



# ICDP NEWSLETTER

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## A new chapter for ICDP in Georgia

ICDP has taken a second breath in the Republic of Georgia, as bold and timely support from the Karavi Center has brought together 12 incredible individuals. These participants—parents, a kindergarten principal, and dedicated therapists from Karavi—have embarked on a journey to strengthen and nurture harmonious relationships with children.

With all resources provided, sessions were held in a beautiful, supportive environment where reflection and growth thrive.

We have already completed five out of ten sessions, each one an opportunity to dive deeper into the principles that underpin ICDP's work. In these sessions, participants thoughtfully engage with each concept, reflecting and practicing not only during the meeting but also at home, where they continue to build on their learning.

Every meeting adds a new brick to our metaphorical house, practicing sensitive care through empathic identification and response and acknowledging the positives.



Our sessions are more than just workshops—they are collaborative spaces for transformation. Participants share insights, laughter, and sometimes even tears, weaving their unique stories into the fabric of the principles. They are open, thoughtful, and engaged, bringing life to the ICDP values through personal commitment.

As we look forward to the final sessions, the anticipation builds for a celebration of all we have

accomplished together. The completion of this house will symbolize the enduring strength and care our participants are bringing into their families and communities.

And with plans for a new group of parents and facilitator-level training on the horizon, our journey in the Republic of Georgia is just beginning.

– ICDP Trainer Nino Margvelashvili



## ICDP in the village of Santa Teresa, Colombia

In Colombia, a project called “Women with a Soul” has been developing throughout 2024, in the village of Santa Teresa, in the eastern part of Antioquia. The objective is to strengthen socio-emotional capacities in the women as the basis for the strengthening of family relationships and the development of rural entrepreneurship processes in the area.

In the village of Santa Teresa in the Municipality of Rionegro, Antioquia there are more than 500 families, 80% of whom belong to strata 1, 2 and 3, with low economic income and unsatisfied basic needs. Among its main problems are: a macho culture, problems of alcoholism, in some cases domestic violence, school dropouts, conflicts between families, unemployment, the growing consumption of psychoactive substances in young people and adults.



The village has many opportunities for growth such as the Community Action Board that works for the development of its inhabitants, the rural school that is financed by the Secretary of Education and a group of women that for 4 years has been advancing in processes of empowerment and personal growth, some of them have managed to consolidate processes of entrepreneurship and financial autonomy (this with the support of social entities such as ICDP Colombia and Fundación Club Campestre).

This project “Women with Soul” seeks to strengthen and give continuity to the effort and commitment of some women in the village who have managed to develop socio-emotional skills and leadership, strengthen their family relationships and consolidate enterprises. The project allows multiplying the experience of women like Mercedes



Carvajal, who through the Alma Botánica entrepreneurship and with the support of ICDP Colombia want to impact other women in the area, giving continuity to the training and personal growth processes.



The beneficiaries of the project are women, from the village of Santa Teresa in the Municipality of Rionegro, between 25 and 60 years of age. The women are illiterate or with low schooling, they are economically dependent on men, and they are dedicated to domestic work including the upbringing of children and grandchildren. All have available land to produce home gardens, crops and other uses in favour of self-consumption and entrepreneurship. In this project, the community contributes the soil, its ancestral knowledge for the development of productive projects and the experiences of clean production with organic fertilizers, such as bocashi, for the care of nature and protection of the natural reserve in which they live.

The ICDP Colombia Foundation has joined this project by contributing its knowledge to improve family relationships through the implementation of the ICDP programme. Three ICDP volunteers who accompany this community. Abel Salazar, ICDP trainer, is overseeing the work.



## ICDP Ukraine continue their activities

ICDP in Ukraine had to go through a difficult period. Due to the war, many facilitators were forced to change their place of residence. Some facilitators left Ukraine for safer countries. Others moved to other cities or were forced to change jobs and activities. Due to this, connections with many facilitators were lost. In 2024, we were engaged in restoring connections, collecting information about the place of residence of facilitators. By the summer, the register of facilitators was updated and a new coordination council was created that started to operate. Activities have been resumed in cities such as Kharkiv, Odessa, Kyiv, Poltava, Kramatorsk, Druzhkovka, Zaporizhzhia, Kryvyi Rih, Vinnytsia, and Dnipro. Two large training projects have been implemented.

On the volunteer initiative of ICDP Ukraine trainers, a group of facilitators was trained from July to October, including 26 participants from eight cities of Ukraine (Kyiv, Kharkiv, Dnipro, Vinnytsia, Kryvyi Rih, Druzhkovka, Kamyanske, Zaporizhzhia) who completed the full training course and received facilitator level diplomas.



The second project was related to the training of facilitators for the International Charitable Foundation Caritas Ukraine. The training participants were 30 psychologists from crisis centres who work with children and specialists from the Save the Children.

The new facilitators held parent groups in their cities. The group leaders noted that with the beginning of the war, there were more problems in families. Frequent experiences of stressful situations make adults emotionally closed and do not use positive emotions

when communicating with their children. The principles of ICDP help to establish contact with children, to support them in the process of recovery and stabilization of their psycho-emotional state.



Facilitators who work for Save the Children note that children are unable to attend school regularly because of the war and experience frequent traumatic situations. Many witnessed their parents die, and experience separation from one or more caregivers, separation from brothers, sisters and other family members. Some children witnessed or participated in shocking events (for example, the release of brothers or sisters, relatives or neighbours from under the rubble after explosions).

The ICDP principles help to establish contact with children, to support them in the process of recovery and stabilization of their psycho-emotional states. Adults are also in an unstable psycho-emotional state. The seven principles of developing sensitivity in the program's educators help to create trusting relationships within the group and launch work based on the principles of "peer to peer".

Facilitators from Ternopil, Serhiy Bukhvalov and MariaGavrishko, said: "Adults showed interest, recalled stories from their childhood, talked about their relationships with children, and actively shared their experiences regarding methods of communication with children"

Facilitators Igor Dashevsky, Svitlana Klunnik (Poltava), shared that their group included not only parents, but also grandmothers. "Questions helped to activate group



work. Participants shared their experiences regarding the fact that children spend a lot of time on gadgets. During the exchange of experiences, adults recalled the games they played in childhood. There were many lively positive emotions".

Natalia Kosenko Ulyana Kotsemira (Drohobych) used practical exercises and videos in their work. Adults shared their feelings about how close adults expressed their love for them in childhood.

Facilitator Marina Nechaeva (Kryvyi Rih) wrote: "The parents liked activities that involved interaction with each other, where they could talk about certain things about their lives. They also enjoyed the creative activity and individual work we did with them. It was interesting to watch how they shared their childhood memories, how much warmth they had and how others were filled with it. It was a little unexpected that some mothers burst into tears. After the tears, the condition of the participants began to stabilize"

Despite the difficult living conditions during the war, the trainers and facilitators of ICDP Ukraine continue their work and are planning to continue next year.



## **Research on impact of ICDP in schools**



An article is available about the impact of ICDP on school achievement. It was published in the Scandinavian Journal of Educational Research, Volume 65, 2021 – Issue 3. The article is called A First Examination of the Role of the International Child Development Programme in School Achievement. The authors are: Lilian Berggren, Lene Lindberg, Terese Glatz and Therese Skoog.



Download this article as [pdf file](#).

