



**International Child
Development Programme**

ANNUAL REPORT 2021



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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

2021 was another year where living with the pandemic proved challenging for us all - the coronavirus had a huge impact on families worldwide. The damage the pandemic has caused has marked deeply the lives of today's children and will affect their futures long term.

This means that in ICDP, together with all our partners, we have been facing a great challenge in finding ways to effectively and quickly adapt our way of working in order to serve our target population, and to offer help to families and caregivers living under great stress and constantly changing circumstances.

Part of rising to the challenge of the coronavirus pandemic has been making sure our ICDP work could continue. Around the world, the commitment of ICDP local trainers, facilitators and community workers is as strong as it always has been, even though some of our projects had to reduce their outputs. It is this commitment that meant so many in the ICDP worldwide network managed to help families meet their children's needs, while dealing with the added demands a pandemic brings. ICDP trainers and facilitators worked together on developing online platforms to hold workshops, meetings and conferences virtually. Some ICDP projects produced new and corona adapted videos and the ICDP material was prepared and applied in a digitalized format by many of our partners. Particularly impressive was such work in El Salvador, where through cooperation of UNICEF, EDUCO and ISNA an online platform was developed which transformed the whole ICDP training set of materials into a digitalized format.

It has been a difficult year for the whole ICDP network, as ICDP teams had to cope with many considerable disruptions and had to find creative ways of overcoming lockdown restrictions and different emotionally challenging situations. Despite these widespread difficulties, we witnessed unwavering dedication of those involved in ICDP projects spreading kindness and empathy to those around them.

Such dedication brought some extraordinary results, as the newest research studies confirm:

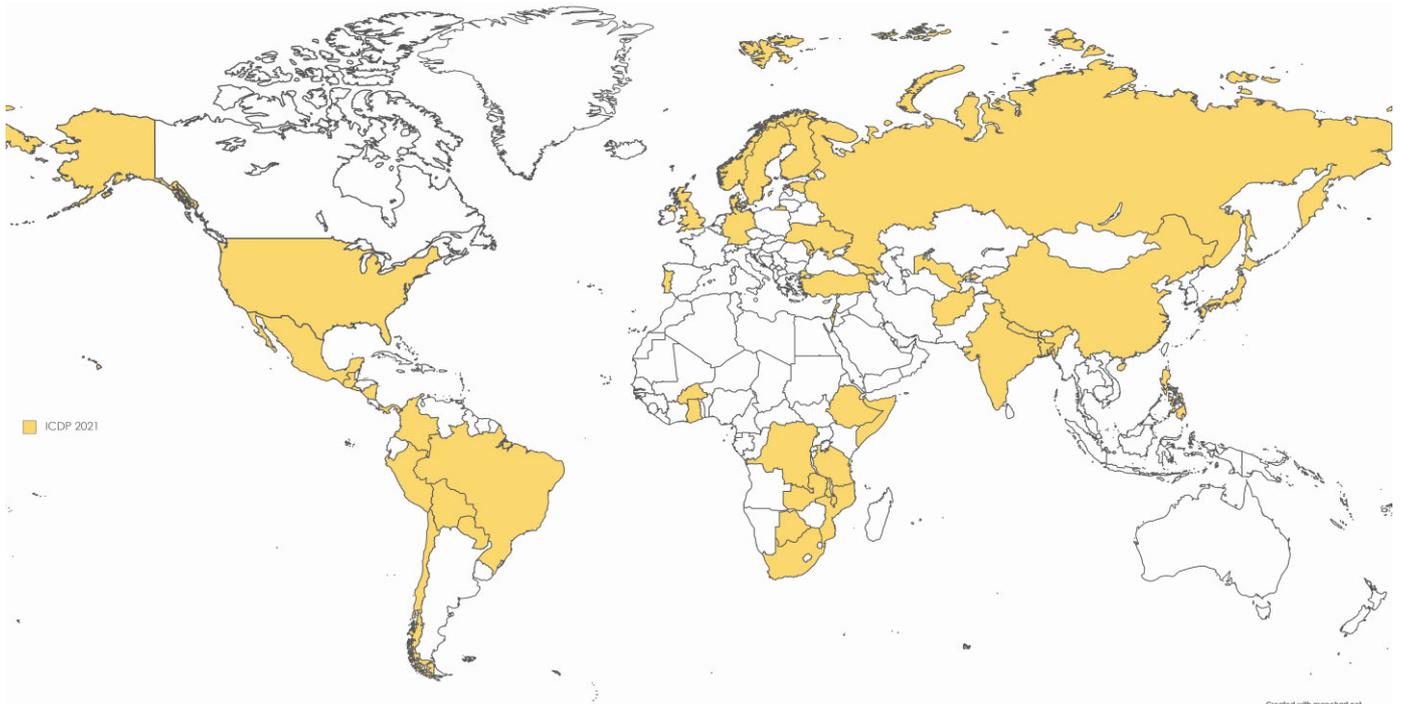
- ❖ Study in Norway finds ICDP has positive impact
- ❖ Study in Nepal of the impact of ICDP on caregivers and children
- ❖ Study in the Philippines of the impact of ICDP on caregivers and children
- ❖ Evaluation of ICDP impact in the US

As a result of quality training activities in the field, we saw some local governments and networks willing to scale up the implementation of the ICDP programme.

Our partners gave time, positive energy and used their many talents to reach out to children and their caregivers at a time when they needed our support more than ever before.

I thank you all for everything that you have done in 2021, for being still there, for your many achievements and for continuing to forge and facilitate meaningful human relationships in so many diverse communities.

Nicoletta Armstrong

**Africa:**

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

Europe:

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

The Americas:

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

Middle East:

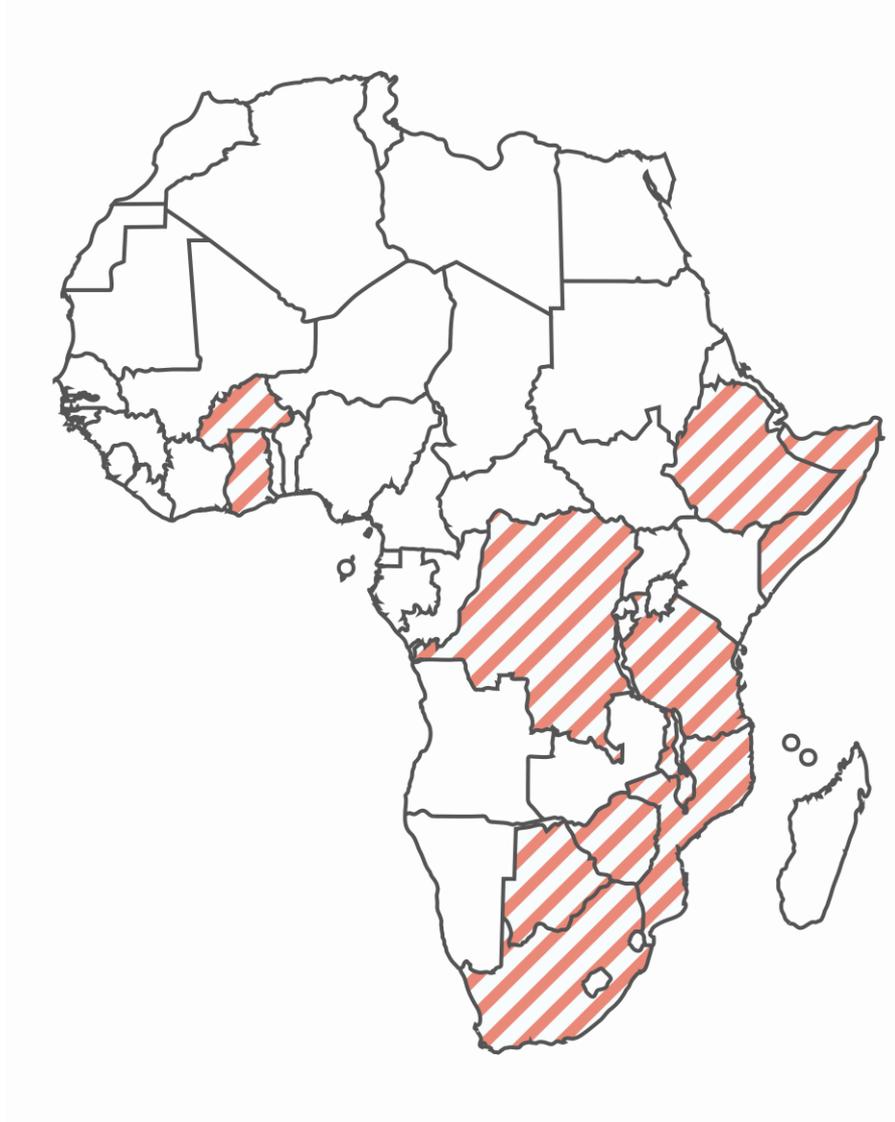
Israel, Georgia, Lebanon, Turkey, Armenia

Asia:

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



ICDP in Africa



Mozambique,

Ethiopia,

Botswana,

South Africa,

Tanzania,

Malawi,

Zambia,

DRC Congo

Ghana,

Burkina Faso,

Somalia,

MOZAMBIQUE



ICDP has been working in Mozambique since 2002. The domain of work and expertise is competence building in the field of psychosocial and emotional care of disadvantaged children, through upgrading the quality of care of their caregivers, parents, and networks of care. An experienced ICDP team of trainers is mobilized according to request to train in different parts of the country. ICDP work has proved to be effective and has a wide outreach impact. ICDP Mozambique is a technical partner and member of the Psychosocial Group coordinated by the

Government and belongs also to the Intersectoral Group for OVC, which plays an important role in influencing children policies. There has been a particularly close cooperation with the local ministry, UNICEF and IOM (particularly in the Manica province). ICDP reacted fast after the cyclone Idai hit the country in 2019 offering assistance to families, caregivers and children under difficult conditions.

During 2020 and 2021, ICDP Mozambique has been giving technical assistance to social workers involved in The Child Grant (0-2 years) programme, which is an unconditional cash transfer programme targeting children living in poor or vulnerable households with the objective of reducing poverty, improving child wellbeing and promoting access to social services. In 2021, the team from ICDP has been offering training in the ICDP to the staff from social services who are involved in programmes related to early childhood, with special focus on the inclusion of children with disabilities. The project represents cooperation of ICDP Mozambique with UNICEF and the Norwegian Ministry of Foreign Affairs.

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 organisation 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.

"Our organization KIWAKKUKI had funds for mobilizing children in class two and three to participate and benefit from after school

programmes, by improving their literacy and numeracy skills. I saw this as an opportunity to sensitize the children's parents in ICDP and this was agreed by the management. However, the funding for this work from the Firelight Foundation ended by 2021. In 2021, we were not able to perform ICDP well, due to the difficult time caused by the spread of COVID-19. Unfortunately, training online here proved to be impossible to organize – mainly because there are no facilities in the villages. The positive news is that I attended a workshop on Child Protection Policy and I plan to incorporate this knowledge in the ICDP sensitization and training of parents, as well as of caregivers and children's workers. I sometimes received an invitation to prepare a group as ICDP facilitators outside my work place, and in this way I managed to spread ICDP." – ICDP trainer, VERNICE FREDRICK.

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.



In addition, a group of social workers who have been cooperating with ICDP Ghana for some time, started to receive training to become ICDP facilitators. After the first workshop in June 2021, and as part of their training the trainee facilitators embarked on their self-training projects, by implementing the ICDP programme with groups of twenty parents divided in 3 groups. Each group was facilitated by two trainee facilitators.

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. Atnaf visited Ethiopia in November 2021, when she held talks with one of the biggest church umbrella organization that showed interest in applying ICDP in the future.

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. There are quite a number of ongoing activities in the Early Childhood Care Centers as well as at the Alinafe Community Hospital. We started the process of mobilizing resources so that we can consolidate all our activities in 2022.” – Paul Mmanjamwada.

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, a number of facilitators became unable to sustain the ICDP work for different and unforeseeable 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. Update from Aubin Sanou, ICDP trainer and educator at SC:

-The ICDP activities in 2021 were going well on the ground. I trained 13 new facilitators who replaced some of the facilitators who moved on to other structures. The new team participated in the ICDP work of the old team of facilitators, by accompanying them in their field work. This made the process of their training a lot easier. Alimata Sidibe who has been working closely with me as an ICDP trainer, has left SC; however, the new facilitators received coaching from other technical advisers who received ICDP training in 2020. I used simulations of ICDP meetings with caregivers, in order to observe the application of the 7 ICDP principles of sensitization and this was useful. The evaluation was positive. Some of the comments from new facilitators:

“Very impeccable training. This will allow the parents and ourselves to live better in our families. Congratulations to the trainers and to all the participants.”

