day tasks at the Centre.

In addition, he is the key person responsible for the development of two new digital platforms; one is designed for courses and the other one is for parents. The development of the digital platforms had taken up a lot of our resources throughout the year. We are proud to have presented our course platform Relatuz in an updated design. Both trainers and users say the platform is easy to access and supports video analysis and other teaching material. In 2022, we have trained 725 persons at ICDP level 1; 68 persons to ICDP level 2 and at level 3, we have 3 new trainers. With the new capacity in the management of ICDP, we can now purposefully focus on new development projects. The goal of all projects is to spread and quality-assure the ICDP mindset. At the beginning of the year 2023 we will continue to work with ICDP parents on the digital platform called, *the Danish Center for Relations*. On this platform, parents are offered knowledge about interaction – they are shown video sequences, animated films and receive guidance or teaching in groups. Furthermore, we are rounding off the work regarding the Certification of Institutions – where we also expect to provide a financial return to ICDP International. Among other new developments planned for 2023, we are working on publishing a material case for teachers; the idea is that via ICDP, they can strengthen the community and well-being in the class. During spring 2023, we will be publishing a new book called *ICDP and Leadership*, as well as a new booklet *ICDP and the Children's Convention*.

FINLAND

In 2011, Klara Shauman Alhberg a psychologist at the Anchor House Family Centre in Pargas, near Åbo, situated on the archipelago in the south east of Finland, brought ICDP to Finland. The training of a first group of her colleagues including, psychologists, teachers, pedagogues, and family workers was carried out in cooperation with ICDP Sweden in 2011, whereas the developments in Kotka (training staff from the Association of Mother and Child Homes and Shelters, A-Clinic Foundation and the Finnish Blue Ribbon) were initiated in cooperation with Nicoletta Armstrong from the ICDP Foundation. The Federation is a non-profit NGO that aids victims of domestic violence, works on child abuse prevention and helps expectant mothers suffering from substance abuse.

❖ www.ensijaturvakotienliitto.fi

Due to increasing demands for training, ICDP Finland was registered in 2012 and the work has been ongoing ever since. ICDP has presence in the North and South of Finland, in schools, day cares, through social family work and mother-infant rehabilitation.

The ICDP Finnish Association has a registered and active website www.icdp.fi and is also active on social media, mainly Facebook and Instagram.



Report 2022 by Petra Zilliacus:

ICDP Finland is proud to present the year of 2022 as one of the most expansive years during our 10-year history. The Federation of Mother and Child Homes and Shelters in Finland, ETKL, has educated

nine new trainers with Nicoletta Armstrong as trainer.

All in all, our new and old trainers have completed six Basic Trainings with a total of 66 graduates and two facilitator trainings resulting in 17 new facilitators.

ICDP Finland has also conducted an ICDP bilingual kick-off day for the entire day care personnel in the county of Inkoo.

In the field of Finnish research two papers were produced addressing ICDP: One by Melissa Matjus at Novia University of Applied Sciences, addressed ICDP as a programme based on attachment and a Master's thesis by Katri Kvick at the Eastern University in Finland was about parents' perspective on ICDP as a parent support



programme.

In addition to the many trainings, the ICDP Finland Association has conducted virtual ICDP coffee breaks for members every first Thursday of the month, arranged an ICDP New and Old Educators Day for mutual inspiring, and offered a free "Magical ICDP"- webinar for anyone curious about how ICDP can serve people and organizations in different ways.

The photo shows attendees of a virtual meeting. From the COVID times we learned to meet virtually and the ICDP morning coffee meetings once a month are something we have continued with, even though the restrictions are lifted. This is a great way to check in with old and new members and share the ICDP spirit

RUSSIA

ICDP activities in Russia started in Arhangelsk, in April 1997, in cooperation with Save the Children Sweden, as a two-year competence building programme for staff in children homes. In the period between 2001-2003, a new project was initiated in the municipality of Novodvinsk, located north of Archangelsk city, based on previous collaboration in the field of early intervention. A team from the Early Intervention Institute (EII) in St. Petersburg became involved and they also translated and published the ICDP materials in Russian. Their professionals received ICDP training and implemented the ICDP programme with families and children till 2009. In 2014, the EII in St. Petersburg re-established contact with ICDP and a series of workshops were conducted to train new teams in 2014, 2015 and 2016.