#### ABSTRACT

The aim of this study was to explore whether the classroom implementation of the International Child Development Programme (ICDP) for secondary school students (grade 9) was linked to better school achievement. The goal of the ICDP is to increase school achievement by promoting positive teacher-student relationships. The study, performed in Sweden, applied a pre–post design (four years) with matched intervention and control schools ( $N = 148$ ). The post-intervention assessments showed that there were significant differences in school achievement in Grade 9 between the intervention school and the control school. Specifically, a greater proportion of students at the intervention school demonstrated improvement in school subjects and achieved the competency requirements to enter an upper secondary school programme. Based on the results, the ICDP can be considered an important intervention to promote student learning by promoting positive teacher-student relationships.

Link to the full article online: [A First Examination of the Role of the International Child Development Programme in School Achievement \(tandfonline.com\)](#)



## Programme for immigrant parents, Sweden

**Update, Caroline Wendel**

In recent years, the Jönköping Municipality, in collaboration with ICDP Sweden, has developed the ICDP programme for parents from other countries.

We have trained around 100 guides for *Parents in a New Country*.

The idea is that all parents need to reflect on how they support their children to live within two cultures.

In addition, a research study on ICDP for *Parents in a New Country* is underway at Dalarna University. This research has now been expanded to include more municipalities.

Among other things, ICDP is now being incorporated into SFI (Swedish for Immigrants) teaching.



The picture above is from the central training for *Guide for Parents in a New Country*, which was held in Stockholm in September 2024.



## ICDP and the Buddhist Temple

On the 11th of October 2024, I had an interesting conversation with Jeed Prakaikaew Phochan and Sara Sarawaree Lie. They both live in Norway, but their native country is Thailand which they visit a couple of times a year. Our conversation was facilitated by Olav Skjerpeour who introduced us and assisted with translations. Sara is leader in the Youth Buddhist Federation, Jeed is Children's Pastor in the Church of Norway.

Jeed and Sara are currently undergoing training both in Norway and in Thailand to become ICDP certified trainers. They travelled to Thailand to attend workshops organized by ICDP Thailand, whereas their practical projects are currently taking place in Norway among Thais. They are conducting the training in Thai. Jeed and Sara will have become certified ICDP by the end of January 2025. In my conversation with them they expressed keen commitment and desire to take the ICDP programme to others.

As part of their training they are forming new persons to become ICDP facilitators, namely, Mr. Phra, Phichitchai Miphimol, Mrs. Lalita Chumpon and Mrs. Penprapha Skjæret. After attending the ICDP workshops, the trainee facilitators started rolling out the ICDP programme to Thai parents, accompanied by Jeed and Sara. This process is taking place at the Wat Thai Buddhist Temple in Norway and will be completed in November. Mr. Phra is a Buddhist monk, so for the first time we have a Buddhist monk becoming an ICDP Facilitator.

Olav, Jeed and Sara explained how the temple fulfills an important social function, acting as a safe place for fellowship among Thais. When Thai migrants experience challenges in their family lives, they approach the temple, but the temple has few tools to help with when it comes to family life and parent-child-relations. This is where ICDP comes in.



Furthermore, the Buddhist temple feels that ICDP fits in their worldview and there is keen interest to spread ICDP more widely to reach the Thai diaspora in Europe. The abbot at Wat Thai Norway is the President of the Union of Thai Sanghas (Buddhist temples) in Europe and Jeed and Sara were invited to introduce ICDP to Thais living



in different parts of Europe. ICDP will sign an agreement with Jeed and Sara once they have completed their training and we will keep in touch and observe future developments with great interest. – Nicoletta Armstrong, ICDP chair.



## Article about ICDP in the Ivory Coast

A refresher A short article about the success of the ICDP programme was recently published, titled: Ivory Coast – AIP/ A community project strengthens family communication in homes in Taoudi. Here is the link to it:

<https://www.aip.ci/89946/cote-divoire-aip-un-projet-communautaire-renforce-la-communication-familiale-dans-les-foyers-a-taoudi/>

The English translation of the original text of this article in French, follows below:

Bondoukou, July 31, 2024 (AIP) – The agent of the social center of Taoudi (101 km from Bondoukou) and focal point of the project initiated by the organization “Save the Children”, Brou Edoukou Jean Charles, praised the merits of the International Program of Child Development (ICDP), in strengthening communication between children and their parents in Taoudi.



This community initiative aims to improve parenting practices and thus the development and well-being of the child.

According to Brou Edoukou Jean Charles, this project has improved family relationships in his locality. “The beneficiaries have learned that they must **devote** time to their children and interact with them, have moments of intimacy with them,” he said.

The repercussions are visible with a reduction in the number of cases of child abuse, according to these registers and a positive impact on populations. For the director of this social center, N’Dri Affoué Clémence, this project gave the children the joy of living again. “They are happy and live in perfect harmony with their parents,” she greeted, during a contact tour, from Monday July 22 to Saturday July 27, 2024.

This vision is part of the programs, “towards an inclusive and violence-free environment for the most vulnerable girls and boys in Bondoukou and “child-sensitive social protection”, launched on March 24, 2022. Amounting 1.2 million euros, or 787,148,400 million FCFA for a period of four years, these programs are intended to increase and promote the rights and well-being of children in the region of Gontougo.



## **International workshop in Helsinki, Finland**

A workshop on “strengthening ICDP as part of Child Sensitive Social Protection (CSSP)” took place in Helsinki, Finland, from 12th to 16th of September 2024. It was organized by Save the Children Finland who have been promoting ICDP internationally for several years now.

The workshop was attended by ICDP trainers who have been implementing the ICDP programme as part of the CSSP. Three ICDP trainers came from SC Nepal, two from SC Philippines, one from SC Zambia, one from SC Somalia, two from SC Finland and one ICDP trainer came from Normisjon Bangladesh. Nicoletta Armstrong from ICDP was also present. Disa Sjoblom, Mukesh Lath and Nicoletta facilitated the workshop.



The overall objective was to provide a forum for sharing between countries to ascertain ways of strengthening the work of ICDP, focusing especially on how to provide quality implementation and maintain the quality of the work after the end of the project intervention. Two days were dedicated to this, and on both days, participants were split into small groups to explore the following two questions, with in-depth discussions afterwards in the big group:

1. How can you enhance the parents to practice 8 guidelines during the period of implementation?
2. How to sustain caregivers' practice after our involvement has finished/mechanisms of sustainability.

On the first day, the morning was dedicated to sharing about the work in respective countries. Here are some of the highlights from that session:

#### Nepal:

The concept of CSSP, with ICDP as part of it, is currently in process of being institutionalized at 9 local government levels, as well as having national government endorsement for it. There are 142 facilitators who in addition to ICDP, also deliver sessions on nutrition and family budgeting. Evaluations of their work showed significant impact. Ten animated films about the 8 guidelines for good interaction were produced to be sent to caregivers as reinforcement after each session.

ICDP trainers from Nepal presented the programme Building Brains, role playing the part that ties in well with the Comprehension dialogue of the ICDP programme. These are play activities that encourage parents to use books and games to enhance children's learning and cognitive abilities.

#### Philippines:

The CSSP work has been integrated in the 4Ps country programme, which consists of education, health, nutrition and ICDP. In 2018, 1429 parents were reached in region 8. The 2019-2021 impact study showed positive results, and in 2022 the work received government endorsement by region 8. In December 2022, an agreement was signed between SC Philippines and the Ministry (DSWD) for national scale up of the CSSP. There are 1068 facilitators, 18,031 parents were reached so far – the future seven-year plan is to reach 4 million. A new group of 213 social workers have been trained as ICDP facilitators and they aim to reach 869 000 parent leaders/volunteers. There are 17 regions with 17 regional programme coordinators of the 4Ps and all have asked to be trained. Family Development Division cooperates on materials. Animated videos were made on the 8 guidelines to enhance the quality of implementation by caregivers, as is was done in Nepal.