“I learned a lot from this training. I will try as best as possible to implement the programme”.

“I was very happy to have taken part in this training because it enlightened me on a lot of things. I understand parenting skills very well now.”

“I especially liked the group work because it made it possible to apply the training received in a concrete way.”

“The trainers have the right techniques to get the message across.”

“In regard to the content of the modules, this training must be perpetuated even after the project finishes. Also, a good follow-up will allow it to be extended to other programmes or projects.”

“The training was beneficial; it fulfilled a real need - greatly appreciated.”

“The training was really good; we received a lot of knowledge on parenting skills. This knowledge will be applied in the field. Thank you so much.”

“The training was well worth it.” “The programme was enriching.”

“The 8 guidelines and 7 principles of the ICDP programme will help us develop a good emotional, social and constructive relationship with children.”



Mr Bolly Abdoul Karim (far left) and Mrs Ouedraogo (far right) are two facilitators.

They ran ICDP parent groups in Dedougou and one participant was Mr Sodre Moustapha (the person sitting between them on the photo). Mr Sodre Moustapha expressed the following:

"I thought that it is impossible to educate children without violence, because it is how I was educated, but now thanks to the ICDP programme I understand that education has to be based on love. I now never hit my children and all is well. My children are content, they express themselves freely and are doing well at school. I don't get angry anymore. I don't hesitate to talk about the programme to my neighbours. Thank you for the programme."

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. Their took place through virtual meetings with Patrick O'Loughlin and Chiku Ali Mkalu. The trainees were prepared for their practical work consisting of forming a



This photo was taken at an ICDP meeting with parents in Zissegre, a village in the commune of Dargo in the Province of Namentenga, North Central Region of Burkina Faso.

"The school principal in the village of Zissegre acknowledged that students whose parents follow the ICDP parenting skills programme have very good results in class. They are actively involved in their class activities and have good grades. This is a nice testimony from the school principal – what a comfort to know that the programme is helping to save lives." – ICDP trainer.

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 challenge was that some of the facilitators relocated for various reasons, and others, especially teachers from secondary schools, were not available as they were fully engaged at their schools due to

COVID-19. 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. Reception by the Social Welfare office was very positive; they saw ICDP as a programme that can add value to the families and children at BDF. 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 were noted improvements in their homes regarding their family interaction.

The biggest challenge was with regard to the time schedules of facilitators to run parent groups due to the imposed quarantines. This contributed to a delay in the completion of the programme as the facilitators often had to reschedule the ICDP sessions. Four ICDP facilitators ran sessions at BDF for 24 participants, at a ratio of 1:6 due to the pandemic. The Ark and Mark Trust provided voice recorders to facilitators to enable them to capture the content of sessions for entry into their log books – this was necessary because only one facilitator was running ICDP sessions, whereas usually they work in pairs.

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.

SOMALIA

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. In order to ensure that the cash transfers being made to IDP households are child sensitive, complementary actions as part of the overall Child Sensitive Social Protection approach have been built into the project. 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. This project started in January, 2017 and ran till December 2021. 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 also contributed ideas when producing an ICDP module adapted to local culture and context. The work is showing promising results. The aim is to demonstrate the ICDP impact through a professional research study which is underway.

SOUTH AFRICA

ICDP developments between 2008 and 2013 represented a 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/>.

The aim was to integrate ICDP 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 training of facilitators took place in 2020 and 2021, and it was conducted on voluntary basis by Silje Bjørnstad Holter. In 2020, 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. Nicki Dawson reports: The last support meeting by Silje took place in January 2021 through a virtual platform and the last two facilitators completed their self-training projects in 2021. In total 13 new ICDP certified facilitators were

formed and they continued to run parent groups in Alexandra during the rest of the year; three different parent groups were started in March, May and September 2021.



The trained team discussed how to adapt the ICDP material to the South African context and produced a local booklet for caregivers.

Plans were formulated for ICDP expansion through partnership with Field Band organization in 2022.

The leadership of the Ububele organisation hopes that Ububele may one day become a training site for new ICDP facilitators. In view of this, they are trying to provide as many opportunities as possible for the current facilitators to practice applying the ICDP programme – and not only by working in pairs but also each facilitator running a caregiver group alone. This is creating solid ground for trainer level work later on.

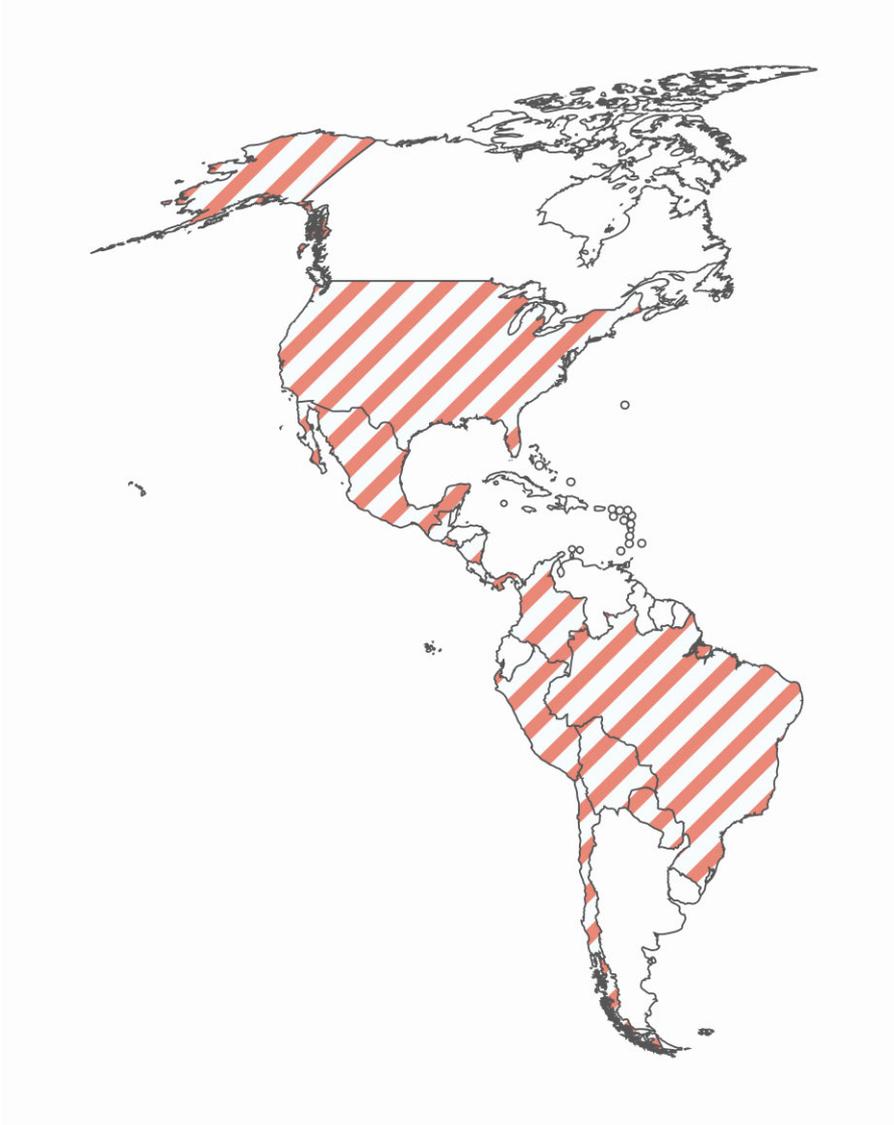
DEMOCRATIC REPUBLIC OF CONGO

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 2020 and 2021, they participated virtually in ICDP workshops held in the U.S. The process had several interruptions due to the pandemic. ICDP USA translated all key ICDP materials into French for use in Congo.



ICDP in the Americas



**Colombia,
Paraguay,
Peru,
USA**

**Bolivia,
El Salvador,
Panama,**

**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 half a million children 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. This was achieved through cooperation with family police stations and their psychosocial teams, community leaders, teachers, educational agents, community mothers and professionals linked to Child Development Centres and the ICBF (Instituto Colombiano de Bienestar Familiar). In Antioquia, 157 families were reached through the work of the Fundación Club Campestre.

Quindio department:

Two trainers, Anisah Andrade and Patricia Garcia, developed a new ICDP project for teachers with following objectives: to strengthen the teachers capacity for establishing good quality interactions inside the classroom; to enable teachers to deliver the ICDP course to parents so as to enhance their parenting skills and sensitivity towards children; to promote in the educational community good coexistence and communication, through the application of the ICDP principles. The project started in 2021 and continued during the first three months in 2021, through Zoom meetings with two groups of teachers. During this period, they focused on the three ICDP dialogues and the eight guidelines for good interaction, which teachers explored, observing their own behaviour and sharing about their experiences in relation to school children and also the way they applied the three dialogues with their own children at home. Due to the pandemic, trainers could not carry out the planned filming of classroom interactions. However, the teachers made short films of interactions with their children at home and these provided material for sharing. By the end of March 2021, the teachers were ready and keen to embark on their practical

self-training projects by working on line and in person. Primary school teachers started to prepare a course for parents and the secondary school teachers worked on a course for adolescents.

Boyaca department:

In August 2021, ICDP trainer Luis Fernando Lopez started to conduct both virtual and face-to-face trainings with 3 different groups of professionals working for the Health Secretariat. The purpose of the training was to strengthen and follow up facilitators who have been delivering the ICDP programme to families in the 123 municipalities of the department. The roll out of the ICDP programme was supported by Martin Barrera, the Secretary of Health. Many of the participants of were psychologists.

One of the outstanding ICDP facilitators currently applying the ICDP programme with the indigenous community UWA, located in the area of Guican, in the department of Boyacá, is Angie Morales. See photos below from her work:





Antioquia department:

Mother and family day in Medellin:

The Secretariat for Women which is linked to the local government in the city of Medellin organized a series of pedagogical days as part of their traditional yearly celebration of the “Mother and Family Day”. Within the framework of this celebration and in order to exalt the work of caring for others, ICDP was invited to participate and present its programme.

The pedagogical days aimed to provide knowledge and tools to promote awareness about women’s autonomy, in terms of gender and early childhood, making visible the contribution they make to the country’s economy and development. Juliana Zapata Romero from the Secretariat for Women created an alliance with ICDP Colombia and as a result two ICDP volunteer professionals, Carolina Montoya and Angélica Díaz, developed and conducted six pedagogical days on the ICDP humanizing content and training. This ICDP training was attended by 94 women from three different groups linked to the Welfare Homes Programme of the ICBF institute (Instituto Colombiano de Bienestar Familiar/ICBF) and it took place during the second week in June 2021.

“Learning by creating” project:

The ICDP Antioquia team of trainers in cooperation with the Culture Secretariat of the Municipality of Medellín, carried out a project in the period between September and December 2021. It involved the “Deambulantes” theatre company, whose artists were trained as ICDP facilitators. The project consisted of developing experimental laboratories for early childhood. These “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.) for cognitive, behavioural and emotional development in line with the ICDP programme. This process was carried out in six areas of the Medellin city, namely in the communes 2,9,14,16 and 80 (San Antonio de Prado district) and in the commune 90 (Santa Elena district). The project beneficiaries were children who attend the Buen Comienzo preschools (the Good Start Programme) which is aimed at children aged between 3 and 5 years.

Each laboratory was attended by twenty (20) children, for a total of one hundred twenty (120) who benefitted from the project. The project used various didactic materials, materials gathered from the environment, organic elements, toys, recycling material, among other. In addition, a backpack was used containing a booklet designed for the development of creative experiences of each child, including the topics and guidelines of the ICDP programme, as well as a puzzle game with the central message of each laboratory. At the same time, trainers worked with the children’s parents introducing them to the programme with its eight guidelines for good interaction.

Throughout the pandemic, the ICDP team in Antioquia kept sending encouraging messages to facilitators and parents using various social networks and online platforms. These positive ICDP messages reached a large number of families.

PARAGUAY

ICDP has had a continuous presence in Paraguay since 2001, through the work of educator Elisabeth Gavilan and her Vida Plena Foundation. In 2002, Vida Plena joined the Paraguayan children's rights network and also 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 offer assistance to children working in the market and provide them with educational support.