In 2012, ICDP established cooperation with Oksana Isaeva, psychologist and Associate professor, at the Higher School of Economics, Nizhniy Novgorod and psychologist Natalia Dunaeva. Over the next couple of years they received training and both became ICDP trainers – they have been actively training others in ICDP ever since.

2022:

During 2022 the ICDP programme was implemented on the premises of the Lada Family Centre (LFC) in the town of Nizhniy Novgorod.

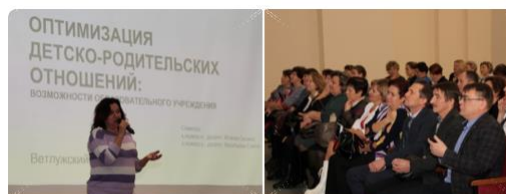
The parent groups were conducted by specialists



from the LFC, together with the certified ICDP facilitators. The training was conducted throughout the calendar year. There were 8 study groups with 51 parents.

Activities in the Nizhny Novgorod Region:

The ICDP programme was presented at the VI Regional Gathering of Young Families. This event was held at the Solovy Estate, and it took place in August.



Twenty specialists at the Umka Centre in Chkalovsk received training in ICDP during October 2022.

In November 2022, an intensive course called "Optimization of parent-child relations: opportunities and limitations of educational organizations", took place in the Vetluzhskaya secondary school, situated in the Nizhniy Novgorod region. Oksana Isaeva presented the work of ICDP and the content of its programme to 200 specialists of the Krasny Baki district.

Information about the work of ICDP Russia can be found on the following page:

❖ [ICDP page on VK.com](#)

ESTONIA

A project called “ICDP parent-facilitator training to improve the social skills of parents in the neighborhood” formed a group of ICDP Facilitators in the Tapa municipality. This project built on a longstanding cooperation between Estonian municipalities and the Estonian Association of Central Norway. It was spearheaded by ICDP trainer Grete Hyldmo, the headmistress at Queen Maud Memorial Preschool in Trondheim, Norway. The ICDP training for 10 preschool staff started in December 2019 and was very successfully accomplished in 2020. There were exchange visits to Norway and online training sessions, as well as workshops in person. In addition to the Estonian group there were also two Russian participants,

who all completed their training and applied ICDP in Narva with Russian ethnic groups.

Since then, three ICDP groups were trained linked to the kindergarten Pispõnn in Tapa, from October to November 2021. It was planned for the spring, but due to the pandemic it was postponed to autumn. The two ICDP facilitators who are active in the poor area of Narva, worked hard to provide healthy meals and joyful activities to the kindergarten children during the pandemic. In 2022, Grete Hyldmo was unable to travel to Estonia, but kept in touch with the team who continued to implement the programme; she hopes to go on a support visit in 2023.

MOLDOVA

In 2002, the Centre of Early Intervention (CEI) Services Voinicel (<https://voinicel.md/>) was founded in Chisinau, Moldova, with the help of the Norwegian non-governmental organization Ahead-Moldova. The need for family-based intervention was identified in order to address the high rate of abandoned children with disabilities in four orphanages, resulting from a lack of services for families with children at risk of developmental disorders, as well as those with identified disabilities. The ICDP programme was introduced in 2012 and it has been used on an ongoing basis, since then. Marina Kalak (pediatrician), Ala Bendrerchi (speech therapist) and Mariana Jalba (child neurologist) apply ICDP through their work with parents and children at the Centre. Sylvia Briabin (psychologist) moved in 2018 to Romania.

“In 2021 we continued to train a group to become ICDP facilitators; participants came from different districts. We had to reorganize the mode of training to do it in an online format. It was quite

challenging but we did it! Furthermore, we succeeded to do it interactively and to make it “lively”. One of the adaptations included extending the second module to make sure all the participants internalized the ICDP ideas. Due to the pandemic, not all participants had possibility to organize meetings with group of parents; however, they managed to perform the necessary number of meetings, either in group or individually. As a result, we now have 12 new ICDP facilitators in different districts and most of them work with less able children.

We continue to implement ICDP through our own work at the Voinicel Center as well. This programme became extremely important in these very difficult times. We extended our training activities to Transnistria region in 2022. Despite the pandemic and its many challenges, we had a new great experience in implementing ICDP in Moldova”. – Marina Jalba.