#### Zambia:



The project (2022-2025) works with government cash transfer, promoting transparency and accountability, implementing ICDP parenting sessions, as well as resilience building sessions, in the districts of Kalulushi and Lufwanyama, in the Copperbelt province. A total of 59 groups of caregivers were trained, in these two districts; 1066 caregivers were reached. Cooperation is with the Ministry of Social Affairs, who have a volunteering policy, so many facilitators are volunteers. A concept note will be sent to the Ministry for a scale up.

Somalia:

The work of CSSP (2022 – 2025) has so far reached 625 households in two districts of Somaliland, namely working in 3 IDP camps in Hargeisa and in Berbere village. The milestones achieved include the first ever review of Social Protection in the country, the signing of the policy for Social Protection by the President of the country in 2024, and the recognition of Social Protection by the National Development Plan. Preparations for scaling up of the CSSP that includes the ICDP programme is in planning. A study of the impact of ICDP is in process, involving 400 persons in the experimental and 200 in the control group.

On the following day, an interesting presentation by Mark Millrine from CUBIC introduced participants to behavioural science as a way of increasing caregivers' engagement on parenting programmes.

On the last day a visit took place to the premises of The Federation of Mother and Child Homes and Shelters (ETKL) in Helsinki, to meet Miia Pikulinsky from ETKL and the vice chair of ICDP Finland, Petra Zilliacus. Miia welcomed everyone and presented a power point which showed a wide range of services, many of which included the ICDP programme.

After that, Petra shared about the implementation of ICDP in Pargas. A pleasant and meaningful exchange of ideas took place and the workshop ended with a small ceremony when Nicoletta presented ICDP Trainer level diplomas to two new trainers, Adam Nyundo from Zambia and Abdilladif Ismail, from Somaliland.



## **Review of ICDP in Finland, confirms its effectiveness**

ICDP Finland has yet another busy year to look back at with trainings, meetings and efforts to make the programme sustainable in Finland.

We received a great Midsummer present from the government sponsored ITLA Children's Foundation. ITLA promotes early interventions for children and families in Finland and does systematic reviews to determine the effectiveness and implement ability of different methods and programmes. Their review of ICDP in its Finnish context resulted in 4/5 points, which provides a good base for our future ICDP efforts.

In September we got to meet ICDP colleagues from around the world as ICDP trainers from Save the Children Finland met with us in Helsinki and we learned more about how the programme is promoted in different parts of the world.



In the picture above, from October 2024, you can see participants in our bi-annual Finnish Trainer Day, where we got to share lots of thoughts, experiences and laughter.

- Report by Petra Zilliacus

## Update from Nepal

ICDP Nepal, under ECEC innovation in education, embarked on its journey in 2014. Since then, the organization has conducted numerous ICDP facilitator level trainings and, starting in 2020, ICDP training of trainers (ToT) programmes.

This year alone, 10 facilitator level trainings were held, resulting in the development of 235 new ICDP facilitators who reached 1,465 caregivers. Some of the organizations that participated in the training include CarNet Nepal, CP center, Koshish, Bethany Vision Nepal, Nepal Sports Fellowship, New Life Kathmandu, Samanta, Koinonia, Good Friends Nepal among others. We were also able to organize a first ever ICDP Facilitators' Network meeting in the Eastern region of Nepal. A total of 88 facilitators attended this event. ICDP in data till November 2024: 5 Trainers of Trainers; 33 Trainers of facilitators; 990 Facilitators; 9825 caregivers

### **ICDP Facilitator Training:**



Facilitators developing invitation flyers for caregiver's meeting



Facilitators reporting on their practical work with caregivers



## ICDP Caregiver's Meeting:



## ICDP Facilitators' Network Meeting:



## ICDP in women's prison in Lima, Peru

Lima, Peru, November, 2024

In April 2024, ICDP trainer, Honorata Herrera, resumed her ICDP work at the Santa Mónica Women's Prison, located in the Chorrillos district, in the city of Lima, Peru. The ICDP meetings are held on Tuesdays from two thirty in the afternoon to four thirty. To date participants include twenty-four boarding mothers.

The following is from Honorata's own notes:

The ICDP meeting is a safe place for participants to express themselves and for me to listen. It requires patience and perseverance to run each ICDP session, recognizing that the process is very slow with these mothers...but it is also an opportunity for growth for all of us. Introducing the ICDP guidelines, in their order and structure, allowed me to organize the topics and leave the mothers free to share their experiences and family stories that arose spontaneously.



Together we managed to create a place of trust, where each mother felt valued and was seen as an equal. I am continually encouraging them to connect with the brightest part of their being. Mothers felt that the ICDP meeting is “a magical place,” “it is our therapy,” “we share laughter and tears”.

However, the mothers' attendance at meetings fluctuated for various reasons: due to appointments related to their confinement in prison, such as having to meet with a psychologist, social worker or lawyer. Some fail to attend due to emotional reasons, like when receiving a sentence beyond what was expected, or

going through their own criminal process. Except for one mother, who is always there, happy to attend.

After I introduced the first of the 8 ICDP guidelines (which is: How do you show love to your child?) mothers started to share their experiences. Then I proposed that they also show love and affection to each other. Lucia responded immediately, very adamantly, “I don't love myself.” Her reaction made me reflect and I decided to ask the mothers to direct the ICDP guidelines towards themselves, to first experience the meaning of each guideline through their personal experiences.

At the beginning of the session on Empathy, one of the nine participant mothers recalled that upon entering the prison her cellmates welcomed her by saying “Welcome to hell”, she described how this made her feel. On the same day, a participant mother called Wendy joined us very late, towards the end of the meeting. To my surprise the nine mothers shouted out in unison, pointing at the register in front of me: – Don't sign the attendance sheet for Wendy! Surprise, discomfort, and annoyance appeared on Wendy's face. After a few minutes of asking for their attention, I asked the group to reflect about what thought or idea went through their mind which led them to act that way. They all remained silent for a few seconds, until one of the participants responded

that it was just a joke. Immediately they all confirmed that it was a joke. I asked Wendy how she felt and she said, “Attacked at first, but then I thought it was a joke.” Afterwards we talked a bit longer about the meaning of empathy, attunement and affection.

In our fifth session, we were supposed to work on the ICDP guideline four, which is about the meaning of praise and appreciation of efforts. At the beginning of the session, we stood in a circle greeting each other, when I saw one of the mothers whispering in the ear of her companion Mara. Mara was crying silently. I asked Mara what had happened to her. Mara told the group that she had had an altercation with another mother in her ward. This mother had insulted and verbally assaulted Mara, accusing her of stealing her baby’s bottle. She concluded her story by saying: Honorata, most of the people are here for theft. I am not a thief. I am here for Illicit drug trafficking. At that moment, a very upset inmate entered the workshop space, saying that her roommate threw her new shoes in the rubbish bin. Mara told me that this was in revenge, because this inmate had betrayed her roommate... With all this happening, there was no time left to work on the guideline four. To date, Mara has not returned to the ICDP meetings, but whenever she sees me, she greets me affectionately. Last Thursday she gave me a blessed rosary and a small red heart-shaped keychain.

During the session on guideline 8b, (which is to plan actions step by step), I asked mothers to share a personal story with respect to making plans step by step, and here are two of their stories:

Story one: Before entering prison, all I thought about was how to dress up in beautiful clothes, but nowadays, I do not care for such things anymore. My biggest concern now is to be released, to become free so that I can return to my five children, all waiting for me. My mother takes care of them now. When I am released, I plan to sell food. I have done it before and they tell me that I cook well. I also prepare a delicious chili.