"In 2021, in addition to our usual staff of four, we had one volunteer and one intern, both Paraguayan, on specific days and times, whereas since October 2021 two young German women have been working full time. Approximately every two months I have carried out training courses (10 workshops, each lasting 3 hours) with this team. The aim was to deepen the practice of the ICDP eight guidelines for good interaction and above all, to deepen the ability to apply empathy and emotional attunement in their daily work with children, aged between 3 and 18 years old. Our centre has usually between 40 and 60

boys and girls who daily attend the centre's activities. In 2021, we had 125 registrations.

The most important success continues to be that the children and adolescents chose to attend our support centre: when it rains, they do not go to their schools, but they still come to our centre which they call affectionately the "escuelita" (the little school). They tell us that they feel comfortable in our space, unlike in the schools where they are required to attend. The children who attend come from different schools and grades and they say that they can "play more and find more friends" than in formal institutions. They say that "here we are listened to", "we are respected".

Among the former students, some are already mothers or fathers and they send their children to our centre, or recommend their relatives to send us their nieces and nephews.

As a consequence of health measures in the pandemic, domestic violence increased in our community. Therefore, social work continues to be an important arm of our institution.

My intention remains to register ICDP as a Mental Health Program in the Ministry of Public Health and Social Welfare, in the Directorate of Mental Health, where a contact has been made with an official."

– Elisabeth Gavilan.

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 Kindernothilfe. 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.



The ICDP methodology will also be present in the new ACARI “Bem Me Quer” 2021-2026 project, supported by Kindernothilfe. It aims to create conditions for a healthier family life that minimizes the use of psychological and physical violence of 340 children and

adolescents from two beneficiary partner institutions, Fundação Lar Feliz/Bahia and Projeto Vida Nova/Pernambuco. About 280 families will be monitored. 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.

Examples of kits: “Master Chef” Kit (ingredients to make a cake together); Family Organic Garden Kit (seeds, sprayer and fertilizer); Traditional games kit (rope, pawn, steering wheel); Puzzle Kit (a game with many pieces to put together as a family); Picnic Kit (soft drink, chorizo, sauce and bread for a snack on the patio); Kit Building A Kite (tissue paper, glue, string and barbecue stick to build kites along with C/AD); Kit Decorating the House (canvas, paints and brushes to paint family pictures and decorate a room in the house); The families will be part of a WhatsApp groups, in order to receive daily messages about positive interaction with their sons and daughters.

A new initiative: In the second half of 2021, Rosilene Thilesen started to plan a new initiative for Brazil. She aims to introduce the ICDP programme to social workers and families in Sao Paulo and Rio de Janeiro where she has both family and good connections. She is supported by Nicoletta Armstrong and also by Polyanna Magalhães, the representative for ICDP in Brazil.

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, (Salvadoran Institute for the Comprehensive Development of Children and Adolescents) 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

- ❖ <https://www.youtube.com/watch?v=jDCefC-VjmU>.

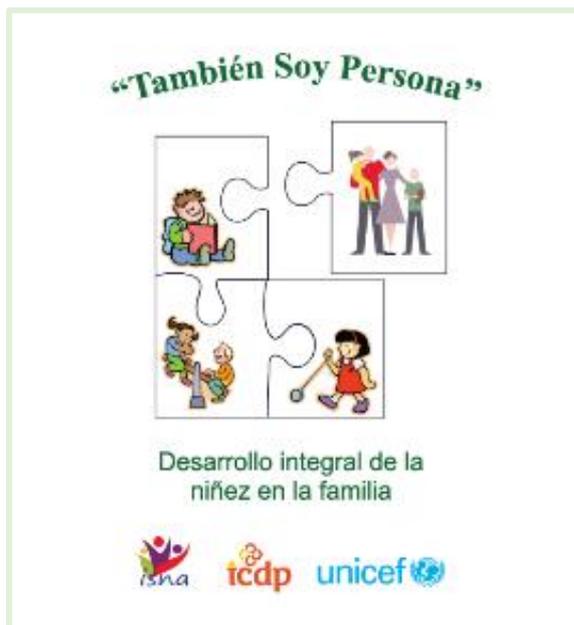
Year after year, a core group of local trainers take ICDP to new areas and contexts; hundreds of facilitators are trained who apply ICDP with many thousands of families and caregivers all over the country.

In 2019, a new set of ICDP materials was published to facilitate the ICDP work with parents of adolescents. In an effort to prevent violence against children a large number of 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 youth-to-youth approach. In the youth-to-youth approach, young people become ICDP facilitators and provide ICDP 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.



New pilot project:

In September 2021, education officers from UNICEF, Marta Navarro and Marta Gomez, together with Liliana Reyes from ISNA and Nicoletta Armstrong from ICDP, examined the progress of a new pilot project aimed at reducing violence against children. The ICDP programme is the key component in this pilot, which also addresses the issues around gender equality. It has sponsorship from the EU and it represents cooperation with the Spotlight organization. The pilot will be completed in December 2022.

The municipalities in 3 areas covered by the pilot were prioritized on the basis of high levels of violence recorded in families and the community, and these are: 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, ICDP was delivered to parents of adolescents and in the second, adolescents will facilitate the programme to other adolescents. The second phase will be starting in 2022.

In 2021, the parents of adolescents who participated in the project were the same parents who had in previous years received the ICDP - but at that time it was ICDP in the modality designed for parents of young children. This continuity of ICDP delivery was intentional as a long-term strategy. A special effort was made to involve both sexes in the project, which proved not to be an easy task. Parents of adolescents attended the ICDP meetings in person and received follow up via WhatsApp and Zoom.

The project met with technical difficulties such as difficult or no reception to talk using WhatsApp. The success of this pilot will be evaluated in its later stages, however, there are very positive signs already that it is working:

According to Liliana Reyes, the greatest impact on the lives of parents and their children came from the fact that in ICDP they apply and practice the 8 guidelines and then share with others their home experiences – it was found that this practical aspect had a strong impact on parents. Parents who never expressed loving feelings to their children, were now able to write warm letters to their children full of expressions of love and appreciation. Most parents said they did not know how to communicate with their children before ICDP and that the 3 dialogues have changed their lives.

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.

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

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 at the university continued in 2021.

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

During the year, Julio has also offered training in ICDP to Compassion International Guatemala – an organization that works through partnerships with local churches in 25 countries (<https://www.compassion.com/>). ICDP courses were run in their Centros de Desarrollo Integral (centres for integral development) and over 300 hundred families benefited from his work. There are plans to scale up the programme in the future.

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.

During 2021, ICDP trainer Antonio Mendoza started a new activity by implementing the ICDP programme with families and children in indigenous Movere communities in the poorest region of the country, namely the most western part of the Chiriqui province bordering with Costa Rica.

The project represents cooperation with several organizations and the scope of the intervention includes consciousness raising, education and health components. The project is seeking more funding from private enterprises in order to expand its coverage and include support with nutrition, since malnourishment of children is endemic in this area.

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 seven psychologists that ran ICDP courses at Casa de la Niñez Poblana. He still continues to use ICDP in his own professional consultancy work and has been actively promoting ICDP at professional conferences in

the municipality of Puebla. He has trained teachers in several schools (2017-2019) and his latest projects involve training others as ICDP facilitators.

In 2020 and 2021, Jose Luis adjusted his work to the pandemic restrictions by working with parents through virtual platforms online. He worked in this way with parents in 23 public schools and has also 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.

NICARAGUA

In the town of Ocotol 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 was also broadcast by the INPRHU Radio program called Our Voices for Change. It reached the entire department of Nueva Segovia and promoting better relations between adults and children, especially in the

rural areas. ICDP training has also been given to teachers in the capital Managua. Aura Estella Mendoza, the ICDP representative at the INPRHU organization in Ocotol, Nicaragua explains about ICDP in 2021:

“ICDP has been institutionalized in several programmes run by INPRHU, such as social communication, family intervention and also 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. During 2021, an additional focus was on organizing ICDP workshops in order to train new staff. Due to COVID-19, the ICDP team at INPRHU had to change their working hours and were 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. This situation changed in the second half of 2021 and all went back to normal. Families expressed that receiving the programme was of great importance, since it helped them to improve their family's communication, to understand better each other and to know how to resolve conflicts to improve their family well-being.”



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 Potosi, 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.

The 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, the Evangelical Lutheran Christian Church, through its Project "Family Strengthening for a Life without Violence", has been executing the ICDP programme, in different municipalities of Bolivia.

The training of 5 groups of facilitators at the national level was achieved in the municipalities of Potosí, Cochabamba, Sucre, Tinguipaya and Acacio. As for Santa Cruz it was decided not to form a group but instead the existing group of facilitators were strengthened.

With regards to the number of new facilitators that were trained: In Potosí trained were 6 new facilitators, in Cochabamba 4, in Sucre 8 and in Tinguipaya 2.

In the municipality of Acacio a group of 10 teachers were trained and in the community of

Churitaca the training activity that will be completed in 2022.

Through the dedicated work of facilitators, it was possible to reach with the ICDP programme a total of 452 caregivers from both the community and the church, in the municipalities of Santa Cruz, Cochabamba, Potosí, Tinguipaya, Acacio and Sucre. The ICDP programme was implemented with these

groups of parents, by working both in person and through the use of virtual platforms.

There was good progress with the implementation of the ICDP programme. There was particularly large participation of parents from the Mujia and Serrano Educational Unit of the City of Sucre, where the programme was well accepted by the teaching staff and parents.

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.

In 2021, the team focused on training caregivers of older people and for that purpose a project proposal was prepared aimed to better the care and working conditions of 50 caregivers in homes for older people. This work involved an interdisciplinary team, including 3 psychologists, who were going to do the research and evaluation. The proposal had 3 key areas:

1. Group therapy with a psychologist
2. ICDP on communication and developing better relationship with the elderly: training of 6 facilitators and workshops with the caregivers.
3. Entrepreneurship - how to set up and find funds to initiate a small home-based business.

Anne Vestheim explains:

“Sadly, our project proposal was not accepted. In the category we participated, 85 projects were presented and we came as number 11. This was a good result when taking into account that many of the winners were well established institutions and that other also well-established institutions obtained less points than us. It could also indicate that the project proposal could have been viable. Even though we didn’t make it, it was a great learning experience.

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.

In 2021 we expanded our working team with an educational psychologist and an accountant with significant experience of working with foundations and organizations.

At the same time, I am a bit concerned with so many of the organizations turning over to digital platforms, that we are not able to match that change at this stage and it feels as we are getting very behind. But once the crisis due to the pandemic is completely over, the country will find itself with higher poverty level and even wider differences in social, economic and educational levels. Therefore, we are doing what we can now and preparing for the introduction of ICDP for those times, if not before.”

ECUADOR



Ilaina Ramirez, a very experienced ICDP trainer worked for many years in Colombia but now lives in Ecuador. 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 coordinators, whose training she continued online, upon return to Ecuador at the end of November 2021.

USA

Since 2011, ICDP USA has been operating under the Changing Children's Worlds Foundation (CCWF). Kimberly Svevo-Cianci, Founder and Executive director CCWF shares the following update:

10th Year Anniversary UPDATE (2011-2021)

The Changing Children's Worlds Foundation addresses the issue of "failure to thrive" in a 2-generational social context with the International Child Development Programme. We invest in adult capacity to overcome past/current trauma, to thrive, to develop nurturing, pro-social relationships with their children. When adults, as children, receive sensitive, positive support, care, and interactions, they may thrive in positive communications, social-emotional skills, interpersonal relationships, education and future economic stability.

Today, in Illinois, 11% of the population lives in poverty, and nearly 11% have not completed a high school education. Nearly 1 in 5 U.S. adults live with a mental illness. Clearly, help is needed, and help provided to one generation, can support the next.

CCWF serves children/youth and parents/caregivers, to implement and strengthen empathy-based behaviors, communications and interactions into their daily lives. We partner with educators, administrators, mental health professionals and community leaders to train them/staffs as community-based facilitators of learning/support groups using our evidence-based psycho-social curriculum to strengthen protective adult-child relationships.



Population Demographics

The "Best Start" programme has evaluated the impact of our programme on a subset of 635 parents / caregivers. This subset studied participation of 360 (64%) Female and 199

(36%) Male participants. Of these, 274 (55%) participants were Hispanic/Latino, 109 (21.7%) were White, 91 (18.1%) were Black, and 18 (3.6%) were of two or more "races."