ROMANIA

The first activities took place at the University of Iasi in 1993, when ICDP training was given to professionals and students.

After a long gap, ICDP was active again in the period 2014-2016, this time in Bacau, through cooperation with the SOS Children's Villages, when it was implemented as part of the intervention project aimed at mobilizing community members and public authorities towards actions that will reduce inequalities and violence against children. ICDP project activities targeted specialists working with children and parents, with the intention of enriching their knowledge and enhancing their care-giving skills. SOS also signed new partnerships with schools and day care centers, where the training ICDP was given free of charge.

In 2015, ICDP cooperation was established with the Norwegian Church Aid and Fundatia Umanitara Pacea. FUP is a non-political NGO founded in 2000 by the Franciscan order in Bacau and it was set up to assist poor and marginalized people with a special focus on providing education opportunities for children and young people. FUP has highly qualified employees and volunteers.

Assistance is offered to about 1200 poor people (94% are from the Roma ethnic group). FUP has proved over the years capable of both empowering the families and also challenging the Municipality of Roman to commit and take responsibility to improve their living conditions and their access to public education system. The whole ICDP training programme was implemented over a period of two years that formed ICDP facilitators and ICDP trainers within the FUP organization. A group of facilitators was also formed who work in Bucharest and Bacau.

Father Lucian from FUP explains about the situation: *"After the project funding finished FUP facilitators continued applying the ICDP programme in parents' meetings that are held for the parents of the children that attend FUP's educational programme. Unfortunately, there is a lot less activity due to the post pandemic situation. In addition, I tried to propose the ICDP programme to the regional department for education, thinking that it could be implemented for teachers from kindergarten and primary schools, but until now, this has not happened. I hope that the situation will change soon!"*

GERMANY

In 2017, psychologist Rita Crecelius began her work on developing ICDP in Germany and in 2018 she successfully ran her first parent group in Hameln. At the same time, one of the main emphases of her work has been on awareness raising about ICDP by giving talks and lectures on the programme. During 2021, ICDP became known to more day-cares in Germany, whose staff received training in the ICDP programme. The Impuls Soziales Management started an ICDP pilot project in their "Kinderhaus FrechDaxe" day-care, which proved very successful.

❖ [Link to Rita's website](#)

During the year 2022 Rita focused on establishing new cooperations and making plans for ICDP training to take place in 2023.

In 2022, one of the two leaders of the "Kinderhaus Frech Daxe" quit and the whole Impulse management was changed and thus ICDP lost its previously established supporters. During these changes in the Kinderhaus, the 50 staff continuously expressed their wish to keep on working with ICDP - in the organizational turmoil,



EIN STUDIEN TAG FÜR DIE SEELE
Stressabbau durch Positive Interaktion in KiTa und Krippe

DAS ANGEBOT
Ein Studientag für die Seele
Stressabbau durch Positive Interaktion in KiTa und Krippe (8 Stunden)

AUSGANGSPUNKT
Kinder brauchen Co-Regulation wie die Luft zum Atmen. Wer diesen Grundsatz beherrzigt, hat den Roten Faden in der Hand, um dem Stress-Tunnel zu entkommen.

INHALTE
Stress ist nicht das, was uns passiert, sondern das, wie wir darauf reagieren.
Das Resilienz-ABC:
Achtung: Stressoren (Stress-Auslöser) erkennen
Beruhigen: Sich selbst regulieren
Co-Regulation anbieten

ZIELSETZUNG
Das Win/Win der Co-Regulation verstehen und anwenden, damit aus Krisen Chancen werden.

METHODIK
Inspirierend: Neuro-Eduktion
Informativ: Präsentationen
Anschaulich: Videosequenzen
Eindrücklich: Aha-Übungen
Praktisch: Impulse für den Alltag

• Achtung: Automatische Reaktionen auf Stressoren (Stress-Auslöser) führen uns in den Tunnel!
• Zauberwort Co-Regulation: Was es bedeutet und wie wir damit erfolgreich werden
• Co-Regulation bringt das Schwungrad der Selbstwirksamkeit in Gang



Rita Crecelius
IN MENSCHLICHKEIT WACHSEN

ICDP was a kind of anchor for them. Thus, Rita Crecelia made an offer to train their teams individually in order to establish ICDP in their daily routines. The training includes five meetings every two weeks to start with, and one meeting every three months for the ongoing support/supervision. The ICDP work will take place throughout the whole year of 2023, in order to train all the five teams. The schedule with concrete dates was established, but by the end of 2022 the financial aspects had not yet been approved by their board of directors. The plan is to start in February 2023.