Story two: When I was fourteen, I had my first daughter Sofia. My mother kicked me out of the house. I looked for my daughter’s father. He was nineteen years old and we started living together. Sofia was my doll. I was very happy with her. I learned to be a mother. But when her father came home from work, the tension would build up, he was violent towards me. The beatings became more and more frequent; black eyes, blows to my arms. Seeing my five-year-old daughter tell her father not to hit me was too much for me, so I decided to run away. But now I just want to get my daughter back and return to my village. So, this is what I plan to do.





## New group of trainers in Tanzania

Eight facilitators based in four areas of Tanzania: Arusha, Singida, Mbulu and Haydom completed training as trainers in 2024. Gunnar Eide, representing FO (Norwegian association for social workers) is the International Coordinator of this project. FO has supported Taswo (Tanzanian association of social workers) since 2015. About 40 facilitators have been trained since then by two experienced trainers from Moshi, Eglä Matechi and VERNICE Fredrick. They in turn were trained by Grete Flakk from Norway.

Ezekiel Assecheck from Taswo has been the National Coordinator. Chiku Ali (Tanzania) and Patrick O'Loughlin (Ireland/UK) based in Norway were the International Trainers (ITs) for the TOT 2024.



*On photo above, from left to right: Nivoneia Kikabo, Ezekiel Assecheck, Mariam Athumani, Patrick O'Loughlin, Veronica Amo, Martha Massawe, Chiku Ali, Godwini Hilari, Irene Ringo, Daniel Kasikime*

The training started with an eight-day seminar in Babati in January 2024. At first a lot of time was devoted to sharing from personal and professional experiences. This paved the way to forming an intimate, supportive group. "I felt like I was saying goodbye to my new family in Tanzania" said Patrick after this first seminar. There was time for

Chiku to take the group through many ideas regarding awareness of harmful traditional practices and for Patrick to share a basic understanding of trauma.

Trainee trainers (TTs) had already started recruiting facilitator candidates in November 2023 and this meant training of all facilitators, in four groups each with two TTs, was completed by June 2024. TTs met the ITs for online supervision during the first half of 2024.

Ezekiel had an essential role coordinating the TTs and dealing with many local issues.

A key success factor was that Gunnar and colleague Erik Solaas met the eight TTs in April for two days of training and after that visited their training of facilitators locally, altogether forty new facilitators which now makes the total number of facilitators in the four areas around eighty.

TTs worked intensively to complete the facilitators' training, including supporting and finally accepting their log-books. No time was then wasted as the TTs completed all required written work. This could not have been achieved so efficiently without the ability of Chiku to work with the TTs in Kiswahili.

The scene was then set for a return to Babati for the final 3-day seminar 29th September – 1st October. All TTs were able to demonstrate their in-depth knowledge of ICDP and how to support the development of a wide range of skills in their trainee facilitators.

A wonderful dinner and certificate ceremony rounded off the final seminar attended by local Social Work leaders and Heidi Steel from ICDP Norway.

It was a special honour for us that trainer Egla Matechi from Moshi attended. Patrick and Chiku learned a lot regarding applying ICDP in different cultural settings and can further develop trainings in Norway, Tanzania and other contexts.



*On photo above: Erik and Gunnar meeting two new trainers, Nivo and Daniel, in Arusha.*

## New Facilitator training in Bagamayo, Tanzania



ICDP Norway and Strømmestiftelsen (Norway/Tanzania) have arranged a new ICDP-facilitator training that started in October 2024 in Bagamayo, near Dar es Salaam, Tanzania. Twenty participants based in local communities come from various organisations (OCODE, Strømme, Y Global, NCA). Newly qualified trainers Ezekiel Assecheck and Irene Ringo (Tanzania) are working together with Chiku Ali and Patrick O'Loughlin (Norway) using Kiswahili and English.

The first training days were a powerful experience and a lot of fun, including much song and dance. One participant commented that they were very impressed by the trust facilitated in the group.



Role plays were popular and very useful in helping participants to explore feelings and see how to activate parents. Trainee facilitators have started running groups for parents and will soon meet trainers in two groups for supervision. (– Patrick O'Loughlin)





## ICDP agreement with Poland

In August 2024, Nicoletta Armstrong has, on behalf of the ICDP foundation board , established cooperation with the Gdansk Centre for Health Promotion and Addiction Prevention (GOPZiPU). The Centre is committed to improving public health through various municipal programmes focussed on promoting healthy lifestyles and preventing addictions to psychoactive substances.

The ICDP programme is piloted from January to June 2025, and it will be rolled out to pre-school teachers. The plan is to train approximately four groups with all activities funded by the local government, with no cost to participants. ICDP facilitator Lidia Wasik will be delivering the ICDP programme to teachers at caregiver level.

In November 2024, Marek Jankowski, director of GOPZiPU signed a contract with Izabela Wojtowicz, who will support Lidia in developing ICDP in Poland – it is a contract of mandate for the duration of the pilot.



Dr Marek Jankowski, said:

- Implementing the ICDP aligns with our mission and allows us to strengthen relationships between parents, professional caregivers and children, thereby addressing the essential needs of children in Gdansk. We aim to integrate this programme into our offerings and we believe that our cooperation with ICDP will bring significant benefits to our community and contribute to the global mission of ICDP. We are eager to work closely with ICDP international. I am pleased to support this initiative to enhance child development and caregiver interaction in our community.





## Caregiver training in South Africa

Update from the ICDP facilitators at the Ububele Educational and Psychotherapy Trust who continue to train new groups of caregivers:

We have trained 25 parents in ICDP. Most of our parents live in Alexandra township, a low resourced community confronting a lot of socio-economic challenges including crime, drug abuse, unemployment, poor infrastructure to mention a few.

Parents often share with us how these dynamics negatively affect their families, and make parenting more challenging than it would under normal circumstances.



Our ICDP groups consider the local context, using relatable role plays to encourage rich conversations and peer-to-peer learning. Here is some feedback from participants:

“I did not have a good relationship with my children. I did not know what is the best way to talk to them when I discipline them. Since I have been to Ububele, I am calm, and I talk to my children nicely. I can discipline them positively now. We even host meetings together and talk, something I did not know you can do with a child,” Mpho Moretsele, (mother).

“Unlike before, we talk to each other with smiles. We are calm when we communicate. I can see even the improvement at school, the results are much better than before,” Norah Malebye, (mother).





## Great expansion in the Philippines

Report by ICDP trainers, Save the Children Philippines (SCP) - key achievements:

One of the key achievements of the ICDP parenting intervention is the training of 213 supervisors and key staff of the 4Ps government, as ICDP facilitators.

As part of the certification process the new facilitators had submitted their written answers to the 12 standard ICDP questions, and around 80% of their responses showed a deep grasp of the ICDP principles. They also submitted video clips of themselves conducting the roll out of the parenting session to groups of individuals (consisting mostly of city/municipal links and parent leaders). These videos showed how they put into practice the ICDP seven principles of sensitization in relation to the parents they were training.

A virtual certification ceremony was conducted on September 25, 2024, with the participation of the chair of ICDP, Nicoletta Armstrong. After the certification of the 213 new facilitators, the ICDP national scale up began in November 2024.

This marked the start of the implementation of the ICDP parenting module, MaPangBata (Magulang Para sa Pag-unlad ng Bata) as a one-month long foundational course with the families partaking in the 4Ps programme. This work is under the Seven Year Transformative Learning Path (7YTLP) of the Kilos Unlad (KU) framework.