Further, 303 (60%) of the participants were Married/Living with Partner, 138 (27.4%) were Single, and 60 (11.9%) were Separated/Divorced.

Participants' education included 202 (41.6%) with High School Diploma; 135 (27.8%) with Some College, 82 (16.9%) with No Formal Education, and 52 (10.7%) with a Bachelor's/4-year Degree.

Regarding Participant Employment Status, 169 (35.4%) participants were Full-Time employees, 109 (22.7%) were At-Home, 63 (13.2%) were Part-Time employees, and 78 (16.4%) were Unemployed.

On Individual Income, 117 (31.3%) were at \$0-5,000 a year; 85 (22.7%) at \$20,001-40,000; 57 (15.2%) made \$10,000-20,000; 54 (14.4%) made \$5,001-10,000; and 46 (12.3%) made \$40,001-80,000.

The number of parents/caregivers and children served has been reduced significantly during COVID. However, during the pandemic, we also focused on strengthening our psycho-social programming for youth (11-24 years), and this is beginning to increase.

266 Adult/Caregiver clients from 2011-2014, in our early stages of development. 154 were served in 2015; 224 in 2016; 350 in 2017; 338 in 2018; and 330 in 2019.

We have now served nearly 100 YOUTH with our 2019-2022 "Best Start-All About YOUTH" programme for Youth 11-24 years old, largely ethnic minority youth in low SES communities.

The pandemic caused great decreases as in-person school and programme services were disrupted. However, we adapted our programming to virtual trainings of professionals as well as virtual programmes for Parents and for Youth. That enabled us to serve 143 parents in 2020 and 158 in 2021. Over half of the parents that we served in 2020 and 2021 were high-need parents referred to us by the Illinois Department of Child and Family Services, or through the Kane County and Kendall County Jail systems.

Our contract and caseload with the

Department of Child and Family Services (child welfare) doubled from 2019 to 2020, and again from 2020 to 2021. In 2022 we may see a 3-fold increase from 2021. Our contract with Kane County Jail remained the same level, as the Sheriff partnered with our Foundation to support Detainees released early from the Jail during COVID, to receive stronger reintegration support with their families. The RESTORE community-based programme funds is open to parents engaged in the Justice System - through court referrals, or DCFS, or pre-court diversion programmes as well. This has served the community well.

Evaluation Results.

Based on 635 Best Start caregivers who completed both pre- and post-evaluation questionnaires, significant evaluation results are found in almost all metrics considered (Jan 2022).

With Tool to measure Parental Self-Efficacy (TOPSE), all areas (Emotion & Affection, Play and Enjoyment, Empathy & Understanding, Control, Discipline, Setting Boundaries, Pressures, Self-Acceptance, Learning & Knowledge, Resilience & Hope) show highly significant increase in self-report scores, as do scores overall (p-value < 0.001).

Caregivers show a highly significant increase in understanding and use of ICDP 8 guidelines (within Emotional, Comprehension and Regulation Dialogues, p-value < 0.001 for all). They report improvement in health/quality of life after programme completion (p-value < 0.001 for both).

In the Strengths & Difficulties Questionnaire, parents report significant improvement in their perceptions of child's behaviours in all areas surveyed (Emotional Issues, Conduct Problems, Hyperactivity, Peer Interactions, Prosocial Behaviors). This suggests that the Best Start focus on empathy between parent and child may improve the child's wellbeing, or promote a more positive parent outlook and focus on child's positive behaviours.

There is a highly significant decrease in parental Psychological Aggression (p-value < 0.001); Physical Assault (p-value = 0.025) using the Parent-Child Conflict Tactics Scale, suggesting the programme promotes healthy, less harmful parent-child interactions.

HIGHLIGHTS - Parents with All Abilities (all disabilities)

So many parents, here is the story of one:

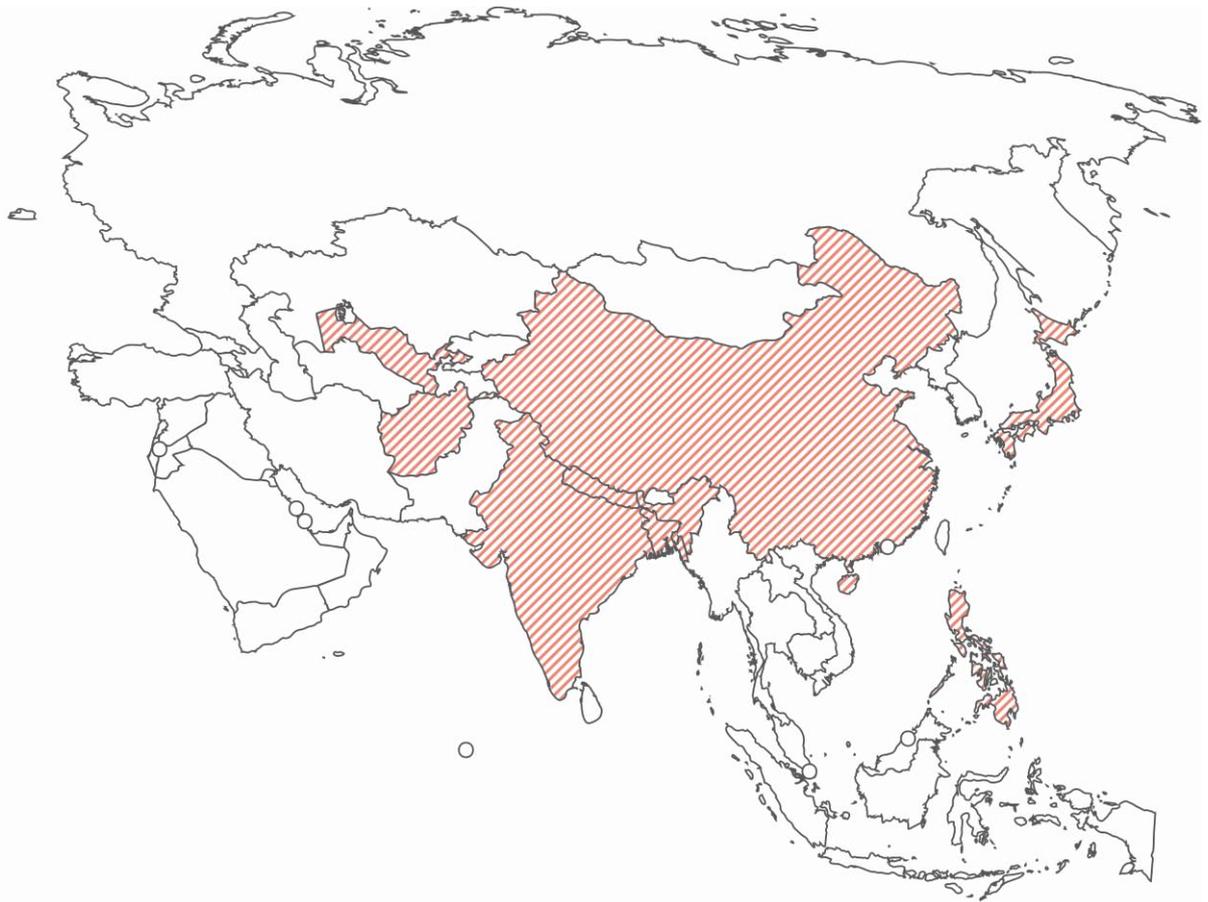
Belinda was referred to us in 2021, by the Assoc. for Individual Development, the year CCWF received a \$5,000 Northwestern Univ. seed grant for one year of conversations with a parent population we had not yet served, parents with disabilities. We aimed to learn from these parents, and providers of people with disabilities, so we could design a programme to best support their diverse needs. This mission began when another mom, Anne-with 14 disabilities (2 sons) contacted us to volunteer (2020). Anne loved her first parenting programme and became trained as a facilitator. She facilitated our very first virtual parenting programme for Parents of All Abilities (special needs). It was a strong

success. However, Anne is currently in intensive medical care.

Belinda has 2 daughters (1 and 8 yrs.), and participated in the weekly Parents of All Abilities programme (2021-22). She walks with a cane, through the pain, and is currently undergoing cancer treatment. Belinda became a parent advisor, took our "Best Start" Facilitator training in Winter 2021-22, and now facilitates with a CCWF staff member, our Exceptional Families programme (child welfare families for whom she is an advocate). Further, she is back in school to finish a college degree.



ICDP in Asia



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

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: www.icdp.jp/



In 2021, the ICDP programme was introduced in the Higashi Mikata Hoikuen 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).

Hitoshi Maeshima, ICDP trainer and doctor by profession, shared his story about this new ICDP endeavour:

“I was contacted by a nursery school director who asked me to be their school doctor. The school in question is the Higashi Mikata Hoikuen nursery, which opened in April 2021. It can accommodate 120 children and 27 nursery teachers.

Several months later, around the 10th of June, the director, the secretary and a nursery teacher visited my clinic and we agreed that I should become their official doctor.

I used this opportunity to talk about ICDP; I explained that I went to England three times to participate in ICDP training workshops and afterwards I started to apply the ICDP programme in Japan. During the ten years that I have been using the ICDP programme I discovered how by following the simple ICDP guidelines the relationship between caregivers and their children can be improved, promoting a balanced development of the child's emotions and intellect.

The director has many years of experience in childcare and immediately expressed interest in the programme and showed her appreciation and understanding about the importance of the ICDP guidelines in childcare. She confirmed that she would like to apply the ICDP programme in practice in the nursery and also with the nursery teachers. I agreed to help introduce the programme and we made plans for the training.

My first visit to the nursery took place on 14th of July 2021 – during this visit I started the training of the nursery teachers and this continued throughout the autumn.”

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.

Overview of activities in 2021 by the ICDP China leader, Jean Qin:

ICDP promotes the improvement of the quality of parent-child interaction, gender equality, and seeing the child as a person with their own rich inner life. This last part is quite controversial in China, and from the onset of introducing ICDP to China we have seen the positive effects of drawing attention to this; people start recognizing their own inner child and draw on these emotions to improve their parenting.

ICDP Training:

A total of 4655 caregivers have completed training in 2021. Besides the parents, many of the caregivers are teachers and social workers who can reach many children in their daily work.

A total of 381 professional caregivers were trained 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.

Research:



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. In this way ICDP China can have a better understanding of the current situation regarding Parental Training Courses in China.

Potential cooperation:



ICDP China completed the whole training section for the first group of facilitators from Tibet. Therefore, since 2021, ICDP in Tibet could be initiated by the Tibetan facilitators. ICDP China was invited to meetings with local procuratorate for cooperation and protection of juveniles, and offered 8 ICDP workshops to 6 young people who were suspects involved in criminal cases. Two of the young people's caregivers attended these meetings regularly and all the caregivers attended at least once.

Gender equality:



In 2021, a caregiver training was conducted for the first time for a local Taekwondo team in Kunming. The feedback from them was that they have become more patient after attending ICDP training, they want to spend more time listening to their children, and they see the value of slowing down and actually engaging with the children.

New materials:



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:

- ❖ [Stories-from-China.pdf \(icdp.info\)](#)

INDIA

From 2004 -2016, in West Bengal, ICDP developed through the work of Professor Karl-Peter Hubbertz, with funds from the Indienhilfe organization. The ICDP facilitators successfully implemented the programme in several rural areas. ICDP facilitators included social workers, teachers, health workers, medical doctors and other professionals working in child development-centres, 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. ICDP is roll out with families that receive a government cash transfer for taking care of orphaned children. 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.

ICDP trainer, Manish Prasad reports about activities in Dungarpur, in 2021:

Meeting with District Level Departments on Planning, Implementation and Monitoring of Parenting Programme

After a substantial decline in the number of active cases of COVID-19 in the state, the

government of Rajasthan completely withdrew the lockdown during the beginning of the year, and allowed the resumption of activities in the state. As a result, in Dungarpur, activities under CSSP project started taking pace. In March 2021, a meeting was organised with the Social Justice and Empowerment (SJE) department, as well as with key officials from all the concerned departments such as SJE, Education, Women and Child Development (WCD), Integrated Child Protection System (ICPS), Child Rights and Rural Development. The aim was to advocate for scaling up Palanhar Plus programme.