Other plans for 2023 include the following:

ICDP training will continue for staff in the St. Thomas day-care in Hildesheim.

There will also be training of 45 caregivers working in the Kinderhaus Sternchen Nursery for children 0-3 years, situated close to Stuttgart.

- ❖ [Kinderhaus Sternchen on e-impuls.de](https://www.kinderhaus-sternchen.de)

Cooperation was also established with two new institutions that had shown interest in ICDP and this training work will also start in 2023:

- One is a training academy for caregivers of people with special needs. There will be a kickoff-event in April followed by two workshops in June.
- ❖ [Academy for Rehabilitation Professions \(in German\)](#)

- The other institution is “Landesvereinigung Gesundheit & Akademie für Sozialmedizin” in Hannover. It is a large institution concerned with health issues in Niedersachsen. They are running a project aimed at sustaining the health of caregivers in day-cares, as caregivers have been working under increasing pressure. Rita Crecelius made contact with the leader of this project, Mrs. Maasberg, who invited her for a presentation in May, an opportunity to establish contact with more day-cares.

- ❖ [State Association for Health & Academy for Social Medicine \(in German\)](#)

In May 2022, Rita wrote an article about the value of sensitive caregiving for keeping the pedagogical professionals healthy. Mrs. Maasberg put this article in full in her Newsletter:

- ❖ [Circular of the daycare and health network \(in German\)](#)

UKRAINE

The first developments took place in the period 1998-2003, when teams of professionals received training in Dnepropetrovsk, Kharkov, Cherkassy, Yalta, and Krivoy Rog. In Dnepropetrovsk and in Kharkov the ICDP principles were used with university students and the programme was inserted as part of the students' existing curriculum.

In 2008, ICDP presented the programme at the international conference called "Little things make big changes", held in Antratsit,. The conference was organized by the Ukrainian NGO 'Women for the Future' in cooperation with the Norwegian Peace Association. This eventually led to many new ICDP developments and the establishment of a strong team of trainers in 2013. Marianne Fresjarå Abdalla from the Norwegian Peace

Association has been supporting the ICDP team since 2013, whereas all teams in Ukraine were initially trained by Nicoletta Armstrong. Sergei Krasin and Marina Sklar, both psychologists, travelled to different parts of Ukraine, in order to give ICDP workshops. Gradually many more trainers were formed and a whole network of facilitators was established all over the country. ICDP Ukraine was formed in 2014, with Anna Krasin as chairperson and fruitful collaboration with UNICEF soon followed. After the Russian occupation of Crimea, ICDP Ukraine started to train internally displaced people (IDP). In the beginning the ICDP training was conducted by volunteers-psychologists in Slavyansk, the Donetsk region. Gradually, many groups of social workers and psychologists received ICDP training in

Kharkiv, Kiev, Zaporozhye, Dnipropetrovsk, Odessa, Vinnitsa and other cities, who in turn implemented ICDP with IDP. In the occupied Donbass and Luhansk regions, the ICDP facilitators continued their work with families.

In 2017, due to many facilitators operating in 7 cities, ICDP Ukraine appointed a Coordinating Council and Regional coordinators in Kiev, Odessa, Vinnitsa, Zaporozhye, Kramatorsk, Severodonetsk and Chernigov. The first ICDP Ukraine network conference took place in October 2018, attended by 60 facilitators from all regions.

In 2019, ICDP Ukraine trainers continued to expand the ICDP work with facilitators, parents and focused also on scientific research. ICDP was becoming increasingly popular in different regions of the country. ICDP was adapted to the Ukrainian education system and a special course was developed "Implementation of pedagogy and practice of facilitation according to the International Child Development Programme".

During the pandemic years 2020 and 2021, ICDP leaders adapted the programme for online training and supported the network of facilitators throughout this period.