It is expected that the roll out by the 213 facilitators will set in place the stage for the Pantawid Program to train an estimated **800,000 new parents**. These are households with pregnant mothers and mothers with 7 to 12 years old children.

[Note: The activity last July 16-19, 2024 in Ormoc City, the ICDP Orientation for 14 (all female) Regional Program Coordinators (RPCs) of DSWD, and their subsequent meeting with Pantawid's National Program Manager and Deputy Manager for Administration, SP are expected to contribute strategically in the scale up objective of the project. The activity aimed to gather the strong buy-in of RPCs to the ICDP scale up because they have the authority to cascade the full implementation of the ICDP as on boarding foundational course for the parents on the ground. During the activity, an agreement was forged with the RPCs that makes ICDP part of the administrative operational plan per region.]

### Progress report based on the results framework.

<u>Output</u>	<u>Indicators</u>	<u>Target</u>	<u>Progress against target</u>
The SCP developed approaches <sup>1</sup> for the 'Kilos Unlad' (KU) Framework are effectively	# of trained facilitators who meet the minimum quality benchmark in delivering parenting program	As reported	<b>Achieved: 278</b> 278 (F-234; M-44) individuals were trained as ICDP Parenting facilitators. <ul style="list-style-type: none"><li>213 out of 278, were DSWD 4Ps Staff namely: Social Welfare Officer IIIs</li></ul>

<sup>1</sup> SCP developed approaches adopted by DSWD – FO 8 for the KU Framework: ICDP parenting program, Clustering approach of 15 maximum participants in the parenting session, formation of family support groups after graduation from the parenting program and savings scheme

<p>implemented throughout Region VIII</p>	<p># of parents covered by the SCP parenting programme under KU framework</p> <p># of fathers covered by the SCP parenting programme under KU framework</p> <p># of Family Support Groups that meet on a regular basis</p>	<p>As reported by 4Ps</p> <p>As reported by 4Ps</p>	<p>(SWO III), Family Development Session (FDS) Focals, Youth Development Session (YDS) Focals and Regional Case Managers (RCM);</p> <ul style="list-style-type: none"> <li>65 are 4Ps parent leaders, Barangay Health Workers (BHW), Barangay Nutrition Scholars pastors, SK Officers, barangay kagawad and LGU Health Officers.</li> </ul> <p>Number of facilitators who meet the minimum quality benchmark in delivering parenting program cannot be determined yet at this reporting period since performance monitoring and assessment by ICDP Trainers are still ongoing.</p> <p>Total cumulative count of trained facilitators from 2022 until this reporting period is 1,068 (F - 888; M-180)</p> <p><b>Achieved: 2,237</b> A total of 2,237 (F – 1,938; M – 299) parents/caregivers across the region have completed the SCP Parenting Program under the KU framework from January – June 30, 2024. Total cumulative number of parents who have completed the parenting program from 2022 until this reporting period is 14,744 (F - 12,375; M – 2,367)</p> <p><b>Achieved: 299</b> 299 men/fathers were among the 2,237 parents/carers covered by SCP parenting program under the KU framework. Total cumulative number of fathers/male caregivers covered by SCP parenting program from 2022 until this reporting period is 2,369.</p> <p><b>Achieved: 11</b> 11 Family Support Groups (FSG) were newly organized in Samar as of this reporting period. Added to the 143 existing FSGs in Leyte and Samar, this brings to 154 the total FSGs that meet regularly and have been doing monthly</p>
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			refresher sessions on parenting and updating of their savings.
# of Family Support groups that practice individual/group-based savings	As reported  136 FSG's in Samar and Leyte	<b>Achieved: 154</b> 154 Family Support Groups in Samar and Leyte have been practicing regular savings and parenting refresher sessions. Total FSG savings from January to June amounted to Php. 80,884.00. Purpose of their savings is for the education of their children, livelihood capital and for emergency situations.  A total of P1,918,853.50 has been collected as savings from the FSG members from 2022 until this reporting period.	
# of 4Ps children/ youth who participated in the life skills (YRP) program and improved their well-being and resilience score	120 children in Samar	<b>Achieved: 99</b> A total of 99 4Ps children and youth (G – 55; B – 44) from Jiabong, Paranas and Calbiga municipalities have been participating the ongoing YRP sessions. These 99 4Ps children and youth are among 179 children and youth trained on YRP. Improvement of their well-being and resilience scores cannot be measured yet at this reporting period as the YRP workshops are still ongoing. A cumulative total of 303 children and youth (F-165; M-138) from Samar and Leyte have been trained on YRP and 11 (7 in Leyte; 4 in Samar) barangay resilient youth teams (BRYT) were organized from the start of the project until this reporting period.	



**How has the project addressed identified gender inequalities and promoted gender equality? What were the main achievement and challenges in relation to addressing gender inequalities? When applicable, also respond to: How were GBV risks identified and mitigated?**

As reported in 2023 and still on-going as of this reporting period, the national scale up of the ICDP (International Child Development Program) by the Department of Social Welfare and Development (DSWD) for the 4Ps, has been pivotal factor in addressing gender inequalities.

Aside from the content and process of the ICDP which are evocative of personal experiences on the realities of gender inequalities, other approaches like integration of gender session into the ICDP module, giving special ICDP parenting course to fathers/men caregivers and the clustering approach are also empowering.

To cite a few affirmative action inculcated in ICDP to address gender inequality: (1) distributing printed home task to each participant (mother or father) to be shared with their partner for practice; (2) practice the eight guidelines at home with the husband and girl or boy child; (3) home visitation to support the parents in their practice to apply the ICDP principles (saying I love you to boy and girl child, for a husband to practice do the household chore that he hasn't done yet, etc)

In addition to the above mentioned, the National 4Ps Manager announced during the courtesy meeting with the Board of Trustees (BOT) of Save the Children Philippines last June 4, 2024, that a special ICDP course for men caregivers is included as part of the pre-requisite foundational course for all the 4Ps beneficiaries under the 7 Year Transformative Learning Path (7YTLP) curriculum. This is to ensure that more fathers/male carers, who are usually absent during regular trainings sessions, are reached by program's interventions on gender equality.

### ICDP Facilitator level Training of 4Ps Staff



Sharing of insights and reflections on the previous day's discussions.



Role play on Comprehension Dialogue

## Regional Program Coordinators (RPC) Meeting and ICDP Orientation



Ormoc City Councillor and CSWDO (City Social Welfare and Development Office) Staff with the RPCs during the sharing on how they implemented ICDP in their city.

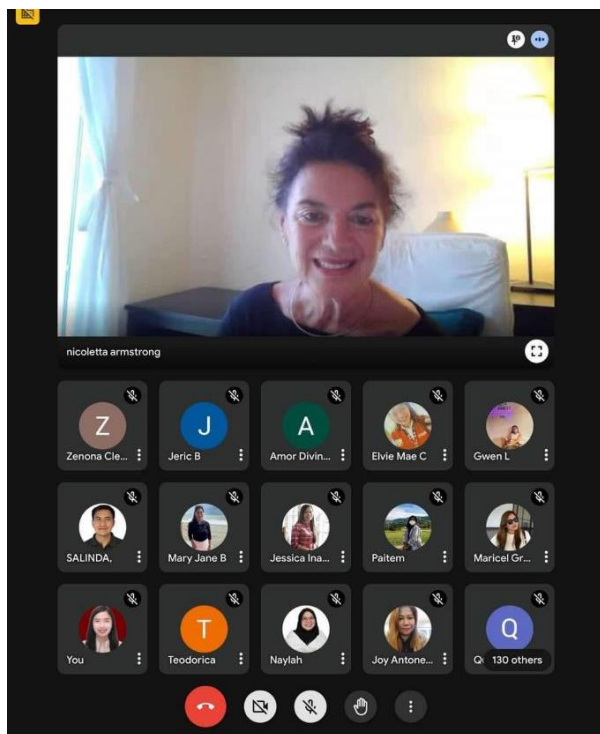


RPCs witnessed the parenting session in the community.