Assistant Director of SJE department talked about the initiatives under the Palanhar plus programme, and stated that the parenting sessions with the caregivers and the life skill sessions for their children are catalysts for change, by improving the way caregivers treat their children, and by enhancing the knowledge and skills of children for a better life. He then invited all officials to share their views on how to strengthen and scale up the Palanhar Plus programme.



District level meeting with the stakeholders including the officials of various departments

SATHIN (the frontline workers of WCD department) who were also present, shared their experience of receiving the ICDP training by Save the Children.

The representatives of Panchayat Raj Institutions (PRIs) emphasized the importance of the training programme in view of the vulnerability of the Palanhar children, and assured their support in mobilizing families to attend the parenting sessions.

The Education department representative shared his experience of attending the life skill training, which was conducted for teachers by Save the Children. Assistant Director of the SJE department thanked Save the Children for extending the Palanhar scheme to their department and asked for the life skill intervention to take place also in government homes for children in the future.

All departments agreed that the technical support to government's frontline workers was a critical factor in scaling up the programme in the entire District. Save the Children emphasized that the convergence of all the departments was required to get an impactful result of the Palanhar plus programme, and that it was ready to provide technical support to frontline workers of these departments to cascade the programme to a maximum number of families.

Training on parenting for the Frontline Workers of the WCD Department

Scaling up of the Cash Plus programme through the government has been on the agenda of the project since 2019. Due to the lockdown in 2020, the plan to train Panchayat level frontline workers of the WCD department

(called SATHIN) in Dungarpur was put on hold.

In 2021, with the withdrawal of lockdown in the state, the capacity building activities were resumed. In this context, Save the Children organized the training of the SATHIN on parenting skills in line with the ICDP module.

In 2021, the previously trained SATHIN workers provided support to new colleagues in conducting parenting sessions at the Panchayat level.



The training was completed in 4 stages and it included 25 SATHIN workers; 13 SATHIN from Kherwara Block of Udaipur and 12 SATHIN from Jhothi Block of Dungarpur. As a next step the SATHIN started forming groups of parents in their respective Panchayats, where they will conduct parenting sessions.

A letter of agreement for SATHIN to conduct sessions in the Panchayats was requested from the DWCD department in Udaipur and Dungarpur District which they agreed to provide. The new SATHIN will be given support during sessions by a trained facilitator from Save the Children.

Training on Parenting for Palanhar Families

Despite the continuous challenges of COVID-19 during the year, the sessions on life skills and parenting were regularly conducted with 160 children and their 160 caregivers. The Panchayat level workshops were organized with the 160 families in order to understand the learning they obtained from the implementation of Palanhar plus programme.

Keeping all the Covid protocol in place, the workshops were designed in 6 phases covering 16 Panchayats in total. The SJE department's officials interacted with the families attending the workshop through online platform on the benefit of the Palanhar Plus programme of Save the Children and the

operational issues the families face in the Palanhar scheme.



Palanhar families participating in a Panchayat level training session on parenting

Parenting sessions with Palanhar caregivers:



Participatory exercise with frontline workers during the training session on parenting

The plan was to reach out to 128 caregivers through the parenting programme. The programme was conducted with groups of caregivers by the ICDP facilitator from Save the Children, followed by intensive home visits after every dialogue to gauge the learning level of the caregivers after the sessions.

Development of monitoring formats to measure the efficacy of the programme:

Several formats were developed for effective monitoring of the quality of facilitation in the delivery of parenting sessions. These formats are:

1. Diary of the facilitator: To be filled by the facilitator after every session to gauge their own quality delivery of session and plan for its improvement.
2. ICDP home visit guide: To observe the practices of parents/caregivers towards their children with respect to the specific sessions delivered and give positive, constructive and practical feedback on how to further strengthen desirable behaviors; the facilitator should do this in detail and demonstrate with the caregiver's children if they are at home, or ask the parent/ caregiver to demonstrate.
3. Monitoring format for the trainer to observe the facilitator's delivery of parenting sessions: To observe the quality of facilitation by the facilitator and support in its improvement.

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/>

From the report about activities in 2021, by ECEC/ICDP Nepal

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. The graduation was organized on the 16th of November 2021 and it was attended by

leaders and representatives from relevant partner organizations.



The training of 4 groups of facilitators, which started in 2020 but due to the pandemic it took longer than usual and it was completed in 2021. The newly trained facilitators included 18 participants from different SOS Children's villages working in different districts, 11 from NGO's and municipalities and 28 from schools and training centers.

On 22nd of November 2021, a Network Meeting for ICDP facilitators and trainers was conducted via Zoom, due to COVID-19. There were 90 virtual participants, including key representatives of partner organizations who shared their future plans, reflected on ICDP as a mental health and child sensitive protection programme. The ICDP facilitators and caregivers shared touching stories from the field, here are some:

Sunita Sunar: After her son's birth, Sunita had to face lot of challenges in life, while taking care of her son. She was stigmatized because of her status as a single mother and for having a son with cerebral palsy. She started blaming her son for the situation and on many occasions she brought out her stress by hitting and scolding him. "After attending the ICDP sessions, I started seeing my son as a person and my treatment and behavior towards him changed. I started expressing my affection positively towards him. I noticed positive change in my son's behavior. Our relationship has become better and my son says that I am the only person who loves him in this world."

Stories from SOS Children's Villages caregivers:

"The children here had difficult past. We have taken many trainings before ICDP. Even after taking those trainings, we couldn't understand their feelings. After ICDP caregiver sessions, I felt there were still many insecurities inside the children, because I used to scold them for not doing things properly. I shouldn't have done that; it touched my heart

when I realized what the real problem was. I shared the same with them too. It helped me to understand the children and build the relationship deeper and stronger."

"I have worked as caregiver or aunty in SOS children's home for 13 years. There was a child who couldn't do any of her own daily activities by herself, so, I had to do them for her. I used to get frustrated because of that. The child had cerebral palsy and used to get angry as a result of my frustration. Many such instances of quarrel used to happen. She used to cry a lot, beat herself and lock herself inside the restroom. But after participating in the ICDP training, I have started to empathize and treat her as if I were her own mother. I patiently explained to her how to do her daily activities. I encouraged her to do as much as she could and supported her for what she couldn't do. The same child who couldn't walk properly, after encouragement, support and love is now much happier to do her daily activities by herself. She now wakes up early at 5 O'clock in the morning and gets ready by herself. And she has developed trust and confidence to ask help from me for the things she cannot do. Now she can walk without crutches. The training changed me very much. I learned that one should control the anger and not pour it on the children. Encouragement is the best medicine for children and that can make us a successful caregiver."

"During the ICDP session it helped me to recall my own biological children. I feel regret for neglecting them. My daughter wanted to spend time with me. I wish I could go back in time and give her quality time, show love which I was unable to do in the past. ICDP sensitized me and I gained knowledge through the ICDP programme."

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:

❖ Study in Nepal of the impact of ICDP

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 behaviour among caregivers, the facilitators conducted 486 home visits to the households of caregivers.

SC also collaborated with Stories of Nepal <https://www.facebook.com/TheStoriesOfNepal> to bring the stories of parents who have adopted gentler and affirmative parenting techniques inspired by the ICDP programme.

Facilitator Ms. Ranju Shah from Save the children Nepal (Mahottari Districts):

"ICDP Caregivers Meetings were conducted in Dalit communities during the COVID-19 pandemic with fourteen different groups and 170 parents, across different municipalities, maintaining COVID protocols. ICDP played a significant role during this pandemic situation; it helped to improve the relationships between children and parents in their families. Now parents are equipped to support their children's psycho-social development".

Participant Responses from Caregiver Meetings (Mahottari District):

"There was a notion of impurity to eat the food before elderly seniors of the house. After attending the ICDP sessions, I realized that my children are also independent people, just like my father and mother-in-law. Now I feed my children earlier, giving them higher priority." (Rajkala Das, Bardibas-7, Mahottari)



Fathers attending ICDP meetings in Mahottari



ICDP with mothers in Dhulikhel ward no.8



Interaction after the ICDP meeting



Gaushala Municipality deputy mayor with caregivers

PHILIPPINES

The ICDP developments started in 2017. In an effort to ensure better child development outcomes, the ICDP programme was incorporated as a complementary intervention to Save the Children's current Child Sensitive Social Protection (CSSP) programme. The 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.

Zenona Greed, the lead ICDP trainer and Programme Coordinator at the Ormoc office of Save the Children in the Philippines informs about activities in 2021:

We are working in partnership with a Regional Government through the Pantawid Pamilyang Pilipino Programme (4Ps).

The 4Ps is a cash transfer programme which 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. There was also a feeling of anxiety among people and staff of getting contaminated from the virus. Another challenge of the project was the typhoon, Rai that affected many parts of the Visayas region. But these challenges just revealed the effectiveness, relevance, appropriateness, scalability and sustainability of the parenting programme. The implementation continued through the community facilitators and the family support group (FSG) members. FSG is a venue where parents share, refresh and get support in their practice of the parenting principles. It is a venue where they can update their savings and even discuss about livelihood activities to help augment family income. A total of 136 FSG's or (15 – 20 individuals per FSG) have been formed since

the introduction of the CSSP programme in 2018.

Scope of implementation

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 programme was adopted by the Ormoc City Social Welfare Office as an implementation strategy of the "Ormoc City Children's Welfare Code" for the 110 barangays of the Ormoc city. A total of 50 community implementors (F-44; M – 6) have been trained as facilitators. A total of 225 parents (F-203; M-22) were reached by the Ormoc City parenting facilitators March – December 2021.

One significant milestone achieved by the ICDP programme is its adoption by the DSWD - Region 8 into their Kilos Unlad framework¹. The ICDP programme is in close alignment with the ambitions of the KU Framework of the 4Ps.

Study shows improved well-being and development of children aged 3-6 years:

The study conducted in 2020 – 2021, evaluated the ICDP impact on caregivers and children. 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. The average gains

¹ Kilos Unlad framework is a case management strategy to guide the process of shepherding Pantawid Pamilya households to achieve economic strengthening, improved relations within the family and better development of children within a 7-year operational period of program exposure

for children in the intervention group were statistically significantly higher than in the comparison group in all the social-emotional learning domains assessed.

Caregivers' interactions with their children exhibited more empathy and became more encouraging, with a decrease in the frequency of maltreatment between the pre-intervention and post-intervention assessments. It was also observed that the decrease in the caregivers' use of different forms of maltreatment was greater for the intervention group of parents than for the comparison group.

With respect to management of the family budget, it was observed that a greater proportion of caregivers in the intervention group (than in the comparison group) had increased their savings at the time of post-assessment. In the event of an adversity, the adults/caregivers in the intervention group also opted for more positive coping strategies than the comparison group (e.g. cut down unnecessary expenses).

Civil society strengthening

The parenting programme has contributed to the formation, evolution and strengthening of civil society organizations that they would become catalyst for social and societal change namely:

- a) Part of the ICDP parenting programme design is to form parents into support groups called family support groups (FSG) after completing the parenting sessions.

FSG's became a mechanism for parents to seek and give support to each other in their practice of ICDP principle. It has also become a savings and sustainability mechanism since all FSG members, practice group savings.

- b) 40 ICDP facilitators organized themselves formally in an organization, the MOLAHUTAY Inc., to continue promoting responsive caregiving to parents under the CSSP project. Regular monthly meetings, parenting mock session and care for carers sessions (sharing and debriefing for facilitators) were provided. They were also trained on facilitation, theory of change, strategic planning, project development management, project proposal development and basics of organizational development and development of operational Manual to build their capacity. They will be involved in the scale up of the ICDP parenting programme in the whole region (Region 8) of Eastern Visayas.
- c) LAHUTAY Cooperative (registered with Cooperative Development Association) is a spin off organization of the ICDP facilitators with task to manage the pooled savings of FSG members. Officers and members received trainings on cooperative management, book-keeping and basic accounting and business development planning in addition to Save the Children principles.

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 Enterprizes in Bhaluka, two hours away from Dhaka; with day care staff at Basha Enterprizes; 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.

Boby Sajeda, ICDP coordinator and trainer, reports about the ICDP developments in 2021:

We are happy that ICDP training is going on in Bangladesh through the Healthy Childhood Development Programme (HCDP), a project of Normisjon Bangladesh. We have been working in partnership with different organizations. These organizations work with families and children in low-income communities. Through ICDP training to partner organizations (POs) we want to strengthen families and institutions to better care for their children. We give facilitators training to the staff of these organizations.