Sergey and Anna Krasin, leaders of ICDP Ukraine report about developments in 2022:

2022 was very difficult year for Ukraine and very difficult for ICDP Ukraine. Trainers and facilitators found themselves working under constant stress, with many being forced to leave their homes, and some had little option but to leave the country. Nevertheless, ICDP trainers and facilitators continued conducting sessions for parents whenever it was possible for them to do so. We received support from SD Britain and ICDP foundation, which helped.

A new challenge for us was the need to support parents who experienced traumatic situations with serious emotional consequences. At the same time, the facilitators had to cope with traumas they themselves lived through.

On 23-24th of July, together with the Changing Children's Worlds Foundation (ICDP USA) we conducted a shared Ukrainian-American conference called "Practical aspects of providing psycho-social support to parents and children using ICDP methods: the experience of America and Ukraine"

❖ [Visit their website](#)

More than 70 participants took part in master classes prepared by specialists from America and Ukraine (Kimberly Svevo-Ciancsi, Diana McFarlin,

Ksenia Kozlova, Anna Krasina, Sergey Krasin, Natalia Fedak).

In November and December, trainers Anna and Sergey Krasin conducted a training module for 30 specialists from Child Friendly Spaces (CFS) run by the Caritas Ukraine Charitable Foundation. CFS represent a safe place where children can meet other children to play, learn to cope with the risks they must face on daily basis, participate in some educational activities, and relax. They are located on the premises of Caritas in different Ukrainian cities. In addition, mobile child friendly spaces are organized in areas with large numbers of newly displaced population, including internally displaced persons, especially children in need of assistance (children in shelters, community centres, tents or in open spaces in a camp or community). Nine participants of the training project for specialist working in CFS became facilitators. Zolina Sofiia, who conducts parent groups in Lviv, noted that during the war, adults became more closed, it was difficult for them to open up and talk about their feelings. In groups, parents willingly share memories of their childhood and their positive parental experience.



Demkovich Zoryana, who runs groups in Zhovkva, Lviv region, says that adults attending groups have been learning to feel happy again. She said: "During our meeting, some parents sincerely shared their experiences and anxieties. Such stories left everyone touched and in tears. Others also started sharing their thoughts about very personal experiences. For example, one mother told us about her lack of knowledge and skills in raising her son, which led to their misunderstanding each other. She shared that she now understood her own misconceptions, how she wanted her son to be a certain way without really seeing him. She rarely listened to his opinion, which, as a result, led

him to rebel and decreased his willingness to study.”

Elena Kubik from Nikolaev said that the parent groups are very emotional. Closed adults begin to open up and openly talk about their memories from their own childhood. They feel much better afterwards and start to change their attitude towards their children. They are very grateful for the ICDP groups and as a result they tend to offer more reliable support to their children during these difficult times.

LesyaKupchik from Khmelnytsky notes that the war created more conflicts between children and parents. In groups, based on the ICDP principles, together they are looking for ways out of different conflicting situations.

In Kyiv, Diana Diatchenko conducted groups for parents with or without their children. She noted that at the first meetings, the parents were very

constrained and did not show emotions. Then, adults became friends, and at the end, they did not want to leave. Children and adults enjoyed working together very much.

In the village of Oleksandrivka, in the Dnepropetrovsk region, Nesvitskaya Julia and Kravchenko Alena noticed that conducting parent-child and parent groups help adults look at their children differently, change their attitude towards their children and reduce conflicts in the family.

Parent groups, conducted by ICDP facilitators at the locations of the CFS Caritas of Ukraine, were visited by more than 70 parents who suffered from the war in Ukraine.

In February 2023, three face-to-face training groups for ICDP facilitators will be started in Dnipro, Kharkiv and Poltava.

SPAIN

In 2022, Pau Gomes, the director of the Emotional Wellbeing Area, at the Nous Cims Foundation, contacted Nicoletta Armstrong, ICDP chair to discuss possible future cooperation. He expressed interest in learning about ICDP and proposed to go on a visit to an ICDP project to observe the work of ICDP. Ultimately, he hopes that his organization will eventually be able to start ICDP projects in Spain. Like ICDP, the Nous Cims Foundation emphasizes 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.