Parent leader facilitating the session on Empathy during the RPCs' field visit in the community.





ICDP Chair Nicoletta Armstrong, during her inspirational message to the newly certified ICDP Facilitators



## Conference in Denmark

### Conference: Optimal Frustration

In September 2024, the Institute of Relational Psychology hosted a conference in collaboration with a local partner municipality. The conference focused on the theme of optimal frustration.

Norwegian psychologist, Zemir Popovac, lectured about the theory behind optimal frustration with many good examples of why it is important for children to experience frustration.

He illustrated how children and young people need to experience resistance and challenges in order to develop the ability to endure emotional frustration, and at the same time learn to adapt to the demands of the external world. If children are not exposed to situations that require them to endure emotional frustration, they lose important learning experiences. This experience can for the children lead to a world

that seems uncertain and dangerous because their own emotional life becomes in control of the outer world.

Zemir emphasized that all children need security and emotional validation, but under these conditions, the children also need to be challenged to stretch and accommodate external demands.



At the conference, 70 educators, pedagogical counsellors and pedagogical leaders participated, and many of the participants subsequently expressed that they could recognize, it can be demanding to accommodate children's frustration without wanting to change the reality that the children experience. You can tend to try and remove what is difficult or to ignore the children's frustration to avoid the frustration that the children's frustration creates in you.

At the Department of Relational Psychology, we will focus on this theme and unfold it for both relational professionals and parent groups in presentations, supervision and teaching contexts in the coming season, because we experience that many are asking for more knowledge and practical guidance in this area of the ICDP.





## Wide implementation in Bangladesh

ICDP in Bangladesh have developed their webpage: <https://icdpbangladesh.com>

Healthy Childhood Development Programme (HCDP), is a project that uses the ICDP programme to create safe and caring environments for children in Bangladesh. By providing caregiver, facilitator and trainer level ICDP training to partner organizations, the aim is to strengthen communities and institutions to better care for their children. It is sponsored by Normisjon and it has been coordinated by Bobby Sajeda until November 2024, when Angela Lovely took over that role. Bobby continues her involvement in the ICDP work as trainer of trainers. [Read here Angela's report.](#)

Bobby Sajeda and Gerd Eli Haaland, with supervision from Nicoletta Armstrong, had been involved in training new trainers over a couple of years, and as a result, now ICDP in Bangladesh counts with a good team of trainers, some with years of experience and others who finalized their training in 2023.

Photos below were taken at the training of facilitators in 2024, in the Unicef sponsored country wide project.



In 2024, the team has been involved in developing a large-scale project, in which UNICEF is providing resources, as well as personnel to be trained in the ICDP programme. In addition, UNICEF produced and published a locally adapted pack of ICDP materials that will ease the implementation of the programme, envisaged to be applied by hundreds of future facilitators. The ICDP activities were inaugurated with a ceremony in Dhaka, which was attended by the Norwegian ambassador. The

inauguration program took place in three different divisions: in Mymensingh, Rajshahi and Dhaka. Subsequently, the ICDP trainers started to roll out the first phase of the project by conducting workshops for future facilitators with three different groups. One hundred and six participants attended the workshops and they were selected from a project linked to the Ministry of Women and Children Affairs (MoWCA).

[Click here to see Bobby's power point presentation about the work of ICDP in Bangladesh.](#)

<b>Goals/Targets</b>	<b>Achievements</b>
<b>TOT-'Training of Trainers' for ICDP</b>	12 national trainers, staff of various organizations / NGOs, graduated from "Training of Trainers" training on ICDP. These trained trainers will provide ICDP training on their own or in another organization in conjunction with HCDP
<b>ICDP Facilitator's Training</b>	256 facilitators were certified in ICDP facilitator training by NB organising three (03) workshops for the staff of various organizations / NGOs. These trained facilitators will provide ICDP training to the caregivers or caregivers in the target population in their respective organizations.
<b>Raise awareness through ICDP Caregiver Certification</b>	Awareness has been raised among 1563 Caregivers by running ICDP caregivers' sessions by the facilitators to increase knowledge on positive parenting and ensure the healthy development of children
<b>Workshop on Facilitator Training (TOF)</b>	19 workshops have been held across all of Bangladesh.
<b>Partnership with UNICEF</b>	UNICEF and NB provided Facilitator Training (TOF) for the staff of Ministry of Women and Children Affairs (MoWCA). Out of 103 Facilitators, 89 certified got in October 2024. 16 Participants dropped out due to the personal and organisational internal responsibilities and challenges.
<b>Children touched by ICDP</b>	5013 children is indirectly reached through caregivers.
<b>Availability of ICDP caregiver and facilitator training</b>	Through UNICEF and other partner organizations, ICDP-training of caregivers and facilitators spread among 40 out of the 64 districts, and eight (08) divisions across Bangladesh.







## ICDP in Abidjan, Ivory Coast

In 2023, three employees in the Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI) began training to become ICDP facilitators, with the aim of starting ICDP in the Youpogon district of Abidjan. In 2024 they have been working on further developments of ICDP in Abidjan.

During the spring, 12 participants attended an ICDP caregiver level course that was held in MELCI's partner church. The ICDP training resulted to be very popular and therefore we have started the training of a new group of caregivers in the same church. Participants of the first group felt encouraged and gave positive feedback.

A mother of two said: "You have helped us see how we can show our children that we love them".

My colleague Luce and I are certified as facilitators and this November we will arrange the first of the three workshops to train more facilitators in Abidjan. Joyce Larnyoh from ICDP Ghana will give the training.

The workshops for future facilitators will also be attended by some of the employees in MELCI as well as employees from other potential partner organisations. Several of the participants were recruited during our Open Day that took place in September 2024. During this open day the Yopougou town hall representative showed a real interest in using ICDP. Later he invited us to meet the mayor of Yopougou who approved our plans. We are in process of exploring ways of cooperating together to reach this large, troubled and diverse district.



Photo: Caregivers at an ICDP meeting on church premises, in Yopougou, in spring 2024.





## Activities of a trainer in Colombia

Update from ICDP trainer, Luis Fernando Lopez Cardozo, November 2024:

In recent months I have been involved in different activities, under the supervision of Carmen Lucia, chair of ICDP Colombia. These awareness raising activities and training work in Cimitarra was done through the Secretary of Health of Santander, the Municipal Mayor's Office of Cimitarra and the San Juan de Cimitarra State Social Enterprise.

### WORKSHOP IN CIMITARRA

I was invited by the municipality of Cimitarra Santander, to run a workshop and to speak about mental health and parenting programmes. This municipality is working with specific population groups such as blacks, Afro-Colombians, Raizals and Palenqueiros (NARP population).



On this occasion I was able to refer to the ICDP Programme, describing our work through the application of the various aspects of ICDP, from empathy and affective attunement, to its relevance for the rights of children and adolescents, cultural diversity and care networks.

We explored management and governance issues, as well as government and public policies, in relation to children, adolescents and family strengthening for the promotion of good treatment and the prevention of violence against children. This, from the framework of the municipal social policy.

## COMMUNITY WORK IN CIMITARRA

Work done based on ICDP methodology, the programme “I Am a Person” in the communities, including health and education institutions that protect children and adolescents in the municipality of Cimitarra.