In 2021 many activities were disrupted due to COVID-19. Nevertheless, we managed to complete facilitator level training of three groups.

21 facilitators completed their training
 42 facilitators were active and ran 30 caregiver groups
 209 caregivers received ICDP training
 425 children were touched through our activities.
 One facilitator completed training to become certified as ICDP trainer.

Caregiver group certification



Facilitators' certification



We have formed an ICDP Core Team that consists of 5 members, each member is from a different partner organization. The core team is ensuring partnering and unity between the organizations trained in ICDP. Our future aim is for the core team to have the overall national local ownership and be known as ICDP Bangladesh.

Gathering of facilitators:



Photo taken at the gathering

In 2021, we organized a gathering to which 25 facilitators participated. We were honoured to have the Norwegian Ambassador present during this event. We heard many successful stories from the facilitators which were encouraging.



We translated the ICDP materials into our local language, Bengali, which includes the booklet "I am a person," "Essence of human care, part 1 & 2," and "Facilitator's manual". We also produced photos and posters in our local context.

UZBEKISTAN

In March 2021, two preschool professionals Magdalena Bronnstrom and Valentina Ten, became ICDP certified facilitators in Tashkent. They received training online from Nicoletta Armstrong, who described them as extremely receptive, sensitive and enthusiastic professionals who both developed a deep understanding of the programme's principles.

As part of their training, they implemented the ICDP programme with seven teachers working at Happy Start, a learning centre for children aged from 2 to 7 years old. They started to work with the teachers on the 14th of October 2020 and the training was completed on the 2nd of March 2021.

From the report by Magdalena and Valentina:

“All the participant teachers became very involved and interested during the ICDP course. Home-tasks were very effective and reinforced what we taught during the meetings. Role-plays and group discussions made the meetings alive and vivid. Having the ICDP Guide to Facilitators was very useful, because it helped to plan the meetings but at the same time it also gave space for creativity and adaptation; and the research described in it, helped us to explain and confirm the importance of the ICDP guidelines, which was a good theoretical foundation for this target group. For us as facilitators, it was interesting to work with this target group because they were all working as teachers and this meant that they could go back to their classrooms and apply the guidelines – and afterwards give us feedback on that direct experience. We focused the home tasks on the teachers’ classroom life and thought about the possibilities and challenges they face there to make the home tasks as useful for the teachers as possible. We made our own videos of the participant teachers while they were in interaction with children. The ICDP booklet for caregivers was translated into Russian and while translating we changed the word parent to caregiver; and instead of your child we would put child in your classroom.”



In June 2021, Valentina and Magdalena visited the newly established learning centre called “Happy Start 3 preschool” in the town of Serdaja. There they attend the end of year celebration for the 6- and 7-year-old pupils. They had prepared a special programme for the children, but in addition they also conducted a session about empathy for children’s parents, based the ICDP programme. The group explored how they show empathy to their children.

In the autumn of 2021, they ran a new ICDP course for five teachers in Serdaja. As a result, the ICDP programme is applied there on an ongoing basis by the 5 teachers. Some of the feedback from the preschool teachers:

“There was a new girl to the centre. She was 3 years old and she was crying and not listening to me. The first time I met her I was the stern teacher when I was interacting with her. The second time I had empathy with her and treated her differently. One of the boys didn’t want to listen to me. He went under the table. Then I tried to think how it was for this boy to come and learn. Maybe he didn’t like it. So, I talked with him under the table and made an agreement with him.”

In October 2021, a group of 8 mothers attended the 9-week long ICDP course. Their children’s ages ranged from one year old to grown up children. All enjoyed the course and were eager to share about how their experiences with the ICDP guidelines. Here is some of their feedback after finishing the course:

Malika: “After the second lesson of ICDP course, I came home and I and my husband put our child to bed. We had free time, we began talking and my husband said, “I noticed how you have changed, you have become peaceful and no longer react so violently to situations that happen to our child” and he praised me for it. I was very pleased to hear this.”

Nazilya: “I’m a happy mother of three wonderful children. All our children are of different ages. It was only during the course that I realized that my children are really very different and that each of them needs a special approach. I am very grateful for the programme and I would like many parents to know about it, because it is such a wonderful tool that helps to find a good approach to the child, helps to get closer to the child. This programme

helps not only in the relationship between parents and children, but also in the relationship between parents. After each lesson, I shared with my husband and I saw how we came to the same opinion. And I am so glad that we are united on every situation. ICDP helped me a lot. I saw big changes in myself, I changed the approach to raising my children, I became a more conscious parent.”

Shaxlo: “Using the principles of this course, I began to understand my children more, we are able to negotiate without blaming or becoming hysterical. We had a problem; my child was very addicted to playing with the cell phone and this programme helped me to correctly set boundaries with my child and correctly explain to him the time of using gadgets. I really see changes in my child, he began to trust me more, we began to communicate openly about our emotions and feelings, the emotional state of all family members improved.”

AFGHANISTAN

The International Assistance Mission (IAM) is a non-profit Christian development non-governmental organization working in Afghanistan since 1966. The ICDP programme was introduced to IAM in 2019, by training a small team of health professionals as ICDP facilitators over the course of that year. 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 in June 2021. It was organized and conducted by Fattah Najm for participants comprised of mental health professionals working at IAM, in the town of Herat. Fattah shares a story from one of the ICDP trained colleagues:

“My name is Ahmad Saeed and I am working as a trainer in mental health. I am actively involved in the Positive Parenting Project of the International Assistance Mission in Afghanistan. As part of the Positive Parenting Project, I had a chance to participate in the ICDP training, which was very useful and practical. Topics that we discussed in the training were interesting. I could see the impact of this training in my daily life; it brought about significant improvements in my relationship with my two children, both under five years old. Here is an example of the way ICDP affected me:

After one very busy day, I went home with the intention of taking a good rest, but when I got home, my six-year-old child Erfan, was crying and screaming. I was hoping to find some peace, but instead I was faced with this unsettling situation. I tried to calm my son, but the more I tried, the more he seemed to cry and scream.

I found the situation very stressful. I could feel myself becoming very anxious and angry. For a few moments, I considered using violence, but the thought of my work the goal of which is to reduce violence against children, stopped me. I thought about the ICDP training and asked myself what does my child need from me now, what should I do to help. This helped me to overcome my anger and I turned to my son

and started to talk to him calmly, asking him what was the problem. I listened carefully to what my son had to say. His whole face was wet with tears and his body was shaking. I hugged him gently and I placed his head on my shoulder. I then began caressing his head. In an upset voice, he explained that he was really hungry but there was nothing to eat as the food was not yet ready. I then reassured him: “That is not a big problem sweetheart, come with me to the kitchen – you and I can quickly make something delicious to eat”. While preparing the food, I was talking to him in a soothing manner. My son soon calmed down completely and after he had his food, he started to talk and play together.



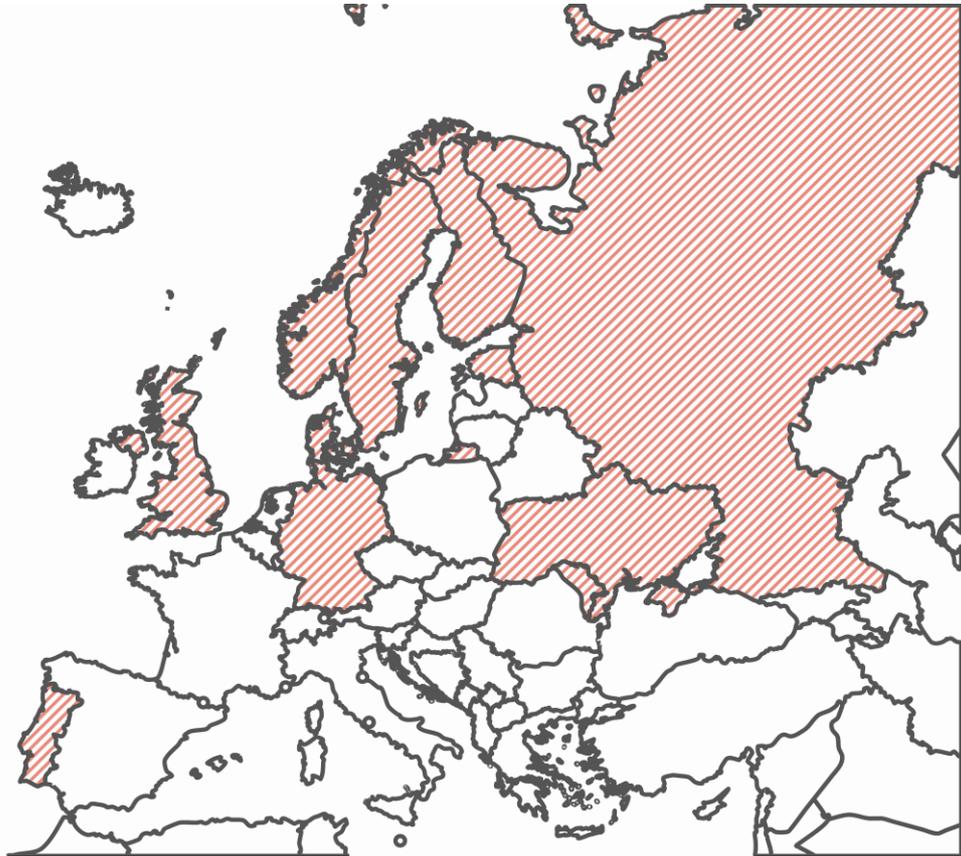
I realized how powerful the ICDP sensitive approach is. I could see how important it is to be patient with children, how talking and playing together with children produces shared closeness; and how effective attentive listening and dialogue is in overcoming problems. I realized that I had learned a new skill – later in several other stressful situations, it helped me handle the problems in an appropriate way.

Since then, I have realized that even some small changes in behaviour can improve adult-child relationship, and that the effectiveness depends on our ability to apply them at the right time.

A big thanks to the ICDP team for their wonderful training, which had a positive impact on me and others in my community.”



ICDP in Europe



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

ENGLAND



Since 1989, one of ICDP founders, Nicoletta Armstrong, has been organizing and conducting ICDP workshops in England for local and international groups of professionals, in addition to her executive work and her training abroad. This work is ongoing.

In the period 2019 - 2020, seven groups attended meetings and training. Due to the pandemic, trainings in 2020 were conducted online. In this period, an ICDP course was carried out for a group of Syrian refugees by Michelle MacDonald. An ICDP project linked to developing children's homes in the Liverpool region was in planning, but this work was interrupted by COVID-19. Each year, new psychology students at Bath university were introduced to ICDP upon the initiative by Rita Chawla-Duggan.

In 2021, the Stafford Welcomes Refugees (SWR) Women Support Group started to use the ICDP programme with some of the families it attends. 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. It offers general support to refugees with their integration into life in Stafford, and for this purpose it became a partner with Staffordshire County Council and its commissioned services from Refugee Action and Spring Housing for the Government's Syrian Vulnerable Persons Resettlement Scheme (VPRS).

ICDP trainer Michelle MacDonald was recruited by the SWR group in Stafford, to provide psychosocial support for the Middle-Eastern refugee community. Michelle's background in education and health, and her previous involvement in humanitarian work within crisis education for Syrian refugees in Lebanon, provided her with the appropriate experience for this assignment. She started the ICDP course in September 2021, by conducting online sessions.

The course provided refugee women in Stafford with an opportunity to share their experiences, challenges and successes within a safe and nurturing space. The course took the participants through the ICDP sensitization process to enhance their interaction with young children and adolescents. In addition, they were given tools to help them adjust to their life in England and support their families. The role of women, their health and wellbeing, stress management and bridging the gap between the two cultures, were additional topics covered by the course. The course took place over 12 weekly sessions, conducted in Arabic and English. WhatsApp was used for feedback on tasks assigned in-between the online sessions and for sharing of experiences around the key topics.

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 Norway was formed in 2006. A number of trainers, linked to ICDP Norway, cooperate with ICDP Foundation on projects outside Norway.

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.

In 2019, Heidi Westborg, with many years of experience in international development work, was appointed as a new chair of ICDP Norway – her update for 2021:



2021 was yet another year with corona restrictions. The focus of ICDP Norway was exploring the meaning of having become a member organization. ICDP was promoted through new websites, revitalized newsletters and webinars. We presented ICDP to several organizations for both national and international implementation.