❖ Nous Cims Foundation

Pau suggested cooperation in Colombia, a country where both Nous Cims and ICDP operate. As a first

step, ICDP organized a meeting between ICDP Colombia chair, Carmen Lucia Andreade, and Maria Chalaux and Jessica Corpas, from Nous Cims. The meeting was held in Bogota, Colombia on 16th November 2022. The essential aspects of the ICDP programme were presented, and there was a sharing of ideas about possible cooperation. Nous Cims Foundation is a private, non-profit foundation, founded in Barcelona, Spain 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.



ICDP in the Middle East



**Israel, Armenia, Georgia, Lebanon,
Turkey**

ISRAEL

During the period between 2003 and 2006, ICDP trainer, Alla Magidson developed many ICDP projects by training Russian speaking parents in Haifa. Before moving to Israel, Alla used to live in Dnepropetrovsk, Ukraine, where she was trained in ICDP. By the time she moved to Israel she had become an experienced ICDP trainer. In 2007, she started to train teachers at the education centre called Mofet, which includes a kindergarten and a school. ICDP was also introduced in the Mofet kindergarten, for children between 3 months and 6 years of age. Apart from running an education centre, the Mofet organization is also working on improving the quality of education in the country

in general. The ICDP methods were found to contribute towards the improvement of the general atmosphere in the Mofet school, by enhancing the quality of interaction between the teachers, children, and their parents. Alla continued to offer ICDP sensitization courses until 2019.

In 2020, she finally retired. Since her retirement, Alla continues to contribute with her many years of ICDP experience by acting as a consultant advisor to the Mofetpreschool teachers, and also preschool and school parents, who oftenseek her out for support.

ARMENIA

In 2019, MeretheKvernroed, a Norwegian ICDP trainer went on a fact-finding visit to Armenia, which opened doors to possibilities for introducing ICDP in the country.

In 2020, at the start of the pandemic, Merethe and Nino Margvelashvili from Georgia, offered to train a small group of facilitators via Zoom, as a way of offering some support to parents during the stressful time due to COVID-19. However, the people on the ground in Yerevan thought that it would be better to wait, but then the conflict between Armenia and Azerbaijan started. This escalation of the conflict into a full-scale war was a very shocking experience for the population of Armenia.

In 2021, there was some encouraging news, as there appeared a renewed interest in the startup of ICDP. Some of the contacts established earlier started to volunteer to look after families that have fled from the war zone in Nagorno Karabakh. They wanted to support the parents also in terms of parenting skills, by using ICDP.

In 2022, Merethe was unable to travel to Armenia, due to complications in the aftermath of Covid-19 and the wars. Armenia has received many migrants from Russia, which caused changes in the economy and the systems and maybe also priorities. Nevertheless, Merethe maintained her contacts in Armenia and made tentative plans for a visit in 2023. She is hoping to go there with Nino Margvelashvili from Georgia.

GEORGIA

ICDP started to develop thanks to efforts of Nino Margvelashvili, a neuropsychologist, based in Tbilisi with a vision to scale up ICDP in future. Nino was working with children with special needs in an international school, as well as doing assessments and rehabilitation courses concerning different disorders, including epilepsy, specific learning disorder, ADHD and other. On behalf of the Ministry of Education and Science she has been working as a trainer for teachers in different regions of Georgia, covering various aspects of inclusion and specific strategies on how to help students in school. During 2017, she carried out an ICDP pilot project for parents at the Institute of Neurology and Neuropsychology in Tbilisi. Since then, she organized and ran three more ICDP

courses for parents. ICDP meetings took place at the “Tamar Gagoshidze’s Neuropsychology Center”. In 2019, her ICDP training was particularly successful with fathers, who responded very well to the programme and found it useful.

During 2020 and 2021, Nino contributed significantly to efforts of starting up ICDP in Armenia, but these were aborted due to the war situation.

During the pandemic Nino’s work was negatively affected by the COVID-19 pandemic, and since then she has not been able to continue her work with parents, but she contributed to ICDP with her papers and advice on different aspects of the ICDP programme.