The ICDP methodology was disseminated to the different social actors and an exercise was carried out with different cultural groups, with black, Afro-Colombian, Raizal and Palanquero communities.

## WORK IN THE DEPARTMENT OF BOYACA

In the territories of the department of Boyacá, I offered support to psychologists who are currently involved in mental health programmes. They were all trained in the ICDP programme and through its applications they focused on promoting good treatment.



I trained a group of 30 new psychologist in the ICDP programme, who will strengthen the ICDP strategy in 30 municipalities, both in rural and urban areas.

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Luis Fernando Lopez has prepared a short history of ICDP developments in the department of Boyacá – it shows large scope reach to over 80 000 families. [Click here to download and read it in Spanish.](#)





## From Germany to Austria

Rita Crecelius is an ICDP trainer and psychologist living in Germany, where she has been training groups of professional caregivers from several educational institutions. Rita describes her participation in an event that took place in Austria in the autumn 2024:



The national conference of guidance counsellors took place from 10th to 12<sup>th</sup> of October in the magical mountain landscape of Austria, in St. Wolfgang. Guidance counsellors support both teachers and students in challenging situations, in all types of schools. This means that they have excellent communication skills and know a lot about the developmental needs of children. Many speakers were invited to the conference who spoke about the topic of attachment from different perspectives.

My presentation of ICDP fit perfectly into the programme. I was able to report on the first study about the efficacy of ICDP in a school in Sweden (2021: <https://doi.org/10.1080/00313831.2019.1705898>).

Using the ICDP's three dialogues for good interaction, I showed the common thread for successful cognitive development. The audience was particularly impressed by the brain scan of Romanian orphanage children, which clearly shows the effects of a lack of positive interaction (UNICEF, 2005). Many of the participants in the conference were so curious about the ICDP programme that some have already registered for the ICDP workshop that I will be holding in Munich in February 2025.

I am very pleased that the ICDP spark is now also spreading to Austria.





## Testimonies from Nepal

Caregiver, Samjhana Nepali: "I have a six-year-old son, and we live in a joint family. Despite my long hours at work, I am still expected to contribute to household chores before attending the ICDP caregivers' meetings. However, I do not dwell on the workload. Even amidst my busy schedule, I have always been mindful of caring for my child. Nevertheless, I have often felt like I am falling short in some way or another.

Attending the ICDP caregivers' meetings has taught me the importance of patience with my child. Previously, I would pressure him to eat and complete his assignments



on time due to my own obligations. However, I came to realize that rushing him only caused him unnecessary stress and could hinder his overall development. Collaborating with both my child and my husband, we established a balanced schedule that includes designated study and play times. This has created an environment where my child feels understood and loved by his parents.

Implementing a timetable has helped my child complete his assignments punctually, allowing us to enjoy quality family time together. Additionally, I'm actively working on improving my relationship with my in-laws by mentalizing, acknowledging and respecting their individuality and unique love languages."

Facilitator, K.B.Saud,(on the left on photo below, receiving his ICDP diploma):



As a child, I was raised by a strict father who neither asked my opinions nor advised me with any compassion. I was spanked for small mistakes too. Therefore, I assumed that this was how a child is raised.

I treated my children in a similar way until I joined ICDP. I never put an effort to get to know my children and their feelings. The first workshop itself was an eye opening to me and I regret for the way I treated my children. ICDP took me back to my childhood stage and made me realize that the parenting style that I adopted was not positive. The workshop changed me and my way of parenting. It is difficult to change the habit now but I know I will be a better father in course of time as I go on applying the ICDP principles.



## ICDP initiative in South Korea

In May 2024, Valentina Tan, ICDP trainer from Tashkent, who is now living in Seoul, in South Korea, started a small-scale ICDP initiative.



In partnership with the local office of the Social Welfare Community Centre, she was able to launch an ICDP group as a part of the project for immigrants. Since the war in Ukraine, the number of Russian-speaking migrants in Korea has grown. In view of this the local authorities want to help them to adjust to their new lives.

The project involved 15 caregivers who attended ICDP sessions at the centre. The centre allowed Valentina to use their premises free of charge and in addition, they covered all administrative expenses, including the costs of the coffee breaks. The ICDP programme has been appreciated by this group that showed interest and participated in lively discussions.



## Expansion of ICDP in Uzbekistan

The ICDP programme was introduced to preschool teachers at Happy Start in Tashkent by ICDP trainer Magdalena Brannstrom, in the autumn of 2020. Since then,

the number of trained caregivers has been growing, as all teachers found the programme useful in their practical work with children.

During 2024, Magdalena conducted the training of Julia, the manager in one of the Happy Starts kindergartens. Julia had first attended a caregiver level course with 4 other teachers. Subsequently she went on to become an ICDP Facilitator and received her diploma in the spring 2024.



In April 2024, ICDP facilitators at Happy Start ran a course and 7 mothers received their certificates.

In October 2024, Olga, manager in another Happy Start kindergarten, was introduced to the ICDP programme. She then started to attend the ICDP course together with eight members of her staff, who are all working with children. The programme received good reception here too. Comments from the participant teachers:

At the beginning of the school year, there was a boy that did not sit in class and did not communicate with other children from his group. One of the teachers had more difficulties in communicating with him. After the meetings and practicing with the ICDP programme, the teacher began to understand the boy better and now they have mutual understanding and good relations.

One of the participants shared that she went to the dentist with her daughter for the first time and thanks to ICDP she knew what kind of conversation to have with her daughter to help her not to be afraid.





## Activities in Nizhny Novgorod, Russia

ICDP is developing in Russia (in Nizhny Novgorod City), thanks to the Lada Family Centre and the activities by Oksana Isaeva, PhD in Psychology, HSE University.

In 2024 Oksana Isaeva held 2 trainings on the ICDP programme:

One was for 25 social workers working with families and children with disabilities.



Photo: training workshop conducted by Oksana Isaeva

The other was carried out to train 20 students from Nizhny Novgorod Universities.







During the year, the specialists at Lada Centre ran ICDP courses and they held ICDP group meetings for 50 parents of children with disabilities.

Apart from the training workshops, Oksana also conducted a master class at the Conference “The educational potential of a foster family is the basis for its well-being”.



Photo: Participants of the ICDP conference

The conference had a total of one hundred participants. At this conference Oksana explained about ways of applying ICDP in relation to working with foster parents, as well working with specialists who work with such families.



## ICDP Ghana report

In 2024, ICDP Ghana continued to align its projects with the United Nations Sustainable Development Goals (SDGs), particularly SDG 1 (No Poverty), SDG 3 (Good Health and Well-being), and SDG 5 (Gender Equality).

ICDP Ghana strategy prioritizes:

- Expanding programmes that foster educational equity and youth leadership.
- Increasing healthcare accessibility and health education, especially in rural areas.
- Building economic resilience in communities through savings and loans schemes.



“In 2024, ICDP Ghana’s programs focused on holistic community development, emphasizing gender empowerment, maternal health, child welfare, and economic support for families. Each initiative was designed with the unique needs of our communities in mind, and the results have been transformative. As we move forward, our vision is to scale these initiatives nationally, reaching more communities and creating sustainable solutions that empower future generations.

We also invested in team development and capacity-building, ensuring our staff is equipped to meet community needs. Staff participated in training on ICDP empathy-based caregiving, photography for social media engagement, programme management, and cultural competency. “

– Joyce Larnyoh, ICDP Ghana leader.