ICDP Norway held its very first annual meeting as an association on 10 June 2021. The meeting was conducted digitally, and through a well-chaired process included a revision of the bylaws, ordinary annual meeting matters and a well-prepared election. The annual meeting was combined with an invitation to a digital cultural reflection forum.

ICDP Strategy 2020 - 2024 was adopted by the ICDP Norway Board. One of the main objectives is the collaboration with the Norwegian Directorate through SKM, on the development and implementation of the programme. We formally and informally collaborated on several different topics, including the revision of the certification criteria, criteria for digitization, piloting a youth version, and the launch of an ICDP-hub for information and communication. The ICDP-hub is so far open to trainers. A major milestone was the launch of the evaluation of the effects of the ICDP standard version by the Norwegian Public Health Institute's evaluation of ICDP standard version, which showed positive outcomes on the parents in the intervention group.

The Board of ICDP Norway appointed an advisory committee to assess quality and sustainability issues of the programme. The preliminary draft of the ICDP Older People

Care version was prepared by the committee and later approved by the Board. The committee has also started a process of translating the ICDP House in different languages, while ensuring good quality translations in Arabic and Somali.

During the year, ICDP Norway has worked on achieving a more sustainable and differentiated financial structure. This includes continuing to offer training assignments to SKM and other governmental bodies, in addition to offering facilitator training. We have prepared for the possibility of private donation and project funding. The administration consisted of two part-time positions, and we have sought digital solutions through Cornerstone (member database), Check-in (for registration) and Canva (layout).

Though ICDP Norway's international involvement we have in 2021 promoted ICDP to several organizations related to Asia, Africa and the Middle East, including offering guidance on how to start up, apply for funding and ensure longer term sustainability for the programme. We are also assessing options for research funding. ICDP Norway is also active in the Nordic ICDP board.

Study in 2021 showed ICDP programme works:

Link to the study: Efficacy evaluation of the International Child Development Programme (ICDP):

- ❖ <https://www.fhi.no/publ/2021/effektevaluering-av-international-child-development-programme-icdp/>

Parental guidance is a widespread measure – offered to parents who experience challenges related to having children, and preventive to parents who do not experience this type of difficulties. In Norway, many parents take advantage of the offer in the municipality in which they live. From 2017-2021, the Norwegian Institute of Public Health conducted a study of the ICDP programme, which is the most widespread public parental guidance programme in the country. The aim of the study was to find out what effect the program has in Norway, and to investigate whether ICDP can contribute to a positive change in the role of parents, strengthen the relationship between parents and children, and improve children's well-being. The study looked at the "standard version of the ICDP," which targets the entire population. The ICDP is also offered to specific groups, which this study has not investigated. The study concluded that

participation in parental guidance groups leads to increased coping in parenting and an improved relationship between parents and children. The study design was RCT (random control trial) - the families who participated in the study were randomly drawn to be either in the intervention or control group. The study found that parents feel safer in parenting after participating in the ICDP programme.

“The parents report that they feel closer to their child, experience less conflicts about child rearing in the relationship, and have a more supportive parenting style after completing ICDP guidance, compared to the control group that was not part of the programme,”

says project adviser Eia Elena Skjønsberg.

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, schools and 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.

Annelie Waldau Bergman, the leader of ICDP Sweden explains about the work in 2021:

“During 2021, ICDP Sweden tried to keep on with the regular educations/trainings on different levels, but in digital form due to the epidemic.

We have also worked on the development of the homepage, as the digital meeting place - "community". We have focused on making the documents and PowerPoints with a more stringent and coherent design, font and colour. The materials are used in training and other social cohesion for ICDP facilitators and trainers. There was less activity both for our Stiftelsen ICDP and for ICDP in the rest of the country, because of the effects of the corona virus. ICDP Stiftelsen has arranged digital workshops during the year with the purpose of keeping the ICDP community together. The themes were connected to the situation, for example how to do digital trainings, how to implement the programme and keep it alive in the organisation. We hope that 2022 will be a better year.”

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. In Denmark ICDP has given exclusive right to 3 organizations only to offer certified courses in ICDP:

1. UCN act2learn (University College North)
<https://www.ucn.dk/>
2. Dansk Center for ICDP
<http://danskcenterfor-icdp.dk/>
3. Institut for Relations Psykologi
www.ICDP.dk

Altogether, the 3 institutes train 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.

The University College North (UCN): “The work in 2021 was greatly affected by COVID-19. As an educational institution, we chose to maintain the need for physical presence in the work with ICDP, however, this meant that there were many cancellations and postponements of our teaching activities. In November 2021, the Danish ICDP providers collaborated on a Nordic conference with Kenneth Gergen as the main speaker, but unfortunately, we had to cancel this due to COVID-19. Instead, we held an online lecture at UCN where two of our experienced teachers talked about ICDP as an alternative to scolding and disciplining. Subsequently, we had presentations on parental guidance from one of our skilled partner municipalities. Within our organization, we have been busy developing new teaching materials and

discussing blended learning in regards to ICDP. Our ICDP courses within UCN have primarily targeted professionals working with children aged 0-6 (children in nursery, daycare and kindergarten).” – Heidi Trude Holm, UCN.

Annette Groot from **the Institute of Relational Psychology** shares about activities in 2021:

“ In 2021 we have focused on ICDP with less pandemic restrictions. It was such a relief to be together with our students again. We prefer being together physically with our ICDP trainees instead of teaching through the computer screen. We became good at online meetings and we started to consider which parts of ICDP meetings could be successfully carried out through the screen.

It was with heavy hearts we had to cancel the Nordic conference, as we had put great effort in preparing a really great conference.

In 2021, we have continued working with the organization ‘Save the Children’. We educated teachers at schools who are in direct contact with refugee families. We received good responses, as they found it very meaningful to use the ICDP programme with refugee families - both in direct interaction with children and also with the parents.



We have several trainers associated with our Institute who have resumed teaching ICDP after the pandemic. In the Danish daycare centres we work on the basis of professional themes established by law. The ICDP programme proved very useful in supporting the educators’ work with these themes. Several daycare centres are in process of creating a link between the pedagogical themes and the ICDP programme, and our Institute helps the development through ICDP training.

Since 2020 we have been applying ICDP in one of the Turning Tables projects. Turning Tables is a global non-governmental organization working to empower marginalized youth in different global contexts by providing them with the means to express their challenges, hopes and dreams for a better tomorrow, through the Creative Arts of music and film. The programme builds creative environments through inspiration, learning and transfer of technology than enable artistic self-expression in spaces where this would otherwise have been impossible. Having educated their staff in ICDP, we started training professionals through supervision - it proved to impact positively on participants' interaction with young people.

The Danish Centre for ICDP produced a comprehensive report which you can read by clicking on the following link:

❖ [2021 annual report](#)

Comments from this report by Anne Linder and Jens Linder:

“This year as well, our ICDP work has been influenced by COVID-19, but despite the difficulties in dealing with the pandemic, we have had a growing interest in our work on developing relationships over the last 2 years.

The progress was so significant that it became necessary to involve new forces in our administration and management.



Working professionally with human interaction requires empathy and sensitivity, because only then can we be touched and moved by other people. All our activities are permeated by this perspective and are based, among other things, on the assumption that relational conditions are dynamic and changeable. With the help of the eight themes for good interaction, we can strengthen the lives of children and young people through the togetherness and upbringing of the new generation. We are proud to be able to contribute to this important task through our management of the heritage from Karsten Hundeide.”

FINLAND

In 2010, Klara Shauman Alhberg was working as a psychologist at the Anchor House Family Centre in Pargas, near Åbo, situated on the archipelago in the south east of Finland, when she discovered and read about ICDP and decided to bring 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 subsequent 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 ICDP international.

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.

Update about the activities in 2021, by Pamela Antila, ICDP Finland chair:

- ICDP Finland has been active for ten years now, year 2021 being its tenth year in operation. Much as during 2020, the COVID pandemic and the resulting restrictions have impacted our activities greatly. The association has not been able to offer any trainings. Quite a few of our partner organizations around the country have also had trainings and groups on pause. However, ICDP Finland has now been able to focus on its membership activities. We have 55 registered members and starting from September 2021 we have established a virtual ICDP morning coffee for members to be held once a month. ICDP Finland has also taken part in ICDP Norden (Nordic) board meetings and will continue the collaboration with the other Nordic countries. The association has a registered and active website www.icdp.fi and is also active on social media, mainly Facebook and Instagram. We hope to return to our normal operation during 2022, with physical trainings and a 10-year anniversary with all ICDP trained people in Finland. The ICDP Finland association will continue to work on introducing and spreading ICDP in Finland in both official language (Finnish and Swedish)

as well as developing the programme in Finland.



The Finnish Federation of Mother and Child Homes and Shelters

The Federation is a non-profit NGO (www.ensijaturvakotienliitto.fi) and it has been using the ICDP programme for seven years now. It provides assistance to victims of domestic violence; it works on child abuse prevention and also offers help to expectant mothers suffering from substance abuse. Their expertise is based on close cooperation with members of the association offering assistance to families in difficult situations, by tackling their grievances and offering solutions. Considerable efforts are made to make the voice of families with children heard and the emergency recognised in the social debate. They gather and publish information on the circumstances of families in difficult positions and try to influence their central government and municipalities to take families into account in decision-making. The Federation counts on groups of ICDP facilitators who apply the ICDP programme with parents and children.

In November 2021, a group of ten professionals who have all been working as ICDP facilitators for some time, embarked on further training to become ICDP certified trainers. The ten facilitators attended training, which was conducted online by Nicoletta Armstrong. The training will continue in person, in 2022. Having trainers is important for the Federation, because trainers will be engaged in forming new groups of ICDP facilitators inside their networks of care – in this way, the ICDP programme will be sustained and as a result more families will be reached in years to come.

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 a large number of facilitators 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. The ICDP team also established cooperation with the Ministry with

plans of inserting ICDP in the newly developed education system. 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. ICDP continued its work despite many difficulties caused by COVID-19. Sergei Krasin informs about developments in 2021:

Due to COVID-19, we had to change our plans and ways of working; we almost completely stopped travelling to other cities. Through offline meetings we completed the training of two groups of professionals in Kharkiv, as a result we now have 44 new facilitators, from Kharkiv, Kiev, Druzhkovka and Krivoy Rog. A group of 15 specialists also became ICDP facilitators in 2021 - they were school psychologists, private psychologists, teachers of the Kharkiv National Pedagogical University G.S. Skovorody and foster parents. The facilitators conducted courses for 217 parents. In the each of groups were fathers. It is a good sign for Ukraine because usually mothers take care of children in our country. Two married couples finished studying in this group and then continued to conduct seminars for other married couples. Foster parents Nikolay and Galina from Druzhkovka, in the Donetsk region conducted seminars for other foster parents. In Kharkiv, facilitators conducted courses in person, as well as online parenting groups.

Anna Trukhan and I supported facilitators via Zoom and we also prepared a course "Tools of facilitation online". It consists of three modules of 3 hours each, to enable facilitators to use different internet platforms when conducting online meetings.

In April 2021, Anna and I conducted a "Training Programme for Specialists to Work with Children and Families under the Programme for Optimizing Child-Parental Relationships - ICDP" in Mariupol, Donetsk region. This training was organized by the Caritas Mariupol Foundation for psychologists and social workers of the city's social services. The programme was well received, some of the participants in the training were interested in further training. They noted that the programme helps families who find themselves in difficult life situations.

A participant of one of the groups who had problems with a 12-year-old foster daughter shared a positive experience. This 12-year-old girl used to steal things. A psychologist and other specialists failed to help. Then foster parents made a decision to use the ICDP principle of positive definition of the child. They began to focus their attention and the attention of the girl on her successes. For several months, the family tried to notice the girl's smallest successes. They noted them with praise and encouragement and never focused on what she failed. After some time, the girl

stopped stealing at home and at school. A few months later, she thanked her parents for their support. The girl said that no one had treated her like that before. The support of her foster parents helped her believe in herself, she believed that this family loved her. The foster parents noted that it was one of the happiest days for their family. Other children also noticed good changes in the family.

From June 2021 onwards, a new online-training group for facilitators was carried out for participants from all over Ukraine.

ESTONIA



A project called "ICDP parent-facilitator training to improve the social skills of parents in the neighbourhood" 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.

In 2021, 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.

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 Arhangelsk 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 year they received training and both became ICDP trainers – they have been actively training others in ICDP ever since.