LEBANON

ICDP was first introduced to Lebanon in 2016, by Michelle MacDonald who was previously trained in England. Michelle began training teachers and parents, linked to the Jusoor education centre in Beirut, where she had been working as school counselor. Jusoor (which means “bridges” in Arabic) is an NGO representing a community of Syrian expatriates based in Lebanon working together to support the country and people’s continued development. It is a non-political organization and its programmes do not differentiate according to political views, ethnicity, religion or gender. Jusoor runs three schools in Lebanon and all educational staff in these schools attended ICDP caregiver level courses, by 2019.

The ICDP training was also given to staff members at SOS Children’s Villages –Bekaa. She formed 17 facilitators (who are linked either to SOS Children’s Villages or Jusoor) and 63 caregivers. In addition, Michelle also used the ICDP programme to work with Syrian refugee families living in camps in and around Beirut.

“In 2021 I started to train a new group, and this time the aim was to train them as ICDP facilitators. The eleven participants were teachers from two educational centers (primary school level) that are run by the Jusoor organization. The centers are located in the Bekaa valley, which is home to a large Syrian refugee community. The teachers (6

males + 5 females) were Syrian refugees themselves living either in the camps or nearby. My ICDP (face – to- face) sessions with this group started in 2020 but had to be interrupted due to the COVID-19 situation, when the schools closed their doors. We were forced to resume via Zoom, in April 2021, soon after I moved from Lebanon back to the UK. Apart from the online sessions we formed an ICDP WhatsApp group for everyone to share insight and talk about their experiences, as well as receive feedback on home tasks.” – Michelle MacDonald.



During 2022, the teachers continued the ICDP work with parents of the children they teach. The feedback from the teachers was very positive, despite many difficulties in the country and continually changing circumstances.

TURKEY

In 2019, Maria Gorshkova, a psychologist and ICDP trainer in the city of Vinnitsa, in Ukraine, went on a visit to Turkey, upon an invitation to conduct an introductory seminar about the ICDP programme, at the university in Istanbul. The seminar generated considerable interest in ICDP, and as a result, a professor from Ankara, who attended the seminar, joined Maria's efforts to establish ICDP in Turkey. They collaborated on organizing an ICDP training workshop in Ankara, in June 2020. However, the workshop had to be cancelled due to the difficulties caused by the coronavirus pandemic.

In 2021, Maria moved from Ukraine to live in Antalya in Turkey, where she established an agreement for cooperation with the Dr. Ali Babaoğlu Jungian Psychodrama Sociodrama and Public Mental Health Institute. Through this

association she hoped to run ICDP courses for Russian and Turkish speaking families and caregivers. During the year, together with her husband, they worked on translating the ICDP materials into Turkish and prepared ICDP leaflets and other material.

In 2022, the focus of Maria’s work was on helping Ukrainian refugee families and children, which she accomplished through her tireless commitment and voluntary work. The ICDP Foundation provided a small grant to help with the ICDP training of caregivers in charge of 400 children who found refuge in Turkey, after leaving Ukraine under very difficult circumstances. Maria is keeping in contact with the network of Ukrainian trainers and facilitators who are still living in Ukraine, but also with those who are now abroad, in Poland, Norway, as well other countries.



NATIONAL BODIES

ICDP Norway,
ICDP Portugal,
ICDP Colombia,
ICDP Nepal.

ICDP Finland,
ICDP Ukraine,
ICDP Peru,

ICDP Sweden,
ICDP Mozambique,
ICDP Bolivia,

ICDP Denmark,
ICDP Ghana,
ICDP China,

ICDP REPRESENTATIVES AND PARTNER ORGANIZATIONS:

- ❖ Japan, Malawi, Brazil, Mexico, Guatemala, Chile, Georgia, Russia, Lebanon and Moldova
- ❖ ICDP Denmark operates under the “Institut for Relations Psykologi”, UCN act2learn and “Dansk Center for ICDP”
- ❖ ICDP USA operates under CCWF
- ❖ ICDP Paraguay operates under Vida Plena
- ❖ ICDP El Salvador operates under UNICEF and ISNA
- ❖ ICDP Nepal operates under ECEC and Save the Children
- ❖ ICDP in India, Philippines, Nepal, Burkina Faso, Zambia, Somalia and Ivory Coast operates under “Save the Children”
- ❖ ICDP Bangladesh operates under “Normisjon” and its partners
- ❖ ICDP Thailand operates under “Himal Partner” but seeking a local partner
- ❖ ICDP Senegal operates under “Normisjon”
- ❖ ICDP in the Ivory Coast is starting through efforts of the Norwegian Lutheran Mission (NLM) with local partner “Mission Evangelique Luthérienne en Cote d’Ivoire” (MELCI)
- ❖ ICDP Afghanistan operates under “International Assistance Mission” (IAM)
- ❖ ICDP Brazil under “Acari”
- ❖ ICDP in Lebanon operates under JUSOOR
- ❖ ICDP in Tanzania operates under KIWAKKUKI
- ❖ ICDP in Uzbekistan is operating under “Happy Start”
- ❖ ICDP in South Africa is under Ububele Educational and Psychotherapy Trust
- ❖ ICDP Nicaragua operates under “Instituto de Promoción Humana” (INPRHU)
- ❖ ICDP Chile is under EIKA, “Educando con el Corazón”
- ❖ ICDP in Botswana operates under the Ark and Mark Foundation
- ❖ ICDP initiatives by individuals in Germany, England, Ethiopia, Georgia, Armenia and Turkey
- ❖ In Norway and El Salvador, ICDP has been spreading as a country programme supported by local Ministries. The same is starting in the Philippines.

70 COUNTRIES REACHED SINCE WE STARTED:

Norway,	Portugal,	England,	Sweden,	Denmark,	Finland,
Holland,	Ukraine,	Russia,	Romania,	Estonia,	Moldova,
Macedonia,	Bosnia,	Italy,	Spain,	Germany,	Colombia,
Peru,	Nicaragua,	Brazil,	Paraguay,	Mexico,	Guatemala,
Bolivia,	Ecuador,	Uruguay,	El Salvador,	Argentina,	Chile,
USA,	Canada,	Angola,	Mozambique,	Lesotho,	South Africa,
Ethiopia,	Somalia,	Botswana,	DR Congo,	Zambia,	Tanzania,
Rwanda,	Burkina Faso,	Malawi,	Ghana,	Uganda,	Kenya,
Zimbabwe,	Senegal,	Ivory Coast,	Thailand,	India,	Indonesia,
Nepal,	China,	Philippines,	Sri Lanka,	Afghanistan,	Kyrgyzstan,
Uzbekistan,	Bangladesh,	South Korea,	Japan,	Australia,	Palestine,
Georgia,	Israel,	Turkey,	Lebanon.		

55 COUNTRIES WHERE ICDP WAS ACTIVE IN 2022:

Mozambique,	South Africa,	Ethiopia,	Somalia,	Botswana,	Zambia,
Tanzania,	Burkina Faso,	Malawi,	Ghana,	Senegal,	Ivory Coast,
DR Congo,	Tunisia (planning stage),	Colombia,	Guatemala,	Panama,	Nicaragua,
Brazil,	Paraguay,	Mexico,	USA,	Bolivia,	El Salvador,
Peru,	Chile (preparation stage),	Philippines,	Afghanistan,	Canada,	India,
Nepal,	China,	Norway,	Portugal,	Uzbekistan,	Bangladesh,
Thailand,	Japan,	Ukraine,	Russia,	England,	Sweden,
Denmark,	Finland,	Spain (planning stage),	Germany,	Estonia,	Moldova,
Romania,	Georgia,	Lebanon.	Israel,	Turkey,	

ICDP programme and organization

ICDP is both the name of the programme and the organization. ICDP is a private foundation, registered in 1992, with the aim of working for the benefit of children and youth worldwide. It is operating under the Norwegian Foundations Act of 15 of June 2001. ICDP may participate directly or indirectly in activities run by other humanitarian organization having corresponding objectives. ICDP is non - political and non-denominational.

ICDP board

- ❖ Nicoletta Armstrong, chair
- ❖ Tatiana Compton
- ❖ Santana Momade
- ❖ Ane-Marthe Solheim Skar
- ❖ Guillermo Navas
- ❖ Karl-Peter Hubbertz
- ❖ Columbus Salvesen

ICDP executive support

- ❖ Dahliani Drejza
- ❖ Alain Drejza
- ❖ Rønnaug Andresen
- ❖ Per Arvid Sveum
- ❖ Juan Andujar
- ❖ Faebian Bastiman
- ❖ Daniel Armstrong

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