[Read full report.](#)





## Facilitator level training in Ethiopia

ICDP trainer, Atnaf Berhanu was in Ethiopia for two months at the beginning of 2024, then again in June and her third visit was in early November. On these occasions she conducted ICDP training forming new groups of facilitators in different areas of Ethiopia. In addition to training, she also held several meetings for leadership with the aim of raising their awareness about the ICDP work and programme. All facilitators received the newly printed ICDP manual. Below follows an account of ICDP training by Atnaf in different parts of Ethiopia:



**Wolayeta Sodo:** Fourteen facilitators from 7 churches of Ethiopia Full Gospel Church at Wolayta Sodo received their ICDP diploma. They conducted training of 98 parents and 253 children. After the training some parents felt that they themselves were the ones who needed to

change and not their children.

One mother said that she often had conflict with her son and he even threatened to kill her. She had lost all hope for him. After she attended the training felt she needed to change her approach. She went home and apologised for the way she treated her son which was due to lack of knowledge and she told him that she loved him. As a result, her son changed and became cooperative and well behaved. Two groups of facilitators held ICDP parenting sessions on Sundays, after the Sunday service. The parents talked to the congregation how the training helped to understand and raise their children.



**Shashemene Town:** Facilitator level training took place in the Western Arsi region and during the year some of the facilitators completed their training and got their diplomas. A total of 66 parents and 188 children were involved during the training.



Facilitators reported to that the attitude of parents towards their children during the training had changed for the better. The parents shared their experiences that their communication with their children has improved and their children are happy because of the training.



**Addis Abeba:** The group of facilitators on the photo above are holding the newly printed ICDP manual. These facilitators presented films they made to illustrate interactions between parents and children. In the second phase of their training, they ran ICDP weekly sessions for parents. Some of

the facilitators said that they saw changes in the parents, but also in themselves. They said that ICDP did not only help the parents, it also helped improve their own relationships with their children.



Workshops for mothers in Addis Abeba, focused on the 8 guidelines for good interaction and discussed how parents' conceptions of the children affect their interaction with them. Seeing the positive child and avoiding labelling and prejudices was felt to be an important the topic, relevant to many parents. They shared experiences in small groups and reported in the plenary.



## Request for training in Burkina Faso

In the autumn of 2024, Bankouamba Emmanuel, director of the Mission Défi Intégral Pour les Enfants (MDIPE) approached ICDP inquiring about the possibility of cooperation. He explained that Burkina Faso has since 2016 been facing severe crisis, caused by terrorism, with the number of orphaned and traumatized children increasing day by day; and therefore, the priority of MDIPE is to offer special attention to these children. It was agreed for Aubin Sanou, ICDP trainer in Burkina Faso, to arrange training at MDIPE. Since then, Aubin has been organizing psychosocial support for children and caregivers at the MDIPE centre for vulnerable children.



## ICDP team in Bolivia reinforced

ICDP has been developing in Bolivia since 2015. The work started in cooperation with the Evangelical Lutheran Church, through the Family and Community Educational project, as one of its intervention components, with the aim of promoting healthy coexistence and improving family relationships. This project was carried out in the provinces of Potosí, Santa Cruz, Sucre and Cochabamba. The implementation was carried out mainly in educational units, health centers and shelters. The adaptation and contextualization of the teaching material made the application of the programme more affordable.



In 2017, the “ICDP Bolivia Network” was founded, which is still coordinated by 3 trainers. Since then, ICDP training has continued to be given to professionals in the field of social work, and psychology, who in turn implement the ICDP programme in order to contribute to the psychosocial development of the most vulnerable population of children in their respective provinces: Potosí, Cochabamba and Santa Cruz.

During 2024, a project developed with the objective of strengthening the existing ICDP Bolivia Network. The project took place over a period of six months, starting in May, and it provided training, reinforcement and monitoring to the technical team of facilitators. The trainer was Ilaina Ramírez.

The focus was on strengthening the capacity of the team of 11 trainers and facilitators. They were provided with the opportunity to revise and develop further their own skills in delivering ICDP both in their work with families, children, teachers and young people. There was a general review program of all components. The topics that were covered in each session were developed based on the needs expressed by the trainers in the pre-meeting. Special focus was placed on the Comprehension and Regulative dialogues, exploring how to put them into practice with families and how to guide their facilitators. Post-training virtual meetings were also held to review the implementation of the programme by trainers and facilitators in their respective provinces.

As a result of this training, the core team gained confidence, motivation and new skills to apply in their work aimed at strengthening the capacities of families, mothers, fathers, caregivers, and other beneficiaries, to understand and satisfy the needs of children, by reactivating values and attitudes of love, respect and positive guidance.



## **ICDP USA – Best Start for Families**

Update by Kimberly Svevo

Our newly named "Best Start for Families (BSFF) Department is excited and highly motivated to have joined the social services agency Lutheran Child and Families Services-of Illinois one year ago (officially Nov. 2023). We were eager to join this state-wide agency in order to share our Best Start (ICDP) Parenting / Parent Coaching Programs, our All About YOUth Programs and also our Professional and Community-Education Programs with LCFS client families and professional staff around the state. In our first year with LCFS we may have quadrupled the number of parents we are serving from the previous year.



The benefits of our programs to parents are transformative - increasing caregivers confidence, capacity, skills and knowledge - as well as their motivation to create protective relationships with their children, to help them thrive. We are thrilled to find LCFS colleagues in every region who have stepped up to partner with us to deliver Best Start parenting programs to their client parents - birth, and more recently, foster parents too.



The benefits of our LCFS staff training (of child welfare specialists and supervisors, as well as new clinicians) have been recognized and supported as providing new empathy and understanding of our clients. We appreciate the strong support and encouragement of all staff state-wide to partner with BSFF to strengthen outcomes for client parents and

children.

#### **Brief updates follow:**

#### **I. STATISTICS:** Total Birth Parent Referrals to BSFF July 2023-Oct 1, 2024.

Note: our programs for the Child Welfare families - parents are 14 weeks long and youth programs are 12-14 weeks long:

- **LCFS Child Welfare Total                      247.                      Direct DCFS Contract Total:                      58**
  - **Grand Total 305**, not including parents in partner programs.
- Completed Parent Groups:                      92                      Direct DCFS Groups.                      31
- Completed Parent Coaching:                      12                      Direct DCFS Coaching.                      9
- Of 247 finished or in groups currently 180                      Direct DCFS (with continuing) 92

Recently, BSFF has expanded our work with Birth Parents to begin serving Foster Parents, and this work is showing strong results in supporting Foster Parents to succeed in improving their care of foster children, but also in qualifying for their re-certification.

We are also launching our first Best Start All About YOUth Programs in our new Department of Child and Family Services (DCFS) Community-based Child Abuse Prevention (CBCAP) grant July/Oct. 2024-Sept 2025.

Finally, we will be working with Northwestern University in 2025 to prepare a new evaluation research initiative! We will look forward to learning from and collaborating with ICDP colleagues internationally!

## II. PARTNER Grants

New and important grants received in the last 3-4 months:

- DCFS Community-based CAP (CBCAP): 1 July 2024-30 Sept 2025. This is a unique Prevention Project funded from final COVID monies, with an important emphasis on serving community-based families - parents and youth, who may be struggling but are not yet DCFS-involved. The goal is provide parenting supports early, so these caregivers can succeed in strengthening their parenting so their children are never involved in the Child Welfare System. We will serve a majority of universal population parents with this special grant.
- Dunham Foundation. This is a first-time initiative by the Foundation to support D131 School District. We were invited in to the project late and the District is piloting our afterschool Youth Leadership Project.

III. The LCFS BSFF OFFICE will be moved in December 2024 to a larger space that we believe will serve as a model "Best Start Family Center" for LCFS! More on this in our next report!