

# News from ICDP Uzbekistan – November 2023

Magdalena Brannstrom, ICDP trainer

The ICDP training in Tashkent has been gradually expanding in 2023.

In the spring, six new facilitators received their ICDP diplomas, having completed their practical work by running ICDP courses for caregivers. Four of the new facilitators work in preschools. One is linked to the Happy Start preschool where ICDP was implemented first over the past few years, whereas the other three facilitators work at the Paramount Preschool. In the Paramount Preschool, they conducted 2 different caregiver courses, and as a result 12 teachers were trained in the ICDP programme. One of the facilitators organized a course for caregivers at her workplace in the Scholastic Academy, and at the end of the course a total of 18 caregivers received their ICDP certification. Another facilitator held a caregiver course in her home with the participation of 6 parents/caregivers who went through the whole course.



Photo: Training of facilitators

## **Some of the feedback from the facilitators' training:**

“The strength of this programme for me as a facilitator, is linked to its set of materials! Its super easy and straight forward to prepare sessions. It’s also easy to adjust and focus on what the group’s interests are.”

“The ICDP programme was extremely useful for me as a mother, educator and administrator of a teaching organization. It equipped me with the guidelines to use them consciously at home with my own children, as well as with the children at the Paramount preschool, but also with children outside Paramount, and even with adults.”

“Two of our colleagues are also attending with me, and we see how this tool is effectively working in our campus and families. The caregiver course for teachers was received very positively, and I continue to hear how participants are using them in their families and at Paramount. The ICDP programme is a very useful and powerful tool indeed.”

Here is a link to the video about the ICDP programme, that was made at the Scolastic Academy facilities: <https://www.instagram.com/reel/CtMcxRNRWc0/?igshid=NjZiM2M3MzIxNA==>

At Happy Start, Magdalena and Anastasiya conducted an ICDP parent course during the spring, at the end of which 8 caregivers received their certification. Malika and Shahlo have also run courses for parents later in the year.



Photo: Parents at Happy Start preschool

**Some of the feedback from the attending parents:**

“Before I participated in the course, I had some difficulties with my sons. During the course I started to understand my sons better and I have also learned how to show in different ways my sons that I love them.”

“After attending one of the meetings and learning the guidelines I saw my neighbour’s child teasing and harassing my daughter. And instead of shouting at the child, which is what I would have done before, I started talking in a nice voice: “Stop. look at my daughter. Can you see that she really does not like it? So, it is important that you stop.” She stopped, but then she started crying. I hugged her and asked her why she was crying. She told me that she missed her mother very much, who is working in Russia. I comforted her.”

“My husband and I are now raising our son together. We discuss how we should do things and so we are learning together how to raise our son”

“I have become calmer and more confident about what I am doing.”

“My child has become less aggressive.”

“I now avoid responding too quickly to conflicting or stressful situations, I often wait to consult with my husband first, so that we can agree on what to do in this or that situation.”

“I observe more and I stopped punishing my child.”

“I began finding a common language with my son. I now know how to find a way out of the situation and as a result I started to react more calmly.”

“I became more patient, and began to practice the principles that we talked about at meetings.”

“I have more constructive dialogues with my children, so the atmosphere in the house has become increasingly calmer. “