Activities in 2021, explained by Oksana Isaeva:

December, 2021: ICDP at the Minin University for Master Level Student (Crisis Psychology Programme) N=18 students

November, 23 2021: ICDP was presented at the scientific conference "FAMILY IN MODERN SOCIETY: TECHNOLOGIES OF HELP AND SUPPORT" (Ekaterinburg, Russia) <http://psy.forum.2021.tilda.ws/#rec373582421> N = more than 80 attendees

November, 2021: Online training (level 1) "International Child Development Programme" (ICDP): history, essence, key ideas for specialists of Nizhniy Novgorod region N=16 participants

September, 2021: Offline training (level 1) "International Child Development Programme" (ICDP): history, essence, key ideas for specialists of Nizhniy Novgorod region N=14 participants

July, 2021: ICDP was presented at the scientific conference "Family Dialogue" (Nizhny Novgorod) N=30 attendees

June, 2021: ICDP in action: children's emotions (Higher School of Economics, Nizhniy Novgorod) N=15 participants

April, 2021: Pictures produced for ICDP work with parents (Higher School of Economics, Nizhniy Novgorod) N=6 people

March, 2021: ICDP at the Minin University for Master Level Student (Crisis Psychology Programme) N=16 participants

3 ICDP groups of parents were trained in 2021 year (N=25)

More information about ICDP Russia can be found on Facebook: Information: <https://vk.com/club117351685> or <https://www.facebook.com/icdpRussia/>



Результаты участия в программе

- Осознание того, что быть «Родителем» интересно
- Получение удовольствия и положительных эмоций от родительства
- Развитие навыков эффективной похвалы и поддержки ребенка
- Умение грамотно информировать ребенка об окружающих явлениях и предметах; формирование целостного восприятия об окружающей действительности
- Эффективное регулирование поведения ребенка
- Внимание к инициативе ребенка



MOLDOVA

The Centre of Early Intervention (CEI) Services Voinicel (<https://voinicel.md/>) was founded in Chisinau, Moldova, with the help of the Norwegian non-governmental organisation Ahead-Moldova in 2003. 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 hope to extend our training activities to Transnistria region in 2022, provided our project application is successful. 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). 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 in 2021:

“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, during 2021 there was a lot less activity due to the 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 in the near future!”

PORTUGAL

Karsten Hundeide, Pedro Mendes and Teresa Villar, are three of the founders who worked together on setting up the first ICDP project in late 1980s, some years before ICDP was registered as an organization. The aim of the project was to assist the refugee community that had fled due to civil unrest, from the ex-Portuguese colonies to Lisbon. Most of the refugees were transferred to the area of Lisbon called Alfragide and the project started there on a small piece of donated land, first as a preschool, and gradually it developed into a community project involving older children and young people. Interestingly, this project is still running in the Alfragide area of Lisbon, under the name Roda Viva Education Centre and Teresa Villar is still part of it. Her work continues in applying the ICDP programme and its principles with families, children and adolescents who attend the centre. The current director Daniela Dinis maintained ICDP by introducing the policy that all professional

and caregiving staff working at Roda Viva should receive training in ICDP and this has been ongoing.

Daniela informs about the situation in 2021:

“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.”

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. Since then, she had the opportunity to train more and more people. 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. Step by step she succeeded in creating a structure that can forward the cause of ICDP in well managed cooperation and partnership with local organizations. Link to website:

- ❖ <https://ritacrecelius.de/icdp-organisation/>

Rita Crecelius update about the activities in 2021: During 2021, ICDP became known to more day-cares in Germany.

In June, 18 members of the day-care team responsible for 88 children at the St. Thomas day-care, completed their ICDP caregiver training. They were proud to be the first day-care team in Germany to hold an ICDP certificate. According to their leader Ana Vázquez-Zimmermann all team members reported that ICDP has been continuously enriching their everyday life. Some noticed that the crib familiarization was much more relaxed this year. Most colleagues think that the “view of the child” has become more

natural and that they themselves no longer come under so much pressure in certain challenging situations.

Ana said: “We were also able to advance team development with the help of the ICDP guidelines. ICDP should be our second bible!”

In May, Impuls Soziales Management, provider of 40 day-cares all over Germany, started an ICDP pilot project in their “Kinderhaus Frech Daxe” day-care. This day-care has 50 team members in charge of 176 children, whose parents are working at VW Financial Services in Braunschweig. Two out of five groups of their day-care workers received their caregiver ICDP certificates. The pilot will be completed in January 2022. The feedback has so far been very positive. One of the day-care workers said: “It is incredible, how quickly and effortlessly are things changing for the better thanks to ICDP”.

In September I presented ICDP at a school for children with special needs and as a result, we made plans for a trial ICDP workshop for teachers.

Previously I conducted an ICDP course for caregivers of older people, which aroused a lot of interest in ICDP. As a result, I was approached to give a presentation about ICDP to the Caritas Forum Demenz organization. They are specialists in geriatric psychiatry and

organize training for caregivers of older people and people with dementia, in the Region of Hannover.

In July, I trained caregivers linked to the Bunte Gruppe, a free, non-institutional body providing training for caregivers from different fields. I completed the training of 6 caregivers, Bunte Gruppe 3. I also trained 7 caregivers from Bunte Gruppe 4, including two from Austria. Four of the participants attended the workshop in person, whereas the other three attended online training and appeared on the screen – so this was my first ICDP “hybrid training”. The whole group interacted well, the participants built bridges between the virtual and the real world – an interesting experience in itself. The technical equipment was facilitated by a network of creative professionals called KreHtiv, in the region of Hannover. In spring 2021, they started a “Fond for Digitization” to which I applied and received a financial contribution, thanks to which I was able to establish ICDP online events in a professional way. This has enabled me to reach more participants – thank you KreHtiv.

Throughout 2021, I discovered that day-care workers in my country welcome ICDP and are eager to work with the relational approach. Therefore, my plan for 2022, is to train key persons in day-cares as ICDP coaches. Their

task will be to support colleagues and teams, so that they keep on expanding the ICDP approach in their daily routines. My goal is to anchor the relational perspective in a sustainable way in the work of professional caregivers. In this way, we can develop resilience in both children and their caregivers – resilience being a key factor in times of uncertainty and social change.

An expert of the World Health Organization said: “ICDP is food for a healthy brain”. This food was tasted by quite a large number of children’s caregivers in Germany during the course of the year – and it seems they wish it to become their regular diet.





ICDP in the Middle East



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

ISRAEL

During the period between 2003 and 2006, ICDP trainer, Alla Magidson developed a number of 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, she continued to make use of her many years of ICDP experience by acting as a consultant advisor to the Mofet preschool teachers, and also preschool and school parents, who often sought her out for support.

ARMENIA

In 2019, Merethe Kvernroed, 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 were 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 intend to give the parents support also in terms of parenting skills.

GEORGIA

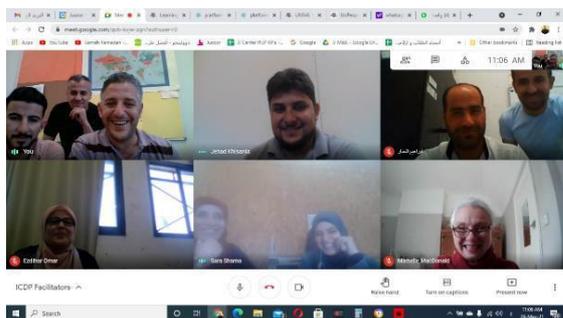
ICDP started to develop thanks to efforts of Nino Margvelashvili, a neuropsychologist, based in Tbilisi with a vision to scale up ICDP in future. Nino was working with children with special needs in an international school, as well as doing assessments and rehabilitation courses concerning different 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 2020-2021, the years negatively affected by the COVID-19 pandemic, Nino has not been able to continue her work with parents, but during this period she wrote papers reflecting on different aspects of the ICDP programme.

LEBANON

Michelle MacDonald has been working as counsellor for teachers and parents, at the Jusoor education centres in Beirut for several years before she contacted ICDP and received training as ICDP facilitator and trainer. In 2016, she started to train teachers working at the three schools run by Jusoor. 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 despite the current circumstances. It is a non-political organization and its programmes do not differentiate according to political views, ethnicity, religion or gender. Over the next few years, all educational staff at Jusoor schools attended ICDP courses. The ICDP training was also given to staff members at SOS Children’s Villages –Bekaa. Michelle also worked with Syrian refugee families in camps in and around Beirut. She formed 17 facilitators (who are linked either to SOS Children’s Villages or Jusoor) and 63 caregivers.



Michelle MacDonald report about activities in 2021:

In 2021 I started to train a new group as ICDP facilitators. The eleven participants were teachers from two educational centres (primary school level) that are run by the Jusoor organization. They 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 in order for everyone to share insight and talk about their experiences, as well as receive feedback on home tasks.

The problems faced by the displaced population, added to the intrinsic problems of a failing host state (Lebanon). COVID-19 was the last straw to an already deteriorating situation. This posed many challenges with delivering the ICDP training. Power outages and Wi-Fi interruptions resulted in sessions being cancelled at the last minute and then rescheduled only to encounter the same problem again. In spite of the numerous hurdles, the training (12 sessions) was successfully completed.

The feedback from the teachers was very positive, in spite of having to face many difficulties. They were grateful for the opportunity that the ICDP training gave them to express themselves in a safe environment. They were able to share their worries, their everyday challenges of constantly having to adapt to changing circumstances, to the deep changes in their way of life since leaving their country, but they also talked about their successes and their resilience. They discussed the impact this had on their values, traditions, on the changing role of women and how it affected parental roles and interaction with their children. All reflected on their roles as teachers and shared their insights within the group. The group explored together ways they could make some changes in the classroom and gave each other positive feedback. They were very keen to start delivering the ICDP training (at caregiver level) to the parents of the children they teach, and in fact two new groups had already started by September 2021.

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 together 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 got married to Dr Bingol, a psychotherapist. In 2021, Maria 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, in the autumn of 2021. During the year, together with her husband, they worked on translating the ICDP materials into Turkish and prepared ICDP leaflets and other material. However, once more the plans had to be postponed for 2022.



NATIONAL BODIES

ICDP Norway, ICDP Finland, ICDP Sweden, ICDP Denmark,
 ICDP Portugal, ICDP Ukraine, ICDP Mozambique, ICDP Ghana,
 ICDP Colombia, ICDP Peru, ICDP Bolivia, ICDP China,
 ICDP Nepal.

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 Australia operates under Morningside C.A.R.E.
- ❖ ICDP USA operates under CCWF
- ❖ ICDP Paraguay operates under Vida Plena
- ❖ ICDP El Salvador operates under UNICEF and ISNA
- ❖ ICDP Nepal operates under ECEC
- ❖ ICDP in India, Philippines, Nepal, Burkina Faso, Zambia and Somalia operates under "Save the Children"
- ❖ ICDP Bangladesh operates under "Normisjon" and its partners
- ❖ 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 Promocion 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 are developing in Germany, England, Ethiopia, South Korea, Brazil and Armenia
- ❖ In Norway and El Salvador the ICDP programme has been institutionalized as a country programme supported by local Ministries

67 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,	Congo,	Zambia,	Tanzania,
Rwanda,	Burkina Faso,		Malawi,	Ghana,	Uganda,
Kenya,	Zimbabwe,	India,	Indonesia,	Nepal,	China,
Philippines,	Sri Lanka,	Afghanistan,	Kyrgyzstan,	Uzbekistan,	Bangladesh,
South Korea,	Japan,	Australia,	Palestine,	Georgia,	Israel,
Turkey,	Lebanon.				

44 COUNTRIES WHERE ICDP WAS ACTIVE IN 2021:

Mozambique,	South Africa,	Ethiopia,	Somalia,	Botswana,	Zambia,
Tanzania,	Burkina Faso,		DRC Congo,	Malawi,	Ghana,
Colombia,	Panama,	Peru,	Nicaragua,	Brazil,	Chile,
Paraguay,	Mexico,	Guatemala,	Bolivia,	El Salvador,	USA,
India,	Nepal,	China,	Philippines,	Afghanistan,	Uzbekistan,
Bangladesh,	Japan,	Norway,	Portugal,	England,	Sweden,
Denmark,	Finland,	Ukraine,	Russia,	Estonia,	Moldova,
Germany,	Israel,	Turkey,	Armenia,	Lebanon.	

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.

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